



# Soroptimist Signal

Zanesville, Ohio Club

Midwest Region

September / October 2020

A Message  
From Our  
President,  
Kim  
Brandfass



September is Self Care Awareness Month. If ever there was a time when we needed to practice self care, it is now! This is a time to remember that taking care of ourselves, first and foremost, is essential. Self-care is often neglected in our everyday lives.

We all tend to put others needs before our own and it is crucial to remember, that we cannot fill another's cup from our own empty vessel. While getting a massage or taking a walk are beautiful examples of taking time for our well-being, self-care can be more expansive than that.

Self-care knows no boundaries. It is something that everyone can benefit from practicing on a daily basis. True self-care is not self-centered nor selfish; it is simply keeping yourself the focus of your own life. It's about paying attention to how you feel in each moment, communicating clearly, speaking up for yourself and saying yes or no...guilt free.

Use the month of September to make self-care a part of your daily routine – practice being good to yourself. Be intentional with making time in your schedule, even if it's just 15 minutes! It can be as simple as a conscious breathe in the morning or as luxurious as time away from the pressures of everyday life. The kindness we show ourselves will transform into a kinder world.

*With Love, Kim*

## 3 Month Meeting Information

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

Sept 3<sup>rd</sup> Potluck picnic at the home of Lynn McGlade (in Terrace Shores) Please RSVP to Brenda and bring a dish to share.

Oct. 1<sup>st</sup>- TBD

Nov. 5<sup>th</sup>- TBD

September  
October  
November

*There are no standing reservations. Everyone must call to RSVP.  
Please watch for meeting info and updates on our Facebook page!*

*What do you call a dinosaur that has good dental hygiene?*

*A Flossoraptor!!!!*



Dental Caries remains the most prevalent chronic disease in both children and adults in the United States even though it is largely preventable. Monitoring caries prevalence is key to preventing and controlling oral disease. Brushing, Flossing, Rinsing with a mouthwash for 30 seconds, visiting a dentist, dental sealants and monitoring snacks will aid in the protection of our teeth. Happy, Healthy Smile!

*Valencia*

Time Change...  
Fall Back  
1 Hour  
Sun. Nov. 1st



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

## Four Pillars Updates

- **Membership:** Brenda is working to update the membership booklets. We have lost 3 members, bringing our total membership count to 25.
- **Fundraising** At this time, there are several cases of pecans that are being stored in Lynn's freezer. The plan is to keep these and sell them in the fall.  
Everyone must let Molly Ross know what items you want for the pecan sale!
- **Program:**
- **Public Awareness:**

Vin Ami announced that they will be closing their doors very soon. We wish them well in their future endeavors. However, that means we will not have an avenue for a wine tasting event for a fundraiser this fall. If you have ideas or suggestions on a different fundraising idea please talk to Kim Brandfass or Pam Edwards.



*Member Milestones  
for September*

*Birthdays*

*4<sup>th</sup> Charlotte McGuire  
25<sup>th</sup> Melodie Hayes  
29<sup>th</sup> Carolyn Sherry*

*Anniversaries*

*2000 Vickey Taylor  
2010 Molly Ross  
1999 Shirley Figgins*

*Member Milestones  
for October*

*Birthdays*

*26<sup>th</sup> Amy Hursey*

*Anniversaries*

*Congratulations to  
Vickey Taylor for  
20 years of membership  
and to Molly Ross  
for 10 years of membership.  
Your commitment and  
service is greatly  
appreciated!*



***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..... Kim Brandfass  
Vice President.....Pam Edwards  
Treasurer.....Molly Ross  
Corresponding Secretary.....Brenda Elswick  
Recording Secretary.....Amy Hursey  
Delegates.....Lynn McGlade,

Directors..... Melanie Smith, Melodie Hayes  
Ex Officio..... Donna Snider

**Mission Statement:**

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

**President's Theme:**

Birds of a Feather  
Flock Together



We will be adding some new items to the Pecan sales this year. **EVERYONE** please contact Molly with the quantity you want. The special items are by the case and must be paid for at the time of pick up.

	per cs	per bag
Pecans	\$144.00	\$12.00
Choc Pecans	\$144.00	\$12.00
Cashews	\$144.00	\$12.00
Choc Cashews	\$144.00	\$12.00
<b>Available for special order, Full Case Only, must be paid for in full at time of order</b>		
	case	resale per bag
Dried Apricots	\$96.00	\$8.00
Pistachios	\$132.00	\$11.00
Honey Peanuts	\$96.00	\$8.00
Honey Cashew	\$144.00	\$12.00
Heart Healthy Mix	\$120.00	\$10.00
Fruit & Nut Mix	\$108.00	\$9.00
Tropical	\$120.00	\$10.00
Harvest Medley	\$144.00	\$12.00
Sweet & Salty Trail Mix	\$120.00	\$10.00

*You can view a description of these items by visiting the Terri Lynn Website: [www.terri Lynn.com](http://www.terri Lynn.com)*

**IMPORTANT!**  
At the time of pick up, each person's order will be marked with their name and the amount owed. Please do not take items that are reserved with someone else's name.



[Split Dues Payments Due in October](#)  
If you choose to pay your annual club dues in two installments, the first payment of \$60 is due to Molly in October. The second is due in April of 2021.