



# SOROPTIMIST®

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## Investing in Dreams

**Soroptimist International of  
Port Angeles Jet Set  
Jet-Streams**



**Volume 16  
March  
2024**

### *MESSAGE FROM PRESIDENT MARGIE*

Hello Ladies:

Spring is having a hard time coming. Fits and starts, it's snowing again this morning. But the spring bulbs are all happy and the primroses are fabulous. Yes, spring is close!

We are springing up to new opportunities with Soroptimist. The Area Meeting was informative. We found out about "Days for Girls," a program that makes cloth menstrual reusable products for menstruation. In many East and South African countries, students who cannot afford period products are forced to engage in transactional sex in order to obtain products. We have a chance to help. On the second Saturday of every month, there is a group meeting from 10:00 am to Noon at the Viking Sew and Vac to put these products together. You don't need to know how to sew. I am going, maybe I'll see you there.

March 14th will be our first time meeting in person at St. Andrews at 7:00 am. Kristin DeCou is our speaker. She will help us downsize and organize our stuff. You don't want to miss it. Also, Tuna Tim will be there.

The Sequim Club is presenting their 25th Gala Garden Show. It's March 16th from 9 am - 4 pm and March 17th, 10:00 am - 4:00 pm. It's at the Sequim Boys & Girls Club. Admission is \$5.00 with over 40 vendors, food and raffles. Karen Chapman is a special speaker. This is an amazing event you won't want to miss.

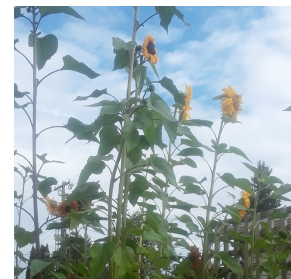
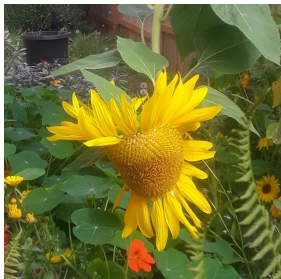
The region conference is coming up April 25-28, 2024. We need one more person willing to go. If that's YOU, let me know. Early bird registration is March 27th. It's a fine time to meet old friends and make new ones.

In closing, life is like a roller coaster. It has its ups and downs, but it's your choice to scream or enjoy the ride.

Finally, I put the thingamabob inside the whatchamacallit, turned the doohickey and the whateveritis still doesn't work. Any ideas?

So bloom on wherever you are, whatever you are doing!

Margie Castle  
President



# Upcoming Programs

- Mar 14 Kristin Decou with [www.modernrefresh.com](http://www.modernrefresh.com) with some fun facts about downsizing, 7:00 am, St Andrews
- Mar 21 Business Meeting, 7:00 am, St Andrews
- Mar 28 Social Meeting, TBA
- April 11 Live Your Dream Award Breakfast
- April 18 Business Meeting
- April 25 Elwha Museum at the Carnegie - evening event

## Happy Birthday

The following members have birthdays this month and the following months:

Linda Sudela	March 14	Mary Galvin	June 1
		Judi Hoffman	June 9
Jean Schneider	April 11	Traci Boe	June 20
		Jean Hordyk	June 27
Helen Fox	May 1	Cynthia Kazlauskas	June 30
Robin Trent	May 6		
Karen Lavender-Peterson	May 8		



# **Upcoming Events & Happenings**

**March 16-17, 2024**  
**25th Gala Graden Show**  
**Hosted by SI of Sequim**  
**Saturday, 9:00 am - 4:00 pm**  
**Sunday, 10:00 am - 4:00 pm**  
**Admission: \$5.00**

**March 14, 2024**  
**SIA 48th Biennial Convention Early Bird Registration Fee Deadline**  
**Club 48th Biennial Convention Fee due to SIA HQ**

**April 25-28, 2024**  
**2024 Northwestern Region Conference**  
**Lake Washington Hyatt Regency**  
**Life is Better at the Lake**  
**Early Bird Registration ends March 27**  
**Details to reserve rooms coming February 25**

**July 24-27, 2024**  
**Soroptimist 48th Biennial Convention**  
**Hyatt Regency Bellevue**



## Step into Empowerment: Join the "Walk for Women" Event Throughout March!

The month of March gives us the chance to celebrate the strength and spirit of women around the world! This year, let's lace up our sneakers and move for a mission with the brand new annual Walk for Women event.

### What is the Walk for Women?

Throughout March, and on International Women's Day, join us in taking steps towards empowerment. This is more than just a stroll; it's a movement to honor the women who have shaped our lives and a chance to build community around our cause.

