

ZANESVILLE,  
OH CLUB  
MIDWEST  
REGION



# Soroptimist Signal

OCTOBER 2016

## INSIDE THIS ISSUE:

President's Letter	1
Member News / Committee Reports	2
Meeting information, Milestones	3
Event Calendar	4
Contact Information	5

## President's Letter—Lynn McGlade

Fall is coming! On September 16, Amy Hursey and I attended the Spirit of Pink sponsored by Genesis. Our booth was well attended and we handed out "Pecans are Coming" cards and recipes for using our pecans.

On September 20, Pat Burkhart, Charlotte McGuire, and I attended the Zane State breakfast to honor the two girls we awarded with \$1,000 scholarships. They are Baileigh Trislet and Lacy Tipton (standing in photo). These two young ladies are interested in joining our group and should be at Weasel Boys for the October 6 meeting.

On October 14 and 15, the Midwestern Region Conference will be held at Deer Creek State



Scholarship Breakfast at Zane State College

Park Lodge, about an hour and a half from Zanesville. Molly Ross, Barb Parmer, Kim Brandfass, Valencia Clark, and I will be attending.

We have had three new members join and we want to welcome them.

No matter what you say, no matter what you do, people remember how you make them feel.

- Lynn McGlade

## October Member Meeting

**Date:** Thursday, October 6  
**Location:** Weasel Boy  
**Board Meeting:** 4:45pm  
**Member Meeting:** 6:00pm  
**Cost:** \$10 plus tip  
**Menu:** Pizza and Salad bar

Meal reservations/changes are needed by October 3.

contact Amy Jo Hursey:  
amyjohursey@yahoo.com  
740-697-0950



Marigold



SOROPTIMIST  
Best for Women

## Smile Zone



SSBs (Sugar-Sweetened beverages) are bad for the teeth, increase the chance of becoming obese, and can increase the risk of developing Type 2 diabetes.

We have seen a big increase in dental issues in

our students and we feel it is related to these drinks. In a 20-ounce bottle of soda there are 19 teaspoons of sugar! A 12 ounce can of soda has 10 teaspoons of sugar! Drinking an 8 ounce SSB each day for a year is equal to 55,000 calories, or 15 pounds a year.

The drink of choice should be WATER!

- Valencia Clark

## Who do you know?

Soroptimist International of Zanesville is always looking for new members. Take a moment to think about women you know that would enjoy the fellowship and friendship of SIZ.

Offer them one of our business cards or brochures and invite them to attend one of our monthly meetings. Don't have a card or brochure? Ask President Lynn McGlade to give you a few. Use this list to jog your memory.

### Who do you know that...

- Works at your doctor's office?
- Works out at your gym?
- Works at your bank?
- Attends your church?
- You see at sporting events and school functions?
- Likes to volunteer?
- Enjoys traveling?
- Is retired?
- Works at your hair salon?
- Works at your insurance agency

- Amy Jo Hursey

## A note from Charlotte

I am Looking forward to Nov. 3th and our Mary Kay Fund Raiser. I will have books at our October meeting to hand out. Also, if you have ideas on any of the products that you would like to have more information about be sure to let me know. The club receives 25% of all sales that evening, checks and credit cards are fine.

The house is located at 1940 Newark Rd. and sits back behind the Church. There will be a sign for parking. Thank you.

- Charlotte McGuire

# Member Milestones

## October Birthdays:

12 Doris Baker

26 Amy Jo Hursey

## October Anniversaries:

Becky Archibald 1978



## NAMI

Our speaker for the October meeting, Becky Allison, will speak on behalf of NAMI of Zanesville.

The National Alliance on Mental Illness (NAMI) is a nationwide grassroots advocacy group, representing families and people affected by mental disorders in the United States. NAMI provides psychoeducation, research and support for people and their families impacted by mental illness through various public education and awareness activities.

The National NAMI organization is based out of Arlington, Virginia. NAMI is organized further into State and Local affiliates, all operating mainly with the work of thousands of volunteers. Members of NAMI are typically consumers of mental health services, family members, and professionals working together toward a common goal.

There are over 1,000 NAMI chapters, represented in all 50 states.

Source: Wikipedia

## Three-Month Meeting Info



**Oct 6 (Thursday)** — meeting will be held at Weasel Boy Brewery with pizza, salad and soft drink. Price \$10 plus tip. Our speaker will be Becky Allison who is with NAMI in Zanesville

**Nov 3 (Thursday)** - our annual Mary Kay fundraiser will be held at a Charlotte McGuire's home. Box lunches will be provided and further information will come in the next newsletter.

**Dec 1 (Thursday)**— Our annual Christmas party will be held at the Knights of Columbus. Details to follow.

# SIZ EVENTS

## A Snapshot of the Year Ahead

Membership Meetings (MM) for the remainder of 2016 will be held on the first Thursday of each month

### 2016

**Oct 6** (Thursday) - meeting will be held at Weasel Boy Brewery with pizza, salad, and soft drink for \$10 plus tip. Becky Allison will speak on NAMI. The pecans are scheduled to be delivered on October 19th. Pat Burkhart will notify Melodie so she can send a notice out.

**Nov 3** (Thursday) - meeting will be held at Charlotte McGuire's, where she will host our annual Mary Kay fundraiser. Box lunches will be provided, with further information to come.

**Dec 1** (Thursday) - Christmas party will be held at the Knights of Columbus. Menu to be determined. We will have a Christmas card making session after dinner provided by Donna Snider. Costs not yet determined. Our annual gift wrap fundraiser will be December 10 thru the 17th. It seems like a long way off, but it will roll around quickly!! Let the committee know what day & times you will be available to work. We will have a chart ready at our next meeting. We will be asking for donations of bows for on the packages. Thanks. Joyce

### 2017

**January & February** meetings will be held at the First Christian Church with a potluck dinner as in previous years. We will be voting on whether we want to continue with Thursday meetings or revert back to Wednesdays.

**Linda White's new address is:**  
**551 Coltingwood Court, Kettering, OH 45429**  
**Email: linwhite2000@gmail.com**



#### Membership Responsibilities:

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



President Lynn McGlade at our display table



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

### Contact Information

[www.zanesvillesoroptimist.org](http://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 Brandfoss  
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>

## Spirit of Women Girls' Night Out

October 28 is Spirit Girls' Night Out at Zane State from 5 to 9pm, sponsored by Genesis.

SIZ Will be donating a designer handbag as an incentive to try to win free advertising for one year. This year, Linda White has graciously donated a brand new COACH handbag valued at \$200 as well as a Mary Ann Bucci "Zanesville" puzzle. We will add a scarf and gloves, wine and antique wine glasses.

Please come to support our table as we will display our purse and sell our pecans. Register for only \$10 online on the **Genesis website under Classes & Events > Spirit Programs**. Refreshments are included and lots of publicity and information is available. It's a great opportunity for networking and you will likely see many people you haven't seen in years.

This is a part of our Public Awareness efforts to get

our name and good works out to the public and encourage women to become Soroptimist members with us.

Girls' Night Out will feature free screenings, short presentations on women's health and more! A highlight will be speaker and author, Jan McInnis. Visiting and shopping with our numerous business partners and great door prizes round out this event.

- Vote for the most "fun & fabulous" purse of the evening and you could win it!
- Get photographed in our photo booth
- Taste wine from Raven's Glenn Winery
- Win a fabulous door prize
- Get a Derma View facial skin analysis
- Enjoy great refreshments from Sodexo
- Take a chance in the Community Bank Cash Grabber

Be sure to register if you wish to attend!