



Soroptimist Signal

Zanesville, Ohio Club

Midwestern Region

Jan/Feb. 2024

As we begin a new year many people look at resolutions or changes, we want to make - stop and think how to embrace you. You can literally accomplish anything you set your mind to. It doesn't matter how many times you've messed up, because your failures and face-plants are part of your journey and who you are.



A Message
From Our
President,
Donna
Snider

- ★ Know who you are.
- ★ Be unique by being your own authentic self.
- ★ Be kind - erring on the side of kindness is always the right thing to do.
- ★ Tell your story honestly - share the storms you have weathered and the mountains you have climbed. Your words could be a page in someone else's survival guide.
- ★ Don't hold grudges - for your own sake forgive everyone everything.
- ★ If it feels wrong - don't do it. Trust your instincts and listen to your inner voice & gut.
- ★ Say exactly what you mean and mean what you say. Be a woman of your word.
- ★ Don't let your frame of mind frame you in.
- ★ Believe you can do anything and keep your heart open for the possibilities that await you.
- ★ If you want rainbows - you gotta have rain. Then you can go play in the puddles.
- ★ Attitude is the difference between an ordeal and an adventure.
- ★ Real living begins where your comfort zone ends.
- ★ Don't be afraid to bust loose, abandon your fears and push through.
- ★ Practice gratitude and appreciate everything.
- ★ Create a vision for tomorrow.

Live your Best Life Yet !

With Love, Donna





Smile Zone

Dental FYI...

The baby boomer generation is the first where the majority of people retain their teeth their entire lifetime. This is due to water fluoridation and fluoride toothpaste. Still, threats to oral health include tooth loss continue throughout life.



Four Pillars Updates

If you would like to serve on any of these committees or on special projects, please inform the club president or vice president.

- ❖ **Membership**: How can we improve member engagement?
- ❖ **Fundraising**: It's time to FEED the PIGS! Piggy bank jars will be available at the January and February meetings for Make Change Count.
- ❖ **Program**: A representative from Project Blueprint 740 will be joining us at the February meeting
- ❖ **Public Awareness**: January is Human Trafficking awareness month. It Happens Here human trafficking event will be held at the Library on Thurs Jan. 25th at 5:30 pm

What are the Four Pillars, and what do the chairs do?

The four pillars are the cornerstone committees of Soroptimist that the clubs are built on.

Each pillar has a chairperson and supporting members.

The pillars are: Membership, Fundraising, Public Awareness and Program.

The Membership Pillar concentrates on member engagement, recruiting and retention.

The Fundraising Pillar focuses on raising money to fund club expenses and the education awards that are given each year. The club's fundraisers include Making Change Count, Golf Outing, Raffles, Paint Parties and Pecan Sale. There are a few others but these are the big ones.

The Public Awareness Pillar is responsible for the communications that are necessary to promote our events and missions, as well as keep members informed of club happenings.

The newsletter, Facebook and club website are part of public awareness.

The Program Pillar is centered on the overall mission of Soroptimist and the Zanesville club.

This pillar is responsible for arranging speakers for meetings, planning Dream It Be It Events, and finding projects that benefit women and girls.

The chair of each pillar is responsible for sharing updates at each meeting, and for submitting important information to the newsletter. If you would like to know more, speak with one of the club board members.

3 Month Meeting Information

RSVP to Amy Hursey (740) 607-1476 amyjohursey@yahoo.com

Everyone must RSVP. There are no longer any “standing” reservations.



January 8th 2024- First Christian Church Potluck Meal Soup, Salad and Dessert. Let Amy know what you are bringing.

February 12th, 2023- Location First Christian Church, **Potluck Meal**
Theme: Favorite Color- Pick your favorite color for your outfit and your potluck item. Let's see who can represent their color the best! (example: dress all brown and bring brownies to share)

Speaker: Representative from **Project Blueprint 740**

March 11th, 2023- Three Sisters Studio with small craft activity. Meal TBD
Green Up The Pantry- Attendees are asked to bring cans of green beans or a can of peas to donate to one of the local food pantries.

Please watch for meeting info and updates on our Facebook page!

I need your ideas and suggestions!

If you have an idea for a speaker, program or topic to be presented at a future meeting, please let me know. My goal is to plan meetings that our members enjoy and find interesting.

WARM UP WITH SOME BAKED POTATO SOUP!

Ingredients

12 slices bacon, cooked and crumbled	2/3 cup butter
2/3 cup all-purpose flour	7 cups milk
4 large baked potatoes, peeled and cubed	4 green onions, chopped
1 1/4 cups shredded Cheddar cheese	1 cup sour cream
1 tsp salt	1 tsp pepper

Directions

1. Melt butter in a stockpot or Dutch oven over medium heat. Gradually add flour, whisking until well-combined. Slowly pour in milk, whisking constantly until smooth and thickened.
2. Add potatoes and onions and bring to a boil, stirring frequently. Reduce heat and simmer for 10 minutes.
3. Stir in crumbled bacon, Cheddar cheese, sour cream, salt, and pepper. Continue cooking and stirring until cheese is melted.