

The Sisterhood Newsletter

Issue 3.13 ~ February 16th/2013



Keeping you in the loop of the
'going ons' at Sole Sisters!

By Mena... Your Mother Sister☺



Notes from the Clinic

This Week's theme focused on the most important muscle of our body... Our heart. Our heart muscle pumps blood to the working muscles of our body... Feeding muscles their fuel, oxygen. How to keep your heart muscle happy? Eat a low fat diet and eat well, do not smoke, minimize your alcohol consumption and EXERCISE!

Thank you to Carolyn Thomas, heart attack survivor and public advocate for Women's Heart Health. Her message was heard loud and clear.

- Know the signs and symptoms of heart disease; shortness of breath, soreness/pain in left arm, fatigue, tightness in chest**
- Tell someone if you are feeling unwell with any of these symptoms**
- Do not ignore your feelings!**
- Continue to advocate for your own health... Women's signs and symptoms can be read much differently with the testing that is available.**
- For more information and to hear more from Carolyn... Check out the Information on the next Page. Thank you Carolyn!**



Would you like to learn more about Women's Health and the #1 Killer of Women?



Heart Sisters - www.myheartsisters.org

♥ Register now for my “**4th Annual Cardiac Café**” – **Saturday, February 23rd 2013, 10-noon.** *“Part cardiology boot camp and part stand-up comedy!”* Register with your girlfriends and join me for this lively Saturday morning Heart Month presentation and brunch at the University of Victoria.

Registration \$12+tax includes coffee, tea and heart-healthy breakfast goodies; [pre-register online](#) via UVic's spring course calendar, or by phone at (250) 472-4747

Carolyn Thomas was interviewed by Sheryl MacKay at CBC radio in Vancouver earlier this week for a HEART MONTH interview to be aired Sunday morning on "North By Northwest" after the 8 a.m. news PST. You can either hear it on the radio, or by clicking on the LISTEN LIVE icon at this site:

<http://www.cbc.ca/nxw/featured-guests/2013/02/17/carolyn-thomas---heart-health-month/>

What's your range?

To calculate what your “safe zone” for heart rate is... This simple formula can give you an approximate idea...

If (and when 😊) I was 25!

Take the number $220 - 25$ (your age) = 195

= This equals your Maximum  rate:

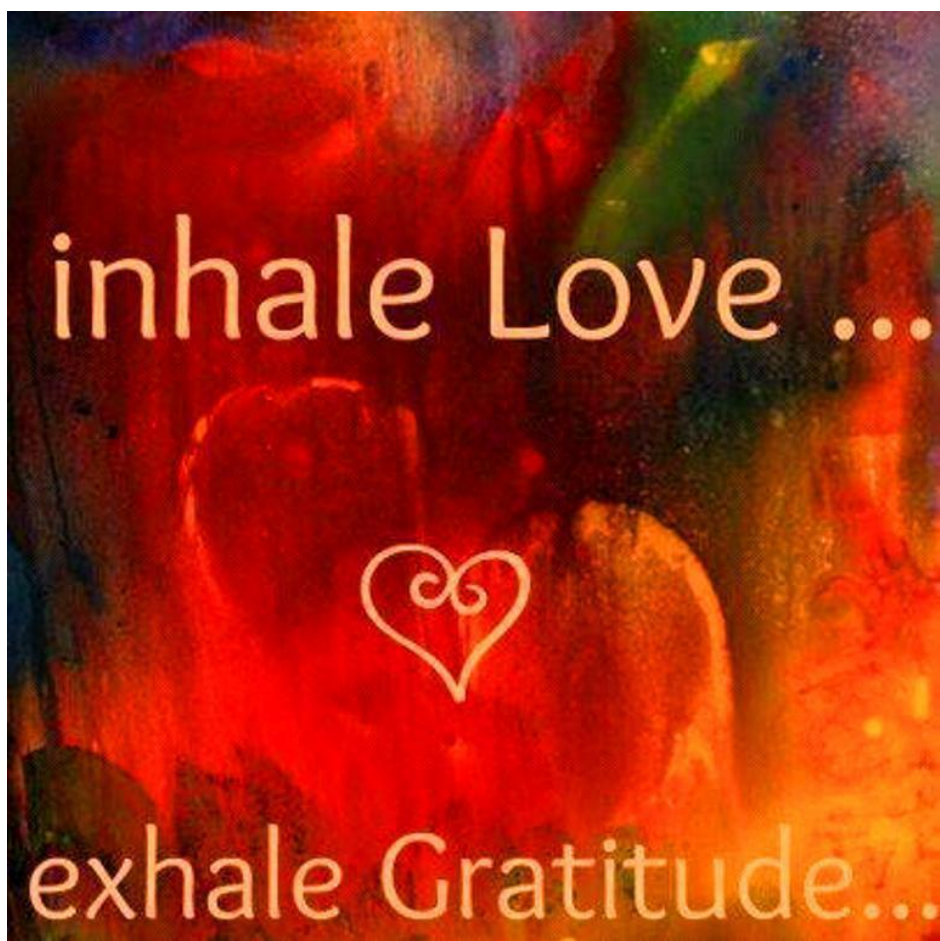
70% of MAX HR = 136.5. This number is your lower limit

