

ZANESVILLE,
OH CLUB
MIDWEST
REGION



Soroptimist Signal

FEBRUARY 2017

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SOROPTIMIST
Best for Women

President's Letter—Lynn McGlade

Our style show is coming up in April and we need people to help—we can use everyone in some small ways and that helps us all.

It is a fun project and raises money for scholarships. So we need to get going on this. It is fun.

We are going to have a new segment called “Becky Blessings” in our meetings to honor our good friend and long-time member, Becky Archibald. She was an inspiration for us all. If you have an item to have us talk about in our Becky Blessings please let us know. We want to have positive uplifting messages for this.



I always try to have a reminder that what we do daily and as a group is like unknown ripples in a lake, moving on and touching others in ways we may never know.

Our Zanesville club is a catalyst that has ongoing ripples of good things in the kindness we show.

- Lynn McGlade

February Member Meeting

Date: Thursday, February 2

Location: St John's Church

Board Meeting: 4:45pm

Member Meeting: 6:00pm

Cost: no cost

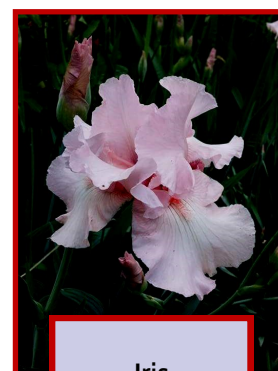
Menu: Pot Luck with pulled pork, please bring a dish to share

Meal reservations/changes are not needed for pot luck months. May cancel if inclement weather—check your email.

Contact **Amy Jo Hursey:**

amyjohursey@yahoo.com

740-697-0950 Call or Text



Iris

Smile Zone



Are you smarter than your toothbrush? Technology is now in your smart toothbrush. It is proven that an electric toothbrush removes plaque better than a manual toothbrush. Those with a timer bring on longer brushing and improved plaque removal. The smart toothbrushes encourage optimal oral hygiene habits by provid-

ing you through an app with a report on how you are brushing, the amount of time and brushing habits. Brands that have the smartbrushes are Oral B, Pro 5000, Kolibree, Beam Brush, Philips Sonicare for kids. Our children and grandchildren will be great with these. These brushes will also work our brains to learn something new. Happy Smart Smile!

- Valencia Clark

Spirit of Women—Day of Dance / Heart Health Feb 18

Genesis Spirit of Women Day of Dance will be held on Saturday, Feb. 18 at Eaglesticks Golf Club from 8 a.m. to 2 p.m. As one of the largest heart health events in the region, attendees can take advantage of free screenings, talking with heart experts, and dancing. This year also includes spa services like manicures, massage and haircuts.

8 am - 10 am (free)

Know Your Numbers - Blood Pressure, BMI, Cholesterol, Glucose (fasting)

9 am - 11 am (free)

Mini Med School 9 am This will give you an in depth look at Diabetes. 10 am Dr. Edmund Brinkis, orthopedic surgeon, will show you the nuts and bolts of joint replacement, and discuss joint pain options.

10 am - 2 pm (free)

Relaxing spa services to help your heart and reduce stress levels - Manicures, brows, make-up application, haircuts, fashion tips, reflexology, and massage

11 am - 2 pm (free)

Dance Lessons - Learn to salsa, cha-cha, pound, cardiac fusion, yoga and zumba.

11:30 am (\$10.00) Lunch With Physicians, Limited Seats - RSVP and payment required prior to event

Registration is required prior to the event. Payments will not be accepted at the door. You can register online or via phone. To register via phone, please call 740-454-4002.

The 2017 National Day of Dance is presented by Genesis HealthCare System, the Spirit of Women Hospital Network and Community Bank.

- Source: Genesishcs.org



Member Milestones

February Birthdays:

- 1 Jamie Clark
- 26 Tammy Findeiss
- 4 Molly Ross
- 19 Allison Weeks



February Anniversaries:

- Barbara Russell 1985
- Taffy Tippet 1985
- Connie Williamson 2005



Dimes for Dreams

Money will be collected at the February meeting to go towards Soroptimist Midwest Region's Dimes for Dreams project.

Our Treasurer, Molly Ross, asks that you pre-roll your dimes and convert to paper money or check before giving it to her, as she will not have

the capacity to count all the dimes!

This project helps our club to meet its 10% giving requirement.

Thanks in advance for your generosity!

Three-Month Meeting Info



Feb 2—Meeting will be held at St John's Church. We will have a pot luck with the board providing pulled pork. In case of inclement weather, the meeting will be canceled. Please check your email prior to coming to the meeting.

Mar 2—Meeting will be held at Knights of Columbus with our scholarship awardees. Menu: Roast Pork Loin, Red Skin Potatoes, Buttered Carrots, Spring Salad Mix \$16.00 including tip.

Apr 6—Meeting will be held at St John's Church (116 N 7th St) with Olive Garden carry-in meal



SIZ EVENTS

A Snapshot of the Year Ahead

Membership Meetings (MM) are generally held on the first Thursday of each month

2017

February 2 meeting will be held at St John's Church (116 N 7th St) and will be pot luck as in past years to allow for cancelation due to weather concerns.. Pulled pork sandwiches will be provided. Speaker will be Ronelle Barnett from S.T.A.R.S. Committees will be revisited for updates.

March 2 meeting will be held at Knights of Columbus with our scholarship awardees. Menu: Roast Pork Loin, Red Skin Potatoes, Buttered Carrots, Spring Salad Mix \$16.00 including tip.

April 6 meeting will be held at St John's Church (116 N 7th St) with Olive Garden carry-in meal. Speaker TBD Annual Style Show and Auction will be April 22. Contact Molly Ross to help with the committee.

May 4 meeting will be held at Knights of Columbus with a sandwich bar including shredded chicken, deli tray, Spring mix salad, scalloped potatoes for \$13. Desserts will be brought by members. It will be the popular Quarter Auction Night! Please bring items for the auction to the Feb/Mar/Apr meetings. Renovation at Transitions will be May 12 and 13. Contact Melanie Smith for further details.

June 1 officer installation, location TBD

July 6 picnic at Kelly Moore's house



Membership Responsibilities:

- Attend meetings frequently
- Participate in Service Projects
- Be involved in fundraising events
- Actively serve on committees
- Live the Soroptimist Pledge





P. O. Box 853
Zanesville, OH 43702-0853

Contact Information

www.zanesvillesoroptimist.org

President Lynn McGlade
Vice President Donna Snider
Recording Secretary Kelly Moore
Corresponding Secretary Cindy Brandi
Treasurer Molly Ross
Delegate Barb Parmer
Delegate Kim Brandfass
Director Debbie Gheen

Soroptimist International Mission Statement:

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

President's Theme: "People will never forget how you made them feel, so what you do echoes in eternity."

Like us on Facebook

<https://www.facebook.com/pages/Soroptimist-International-of-Zanesville/161829043870215?fref=ts>

Capacity Inventory Survey

In order to assess the individual skills of our members, you will be asked to complete a short questionnaire.

This will help members to learn about each other's strengths and assets. It uncovers a great pool of already-existing resources that you can mobilize to approach problems and projects!

The idea is to use this inventory at the start of each club year, to generate a positive dialogue about your club's strengths *before* getting bogged down in daunting conversations about the things you need to accomplish!

This will change the conversation and boost morale; when you do begin talking about problems and projects, you'll already know what resources your club has on hand that will help you solve them.

The questionnaire will be emailed out with the newsletter. If you do not receive the newsletter by mail, the questionnaire will be available for completion at the next two club meetings. Return completed questionnaires to Lynn McGlade.

Thanks in advance
for participating!

