



Women of the

"Growing, building,
and improving
our tomorrow."

South

October 2004

October At The Library



WOS will be going to the library for a guided tour on Oct. 18 as part of our next general meeting. If you would like to carpool, meet at the Southern Hills Baptist Church on S. Penn & 89th Street at 6:00 p.m. We'll tour the library at 6:30 then meet for a short, but important business meeting.

ANNUAL GOLF TOURNAMENT RESULTS

The 2004 Southern Benefit Golf Tournament has become a part of history and the efforts of our members were galvanized to produce a terrific day for 48 golfers. Mother Nature did her part by providing a near perfect day, too. Thanks to all who contributed both time and financial support to insure a wonderful tournament for our great Women of the South supporters on the links! Though our tournament was smaller this year than in previous years, the 'fun factor' seemed to be as great as ever. Our tournament was in competition with three others on the same day, narrowing both the number of golfers we could sign up and the financial support we could garner. We managed to have a great time and all of the golfers were wearing smiles as they left for the evening. A casual dinner of pizza and beer also helped fuel their smiles.

Final figures are still being tabulated, but the amount of \$6,000 (approximately) keeps coming up! Considering the competition for the day, we did great. I am looking forward to finalizing everything soon and closing the books on one more successful tournament for Women of the South!

Cathy Estes

October Birthdays

Wendy Thompson - 6th

Cindy Benson - 10th

Judy Williams - 12th

Loretta Madden - 17th

Kimberley Cupit - 15th

Linda Riebel - 17th

Sharon Greene - 18th

Susie Kalkvoda - 18th

Eme Lou Corder - 19th

Pamela Roberts - 23rd

Cathy Estes - 24th



HAPPY BIRTHDAY TO YOU!!!!

We Need You

**DON'T MISS YOUR OPPORTUNITY TO BE A PART
OF A GREAT ORGANIZATION!!!
JOIN WOMEN OF THE SOUTH!
CONTACT SHAUNA SMITH AT 895-7111.**

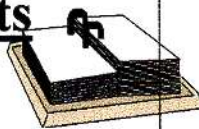
GALA PLANS UNDERWAY

The committee is working hard to make this year's Gala one of the best yet. But we need your help! Start thinking now of the auction items you can donate to the Gala. Our scholarships and support of various community grants would not be possible without the kind and generous support of our members and contributors. Start thinking now about what items you would like to see at the Gala and bring them!!

ELEMENTARY GRANT DEADLINE NEARS

Elementary school grant submissions are due **November 1st**. WOS members must submit grant applications to the Research & Recommendation committee. If you have any questions, please contact Mellodee Wallace at 794-3620.

Upcoming Events



- Oct. 11 Board Meeting—6:30 p.m.
Dianne's
- Oct. 16 Susan G. Komen "Race for the Cure" –
8:30am, Bricktown Ballpark
- Oct. 18 General Meeting—6:30 p.m.
Ronald J. Norick Library, Downtown,
300 Park Avenue
- Oct. 19 OCCC Cultural Awareness Series – Joseph
Kaknes, Art & Drama – 7:00 p.m.
- Nov. 2 OCCC Cultural Awareness Series – King's
Singers – 7:00 p.m.
- Nov. 8 Board Meeting – 6:30 p.m.
Dianne's
- Nov. 15 General Meeting – 6:30 p.m. TBA
- Nov. 30 OCCC Cultural Awareness Series –
Guitarists Edgar Cruz & Ruben Romero –
7:00 p.m.
- Dec. 6 WOS Christmas Dinner – TBA
- Dec. 13 Board Meeting – 6:30 p.m.
Dianne's

NOTES FROM DIANNE

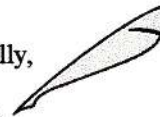
Fall is in the air and with the crisp, cool nights and warm, sunny days I take a few moments to reflect on the amazing women who make up our membership. Cathy Estes and her team racked up another WOS "win" with the fabulous golf tournament held Sept. 20 at Willow Creek. Although we had only 12 teams participate this year, Cathy managed to put together a wonderful day for the players. Thanks so much, Cathy, for all of your long hours of hectic planning and hard work!

Kudos to Pati Thurman, Elaine Lyons, Mary Hornbuckle, Linda Neimann, and Linda Miner who set the stage for our first Strategic Planning Day. Thirty WOS members spent Oct. 1 brainstorming ideas to propel WOS to greater recognition as a South Oklahoma City presence. We worked, played, and worked some more to find ways to increase our membership, promote enthusiasm, eliminate apathy, centralize our record-keeping, etc. Many thanks to Beth Shortt, Executive Director of Leadership Oklahoma City, for facilitating this very successful event. Once we've collected, analyzed, and synthesized the myriad of suggestions for growth and possible restructure of some of the committees in our organization, we'll present a proposed time line of implementation.

