

# September / October 2020

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 selfcentered 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 (740) 252-1266



<u>Sept 3<sup>rd</sup></u> Potluck picnic at the home of Lynn McGlade (in Terrace Shores) Please RSVP to Brenda and bring a dish to share. <u>Oct. 1<sup>st</sup></u>- *TBD* <u>Nov. 5<sup>th</sup></u>- *TBD* 

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

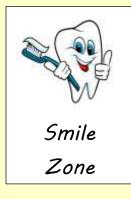
A Message From Our President, Kim Brandfass



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### 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 l 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

- <u>Membership</u>: Brenda is working to update the membership booklets. We have lost 3 members, bringing our total membership count to 25.
- <u>Fundraising</u> 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!

- <u>Program</u>:
- 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.

## Soroptimist Signal



# Member Milestones for September

<u>Birthdays</u> 4<sup>th</sup> Charlotte McGuire 25<sup>th</sup> Melodie Hayes 29<sup>th</sup> Carolyn Sherry <u>Anniversaries</u> 2000 Vickey Taylor 2010 Molly Ross 1999 Shirley Figgins

Member Milestones for October Birthdays Anniversaries 26<sup>th</sup> Amy Hursey

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

**On Facebook:** Soroptimist International of Zanesville

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

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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	
Available for special order, Full Case Only,			
must be paid for in full a			
	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.terrilynn.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.



<u>Split Dues Payments Due in October</u> 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.