

# JET STREAMS



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Soroptimist International Port Angeles—Jet Set

January 2009

## President's Message

Ladies,

Wow! What great things SI of Port Angeles Jet Set are doing to make life better for women and girls. Our Committees have been busy planning and/or doing projects that affect the lives of many.

It was exciting to be a part of the Christmas party given for the Mount Angeles Boys and Girls Club. Over 90 children were able to visit with Santa and receive a stocking filled with a blanket, flashlight, jump rope, hackysack, and a book.



Our clubs on the Peninsula have gotten together to give Women's Opportunity Award and the Violet Richardson Awards. The Clubs also handed out brochures on January 9<sup>th</sup> for public awareness of the Trafficking of Women. I encourage all of you to learn more about ways you can educate our community on the problem and then search out opportunities to prevent, rescue and restore women and girls from a life of sexual exploitation and slavery.

The Spelling Bee is being planned and will be bigger than prior years. The February 12<sup>th</sup> program is "Smarter than a 4<sup>th</sup> Grader. If there is a test, I'd like the answers beforehand!"

The Ways & Means Other Committee is planning our fundraiser February 28, 2009. Many meetings have been held; and now, we are in the process of putting the many ideas and thoughts into action. We are all busy planning, soliciting, and selling tickets for another great "Winter Blast".

I'm enjoying my time as your President and feel very blessed to see the results of your planning and hard work. As the farmer's daughter, I'm remembering that the farmer enriches the soil each year and as Soroptimists we enrich the lives of others all year long!

President Ruth

## Calendar of Events

January 22	Business Meeting
January 29	ONP Priorities & Focus - Karen Gustin, Superintendent
February 5	Violet Richardson Award - Jill Oakes
February 12	Smarter than a 4 <sup>th</sup> Grader?, Education Committee Spelling Bee - Jill Oakes
February 19	Community Works, First Federal - Michelle Fraker
February 26	Business Meeting
February 28	Winter Blast
March 5	Women of Distinction Breakfast - Billie Grauberger & Edie Beck

# Soroptimist Jet-Set Highlights



## Christmas in January

Although the Boys and Girls Club Christmas Party was delayed due to snow and ice, it still had the holiday feel three weeks after the holidays. All

of the 90 Christmas stockings, made by Laurie Fineout's sister Sandy, went home with happy children. Pizza, sub sandwiches, pop, and a load of holiday desserts were consumed by the kids. Many thanks Martha Hurd for her tireless coordination of this event and those who contributed to its success!



**Puppy Pilots Guide Dogs for the Blind** was the January 15 featured program. Deb Cox (left), Candace's raiser summarized the history of the guide dog program that started in 1942. She told club members that only 50% of the dogs pass the training to be guide dogs for the blind, but have a chance to become useful in other capacities. Candace is pictured with her sitter (right) while Deb speaks to the club.



## Did you know...

In the February 2008 *Jet Steams* newsletter we were invited to sign an online petition to say no to violence against women. Soroptimist International was a launch partner for this vital UNIFEM internet global advocacy campaign. The first, year-long phase of the campaign concluded on November 25, 2008, International Day for the Elimination of Violence against Women, when signatures collected worldwide were presented to UN Secretary-General Ban Ki-moon. **5,066,549 Said NO to Violence against Women** demonstrating that there is an enormous movement of people determined to put an end to this pervasive human rights violation that affects as many as one in three women. The UN Trust Fund to End Violence Against Women, managed by UNIFEM, supports local initiatives, such as work to prevent human trafficking, assisting survivors of domestic violence or helping to implement laws against rape.



**WE HAVE THE OPPORTUNITY TO PARTICIPATE AGAIN TO SIGN** the online petition: "Soroptimists STOP Trafficking" hosted on the web by PetitionOnline.com, the free online petition service, at: <http://www.PetitionOnline.com/jan1109/>. If you can spare a moment, please take a look, and consider adding your signature to this cause.

## Burn more calories walking

- ◆ Bend your arms to 90 degrees, but keep your elbows in and don't let your hands cross in front of your chest. Too much side-to-side motion can slow you down.
- ◆ Your thumbs should brush against your waistband as you swing your arms back and forth.
- ◆ Focus on quicker not longer steps. Try to shoot for between 45 and 50 steps every 20 seconds, or about 135-150 steps a minute.
- ◆ Stand tall and keep your eyes on the horizon—avoid looking down.
- ◆ Push off your toes with each stride and pretend you're showing someone the bottom of your shoes.
- ◆ Walking poles may help you burn more calories, as well as build arm strength. Some fitness instructors recommend adding light weights to wrists and ankles.



*Source: Walking Magazine's Complete Guide to Walking for Health, Weight Loss, and Fitness, by Mark Fenton.*

"What we think or what we know or what we believe is, in the end, of little consequence. The only consequence is what we do."

**- John Ruskin**



**SOROPTIMIST INTERNATIONAL  
PORT ANGELES—JET SET**

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