

**SOROPTIMIST INTERNATIONAL OF THE AMERICAS
SOUTH CENTRAL REGION
FALL & DISTRICT MEETINGS
EMBASSY SUITES WILL ROGERS AIRPORT
OKLAHOMA CITY, OK
OCTOBER 21 – 23, 2022**

Women In Service

"Your own Self-Realization is the greatest service you can render the world."

"Service is the rent we pay for being. It is the very purpose of life, and not something you do in your spare time."

*"The Simple Path -
Silence is Prayer
Prayer is Faith
Faith is Love
Love is Service
The Fruit of Service is Peace"*

"I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve."

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy."

"Don't mistake activity with achievement."

From the District Directors

Welcome to the 5th Annual Fall Meeting!

We are very excited with our theme for this year's Fall Meeting, "Women in Service" as we bring you two excellent women speakers from our Armed Forces, a US Air National Guard Two-Star General (retired) and a Colonel from Tinker Air Force Base, right here in Oklahoma City, OK! We have two informative workshops lined up for you, one regarding safety while traveling and another offering tips on mediation to relieve stress.

The times for our district meetings have been expanded to allow more time for club members to brainstorm and share with one another about any issues clubs are facing and fundraising ideas or events.

We, as your District Directors, are always ready to help you with any issues/questions that may arise. Please do not hesitate to reach out to us.

We are anxious to see you and feel certain you will leave this year's Fall Meeting with lots of good information and enthusiasm for your club!

See you soon!

Kimberly G. Doty
District I Director

Ruth Parman
District II Director

Marlena Hernandez
District III Director

**South Central Region 5th Annual
Fall and District Meeting Registration
Embassy Suites Will Rogers Airport, Oklahoma City, OK
October 21-23, 2022**

Please complete this form and mail it with your club check payable to South Central Region Soroptimist no later than **October 10, 2022** to avoid a late registration fee of \$15 per individual. If additional space is required, please make additional copies of this form. Please print all information required. Make checks payable to South Central Region Soroptimist. Print and send this form, and your Trade fair registration and full payment to:

Ruth Parman
1613 Loomis
Winfield, KS 67156

- Circle President, Delegate or Alternate to indicate who is registering.
- For Saturday Dinner, indicate each attendee's choice as follows:
SAL – Dill seared salmon, Au Gratin Potato, Beurre Blanc
CHI- Grilled Chicken & Blackened shrimp, lemon garlic basil butter, Herb rice

All entrees will be served with salad, vegetable, rolls and dessert

Name	Registration \$30	Friday Dinner \$40	Saturday Lunch \$35	Saturday Dinner \$45	Total Meal & Registration \$150 reg delegates \$120	Meal Selection
President / Delegate	Free					
Treasurer / Delegate	Free					
Delegate/ Alt Delega	Free					
Member / Guest	\$30					
Member / Guest	\$30					

PLEASE NOTE ANY DIETARY RESTRICTIONS HERE: _____

ATTENDEES NAME: _____

5th Annual South Central Region Fall Meeting, October 21-23,2022



**Embassy Suites Oklahoma City
Will Rogers Airport
1815 S Meridian Ave, Oklahoma
City, OK 73108**

Nightly room rate \$119
Includes 2 free breakfasts per room

Reservation portal now open!

Go to WWW.my-event.hilton.com/soroptimist-international/ or
call the hotel at 1-405-682-6000 for telephone reservations.

