

# JET STREAMS



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Soroptimist International Port Angeles—Jet Set

February 2009

## President's Message

February is heart month. I loved seeing all the red on February 6<sup>th</sup> to remind everyone how important it is to take care of ourselves. The number one killer of women is heart disease and stress is one of the top causes. We need to recognize when our stress levels are high and learn to put them aside and rest before continuing. I've even experienced new ways to solve issues after resting.

A big thank you to the Education Committee for our program "Can you spell better than a 4<sup>th</sup> grader". I was sure we'd be there all day; but alas, we found out we can all go to Martha Hurd, if we can't find our spell checker.

We are very busy putting the final touches to our annual fundraiser the Winter Blast. Again, we find that many people planning and/or doing projects will make this a memorable event and keep the stress level down. So remember to have fun while we're doing all the decorating, soliciting and selling of tickets.

The farmer knows there should be a polka, chicken dance and/or have us all doing the hokey pokey sometime during the evening. He'd have his fun now as spring is almost here, the days are longer, and he'll be in the fields soon.

Remember the farmer enriches the soil each year and as Soroptimists we enrich the lives of others all year long

~President Ruth

## Did you know...

In honor of International Women's Day and the first-ever Soroptimist Live Your Dream Day on March 8, we are asking you give up a simple pleasure and donate \$5 or more to Soroptimist programs that improve the lives of women and girls. But don't wait until March 8th! What an easy way to help women live their dreams! Go to [Soroptimist.org](http://Soroptimist.org) or [LiveYourDreamCampaign.org](http://LiveYourDreamCampaign.org) to make your donation now.



## Calendar of Events

February 26	Business Meeting
February 28	Winter Blast
March 5	Women of Distinction Breakfast - Billie Grauberger & Edie Beck

# Soroptimist Jet-Set Highlights

## Career and Technical Education Week

Each year, the second week of February is set aside as a time to recognize career and technical education programs and the educators and students who make them such an important part of career preparation. Student Tila Gannon, instructor Bernie Brabant, and student Abbie Schmid visited the February 5 Soroptimist Jet Set meeting and shared what it meant to be a part of the business and technology programs at Port Angeles High School.



## Women's Opportunity Award Recipient Recognized

Mandy Beck received a \$1000 check during her recognition at the February 5 meeting. Edie Beck nominated Ms. Beck. The Women's Opportunity Awards program assists women who provide the primary source of financial support for their families by giving them the resources they need to improve their education, skills, and employment prospects.



## Violet Richardson Award Presented

Port Angeles High School student Tally Swanson received The Violet Richardson Award from the Soroptimist Jet Set—Port Angeles at its February 5 meeting. The Violet Richardson Award is a recognition program for young women ages 14-17 engaged in volunteer action within their communities or schools. Ms. Swanson received \$500 for her involvement as sophomore class president, Teen Court clerk, and a participant in Girl Scout Club and United Way activities.



## FOOD FOR THE HEART

A heart healthy diet doesn't have to start with the word "no," as in no fat, no salt, no fun. The myth about a heart healthy diet is that it's rigid and fat-free - in other words, bland. Nutrition experts say it doesn't have to be. A diet that is good for your cardiovascular health and your waistline can still include beef burgundy and chocolate strawberry shortcake.

Nutritionists say that for a diet to be heart healthy, it should be well balanced and include foods from the basic four - fruits and vegetables, meats (leaner is better), dairy (try low-fat), and whole grains. Watch the fat, cholesterol and salt, according to the American Heart Association (AHA), which publishes cookbooks of heart healthy recipes, including ones for beef burgundy and chocolate strawberry shortcake.



## "Are You Smarter than a Fourth Grader?"



Martha Hurd emerged victorious during the club spelling bee at the Soroptimist Jet Set's February 12 meeting. Pictured on left: judges Marian Mertz and Billie Grauberger, and timer Jean Fairchild. Picture on right: Jill Oakes, first place winner Martha Hurd, and spelling bee pronouncer Marsha Robin. The official spelling bee for fourth graders will be held May 21 at the Port Angeles City Council Chambers.

### SOLT/ROAR Arrange Gathering



Soroptimist Jet Set members provided information on the club as guests gathered at the new business The Blackbird to socialize and enjoy a latte and pastries on the house.



"The man who does not read good books has no advantage over the man who cannot read them."

**- Mark Twain**



**SOROPTIMIST INTERNATIONAL  
PORT ANGELES—JET SET**

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