

# The Sisterhood Newsletter

Issue 7.13 ~ April 13<sup>th</sup>, 2013



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

By Mena... Your Mother Sister☺



# Notes from the Clinic

It's been a motivating few weeks! Reflecting back... We have accomplished lots, let go of "stuff" and gained more!

THANK You to Sole Sister Yoga Instructor Jenny for guiding us through gentle yoga & relaxation following our

**Week 8** workouts☺!

Jenny teaches yoga for us every Monday night from 8-9pm and Friday mornings from 6:30-7:15am right here in the sisterhood. Please feel free to come on out and give yoga a try – your first class is FREE. If you love it... Consider committing your body to weekly yoga... It's great for our working muscles, for our strength and for our overall well being!



**Week 9** – the official Sole Sisters Spring Break...

CONGRATULATIONS on having record attendance this week for a spring break week... There were still over 100 moving Sole Sisters on the street! That's a lot of commitment for a break!

**Week 10** – Inspired by Bri Westhaver (no relation to Me) who has transformed her body and her mind over the past few years losing 190 pounds but more importantly gaining self confidence and the gift to share her story with others and the willingness to help! Bri welcomes anyone who wants to connect with her to find her!

[briannawesthaver.blogspot.com](http://briannawesthaver.blogspot.com)

[freedomwithincoaching.com](http://freedomwithincoaching.com)

Twitter: @briwesthaver

You can also view Bri's chat to Sole Sisters at:

<http://www.youtube.com/watch?v=YjezvenQ4pc>



# Notes from the Clinic

**Week 11:** Thank you to the Pole Walking Lady Linda for her awesome tips and inspiring thoughts regarding Pole Walking. If you are interested in learning more about pole walking you can contact Linda at: [Linda4success@shaw.ca](mailto:Linda4success@shaw.ca)

**Week 11** also brought me the personal opportunity to chat and share some of my story. Thank you for being a great audience and for the lovely inspiring stories and messages that filled my inbox in return. I truly do feel fortunate to have this journey called life cross your life path!

... I have to say – I often joke, or perhaps have heard it too often, that you preach what you want to practice. My theme this year was BALANCE. Yes, as you could see I had many rocks that I want to “fit in” my basket... and I continue to try to find room for one more. The names/titles on the rocks have definitely changed throughout life for me and I know they will continue to change. I think the greater lesson of balance for me is learning that this is okay and truly appreciating the new rock I “need” to let in and the ones I need to let go or perhaps shrink them in size.

Oh and what was the bucket of sand I had there? All those little grains of “things” and “stuff” that just pop up daily that you did not have on the to-do list, perhaps things you forgot to do... Or struggle with finding time to accomplish. The sand often is the part that can really bog us down preventing us to tend to those bigger “more important” rocks. Thankfully, with practice, breathe & reassurance, it truly does feel great to toss off the odd rock when our mountain of rocks gets too high! Anytime you want to practice this exercise with me... I know of a mountain close by that I would love to climb with you☺.





# Notes from the Clinic

## Week 12:

Our first road trip was to Beaver and Elk Lake... 10ks!! In all truth, with all the years Sole Sisters have traveled out to “do the lakes” this year was most successful for many reasons!

AND I have many to thank for making this happen!

Thank you to Sole Brother Norm for helping me mark the course earlier in the day!

Thank you to course marshals Jessy, Andy and Saija for making sure no one got lost!

Thank you to ALL the leaders for their inspiration that surrounded the lakes! ... YES leaders on foot and on bike☺!

Thank you to the “short course” leaders that provided OPTIONS to those not wanting to do the whole distance.

Thank you to the walkers of 2012 that suggested that this year we stagger our starts... The 3 start times worked wonderfully!

Thank you to the Taoist Tai Chi Society for a wonderful relaxation, movement and breathe following our workout!

THANK YOU to each of you who came out (even in the drizzle) and brought your amazing SOUL and made the lakes shine with Sole Sisters all around! YOU DID IT!





# CALENDER

## What's to come!

WHAT'S Coming up for you to enjoy? MARK YOUR CALENDERS!

**Week 13, April 16<sup>th</sup>:** Dress Rehearsal for the TC 10k. We meet downtown at 6pm at the little school house beside the Museum and go through the motions of "race" day. YES, unlike week 12 – we ALL meet and leave at 6pm just like on event day... The kilometers are marked... Your leaders are out there cheering you on... There are NO loop and scoops and YES we will be at the finish line welcoming your presence with a Hoot Hoot Hooray!! **\*\* CHANGE... This is NOT picture night...** However, please do still wear your Sole Sisters Shirt! We are going to do our group photos at the clinic on WEEK 14... We don't want to miss anyone and this can often be a rushed night for people heading downtown. YES there will be a short route option☺!

