



**SOROPTIMIST INTERNATIONAL OF LARAMIE**

***WHAT'S NEW!***

**BEST FOR WOMEN**

<http://www.soroptimistoflaramie.org/>

January 2009



**6**

***President's Letter for January***

Happy New Year Soroptimists,

As we start 2009, there is a lot to accomplish by the end of February. As you all probably know by now, we will be hosting our annual fundraiser on February 14<sup>th</sup>, "Laramie Laughs For A Cause". The comedy talent lined up is hilarious, the venue is perfect and the date is great! What an exciting event to look forward to as we all work toward the common goal of raising money to support our mission, improving the lives of women and girls. I know we will all be extra busy, but it will be a rewarding experience to continue to offer an enjoyable evening of entertainment to our community and enjoy a successful fundraiser for our cause.

I don't want to let January go by though without recognizing the National Day of Human Trafficking Awareness which was established January 11, 2007, by the U.S. Congress. It's great to belong to an organization that advocates and supports this legislative initiative to combat human trafficking. Our SIA website offers materials and resources in support of this mission which some of our members may not know about yet. So please visit [www.soroptimist.org](http://www.soroptimist.org), if you're interested in seeing what our organization is doing on a national level.

Something else for you to think about as we begin 2009, is considering a nomination for a position on SIL's Board of Directors for the 2009-2010, Soroptimist year. February is the time when the nominating committee is formed and begins the search for next year's board. The committee will be announced again at the February business meeting, so if you know of someone who would like to be nominated or you are interested yourself please consider the matter when the committee contacts you. It does take some extra time, but it is very rewarding to see the plans and goals of the board and general committees first hand come to fruition.

In closing, I just want to thank you all again for serving in Soroptimist. As Governor Barb of the Rocky Mountain Region says, "Volunteers are unpaid not because they are worthless, but because they are priceless!"

Sincerely, Carmen



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**SI PROGRAM HIGHLIGHTS**

**February 14, 2009**

Responsibilities: Sell six tickets, help solicit corporate sponsors, and attend the event.

We have moved the event up 3 months so time is critical, when your committee chair calls please make every effort to attend the meeting. Our program meeting on Jan 22nd will be devoted to working on Laramie Laughs for a Cause and we will be distributing tickets and posters. This is our **ONLY** fund-raiser. This is how we get the funds that help the great projects here in our community, so please help to make this event a success. It is a fun night. At 8 pm our guests are invited to come together and visit while they have snacks, there will be a cash bar and a great musical duo playing, then at 9 pm they will be entertained by two very funny comedians and will be served an assortment of desserts. There are no additional solicitations, they get to come and just relax and enjoy. All for only \$35. It is important that you attend the event. We would like our members to wear black and white or red attire that is business or "cocktail party" in style, (dressy but not formal) and remember to **WEAR YOUR NAME TAGS**.

If you have any questions or suggestions please let me know,

Mary Bower, Chair

[marybower@bresnan.net](mailto:marybower@bresnan.net)

THANKS FOR YOUR WORK!!

**Laramie  
Laughs**  
for a **CAUSE**

**\*Each month our newsletter will highlight at least one area in our Programs of Service. The more we all know about Soroptimist, the easier it will be to tell everyone we meet what great things we do and what a great organization we are!**



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**WHAT'S NEW!**

*NEWS RELEASE: President-elect Obama letter*

**WOMEN'S ORGANIZATIONS URGE BARACK OBAMA TO APPOINT MORE WOMEN TO EXECUTIVE POSITIONS**



Soroptimist signs joint letter to the U.S. president-elect

**Date: January 5, 2009**

Contact: Kamali Brooks, Public Relations Manager, 215-893-9000 x130

**PHILADELPHIA, Pa.**—Soroptimist International of the Americas, an international volunteer organization for business and professional women dedicated to improving the lives of women and girls, joined several leading women's groups to author a letter entreating U.S. President-elect Barack Obama to increase the number of women appointed to executive positions in the White House.