### How Do I Get Involved?

Get moving for women! Then step over to social media and post your "#WhyIWalk". You might also start a peer-to-peer fundraiser or organize a local group walk and outreach event.

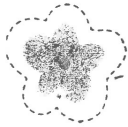
Visit the [Walk for Women website](#) to find other ways to get involved, including the chance to purchase a limited-edition event t-shirt.

So, mark your calendars, gather your friends and family, and let's make every step count!



[Buy Your T-Shirt](#)

# Days for Girls (page 1)



# DAYS FOR GIRLS



"IF WE ARE GOING TO SEE REAL DEVELOPMENT IN THE WORLD THEN OUR BEST INVESTMENT IS **WOMEN.**"

— DESMOND TUTU



Days for Girls advances menstrual equity, health, dignity, and opportunity for all. We do this through:

## THE DFG PAD

Our safe, beautiful and washable solution for managing menstruation. DfG Pads are delivered around the world in patent-winning Kits — along with vital health

## HEALTH EDUCATION

Our training is designed to help advocates deliver menstrual health education in the field, including a version for men and boys.

## SOCIAL ENTERPRISES

We help local leaders establish sustainable businesses that produce and sell Kits, and provide health education.

## POLICY & ADVOCACY

We partner with governments, health coalitions and a wide range of awareness campaigns to advance global menstrual equity.

Days for Girls  
Poulsbo Chapter  
Shirley Wilder Laurie Gatzke  
Email: [poulsbowa@daysforgirls.org](mailto:poulsbowa@daysforgirls.org)  
Facebook: Days for Girls  
Poulsbo Wa Chapter

## Days for Girls (page 2)

DAYS FOR  
GIRLS

### Menstrual Health Quick Facts



Approximately 26% of the people on our planet are women of reproductive age -- that is, menstruators, or people who have periods.<sup>1</sup>

Menstrual Health (MH) conditions vary widely from country to country, but there is significant need worldwide. Nearly 25% of all menstruators experience period poverty, meaning that they do not have what they need to manage their periods. That's over 500 million people.<sup>1</sup>

**Menstrual Health (MH) involves a range of factors, and is supported when people who menstruate have the ability to:**

- Access accurate, timely information about the menstrual cycle, self-care, and hygiene practices.
- Care for their bodies so that their preferences, hygiene, comfort, privacy, and safety are supported. This includes access to a choice of effective, affordable menstrual materials, access to WASH infrastructure, and safe ways to clean or dispose of used materials.
- Access care for menstrual-related discomforts and disorders, including pain relief, self-care strategies, and access to health services.
- Experience a positive and respectful environment regarding the menstrual cycle, free from stigma or psychological distress.
- Decide if and how to participate in all spheres of life, free from menstrual-related barriers.<sup>1</sup>

**Because of these multiple and complex factors, our MH evidence base is ever-evolving. Here are some recent findings from surveys and studies around the globe:**

- 1 in 10 menstruators surveyed in the UK aged 14-21 are unable to afford menstrual products according to a 2017 study by PLAN International.<sup>4</sup>
- 31% of study participants in Brazil shared that they had missed school or regular daily activities due to MHM issues including dysmenorrhea (menstrual pain).<sup>14</sup>
- 29% of menstruators surveyed in New Zealand stated that they missed school or work due to lack of access to period products according to a 2019 study by KidsCan.<sup>5</sup>
- 90.5% of students surveyed in rural Uganda failed to meet the stated criteria for adequate MHH according to a 2016 study by Hennegan et al.<sup>6</sup>
- 1 in 5 teenagers surveyed in the United States have struggled to afford period products according to a 2019 white paper supported by Thinx and PERIOD.<sup>7</sup>
- Only 6% of schools in Bangladesh provide MH education according to a 2018 World Bank Study.<sup>8</sup>
- 25% of menstruators in Nigeria lack adequate privacy for managing their menstruation according to a 2017 study by the World Bank.<sup>9</sup>

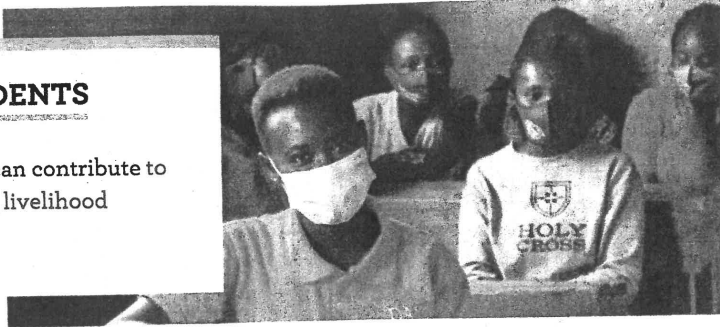
# Days for Girls (page 3)