85% of MAX HR = 166. This number is your upper limit

The safe range for a 25 year old to be exercising in is therefore 137-166 bpm

** See page 193 in your Sole Sisters Manual to learn what “effort” you are working at in relation to the beats per minute by your heart 😊.

Happy Healthy
Heart to YOU 😊



Do you know of a “wanna be” Sole Sister?

Of course I mean that in a “cute” way... However, it is exciting when people learn of Sole Sisters and want to join in...and ultimately we know we have spread the great news of health and wellness! ??? CAN they join in after the start gun? The answer: YES, they are welcomed to join during the clinic because we have options... Each week I try to make myself available at the front table to muster with anyone that is new... I also chat with all new sisters before they arrive at the clinic to make sure they are in the best “fit” group for them.

WEEK 5 introduces the DETERMINATORS GROUP... This is a great time for NEW sisters to join in that may be wanting to learn to run. This “self-regulated” group is fantastic... We will explain this great option more on Tuesday☺!

CAN MY “SISTER” FRIEND DROP-IN?

Yes, drop-ins are accepted on clinic nights... \$10/ drop-in with \$5 of every drop-in going straight to our CUB☺ fund... All drop-in participants must complete a PAR-Q Medical Form at the door... THANK YOU... To every new sister this may find... Welcome to Sole Sisters!



Hands up if you are a Sole Sister☺!
The Sole Sisters program is designed to assist you in either the 10k or the Half Marathon training... With many possible events in sight... perfect training timing!

Do You See What I See?



Well... This is a funny... I will say – one of the happiest views in my week is the view I have from the “stage”... It’s truly inspiring. Sole Sister Moira sent me this link... Okay – so not sure if I am laughing out of embarrassment watching myself yell at you to bake your chicken, change a light bulb and pet a pony or laughing out of pure joy of seeing all of you look so happy...

Verdict – BOTH 😊😊

<http://www.youtube.com/watch?v=KVry7YBp-2g>



Are you a Diabetic on the run... (or walk)?

As your "mother" sister... I appreciate the knowledge of others to continue to grow the knowledge base of the Sole Sisters Team... and each of you! Sole Sister Cindy shares her story and offers others some great information and the opportunity to come together...

Thank you Cindy!

A little about my story. I am a third generation type 2 diabetic. Two years ago I moved from being diet controlled to Metformin and wow, that stuff sucks! My energy levels were all over the map as we could not get my glucose levels to balance out. My job involved a great deal of travel (40 weeks per year) and I had to make a choice, health or work. I chose health and left my position. As I had run 2 marathons, more "half"s than I can remember and countless other distances, I still could not understand why my running still sucked though. Last year we discovered as my health was sliding quite a bit, that I have extremely depleted insulin production levels, so no amount of good eating would help as I was not absorbing any nutrients. With the assistance of my doctor, my endocrinologist, my naturopath and TEAMWILD, I learned to manage my monitoring, my food intake and my energy to have a more successful running outlet. Running and nutrition have saved my life, controlled my diabetes and saved my sanity and I would be lost without it. I am blessed to have an amazing and supportive husband who now understands how serious things are and he monitors me almost as much as I monitor myself. If any other Sole Sisters are in the same boat, I am more than happy to support and assist them as they make this transition in their lives. It is a scary path with soooo much info out there, but they should know that they

Connect with Cindy at

cindy.wattis@gmail.com

Check out TEAM WILD at

<http://teamwildathletics.com>



Event NEWS:



The Esquimalt 5k – March 16th

<http://www.esquimalt.ca/parksRecreation/specialEvents/5kmFunRunWalk.aspx>

Click on register NOW... If you CAN register by February 10th, you will be able to take advantage of a special rate for clinic participants. Select the “Military 5k” option – YES, this is the agreed upon bonus with the race directors that Sole Sisters will also receive! As you go through the screens you will also find a team option – there are only a few teams to choose from – finding SOLE SISTERS VICTORIA is easy ☺.

