

Soroptimist International of Port Angeles Jet-Set Jet-Streams

Volume 10



February 2018

MESSAGE FROM PRESIDENT DEB

Every February we see heart shapes everywhere. In fact it is recognized the world over as a symbol of romantic love and affection. Where did it come from and when did we start to use this shape to represent the heart? It is difficult to pin down the exact reason but there are many theories. Some believe it is derived from the shape of ivy leaves, which are associated with fidelity, while others believe it to have been modeled after breasts, buttocks or other parts of the human anatomy. Perhaps the most unusual theory concerns silphium which, now extinct, was a species of giant fennel that once grew on the North African coastline. It was used by ancient Greeks and Romans as a food flavoring and a medicine. But it was most famous as an early form of birth control. Ancient writers and poets hailed the plant for its contraceptive powers and it became so popular that it was cultivated into extinction by the first century A.D. The silphium's seedpod shape bore a striking resemblance to our modern Valentine's heart, leading many to speculate that the herb's associations with love may have been what first helped popularize the symbol. The ancient city of Cyrene, which grew rich from the silphium trade, even put the heart shape on its money.

As interesting as this theory is, the true origins of the heart shape may be more straightforward. Scholars have argued that the symbol has roots in the writings of Aristotle and others, who described the human heart as having three chambers with a small dent in the middle. So the heart shape may have been born when artists and scientists from the Middle Ages attempted to draw representations from ancient medical texts. Since the human heart has long been associated with emotion and pleasure, the shape eventually became a symbol of romance and love. It grew especially popular during the Renaissance, when it was used in religious art depicting the Sacred Heart of Christ and as one of the four suits in playing cards. By the 18th and 19th centuries it had become a recurring motif in love notes and Valentine's Day cards.

We all recognize and understand what the heart shape represents on Valentine's Day. It is also an ideal time to focus on our heart health...no wonder the American Heart Association chose February as American Heart Month. Here is a link to info from the American Heart Association and women's heart health <https://www.goredforwomen.org/fight-heart-disease-women-go-red-women-official-site/about-heart-disease-in-women/facts-about-heart-disease/> Please take the time to focus on your heart and be well.

I ❤️ you all and appreciate everything you do for Soroptimist our community.

Girl Power



Upcoming Programs

- March 1 Cheryl Bowers with ‘new leash on life’, non-profit that trains service dogs for veterans and others with disabilities
- March 8 Live Your Dream recipients and Melissa Williams, Executive Director, Feiro Marine Life Center
- March 15 Karen Goshen, Executive Director, Port of Port Angeles
- March 22 Business Meeting
- March 29 ROAR/SOLT

Happy Birthday

The following members have birthdays
this month, next month and the following month(s):

Sylvia Orth	February 4
Danetta Rutten	February 10
Nancy Phillips	February 15
Anna Shields	February 24
Linda Sudela	March 14
Jane Pryne	March 18
Ellen Caldwell	April 14



The Soroptimist WOMAN Newsletter

Dear NWR Members:

The region newsletter is a place to share things your club does that are **different** from the norm. The info you provide gives others ideas for their clubs. For example, all clubs give a Live Your Dream Award. That's great! And it's good to put that in your club newsletter (and Facebook), rather than in the *Soroptimist WOMAN*. Many clubs have unique ways of recruiting and retaining members, or fundraising, or programs-or even public awareness. It's those uncommon and successful practices that are perfect for the region newsletter!

Remember for regular columns: Community Cheers, All Star Moments, Events, etc., submissions can be up to **200 words**. We invite you to share your ideas, suggestions or comments about the newsletter and the NWR website. Your submissions can be sent to: nwrsia@gmail.com. The **DUE DATE** for newsletter items is the **LAST DAY** of the month for inclusion in the next month.

Make sure you are following NWR Soroptimist on Facebook. Tag the region when you post about your club events! Also, Follow us [@NWRSIA](https://www.facebook.com/NWRSIA) #teamworkmakesthedreamwork.

Let's show how Teamwork Makes the Dream Work!

The NWR Public Awareness Team

Helpful Tasks

Peanut Butter Drive:

Collect Peanut Butter for the food bank. The schools no longer have drives.

Tuna Drive:

Are you ready for the Tuna Challenge starting February 14 to April 2nd? Collect now.

Upcoming Events

**February 14—April 2, 2018
Tuna Drive Challenge
Are you ready? Collect tuna now!**

**??To Be Rescheduled??
Postponed due to inclement weather
Historic Home Tour
131 E 12th St
Port Angeles, WA
11:00 am to 2:00 pm
Admission for this Sunday tour is by donation.
Several volunteers are needed as this house has three floors and
a basement. Thank you everyone.**

**February 24, 2018
Soroptimist Area Meeting
Port Angeles Senior Center
Facilitated by Noon Soroptimist Club**

**April 20-22, 2018
2018 NWR Conference
Coeur d'Alene Resort**

**May 5, 2018
Cinco De Mayo Purse Auction
Port Angeles Yacht Club
1305 Marine Drive
1:00 pm—4:00 pm
Tickets: \$20**

Celebrating Women



Above: Jean Hordyke and Mabel Benitez who spoke about growing up in Chile on February 1

Below: Eiko Wine spoke about growing up in Okinawa on February 8



Shopping With A Smile

Attention Shoppers!! Remember AMAZON SMILE. This program will donate 0.5% of your purchase to your favorite 501(c)(3) charity; Soroptimist International of Port Angeles Jet Set. Whenever you use Amazon for your shopping needs — remember to use <https://smile.amazon.com>. Don't be fooled by shopping at [https://amazon](https://amazon.com)! The shopping experience will be exactly the same, however, it will not produce a donation!

Women of Distinction Behind the Scene

Nominations are being accepted for the 2018 Women of Distinction/Behind the Scene honors.

The purpose of the honor is to recognize women who unselfishly work and/or volunteer their time, service, and/or skills to help improve the lives of women, children and the community.

Criteria:

- Nominee has worked or volunteered in area(s) of service behind the scene for five or more years.
- Nominee has not been recognized or honored outside the area of service.

Submit a brief description of the nominees' work and/or volunteer duties and reasons for nomination.

Please include:

- Name and contact number of person or supervisor submitting nomination and that of the nominee.

Due: Thursday, March 22, 2018

Submit to any member of the Economic/Health Committee

Honors will be presented on Thursday, April 12, 2018

Breakfast Schedule 2017-18

MONTH	COMMITTEE
September	Youth
October	Economic/Social Development
November	Education
December	Social
January	Finance **
February	International Goodwill
March	Environment
April	ROAR/SOLT
May	Laws/Resolution **
June	Federation
July	All Club Members

** Three members of club will be called to help out these committees.

Website Address: sijetset.com

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Soroptimist International of Port Angeles—Jet Set Board Members 2017-18

Deb West
President

Jane Pryne
President Elect

Marsha Robin
Secretary

Becky McGinty
Treasurer

Marcie Smith
Assistant Treasurer

Beaver Rutten
Board Member—Past President

Mary Galvin
Board Member—Director

Glenda West
Board Member—Director

Sylvia Orth
Board Member—Director