Mention group code SCR

Reservation Deadline October 6, 2022

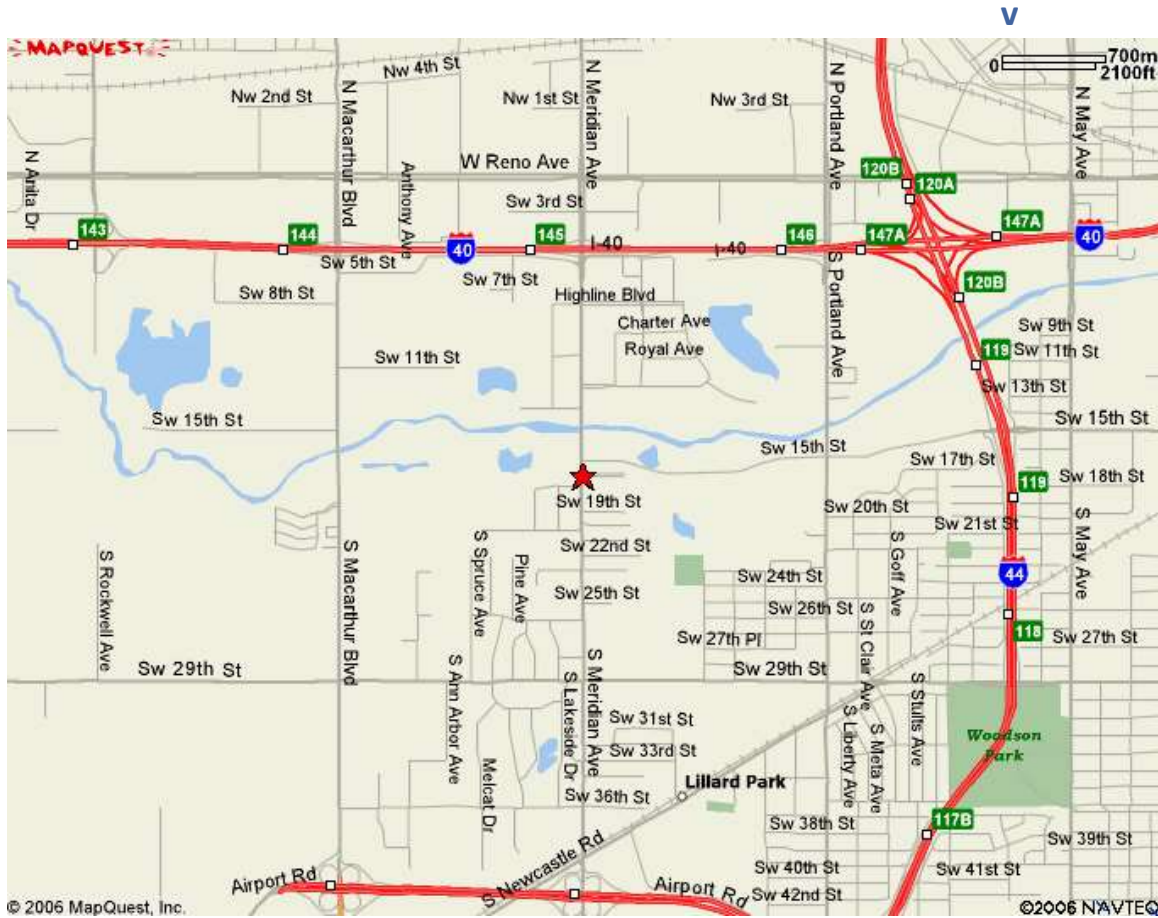
Amenities:

24 hour front desk
Airport Transportation
Fitness Center
Gift Shop
Swimming Pool - Outdoor
Contactless check-in and check-out are available
Free Continental Breakfast
ATM Machine
Parking - Self
Internet Access - Free in room
Dry cleaning service, Laundry
Non-Smoking Facility
Business Center
Lounge/Bar



Embassy Suites Oklahoma City Hotel

1815 S. Meridian
Oklahoma City, OK 73108
405-682-6000



From the EAST

I44W to I35S to I40W. Take Exit 145. Turn left onto South Meridian Ave. Go 3 miles to Embassy Suites Hotel on the right. (past the Burger King)

From the NORTH

I35S to I40W. Take exit 145. Turn left onto South Meridian Ave. Go 3 miles to Embassy Suites Hotel on the right. (past the Burger King)

From the SOUTH

I35N to I240W (OKI 152/Airport Road) Take exit 116B. Go left 5 miles on South Meridian Ave. Embassy Suites Hotel will be on the left.