TC 10k event- April 28th

<http://www.tc10k.ca/registration/>

Select the 3rd option – Individual Team Registration and when you arrive to the registration information page and have an opportunity to select a team... you will see we are right near the top listed as: 2013 Sole Sisters Victoria. YES you and your family members are welcome to join our team. PLEASE NOTE: To be on the team... and receive a race event shirt that has the Sole Sisters name and logo on it, you must register by March 23rd! They are very sticky with this... AND OF COURSE we want YOU on the team! Thank you!

Calling All Goddesses!

2nd Annual RUN VICTORIA GODDESS

Presented by 98.5 OCEAN

SUNDAY, JUNE 2nd, 2013

SKM | JOKM | 1/2 MARATHON

IN SUPPORT OF 3 LOCAL CHARITIES

Featuring:
• Designer Sporty Jewels Pendant Necktie
• Draw Prizes & KidsZone
• Race Expo & Package Pick Up
• Breaks & Seminars Technical Staff

www.victoriagoddess.com

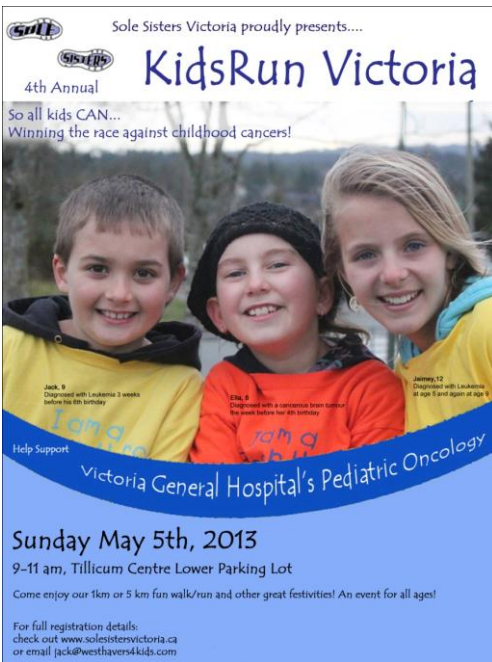
The Goddess Event 10k or Half Marathon June 2nd

<http://victoriagoddess.com/registration/>
Hey Sole Sisters...

Let's keep our “crowns” on as 2012 Champs for the largest team! Register on the 2013 Sole Sisters Victoria team and let your Sole Sister Goddess Shine! This unique event will leave each of you feeling like a princess.... It is AMAZING! Thank you Goddess Event staff!

Sole Sisters Proudly Presents KidsRun Victoria

Would you like to be a part of a
FUN group of women
Determined to make a difference?



Join us Tuesday,
February 19th after
the clinic at the
stage...

We are planning to
NOT have official
meetings but
communicate
through task
groups via email.
Thank YOU!

In 2009 I along with 17 other sisters participated in ChildRun Vancouver that supports BC Children's Hospital Oncology...it inspired me to duplicate this event in Victoria. In 2010 KidsRun Victoria raised \$12,500 and an additional \$8,500 in personal pledges. We presented a cheque to BCCH for over \$21,000! Recognizing that we need assistance right here in our own backyard, we raised over \$30,000 in the next two years of KidsRun to support pediatric oncology at VGH and recently witnessed the grand opening of the pediatric oncology isolation room in which our funds were a part of. The 4th annual KidsRun Victoria is now in the planning phases! Register online after March 1st!

Hey... you may even find yourself in a flashmob!

Want to see us... Google Sole Sisters Flash Mob!



Mini Soles...



Details for Mini Soles #3

- When?** Sunday, February 24th, 2013
- Where?** Meet at the bottom of Grange Road hill that runs off of Burnside Road West - at the entrance into the Marigold school driveway
- Time?** We will meet at 1:00pm for approx. 45 minutes after all said and done☺.
- Why?** To enjoy some recreational fun and movement with our kids! YES we will do a fun walk/run approx. 1.2 kilometres in distance.
- Wear?** Your running shoes and comfortable clothing... What goes on? We meet warm-up, walk and run, rest & recover and return to everyday life!
- Who?** Children, grandchildren, nieces, nephews etc... of Sole Sisters☺... and 'yes please' big kid Sole Sisters & Brothers are asked to stay! Let's cheer on the kids and move along with them.
- NEW 4 2013:** We are welcoming our HELP FILL a DREAM team members to participate in Mini Soles. The perfect fit with our CUBS program as they have supported many of them too☺! If your mini sole would like to participate in the TC kids 1.5k event... please register your Mini Sole on the Help Fill a DREAM TEAM!
- Extra?** Please encourage each child to bring a quarter for our CUB FUND! Every quarter counts☺!

Mini Soles is a FREE informal event... promoting family fitness fun!