**Week 14, April 23<sup>rd</sup>:** YES this is the last official 10k clinic night of the 14 week clinic... And we always make it special! **PICTURE NIGHT – please wear your Sole Sisters Shirt☺.**

**\*\* April 26<sup>th</sup> –** Sole Sisters Expo for race package pickup for those of you on the Sole Sisters Team for the TC 10k AND a celebration of women in business... Let me know if YOU want to display YOUR business at this event!  
7-9pm/\$25/table. This event is FREE To attend... Just book it off and plan to come and hang out... It's always fun.



# 3<sup>rd</sup> Annual Sole Sisters Expo

Friday, April 26<sup>th</sup> 7-9pm

This is a “many” in one type of night...

•Come and **pick up** your race package for the TC 10k if you are on the Sole Sisters TEAM... YES they will be at the EXPO.

•**Socialize**... Refreshments on site

•WIN... Possibly a door prize or a Sole Sisters CLINIC!

•**Meet other's Business**... Like...

Tupperware with Sister Brenda!

Jamey's Jewellery

TREK Bikes

Members from the Goddess Event

The Emotion Code

Linda... Yes the Pole Walking Lady

Massages by the booking☺ To name a few

•**Join in... How?** If you have something you would like to show and shine... Please contact me to book your table (\$25/each).

•**Share Sole Sisters** with someone...

Bring a friend and earn another draw ticket☺!



# CALENDER

*Yes, there is more!*

**So the original 14 week 10k training clinic is over☹...  
But is it really over?  
NO...**

**Week 15-19** are still to come;)... Yoo Hoo!!! If you did not originally sign up for the extended clinic... YES you still CAN... The remaining 5 weeks cost \$25 total to join... Simply put this in an envelope with your name on it and email address and pass it to Gillian, Saija or myself at the clinic. Yes... more Tuesdays!

**Week 20** – WHAT? The Annual Sole Sisters Banquet will happen on this night...

It's a great excuse to come on out and socialize Sole Sisters Style... AND to celebrate all you have accomplished! Sign up details to come... ☺  
For now mark your calendar!



**Sole Sisters Sequel** – YES we will be up and “running” and of course walking too... In preparation for the Royal Victoria 8k and half marathon in October.

Beginning June 18<sup>th</sup> and “running” and “walking” until October 1<sup>st</sup>.... 16 weeks of training. Please note there are options in registration costs: The full meal deal with manual and shirt (\$99), clinic and shirt ONLY (\$89) or simply the clinic for those of you have the manual and are not in need of another Sole Sisters shirt at this time (\$69)... So choose according to your needs☺! Registration will open April 20<sup>th</sup>... Yes there is some info online right now.... But it's not all up there or correct☺.



YES... These are all famous Sole Sisters Smiles head lining the TC10k WEBSITE

## CAN MY “SISTER” FRIEND DROP-IN?

Just a reminder...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!

# ...because i CAN





# Sole Sisters Proudly Presents KidsRun Victoria



Sole Sisters Victoria proudly presents....



## KidsRun Victoria

4th Annual



Jaimey, 13 years old, diagnosed with Acute Lymphoblastic Leukemia at age 5, again at age 9 and 12



Rene, 7 years old, diagnosed with Stage 4 Neuroblastoma at age 3



Jack, age 10, diagnosed with Acute Lymphoblastic Leukemia at age 5

Ashton, turning 10 on the day of KidsRun... 38 surgeries later, still smiling strong



Ryan, age 8, diagnosed with Acute Lymphoblastic Leukemia at age 3



Jordan age 14, diagnosed with Stage 4 Neuroblastoma at age 2

Photos courtesy KTB Photography

### Sunday May 5th, 2013

10 am - noon, Tillicum Centre Lower Parking Lot

Come enjoy a morning full of FUN family activities, entertainment, fire trucks, mascots, on-site barbeque by donation and enjoy our beautiful nature trails. You can walk or run the 1k and/or the 5k routes!

Sole Sisters Victoria has partnered this year with the Saanich Fire Fighters Charitable Foundation to support Pediatric Oncology in their ongoing efforts to find a cure!