From the WEST

I40E to exit 145. Turn right onto South Meridian Ave. Go 2 miles. Embassy Suites Hotel on the right. (past Burger King)

**SOROPTIMIST INTERNATIONAL OF THE AMERICAS
FALL MEETING AGENDA**

Thursday October 20, 2022		
1:00 p.m. – 5:00 p.m.	Region Committee Chairs Meeting	Executive Board Room
5:30 p.m. – 7:30 p.m.	Hotel reception	
7:00 p.m.	Committee Chairs Dinner	
FRIDAY, October 21, 2022		
6:00 a.m. – 9:00 a.m.	Hotel Breakfast	
12:00 p.m.-6:00 p.m.	Registration	
1:00 p.m. – 2:00 p.m	Hospitality Suite Set up	Hospitality I
2:00 p.m. – 5:00 p.m.	Hospitality Suite Open	Hospitality I
3:00 p.m. – 6:00 p.m.	Trade Fair setup	Hospitality II
5:00 p.m. – 6:00 p.m.	President and Treasurer Meeting	Ballroom A
5:30 p.m. – 7:30 p.m.	Hotel Reception	
6:00 p.m. – 7:30 p.m.	Dinner	Ballroom B,C
7:30 p.m. – 7:45 p.m.	Break	
7:45 p.m. – 8:15 p.m.	Opening Ceremonies	Ballroom B,C
	Inspiration – District II	
	Welcome to Oklahoma City Retired US Air National Guard Two Star General LaRita “Rita” Aragon	
	Response – District Directors	
	Honor Our Country Presentation of Colors Pledge of Allegiance National Anthem	
8:15p.m. – 9:00 p.m.-	Governor’s Report	
9:00 p.m. – 9:05 p.m.	Recognition current South Central Region Board Recognition Past Federation , Region Board Member Announcements / Adjourn	
9:00 p.m.- 11:00 p.m.	Hospitality	Hospitality I

9:00 p.m. -11:00 p.m.	Trade Fair	Hospitality II
SATURDAY, October 22, 2022		
8:00 a.m.-9:00 a.m.	Registration (Continues)	
7:30 a.m.-9:00 a.m.,	Hotel Breakfast	
9:00 a.m., - 12:00 p.m.	District Meetings Appointments Accept District Agenda Minutes Presidents Reports Dreams In Action Other Adjourn	District I – Ballroom A District II – Ballroom B,C District III– Ballroom D
12:00 p.m. – 12:15 p.m.	Break	
12:15p.m. – 1:45 p.m.	Lunch	Ballroom B,C
12:15 p.m.	Inspiration – District III	
	Recognition First Time Attendees Recognition Members / Guests	
12:45 p.m. – 1:30 p.m.	Speaker – Colonel Abigail L.W. Ruscetta, Vice Commander, Oklahoma City Air Logistics Complex, Tinker Air Force Base	
1:30 p.m. – 1:45 p.m.	Announcements Door Prizes	
1:45 p.m. – 2:00 p.m.	Break	
2:00 p.m. – 2:50 p.m.	Workshop #1 Women’s Safety While Traveling – Diana Strong	Ballroom B,C
2:50 p.m. – 3:00 p.m.	Break	
3:00 p.m. – 3:50 p.m.	Workshop # 2 Mediation to Relieve Stress – Candace Watson, SI Plainview, TX	Ballroom B,C
3:50 p.m. – 4:00 p.m.	Break	
4:00 p.m. – 4:30 p.m.	Hands on service Project – to be determines	Ballroom B,C
4:30p.m. – 6:00 p.m.	Trade Fair	Hospitality II

4:30 p.m. – 6:00 p.m.	Hospitality	Hospitality I
5:30 p.m. – 7:30 p.m.	Hotel Reception	
7:00 p.m. – 9:00 p.m.	Banquet	Ballroom
	Dress Code ; Dressy but not cocktail. No jeans, shorts, sweats, pj's or flip flops please.	
7:00 p.m.	Inspiration – District I	
7:00 p.m. – 8:30 p.m.	Meal	
8:30 p.m. – 9:00 p.m.	Book Exchange Announcements Closing	
9:00 p.m. – 11:00 p.m.	Hospitality	Hospitality I & II

Note: Agenda is subject to change. Final Agenda will be provided in Fall Meeting Program.