## Menstrual Health Quick Facts

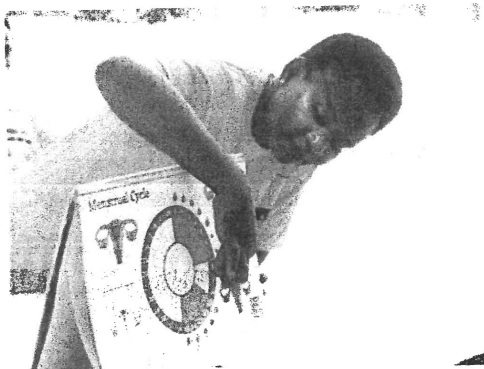
### IMPACT ON STUDENTS

We know that inadequate MH can contribute to serious negative education and livelihood outcomes for menstruators.



**Inadequate MH for students can impact school attendance, test scores, and completion of secondary education. This in turn influences livelihood options and economic mobility.**

- 84% of teenage menstruators in one US survey have either missed class time or know someone who missed class time because they didn't have access to period products.<sup>7</sup>
- In many East and South African countries, students who cannot afford period products are forced to engage in transactional sex in order to obtain products. In one study, 2 out of 3 pad users in rural Kenya received them from sexual partners.<sup>10</sup>
- In one cross-sectional study of adolescents in Uganda, over 25% of survey participants reported engaging in transactional sex in exchange for period products.<sup>2</sup>
- In Nepal, the practice of Chhaupadi isolates menstruators in remote and unserviced huts for the duration of their period. Aside from causing absenteeism, fear, and stigma, the practice places menstruators in real physical danger -- from January to March of 2019, Chhaupadi was directly responsible for 4 deaths.<sup>12</sup>
- In Kenya, menstrual shaming by a school teacher in front of peers resulted in the suicide of a student in Bomet County in September 2019.<sup>13</sup>



# Committees 2023-24

## Economic/Social Development & Health

### *October Programs*

Linda Sudela, Co-Chair  
Marsha Robin, Co-Chair  
Ruth Thomson  
Gloria Godfrey  
Jean Schneider

## Education

### *November Programs*

Karen Lavender-Peterson, Chair  
Wende Porterfield  
Gwen Porterfield

## Environment

### *March Programs*

Marsha Robin, Chair  
Gloria Godfrey  
Ruth Thomson  
Lisa Waldron  
Gwen Porterfield  
Wende Porterfield

## Federation/International Goodwill

### *June Programs*

Deb West, Chair  
Linda Sudela  
Karen Lavender-Peterson  
Sylvia Orth

## Finance

### *February Programs*

Traci Boe, Co-Chair  
Jill Oakes, Co-Chair  
Kathy Estes  
Marsha Robin

## Laws & Resolutions

### *May Programs*

Kathy Estes, Chair  
Jill Oakes  
Marsha Robin

## ROAR/SOLT

### *April Programs*

Jill Oakes, Chair  
Sylvia Orth  
Kathy Estes  
Marsha Robin

## Social

### *December Programs*

Helen Fox, Chair  
Martha Hurd  
Traci Boe  
Judi Hoffman  
Chelsea Aitken  
Patty Rosand  
Sylvia Orth  
Mary Galvin  
Joan Putnam  
Cindy Kazlauskas

## Youth

### *September Programs*

Leslie Mraz, Chair  
Sylvia Orth  
Martha Hurd  
Deb West

## Ways & Means

*\*\*Each committee will choose a member to serve on Ways & Means*

Helen Fox, Co-Chair  
Mary Galvin, Co-Chair  
Ann Agren  
Patty Rosand  
Joan Putnam  
Chelsea Aitken  
Cindy Kazlauskas

Facebook - Patty Rosand

Newsletter - Wende Porterfield

Website - Deb West

Publicity -

Instagram - Chelsea Aitken



# Soroptimist Protocol

## Proper Soroptimist Custom and Protocol

- Begin and close meetings on time; be on time for meetings.
- Attend regularly.
- Address the presiding officer as president, governor or, if the vice president is presiding, by her title followed by her name, e.g. “Vice President Mary.”
- Address another Soroptimist by her first name.
- Do business with Soroptimists on a business basis, expecting no favors or special treatment.
- Pay your own way, unless you’re invited as a guest or as a speaker.
- Invite Soroptimists and others (as deemed appropriate by the president) to business meetings. Welcome visiting Soroptimists.
- Disagree politely and keep informality within the bounds of fellowship and parliamentary procedure.