For full registration details: check out [www.solesistersvictoria.ca](http://www.solesistersvictoria.ca) or email [jack@westhavers4kids.com](mailto:jack@westhavers4kids.com)

Media Sponsors



# The History of KidsRun Victoria

It was after midnight and Jack had finally dozed off to sleep... This was his typical pattern at this stage of his treatment with the steroids leaving him wired most of the day. A doctor had seen me out earlier running and came in and asked me if I had heard of CHILDRUN. No... However, I went online and decided to create a team (you needed 10 people although I was only 1 at the time)... I put our team goal down as raising \$1000. Well... This was in 2009 and in 6 short weeks along with 17 other sisters, I participated in ChildRun Vancouver that supports BC Children's Hospital Oncology and we raised well over \$5000! This experience inspired me to duplicate this event in Victoria. In 2010 KidsRun Victoria raised \$12,500 and an additional \$8,500 in personal pledges which "Island Soles" (a team of 18 Sole Sisters in year 2) 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 4<sup>th</sup> annual KidsRun Victoria is now in the planning phases! You can register online or right at the Sole Sisters Clinic! Hey... you may even find yourself in a flashmob! Want to see us... Google Sole Sisters Flash Mob! We will do anything to raise funds for kids!

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

**YES, we are always keen to have more  
people join our team. Please contact  
Michelle at [cookey98@hotmail.com](mailto:cookey98@hotmail.com)  
and tell her you would love to help out...**

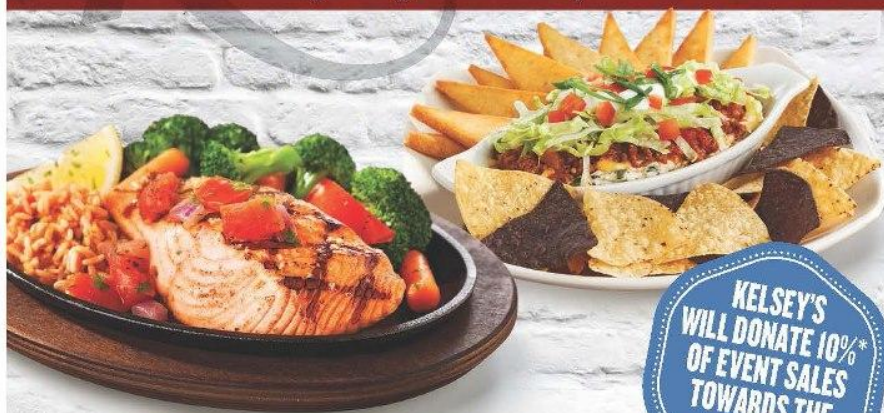
**THANK YOU!**



**Not able to come to KidsRun but  
want to be a help? Join us on  
May 1<sup>st</sup> for dinner...and give to  
KidsRun... YES, just by eating!**

## **Kick Back Nights**

*Fundraising in your neighbourhood*



**KELSEY'S  
WILL DONATE 10%\*  
OF EVENT SALES  
TOWARDS THE  
CAUSE.**

You are invited to a  
**KELSEY'S KICK BACK NIGHT**

To benefit:

***Victoria General Hospital,***  
Pediatric Oncology

supported by Sole Sisters Victoria

**Date:** May 1st, 2013 **Time:** 6pm – 10pm

**Location:** 325 Burnside Road West, Victoria

\*The 10% amount is calculated based on total food and not alcoholic beverages purchased from 6pm to close at the applicable Kelsey's location on the day of the approved event.  
The 10% amount shall not be applied to purchases of alcoholic beverages, gift cards, taxes, gratuity and any other items identified by Kelsey's at any time during the program.  
This program may not be combined with any other offers or discounts. See Kick Back Night Rules for details. ©Trademark of Caia Speers and Associates.



# Mini Soles...



## Details for Mini Soles #7

- When?** Saturday, April 20th, 2013
- Where?** Meet at top of Mildred.... By the base of the “mountain”...
- Time?** **We will meet at 12:00pm for approx. 45’ 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!  
Meet 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:

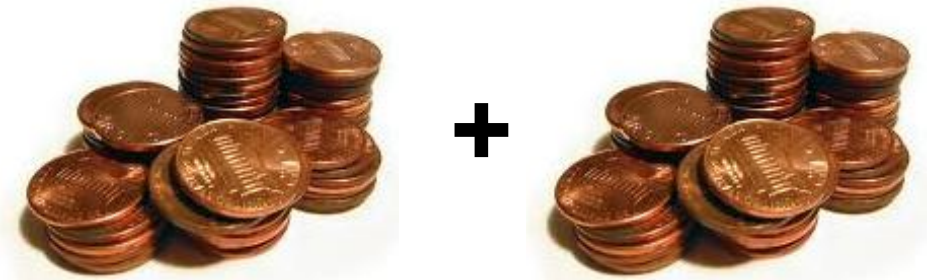
Clinic night #9	\$79.92
Clinic night #10:	\$100.16
Clinic night #11:	\$97.75
Clinic night #12:	\$30.00
Drop-ins:	\$30.00
Jack’s, Andy and Jake’s parties:	\$95



