



# Soroptimist Signal

Zanesville, Ohio Club Midwest Region

January 2019

*I have a worn and tattered newspaper clipping from a Dear Abby column. It was given to me 15 years ago by an attorney, Gerry Erhard. Gerry passed away several years ago and lived his life "Just for Today". For many years, this little snip of newspaper has been a great reminder of how to live my life. As we enter a new year, I thought it would be great to share with you. I hope it means as much to you as it does to me.*

*---- With Love, Donna*

**A Message  
From Our  
President,  
Donna  
Snider**

“Today is the day we have an opportunity to discard destructive old habits for healthy new ones, and with that in mind, I will share Dear Abby's often-requested list of New Year's Resolutions, which were adapted by my late mother, Pauline Phillips, from the original credo of Al-Anon.

**Just for Today:** I will live through this day only. I will not brood about yesterday or obsess about tomorrow. I will not set far-reaching goals or try to overcome all of my problems at once. I know that I can do something for 24 hours that would overwhelm me if I had to keep it up for a life-time.

**Just for Today:** I will be happy. I will not dwell on thoughts that depress me. If my mind fills with clouds, I will chase them away and fill it with sunshine.

**Just for Today:** I will accept what is. I will face reality. I will correct those things that I can correct and accept those I cannot.

**Just for Today:** I will improve my mind. I will read something that requires effort, thought and concentration. I will not be a mental loafer.

**Just for Today:** I will make a conscious effort to be agreeable. I will be kind and courteous to those who cross my path, and I'll not speak ill of others. I will improve my appearance, speak softly, and not interrupt when someone else is talking.

**Just for Today:** I will refrain from improving anybody but myself.

**Just for Today:** I will do something positive to improve my health. If I'm a smoker, I'll quit. If I am overweight, I will eat healthfully - if only just for today. And not only that, I will get off the couch and take a brisk walk, even if it's only around the block.

**Just for Today:** I will gather the courage to do what is right and take responsibility for my own actions.

So, let's make this new year bring with it good health, peace and joy to all.”





## Smile Zone

Valencia Clark

How about starting the New Year out with a new tooth brushing system? Waterpik has developed the sonic-fusion. This system can brush and floss your teeth at the same time. It is a great refreshing way to help your teeth and gums, especially if you don't like to floss. Not too costly but really worth the purchase. Wishing all a happy 2019!

***Keep Smiling!***  
***Valencia***



## Four Pillars Updates

- **Membership-** We currently stand at 29 members. Many clubs are experiencing a decline in membership. Let's not do that! Invite a friend to attend a meeting or event with you. Please remember that the club needs help from every member to stay afloat. Every project, every fundraiser, every activity we do, WE NEED YOU!
- **Fundraising-** The Blanket Raffle at the December Meeting raised \$40 and was won by Vickey Taylor. The Mary Kay sale raised \$135. Thank you Charlotte! Pecan money must be turned in ASAP! The Buffalo Wild Wings fundraiser night was a success considering it was our first ever attempt. It's also time to start thinking about the style show!
- **Program-** January and February are tricky to plan due to weather. These 2 months will be a potluck meal at First Christian Church. Please watch our Facebook page and your e mail for cancellations.
- **Public Awareness-** Help is needed to distribute cards for STOP Trafficking and Workplace Domestic Violence Program. Amy will have cards available at the January Meeting. Shop to Stop hosted by MERR-C on Feb. 8<sup>th</sup> at Weasel Boy. If you can help with a display table, please let Amy know.

**RESOLUTION  
REVOLUTION  
2019**



*Congratulations to  
Barbara Parmer as we  
celebrate and  
acknowledge 5 years  
of dedicated  
membership in  
Soroptimist  
International of  
Zanesville.  
Barb- we love you and  
appreciate you.  
Thanks for all you do!*

The practice of making resolutions dates back to ancient Babylon. When the Babylonians celebrated their new year (in March!) they elected a new king and made new covenants or contracts. Basically, it was out with the old, in with the new, in order to make the new year or season, even better than the one before.

Today, New Year’s Resolutions have become a very westernized, very secular thing to do, with most being “promises” of self-improvement. More than 80% of resolutions are broken by the beginning of February. We can’t even make it 30 some odd days! Can you believe that?!

This year, do something different. Do something that will stick. Instead of setting yourself up for failure with a lofty goal you won’t achieve; ask yourself a question. Specifically, ask THIS question: *“How can I make the world a better place today?”*

To each person, that answer will look different and take on many forms. Here are some suggestions that take little effort and cost nothing:

- |                           |                    |
|---------------------------|--------------------|
| Smile                     | Sing a Song        |
| Be Kind                   | Be On Time         |
| Give a Sincere Compliment | Don’t Complain     |
| Help a Stranger           | Be a Good Listener |

**CONTACT US!**

Soroptimist International  
of Zanesville  
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Zanesville, OH 43701

**On the Web:**  
[www.zanesvillesoroptimist.org](http://www.zanesvillesoroptimist.org)

**On Facebook:**  
Soroptimist International  
of Zanesville

President..... Donna Snider  
Vice President.....Kim Brandfass  
Treasurer.....Molly Ross  
Corresponding Secretary.....Cindy Brandi  
Recording Secretary.....Amy Hursey  
Delegates.....Lynn McGlade  
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

**VOLUNTEERS  
NEEDED  
FEB. 8<sup>TH</sup>  
SHOP TO STOP  
WEASEL BOY  
BREWERY  
WE WILL HAVE A  
DISPLAY TABLE. IF  
YOU CAN HELP  
PLEASE LET AMY  
KNOW.**

*Member Milestones  
for January*

<i><u>Birthdays</u></i>	<i><u>Anniversaries</u></i>
<i>8<sup>th</sup> Barb Cafaratti</i>	<i>2007 Barb Cafaratti</i>
	<i>2014 Barb Parmer</i>



### 3 MONTH MEETING INFORMATION

**RSVP to Brenda Elswick at [belswick@zanestate.edu](mailto:belswick@zanestate.edu) (740) 255-1266**



**Jan. 3, 2019** *WEATHER PERMITTING* Potluck at First Christian Church. Soup & Salad Potluck. Let Brenda know what you plan to bring. **RSVP by Dec. 30<sup>th</sup>**. Members are asked to bring a soup, a salad or a dessert to share. Program by Valencia Clark on the Mobile Dental Unit



**Feb. 7, 2019** *WEATHER PERMITTING* Potluck at First Christian Church. Let Brenda know what you plan to bring by **Jan. 26<sup>th</sup>**. The Speaker will from the Ohio State Highway Patrol, discussing human trafficking.



**Mar. 7, 2019-** Award dinner for scholarship recipients. **Details To Be Determined.**

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

- January**
- Make sure Focus Reports have been completed for Pecan Sale and Gift Wrapping
  - STOP Trafficking Project and Awareness Week
  - Begin discussing Style Show Planning
  - Issue any 1099s as required by IRS.
- February**
- Forward Live Your Dream Awards recipients' names to the district by February 1 (the district must submit the names to the region chair by February 15 deadline).
  - Teen Dating Violence Awareness Month
  - Super Bowl Trafficking Awareness
  - Feb. 8<sup>th</sup> Shop to Stop at Weasel Boy
  - Contact Style Show Vendors
  - Make sure STOP Trafficking wrap up is completed

Holiday Fun at the December Meeting  
Thanks to everyone who came and enjoyed the meeting.  
More pictures can be found on **Eversnap**  
**Album: d1gsmfy1**



