



# Soroptimist Signal

Zanesville, Ohio Club

Midwest Region

Mar/Apr 2020

A Message  
From Our  
President,  
Donna  
Snider



All of the flowers in the garden wanted to know which flower was the best: The pink roses said, "We are the best because we were the first flowers to bloom in the spring." The white daisies said, "Oh no, we are the best because we have pretty flowers all summer long." The big yellow mums said, "Don't be silly, we are the best because we are the last flowers to bloom in the autumn."

Each flower argued that they were the best.

One day the gardener came and admired the beautiful garden. She smiled and said, "Look at all of my pretty flowers!" and picked some to go into an arrangement.

She began to put all of the beautiful flowers into a vase. First she put the pink roses into the vase, remembering that they were the first flowers to bloom in the spring. Next she put the yellow daisies into the vase and thought how wonderful to see them every day when she walked in the garden. Finally she put the mums into the vase; she was very excited to finally see the autumn flowers. She had been waiting all summer to see them.

The gardener put the vase on the table and said, "I have the prettiest bouquet of flowers. Alone each flower is the best, but together they look perfect!"

Suddenly the flowers realized that all along each one was the best that they could be. But it wasn't until the gardener made a bouquet of all of the flowers together that they became something special.

Don't forget how very special you are and how important you are to our garden!

*With Love, Donna*

## 3 Month Meeting Information

RSVP to Brenda Elswick [belswick@zanestate.edu](mailto:belswick@zanestate.edu) (740) 252-1266

**MARCH 5th**- First Christian Church, Italian Buffet, \$12 per person ROX (Ruling Our Experiences) Megan Moore and Katie Snider presenting. **RSVP NO LATER THAN FEB 27**

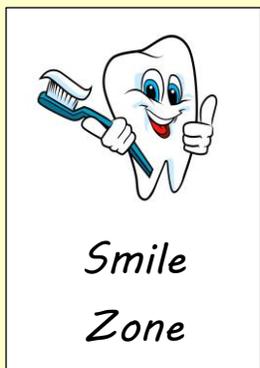
**APRIL 2<sup>nd</sup>**- First Christian Church, Chef Steve Catering, \$12 per person. Ed Swartz TruLight Ministries **RSVP by March 26<sup>th</sup>**.

**MAY 7<sup>th</sup>**- First Christian Church, Soup, Salad, Dessert Potluck Harry Caplinger, Phoenix S.O.G. Quarter Auction Let Brenda know what you are bringing.

*There are no standing reservations. Everyone must call to RSVP.*

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





Women have unique oral health concerns. Changing hormone levels during your menstrual cycle, pregnancy, and menopause can raise your risk of problems in your mouth, teeth, or gums. Health issues such as diabetes can also affect your oral health. Regular brushing, flossing, and dentist visits can help prevent disease in your mouth and the rest of your body.

Changing hormone levels at different stages of a woman's life can affect oral health. When your hormone levels change, your gums can get swollen and irritated. Your gums may also bleed, especially during pregnancy, when your body's immune system is more sensitive than usual. This can cause inflammation (redness, swelling, and sometimes pain) in the gums. Regular, careful brushing and flossing can lessen gum irritation and bleeding.



## 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:** Call to conference letter from Kris Armstrong is included in this newsletter. If you wish to attend let Molly know.
- **Fundraising:** The Style Show is April 18th! Please try to sell your tickets and contact auction donors. Members are asked to provide desserts for the buffet table.
- **Program:** The Annual Quarter Auction will be in May.
- **Public Awareness:** The goals for the 2020 President's Appeal are included in this newsletter. More can be found on the SI website. Take a minute to look over these goals and think about how we can apply them to our community.



### Member Milestones for March

Birthdays

8- Crystal Zellar-Hinkle  
19- Barbara Parmer

Anniversaries

1980 Charlotte McGuire  
2011 Donna Snider  
2013 Lynn McGlade

### Member Milestones for April

Birthdays

19<sup>th</sup> Pat Burkhardt  
23<sup>rd</sup> - Lynn McGlade

Anniversaries

2010 Cindy Brandi



Congratulations  
to Charlotte McGuire for 40 years  
and to Cindy Brandi for 10 years of  
club membership and service!

#### CONTACT US!

Soroptimist International  
of Zanesville  
PO Box 853  
Zanesville, OH 43701

**On the Web:**

[www.zanesvillesoroptimist.org](http://www.zanesvillesoroptimist.org)

**On Facebook:**

Soroptimist International  
of Zanesville

[www.liveyourdream.org](http://www.liveyourdream.org)

President..... Donna Snider  
Vice President.....Kim Brandfass  
Treasurer.....Molly Ross  
Corresponding Secretary.....Cindy Brandi  
Recording Secretary.....Amy Hursey  
Delegates.....Lynn McGlade,  
Brenda Elswick, Pam Edwards  
Directors..... Melanie Smith, Melodie Hayes

**Mission Statement:**

Soroptimist improves the lives of women and girls  
through programs leading to social and economic  
empowerment.

**President's Theme:**

Be, Accept, Value, Forgive, Bless,  
Express, Trust, Love, Empower  
Yourself and Others



Bring your sale items and your quarters for the annual quarter auction at the May meeting.

113th Annual  
Spring Conference  
*April 24-26, 2020*  
Kensington Hotel  
3500 S. State St  
Ann Arbor, MI  
48108  
Let Molly know  
ASAP if you are  
going to attend.



## Style Show Update

Please work on contacting businesses and individuals for Clothing, Silent Auction Items and/or cash donations. Make sure each item has a donor card with it. The card is included in this newsletter or you can ask Amy for an e mail version.