## Use correct terminology:

- We are Soroptimists — **not** Sorops.
- We are members — **not** sisters or girls.
- We are clubs — **not** chapters.
- We are a federation — **not** national or federal.
- We have a pledge — **not** a creed or motto.
- We attend a club or district **meeting**, region **conference**, federation or international **convention**.
- We elect region officers — **not** regional officers.
- We believe in Soroptimist — **not** “Soroptimism.”

## Use correct names:

- Soroptimist International of (name of your club)
- Soroptimist International of the Americas
- Soroptimist International of Europe
- Soroptimist International of Great Britain and Ireland
- Soroptimist International of the South West Pacific
- Soroptimist International Africa Federation
- Soroptimist International

## Dessert of the Month 2024

January	Kathy Estes	July	Cindy Kazlauskas
February	Marsha Robin	August	Ruth Thomson
March	Deb West	September	Margie Castle
April	Helen Fox	October	Traci Boe
May	Mary Galvin	November	Kathy Estes
June	Patty Rosand	December	Stephanie Kinnaman

## Area Meeting 2024



## Spring Joy



## Cookie Sales 2024



Bling and boxes of cookies at first booth sale . . . They rocked Swain's!

# Helping Hands

## Little Free Pantries of Port Angeles

Across Port Angeles, there are 5 Little Free Pantries - anyone can get FREE FOOD 24/7 with no paperwork, registration, etc! Please take what you need and give what you can.

**2634 S. Francis St** - outside Lutheran Family Services office, across the parking lot from the PA Boys and Girls Club



**301 E. Lopez Ave** - outside Holy Trinity Lutheran Church, across the parking lot from the Port Angeles NOLS Library

**1134 E. Park Ave** - on the sidewalk outside the Peninsula College CHI Dorms



**316 S Cherry St** - on the sidewalk at the intersection of 4th and Cherry Streets, near the Port Angeles Food Bank

**1140 W 9th St** - on the curb at the intersection of 9th and E Streets, near Shane Park



Questions? Donations? Email:  
compassion@clallamcounty@gmail.com



Clallam County

## Contact Information

Dan Montana, Community Paramedic

[dmontana@cityofpa.us](mailto:dmontana@cityofpa.us)

Becky Taft, District 1 Director

[d1director@soroptimistnwr.org](mailto:d1director@soroptimistnwr.org)

Steve Methner, Dream Playground

[stevemethner@outlook.com](mailto:stevemethner@outlook.com)  
[www.padreamplayground.org](http://www.padreamplayground.org)

# Online Meetings

Meetings will be held in person and online for those wishing to join virtually. An email will be sent out with the Zoom Audio/Video Conference Information for each meeting.

Our business meetings will need to have a majority of the club participating either in person or online. The meetings also provide you with needed appropriate social contact to help keep you healthy in mind as well as body.

At a minimum, please participate in the **CONFERENCE CALL**. This is the easiest and most accessible to all and can be accomplished by anyone who has a telephone. **Please know how to MUTE and UN-MUTE your phone** to eliminate background noise. Just call the conference number 2-5 minutes prior to the meeting.

**See the most recent email for up-to-date information on logging in to the Zoom meeting by either phone or computer.**

If you have internet access on your personal computer, laptop, etc. and would like to participate in the video conference, please set up your device ahead of Thursday's meeting. If you cannot set this up ahead of time - please use the conference call information above, and we will work with everyone to ensure they can get setup for video conferencing in future.

If you log on from your computer, you will need a microphone and audio capabilities (speakers) If you do not have a microphone and/or speakers - just dial the conference number above to get into the audio portion of the meeting. Please login to meeting 10-15 minutes before it is scheduled to start.



## Breakfast/Program Schedule 2023-24

MONTH	COMMITTEE
September	Youth
October	Economic/Social Development/Health
November	Education
December	Social for Holiday Party - no meetings
January	All Club Members
February	Finance/Laws & Resolutions
March	Environment
April	ROAR/SOLT
May	Federation/International Goodwill
June	All Club Members
July	All Club Members
August	No Meetings

Website Address: [sijetset.com](http://sijetset.com)

Facebook Address: [facebook.com/sijetset](https://facebook.com/sijetset)

Email address: [siportangelesjetset@soroptimist.net](mailto:siportangelesjetset@soroptimist.net)

## Soroptimist International of Port Angeles—Jet Set Board Members 2023-24

**Margie Castle**  
President

**Mary Galvin**  
Past President

**Unfilled**  
President Elect

**Traci Boe**  
Board Member—Director

**Kathy Estes**  
Secretary

**Karen Lavender-Peterson**  
Board Member—Director

**Wende Porterfield**  
Treasurer

**Sylvia Orth**  
Board Member—Director