Mellodee Wallace and Connie Mashburn have made arrangements for us to tour the new Ronald J. Norick Library at our next general meeting October 18. After the tour, there will be a short (but important!) business meeting. Carpoolers can meet at So. Hills Baptist Church on S. Penn at 6 p.m. to "share the ride."

Gratefully,

Dianne



WELCOME NEW MEMBERS

Copper Neal
2405 S.W. 125th
OKC, OK 73170

H - 691-1819, W - 691-0084
C - 831-3476

Maggie Shirk
9925 S. Penn

OKC, OK 73159
H - 631-9806, W - 691-0084
C - 590-9710

RECIPE OF THE MONTH

Lemon-Herb Beef Pot Roast

Ingredients:

- 1 boneless beef chuck pot roast (3 to 3-1/2 pounds)
- 1 Tablespoon olive oil
- 2 cups baby carrots
- 1 pound small red-skinned potatoes, halved
- 1 medium onion, cut into 6 wedges
- 2 tablespoons cornstarch dissolved in 2 tablespoons water
- ½ teaspoon dried basil

Seasoning:

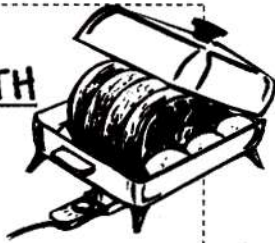
- 2 teaspoons lemon pepper
- 2 cloves garlic, minced
- 1 teaspoon dried basil

Instructions:

1. Combine seasoning ingredients; press onto beef pot roast. Heat oil in Dutch oven over medium heat until hot. Brown pot roast. Pour off drippings.
2. Add 1 cup water; bring to a boil. Reduce heat; cover tightly and simmer 2 hours. Add vegetables; continue cooking, covered, 30 to 45 minutes or until pot roast and vegetables are fork-tender. Remove pot roast and vegetables; keep warm.
3. Skim fat from cooking liquid. Stir in cornstarch mixture and ½ teaspoon basil. Cook and stir 1 minute or until thickened and bubbly. Carve pot roast. Serve with vegetables and sauce.

Makes 6 servings.

Nutrition information per serving: 391 calories; 44 g protein; 21 g carbohydrates; 13 g fat; 258 mg sodium; 129 mg cholesterol; 6.0 mg niacin; 0.6 mg vitamin B6; 4.3 mcg vitamin B12; 5.8 mg iron; 11.4 mg zinc.



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NEW LOCATION FOR SOUTH OKC

The Oklahoma Breast Care Center's Open House for our second location will be October 28, 2004. The Ribbon Cutting will be at 4:00 pm and the Open House from 4:00-6:30 pm.

The address is:

Oklahoma Breast Care Center

Waterview Office Park

2601 S.W. 119th, Suite A

Oklahoma City, OK 73170

R.S.V.P. to Amy Currier-Peters 755-2273 x. 122



Character

Character is like a tree and reputation is like its shadow – the shadow is what we think of it; the tree is the real thing.

A good man, like a bouncing ball, springs ever upward from a fall.

Character is easier kept than recovered.

How a man plays the game shows something of his character; how he loses shows all of it.

A man's character is like a fence; it cannot be strengthened by whitewash.

Character is what you are when no one is watching.

Taken from The Complete Book of Zingers

Directories have arrived!!!

Do you have your copy of the 2004-2005 directory yet? They will be available at the Library meeting on Oct. 18th. If you haven't picked up your nametag, or new member folders, we have those too! Please contact Shawna Smith at 895-7111 to see if you have anything to pick up.

Sponsorship Opportunity Available



Women of the South is offering a new way to support our organization and promote your business. Each month a business can sponsor the cost of postage for the newsletter and in return receive recognition in that same months edition. We believe this is a great opportunity to promote your business and help out a worthy cause at the same time. If you are interested in becoming a postage sponsor, contact Claudia Todd at 691-3759 or at claudia@todd-engineering.com.

ANNOUNCEMENTS

Want to share your news with Women of the South? We'd love to hear about it! Send all info to Claudia Todd at claudia@todd-engineering.com or call 691-3759. Deadline for information is the 1st of each month.

Women of the South is on the web. Look us up at www.womenofthesouth.org. You'll find our calendar of events, back issues of the newsletter, a listing of officers and other information about us. Check it out!

In order to deal with the chaos that exists in the world today, you need some grounding. That grounding best comes from knowing who you are.

Michael Ray, Professor

Premier Cards on Sale

The Payne Education Center is a non-profit organization established for training teachers to prevent reading difficulties in children and to remediate dyslexia. They also serve as a resource and referral center for the Oklahoma City and surrounding areas.

Once a year, the Payne Education Center promotes the Premier Card as their annual fundraiser. The Premier Card offers a 20% discount at over 230 merchants from Norman to Edmond. The Premier Card cost \$50.00 and the funds raised will allow them to train teachers to help children learn to read and make a real difference in the future of Oklahoma's children. If you have questions about Payne or would like to purchase a Premier Card, contact Claudia Todd at 691-3759.



Have a safe and
Happy Halloween!!