Brenda Elswick is the contact person for dropping off silent auction donations. You can contact her directly to make arrangements. Please make sure your items are turned in no later than **April 2<sup>nd</sup>** so that the business name can be listed in the program.

If you can help with the silent auction tables the day of, please speak with Molly Ross.

Bite Sized Desserts are needed for the dessert buffet. Let Melanie Smith know what you plan to bring.

Set up will be on Friday April 17<sup>th</sup>. Many hands make light work! Please let Amy know if you can be there to help.

Cindy and Lynn will be preparing food for the luncheon. A few people are needed to help out with food prep in the kitchen on the morning of the 18<sup>th</sup>.

Work on selling tickets! You can get yours from Amy. All outstanding ticket money and unsold tickets must be turned in to Amy by April 6<sup>th</sup>. If you have someone who will pick up tickets at the door, please make sure we have their name on the list.



## WHAT IS ROX?

ROX began as a research study in 2006 at The Ohio State University. The founder, Dr. Lisa Hinkelman, was a full-time faculty member in Counselor Education and wanted to create a program that helped girls successfully navigate the challenges that they face during their adolescent years. Years of working with girls in school and community settings showed Lisa that these challenges -- such as drops in self-esteem, dealing with girl bullying, unhealthy dating relationships and sexual violence, lack of strong friendships and support systems and limited academic and career expectations left girls at a disadvantage.

She wanted to create a program that was effective in equipping girls with the skills that they need to address and overcome these challenges. Under Lisa's leadership, a research team of graduate students, counselors, social workers, teachers and advocates was formed to put their big brains together to develop the curriculum and the research study that ultimately became *Ruling Our eXperiences*. ROX piloted at three Columbus City Schools in 2006 and quickly gained energy around Columbus.

With 5 years of outcome data demonstrating the positive impact of ROX and with the encouragement and support of a strong group of women, in 2011 the decision was made to establish ROX as a 501(c)(3) nonprofit organization. Since incorporating as a nonprofit organization, ROX has been committed to expanding the impact of the programming to reach more girls, teachers, counselors and families. Maintaining the rigorous research base, ROX serves girls throughout the country by providing evidence based programming for girls, professional development for educators and counselors and parent workshops.

In Zanesville, The Field House hosts ROX events for 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade girls during the summer period.

Learn more at the website: [rulingourexperiences.com](http://rulingourexperiences.com)



## CALL TO CONFERENCE April 24 to 26, 2020 Ann Arbor, MI

Welcome to the 113th Midwestern Region Spring Conference!

The Midwestern Region Board is excited that you have chosen to spend the weekend with us here in Ann Arbor. As always, it's a long drive for many of us, but I know you won't be disappointed by what we have in store for you. To be honest, the best part about conference is always the drive to and from, when we solve all of the world's problems while cruising down the highway. Take time to meet your old friends, make new ones, learn new ideas, laugh, maybe cry, and be joyful that you made the decision to continue your Soroptimist Journey by committing the weekend to yourself, your club and the Region.

I hope that this conference fuels your passion for Soroptimist. We will be joined by Margo Hartman, our official visitor from Soroptimist International of the Americas. Margo is a member of the Scotts Bluff County, NE, club, which is part of the Rocky Mountain Region. She will be presenting important information from SIA. And let's not forget that we are a global organization and that we influence and create change by reaching outside our community boundaries.

Soroptimist International President, Sharon Fisher, along with our own VIS, Beverly Bucur, Soroptimist International Director of Advocacy, will join us to share information about our efforts to align with the UN's Sustainable Development Goals (SDGs). Speaking of speakers, Dr. Nina Smart, a member of the Downey, CA club, has agreed to join us and present a program about eradicating Female Genital Mutilation (FGM). Plus, a very special guest, former MWR Soroptimist, Congresswoman Debbie Dingell, will be joining us! I'm super stoked to have all four of these women share their time and talent with us.

When you take a look at the agenda, you'll see that we're fitting lots of activities into the weekend. You'll have opportunities to learn directly from Soroptimist International leaders, and we're giving you the ability to ask questions beforehand by filling out a form included with the Call. We will present four workshops on Saturday morning, providing tools to learn and apply practical "how to do Soroptimist stuff".

We will also have a bit of fun with technology – bring your phones, tablets, laptops, and our Social Media experts will help you learn how to interact online. Don't forget to bring spending money as we will be holding a 50/50 raffle on Friday night, a Mystery Purse raffle on Saturday, and of course, our fabulous basket raffle on Sunday morning. Anything else? Oh yeah, how about electing a new board of directors and installing a new Midwestern Region Governor! Woooo! It's my honor to pass the torch to Governor-Elect Darcy Merritt and her team.

Leadership is Fundamental.

Are you ready? Let's go.

Kris Armstrong Governor 2018-2020

**2020 STYLE SHOW DONOR CARDS**

Donor or Business Name \_\_\_\_\_

Donor Address \_\_\_\_\_

Description of Item \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Approximate Value \$ \_\_\_\_\_

Member who picked up the item \_\_\_\_\_

**ITEMS MUST BE RETURNED WITH CARDS NO LATER THAN APRIL 2nd**  
**Brenda Elswick is gathering the donations.**

The 2020 President’s Appeal:  
 The Road to Equality  
*How can achieve this in our community?*



**The Goals:**  
 No Poverty  
 Zero Hunger  
 Health & Well Being  
 Quality Education  
 Gender Equality  
 Clean Water  
 Affordable, Clean  
 Energy  
 Work & Economic  
 Growth  
 Reduce Inequality  
 Sustainable  
 Communities  
 Responsible  
 Consumption  
 Climate Action  
 Life Below Water and  
 on Land  
 Peace and Justice  
 Partnerships