Our "mini soles" clinic (yes they play and run while you do too☺) happens every Tuesday night during the clinic – let me know if you have a mini sole that is coming☺!



Meet our Cub Cassidy



Quarters 4 Cubs

Every step really can count...we also know it adds up! We introduced our 2013 cub this week... 11 year old Cassidy. Recently diagnosed with ALL, acute lymphoblastic leukemia.

This family of 5 is no stranger to challenges, with a house presently not "liveable" due to the discovery of mold, Cassidy who has Down Syndrome is living with her mom, dad and younger sibling at Ronald McDonald House while in treatment at BC Children's Hospital. Sole Sisters are proud to be able to help out this family in any way we can...one step at a time...

Quarters to date:

Clinic night #4: \$161.06 WOW!
Bringing out total to: \$319.61

**** Also – remember to bring in your pennies...SS Jessie is going to tally those for our Cub... Also – I have SS window stickies for \$1, all proceeds to Cassidy!**



Footnotes

- There really are so many ways to give... with the challenge of “paying it forward” or “giving it back” this week... here are some more options of how you can participate☺!

Sole Sisters has their own blood bank... well “so to speak”... yes we all have it in us to give... but if you are a Sole Sister who donates blood or would like to begin to...

Your Partner ID is SOLE012739 Start saving

lives now by encouraging your team to register online as Partners for Life members at:

www.blood.ca/partnersforlife 1 888 2 donate



- Do you have an old handbag bags/purses/man bags collecting dust in your closet? Check out this unique fundraiser and drop off your extra ‘baggage’ this week to the Sole Sisters Clinic and we will proudly donate them. All in support of Children’s Hospital.



“LIKE” Handbags for Hope event on Facebook, happening Feb. 22nd

- * **Do you have a mini sole in your home that may need some training on Tuesday nights?** YES, each week those

sisters that need a place for their mini sole to go... We have it covered. Mini Soles have a great time doing crafts and playing games while we work out... And then

“train” in the gym while we are gone!

Let me know if your mini sole is coming!

\$10/night.



Footnotes

- **Homework** times and dates this week: Yes the usual routine is Thursday nights meeting at Colquitz School at 6:30pm and Sunday mornings at 8am at Beaver Lake at the gravel parking lot by the picnic shelter. PLEASE NOTE: Beginning in WEEK 7, there are some changes in the homework start time on Sunday mornings to accommodate the half marathon long runs and walks... do not worry – we will keep you informed or of course please reference your Sole Sisters Manual. Most importantly PLEASE REMEMBER: Homework groups are for every level, discipline and sole sister smile☺!



17 sisters and a sole dog at homework on shared their love on Valentine's Day!

- The Sole Sisters Swag Store is open during each clinic night – you can also order online at <http://www.solesistersvictoria.com/storefront/> Your clinic shirt will arrive for you in time for our first event in Week 8.
- Do you love prizes... ? If you are able to contribute to our prize box... Please do and THANK YOU! THANK YOU to those of you who have already snuck some goodies into my prize box☺!
- **Have your LOST IT?**

My collection is getting bigger – to date I have the following options left behind from clinic nights:

Black/great Contigo 24oz water container

Red Water Canister

Bright yellow Brooks reflective band

Black Sugoi Run Hat

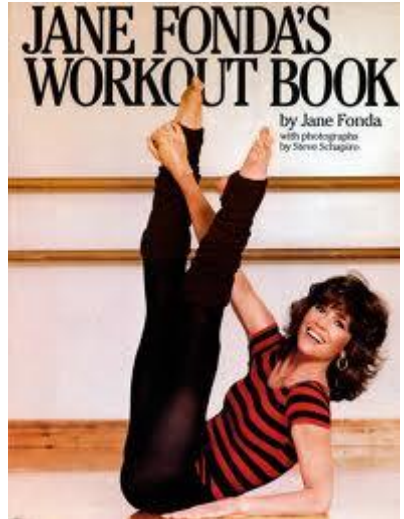
Cozy knit red/brown toque

The lost and found bag sits at the front table for ins and outs☺.



Footnotes

- **THIS WEEK at the clinic!**
It's multi generational night... YES, pull out your old leg workout gear, headbands, leg warmers, your bright pink tights and Adidas shoes... WHATEVER... 60's, 70's, 80's, 90's... No ID required this night... Your outfit will tell the story☺!



- *Lastly... Please remember... Be grateful for every moment you experience... and hold those moments for longer if you wish and let them go if they have bogged you down... as it simply is only a moment that you will experience them... how long you hold on to them for – is up to you ☺.*

Looking forward to seeing each of you on Tuesday... I will close in saying... I hope you had a fantastic weekend... A great walk or run... See you Tuesday!

Mena





...because
i CAN