Bringing out total to OVER **\$1529+!**

**\*\* Also – remember to bring in your pennies...**

# **Penny for your thoughts... And for Cassidy**



YES, we are now up to SIX bundles  
of pennies, each worth \$25!  
\$150 more dollars for our CUB...

So remember...

**Find a penny,**

**Pick it up,**

**Bring it to clinic,**

**To share good luck!**

**Thank you van Dyk girls for  
getting this going!**



YES... Famous Sole Sisters Smiles headlined the 2011 TC10k WEBSITE page too☺

**A great chance to say THANK YOU one more time to all of those that support Sole Sisters!**

**Please consider these people when you are in need of a service... And YES, please tell them you learned of them through our SOLE SISTERS Manual!**

FRONTRUNNERS, BACK COVER

JENNY STEWART – YOGA, PG. 6

CONNIE DUNWOODY – OUR CHEERLEADER, PG. 6 & 196

DIANNE TREMBLAY – HEALTHY CHOCOLATE, PG. 10

PAULA GREENE REFLEXLOGY, PG. 14

DESIREE SHER & SOULFUL ADVENTURES, PG. 14

TRACEYGCOACHING, PG. 20

NATUROPATH KIM MCQUEEN, PG. 21

INVESTING WITH AUDREY MCFARLENE, PG. 28

FLOWERS BY TARRA, PG. 28

MASSAGE WITH KARA GOETZE, PG. 64

TUPPERWARE WITH BRENDA NEWTON, PG. 74

NORWEX WITH WENDY & DIANA, PG. 80

CHIROPRACTOR DAY DEANS-BUCHAN, PG. 87

TRISTARS... GIVE IT A “TRI”, PG. 92

RUMBLE, FEED YOUR HUNGER, PG. 132

RED BARN MARKET, PG. 136

PHYSIOTHERAPIST SCOTT SIMPSON, PG. 152

CHIROPRACTOR ROB HASEGAWA, PG. 182

MARTIAL ARTS & FITNESS, PG. 186

ISAGENIX BODY CLENSING, PG. 186

TWO HEALING CHICKS JANIS & SIOBHAN, PG. 187

REALTORS PHIL & ZOI HAHN, PG. 188

ORTHOPAEDIE THERAPIST MARITA MIDDLETON, PG. 188

THERESA SCHOLES AND CLICK VIRTUAL ASSISTANCE, PG. 196





# A gentle reminder on Nutrition!

Things to keep in mind when training for the half marathon distance...well... Really for all distances 😊.

- Nutrition is a very important part of your training. Before the distance, during the distance and after the distance.
- Be sure to drink 6-8 eight ounce glasses of water every day. Make sure to eat before exercising but in moderation. Fuelling properly prior to activity will help your body to maintain it's strength.
- Hydrate and fuel up during your longer distances. Hydration is especially important during warmer weather walks and runs. Be prepared! Carry water with you and handy snacks (gels, shot blocks, power bars) for refuelling during activity.
- Post exercise... Replenish what you used! The sooner the better as your body will quickly deplete your storage cabinet and be looking for more! Don't let it run on empty as this is the perfect time for your body to become run down and has a greater potential to become sick.
- Eating every 3 hours is a great rule of thumb to follow for overall well being – from physical to mental health! Don't let your 'vehicle' run on empty!

# Footnotes

- Just reminder... If you are looking for a way to give...look within☺... Canadian Blood Services received 21 donations from Sole Sisters in 2012. That is fantastic... Let's double that in 2013! You know the line... It's in you to give

**The Sole Sisters Partner ID is SOLE012739**

[www.blood.ca/partnersforlife](http://www.blood.ca/partnersforlife) 1 888 2 donate



...and yes I know we continue to share other ideas of how to give...never any pressure please... It's just so wonderful to learn of so many ways people find to share of themselves...you may want to join in on something☺.

Here are a few that have been mentioned at the clinic!