The letter also urges the president-elect to establish an executive Office on Women, which would address women's issues and work to solve the many inequities women around the world face. This office would also seek new ways to help women and girls from all races and walks of life to reach their full potential; evaluate the impact federal programs have on women and adjust them accordingly; and make sure women's needs are adequately met.

“In every country around the world, women and girls face obstacles and discrimination solely because of their gender. It's up to organizations like Soroptimist to empower women, help them overcome barriers, and encourage them to live their dreams,” said Soroptimist Executive Director Leigh Wintz, CAE. “Soroptimist has joined forces with other women's organizations to stress the importance of having more women involved in the executive level decision-making process.”

Other organizations signing on to the letter include: the Feminist Majority, National Organization for Women, YWCA USA, National Congress of Black Women, Global Summit of Women, and Ms. Foundation for Women. A complete list of organizations and the letter are located at: <http://www.iwpr.org/pdf/lettertoPresident-ElectObama.pdf>.



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*Headquartered in Philadelphia, Pa., Soroptimist offers programs that improve social and economic conditions for women and girls. Its major program, the Soroptimist Women's Opportunity Awards, provides cash grants for women seeking to improve their lives with the help of additional education and training. Each year, more than \$1 million is disbursed to deserving women through this award-winning program. Soroptimist, a 501(c)(3) organization that relies on charitable donations to support its programs, also sponsors the Live Your Dream campaign in recognition of the power of women and their dreams. Visit the campaign's online home at: <[LiveYourDreamCampaign.org](http://LiveYourDreamCampaign.org)>. For more information on how Soroptimist improves the lives of women and girls, visit <[Soroptimist.org](http://Soroptimist.org)>.*



### Valentine's Day Facts

#### **Facts About Valentine's Day:**

Some of the countries that celebrate Valentine's Day:

The United States -Canada -Mexico -United Kingdom -France -Australia

Over 1 billion [Valentine cards](#) are exchanged in the U.S each year. It's the largest seasonal card-sending occasion of the year, next to Christmas. 73% of people who buy are men; only 27% are women.

While men buy mostly for romantic reasons, women use Valentine's Day as an opportunity to show they care to mothers, daughters and friends, as well as their sweethearts. Women even treat themselves on Valentine's Day.



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**Men** -84% wife/significant other; 4% friend; 4% mother; 4% daughter; 4% other

**Women** -32% mother; 24% husband/significant other; 22% self; 16% daughter; 14% friend; 2% grandmother; 1% sister; 1% son; 11% other relative/other

About 3% of pet owners will give Valentine gifts to their pets.

Alexander Graham Bell applied for his patent on the telephone, an "Improvement in Telegraphy," on Valentine's Day, 1876.

California produces 60% of American roses, but the vast number sold on Valentine's Day in the United States are imported mostly from South America. Approximately 110 million roses, the majority of which are red, will be sold and delivered within a three-day time period.

Cupid, a symbol of Valentine's Day, became associated with it because he was the son of Venus, the Roman god of love and beauty. Cupid often appears on Valentine's



cards holding a bow and arrows because he is believed to use magical arrows to inspire feelings of love.

In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week. To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.



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***WHAT'S NEW!***



## ***OUR HEALTH***



### **"A SILENT KILLER"**

**What is high blood pressure? What causes high blood pressure and what are the symptoms?**

Blood pressure is the force of blood pushing against blood vessel walls. The heart pumps blood into the arteries (blood vessels), which carry the blood throughout the body. High blood pressure, also called hypertension, is dangerous because it makes the heart work harder to pump blood to the body and it contributes to hardening of the arteries or atherosclerosis and the development of heart failure.