COLONEL ABIGAIL L.W. RUSCETTA

Colonel Ruscetta is the Vice Commander, Oklahoma City Air Logistics Complex, Tinker Air Force Base, Oklahoma. As the Vice Commander, she assists the commander leading a team of over 10,000 military and civilian professionals delivering combat power for America. The complex performs programmed depot maintenance and modifications on KC-135, B-1B, B-52, E-3 and Navy E6 aircraft maintenance, repair and overhaul for F100, F101, F108, F110, F117, F118, F119, F135, TF33 engines, and a wide variety of commodities for the Air Force, Navy, Marine Corps, and foreign military sales. She is responsible for the development and sustainment of a diverse portfolio of mission critical software for the Air Force and diverse other customers as well as world-wide aircraft battle damage repair capability for multiple weapon systems.



Colonel Ruscetta earned her commission in 1997 through the USAF Academy. She is a 14-year Aircraft Maintenance Officer, served as the Commander of the 76 Propulsion Maintenance Group at Tinker Air Force Base, Oklahoma, served as the Commander of the 388th Aircraft Maintenance Squadron at Hill Air Force Base, Utah, and worked in various Aircraft Maintenance assignments including the 52nd Fighter Wing at Spangdahlem Air Base, Germany, the 51st Fighter Wing at Osan Air Base, Republic of Korea, the 1st Special Operations Wing in Hurlburt Field, Florida, and the C-5 Depot line at Warner Robins Air Logistics Center. She is a graduate of the Advanced Maintenance and Munitions Officer School at Nellis AFB, Nevada, and earned her Master's degree in Logistics and Supply Chain Management from the Air Force Institute of Technology.

Colonel Ruscetta served on both the Special Operations Command Staff and the Air Staff and is a fully qualified joint officer. She graduated from the Eisenhower School for National Security and Resource Strategy at the National Defense University, and was recently the Vice Director for the Air Force Sustainment Center Logistics Directorate, where she oversaw, integrated, standardized, and directed processes, resources, and organizations to achieve Center goals and objectives across a broad range of logistics capabilities for a workforce of 43K and an annual budget of \$16B in support of three Air Logistics Complexes, two Supply Chain Wings, and 3 Air Base Wings.

LaRita “ Rita” Aragon

United States Air National Guard Two-Star General (retired)

Her final military post was as the Air National Guard assistant to the Air Force Deputy Chief of Staff Manpower and Personnel. She retired in 2006.



Aragon is the first woman to hold the position of VA Secretary. She served under Governor Mary Fallin as chief advisor on matters related to the policies and operations of the Oklahoma Department of Veterans Affairs.

Rita Aragon has a Bachelor of Science in Education and a Masters Degree in Guidance and Counseling. In addition to her military career, Rita has served as an elementary school teacher and elementary school principal. She has also served on the board of the Red Cross Chapter of Central Oklahoma, the Oklahoma Commission on the Status of Women and the Girls Scouts of Western Oklahoma. She was named by The Journal Record as 2008 Woman of the Year and inducted into the Oklahoma Women’s Hall of Fame in 2009

Workshop Presenters



DIANA STRONG

Certified R.A.D. Self-Defense Instructor Women's Safety While Traveling

Trained in Taekwondo and Aikido martial arts Over the course of her life, Diana Strong has morphed from a homeless and suicidal teenager to the confident, empowering woman that she is today. Each day, she sets out on a mission to raise people up from the depths of despair and teach others to love themselves, like she had to learn herself. Through her self-defense courses and sheer passion for “breaking generational curses,” she hopes to leave the world (and women) in a much better place than she found it.



Candace Watson

Meditation to relieve stress

Candace Watson worked as an international organization and leadership development consultant and team builder with thirty years experience working with the public and private sectors. Her specialties include change, leadership and team development and coaching, and strategic planning. She did her graduate work at Indiana University in communication and then taught at Indiana University and the University of Notre Dame.

Candace also has twelve years experience with mindfulness and meditation. She is a member of the Still Water Mindfulness Practice Center and Florida Community of Mindfulness and attends regularly. She credits meditation and mindfulness with changing her life from one of anxiety and depression to one of calm and peace

Soroptimist International of the Americas South Central Region

SCR Fall Meeting Trade Fair Guidelines

In accordance with Region Bylaws (Article XIII) of the South-Central Region of Soroptimist

International of the Americas, a trade fair may be held in conjunction with the SCR Fall Meeting . The Host Club shall determine the service recipient of the booth reservation payments, and the recipient's name shall be published in the Official Call to the SCR Fall Meeting and in the Fall Meeting Program. If the room in which the trade fair is to be held is not provided free of charge by the host hotel, then the booth reservation payments will be used to pay for the room rental, with the remainder being sent to the designated service recipient. Participating clubs and individuals are expected to abide by the following guidelines:

1. Payment for space reservations and a fully completed reservation form must be submitted prior to the established deadlines, which are printed on the reservation form. Reservations submitted after the stated deadlines will be returned.
2. Time will be available on Friday of the Meeting for participants to set up their displays.
3. The trade fair will be open only at times during which official Meeting business is not being conducted. Thus, it will not be open during meals, business sessions, workshops and opening/closing ceremonies.
4. A designated person will be in charge of the trade fair and will have the only key to the trade fair room. Do **not** ask to use it!
5. If clothing is offered for sale, an attempt should be made to offer larger sizes in addition to the traditional small through large designations.
7. Items offered for sale must be in good taste. If the Soroptimist symbol or S logo, state flags, national flags, etc., are used, then they must be tastefully positioned on the articles. A licensing fee must be purchased from Soroptimist International of the Americas to use the S logo on items that are being sold. Permission must be received from Soroptimist International to use the original symbol with the lady holding the laurel leaves on items to be sold.
8. Opening and closing times will be announced and upheld.
9. Items to be sold are expected to be offered at the trade fair (not from cars or private hotel rooms).
10. The success of the trade fair depends on all of the District's Soroptimists following the guidelines and giving all attendees equal access to the products available.

11. Items to be sold must be on a “cash and carry” basis. Please avoid raffles of any type, in order to prevent any misunderstandings as to the beneficiary club of the funds raised.
12. Please do not apply “pressure tactics” on your customers. The trade fair is just as much an opportunity to advertise what each club does for fund-raising as to actually sell items to each other.
13. Each club’s and each individual’s full cooperation is anticipated and expected to assure the success and continuation of the trade fair.

South Central Region District Meeting Trade Fair

Reservation Form

Soroptimist International of

Number of spaces desired (circle one) 1 2 3

Total payment of \$15 per space: (*) late fee \$5 \$_____

Total

Type of items to be sold _____

Contact Person _____

Address: _____

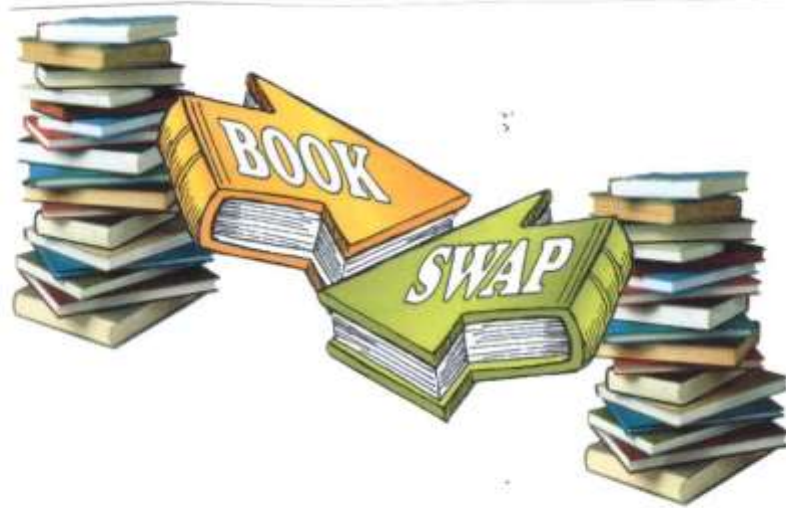
Contact phone number: _____

Make your check payable to:

South Central Region Soroptimist. Remit with your registration form. Be sure to indicate the number of table spots you require.

Deadlines: Reservations must be postmarked no later than the deadline for the District Meeting Registration. A late fee of \$5 will be charged if postmarked one to three days after that date. No reservations will be accepted if postmarked four days after the District Meeting Registration deadline.

Fall Meeting Book Exchange



This Fall Meeting favorite will return again for 2022! Bring a favorite book that has inspired you. On Saturday evening there will be time to present this book to someone among the attendees that has inspired you, or who you wish to inspire.

A personal note of encouragement is always welcome.

Participation is entirely optional, but we encourage you to participate