- **Sole Sister Dayle is doing the 56k GREAT WALK** in September all in support of pediatric cancer... THANK YOU Dayle... You can pledge Dayle at [daylerobert@shaw.ca](mailto:daylerobert@shaw.ca) or yes you can find her at the clinic!
- **Sole Sisters Julia & Katie are doing the 24 hour relay** ([kjosephson@victoria.ca](mailto:kjosephson@victoria.ca)) for info and to support them or join their team... AND Sole Sister Eva is up to it too... [plionheart@shaw.ca](mailto:plionheart@shaw.ca) – so lots of choices...
- I also just learned of two crazy sisters doing the **Ride To Conquer Cancer**... More to come on that one☺!

- **Have you LOST IT?**

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

Black/great Contigo 24oz water container

Bright yellow Brooks reflective band, one black run glove

Cozy knit red/brown toque, very cute Pink Skirt

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



# Footnotes

- **Homework** times and dates :

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: If there are any changes to homework start times on Sunday mornings to accommodate the half marathon long runs and walks... do not worry – we will keep you informed via email. We are waiting for the warmer weather to hit before we begin enjoying those Breakfast parties!

**\* YES YOUR FIRST CHANGE:...** Due to the TC10k event there will NOT be a homework group meeting on April 28<sup>th</sup> – we will see you downtown. When do you do the other 8ks if you are training for the half... I know – as crazy as this sounds... But plan to continue on a light jog following your 10k event... Or yes... Squeeze it in later☺! Do NOT do it Saturday and then race Sunday... You will be tired☺!

**PLEASE REMEMBER:** Homework groups are for every level, discipline and sole sister smile☺!

- **SWAG UPDATE:** The Sole Sisters Swag Store is open during each clinic night – Feature of the week... Sole Sisters Socks! Blue or Pink – high or low.

And of course in all sizes....

Technical fabric that really do make you go faster☺!



*Lastly... Please remember... Please do not stress/worry/inflict guilt if you have missed a training session... BUT do come and join us on Tuesdays and you will feel FANTASTIC, EMPOWERED, STRONG and ACCOMPLISHED....Really – getting there is half the workout!*

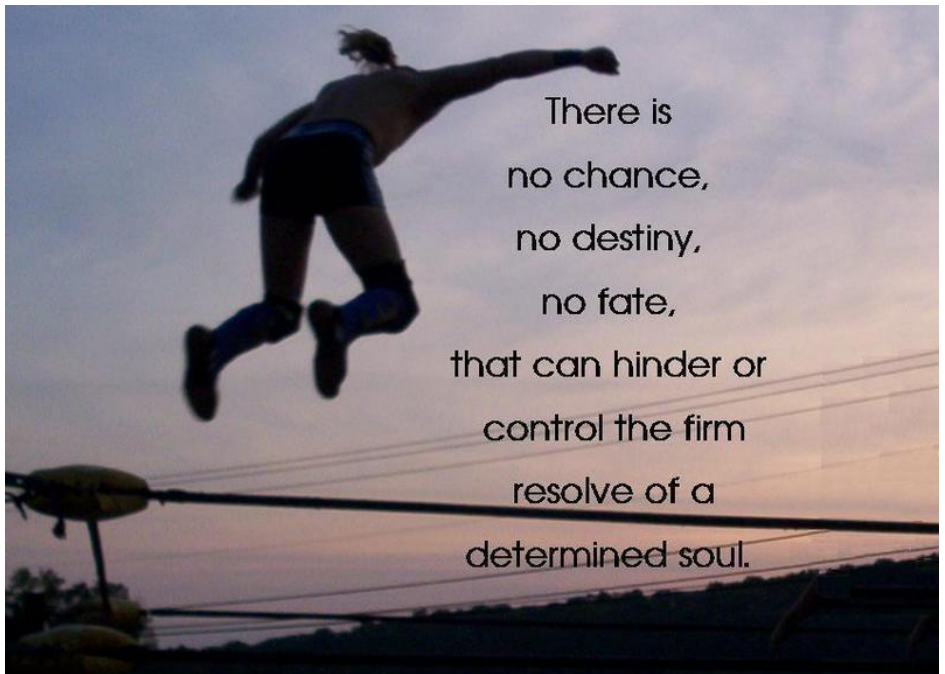
*We look forward to seeing you very much!*

*I hope this finds you having a great day... See you Tuesday!*

*Mena*



# I know how determined you are... Do you?



There is  
no chance,  
no destiny,  
no fate,  
that can hinder or  
control the firm  
resolve of a  
determined soul.

**I am sure those are  
Sole Sisters Socks she has on;))!**



...because  
i CAN