### **What Is "Normal" Blood Pressure?**

There are several categories of blood pressure, including:



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**Normal:** Less than 120/80

**Prehypertension:** 120-139/80-89

**Stage 1 high blood pressure:** 140-159/90-99

**Stage 2 high blood pressure:** 160 and above/100 and above

People whose blood pressure is above the normal range should consult their doctor about methods for lowering it.

### **What Causes High Blood Pressure?**

The exact causes of high blood pressure are not known. Several factors and conditions may play a role in its development, including:

Smoking; Being overweight; Lack of physical activity; Too much salt in the diet; Too much alcohol consumption (no more than 1 to 2 drinks per day); Stress; Older age; Genetics; Family history of high blood pressure; Chronic kidney disease; Adrenal and thyroid disorders

### **What Are the Symptoms of High Blood Pressure?**

There are usually no symptoms or signs of high blood pressure. In fact, nearly one-third of those who have it don't know it. The only way to know if you have high blood pressure definitely is to have your blood pressure checked.

If your blood pressure is extremely high, there may be certain symptoms to look out for, including:

- Severe headache
- Fatigue or confusion
- Vision problems
- Chest pain
- Difficulty breathing
- Irregular heartbeat
- Blood in the urine

### **Who Is More Likely to Develop Hypertension?**

People with family members who have high blood pressure.

People who smoke.

African-Americans.



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## ***WHAT'S NEW!***

Women who are pregnant.

People over the age of 35.

Women who take birth control pills.

People who are overweight or obese.

People who are not active.

People who eat too many fatty foods or foods with too much salt.

People who drink alcohol excessively.

### **How Is High Blood Pressure Diagnosed?**

Your health care provider can tell if you have high blood pressure by checking your blood pressure with a blood pressure cuff, which consists of a stethoscope, arm cuff, dial, pump, and valve. You can also measure your own blood pressure at home. You should have your blood pressure checked at least once a year to make sure you don't have hypertension.

### **What Health Problems Are Associated With High Blood Pressure?**

High blood pressure is a serious condition that can damage the heart and blood vessels, and can eventually lead to several other conditions, including:

- Stroke
- Heart failure
- Heart attack
- Kidney failure
- Vision problems
- 

### **How Is High Blood Pressure Treated?**

High blood pressure is typically treated by making changes in your lifestyle, and with drug therapy. Lifestyle changes include losing weight, **stopping smoking**, eating a healthy diet (such as the **DASH diet**, which includes lowering sodium but including daily servings of fruits, vegetables, and whole grain foods), and getting enough **exercise**, especially aerobic exercise.



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Several types of drugs are available to treat high blood pressure, including **ACE inhibitors**, **angiotensin receptor blockers (ARBs)**, **diuretics**, **beta-blockers**, and **calcium channel blockers**.





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**EVENTS CALENDAR**

**February 1, 2009**

Women's Opportunity Award Recipient  
due District

**February 12, 2009**

Business Meeting – Wingers - Noon

**February 5, 2009**

Board Meeting – Altitudes-Noon

**February 14, 2009**

Laramie Laughs for a Cause

**February 26, 2009**

Program Meeting @ Noon, Wingers



***HAPPY BIRTHDAY TO YOU – CELEBRATE BEING YOU!!!***

Angela Johnson      2/19

Anna Halsey      2/26

**HAPPY BIRTHDAY TO YOU!!**



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**QUOTE:**

Knowledge is the best eraser in the world for disharmony, distrust, despair, and the endless deficiencies of man.

-- Orlando Battista



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**SOROPTIMIST PLEDGE:**

**I pledge allegiance to Soroptimist and to the ideals for which it stands:**

**The Sincerity of Friendship**

**The Joy of Achievement**

**The Dignity of Service**

**The Integrity of Profession**

**The Love of Country**

**I will put forth my greatest effort to promote, uphold and defend these ideals, for a larger Fellowship in home, in society, in business, for country and for God.**

Soroptimist is an international volunteer organization for business and professional women who work to improve the lives of women and girls.