



SOROPTINEWS—SI MIDDLETOWN

MAY 2023

SOROPTIMIST
Best for Women



PRESIDENT GAYLE'S MESSAGE

Happy May!!!

I want to start off with a few highlights from the 115th Midwestern Spring Conference held in Ann Arbor, Michigan. Barb and I had a fun and educational time attending. Each year Awards are given out to clubs for their participation in the areas of the 4 pillars: fundraising, membership, program, and public awareness. We have once again received an Outstanding Award, meaning that we hit most of the markers missing a few. We were also given a "Laurel Award" "Best Scenic Design" for our work with the trafficking program. I highly recommend anyone interested in attending one of our District Meetings or Spring Conference do so. It is fun learning what other clubs do, and they are always willing to share ideas.

I am excited to say that we have Nicole Condrey, Mayor, speaking at our May Meeting, May 11th at Horsepower Farm. She is an empowered woman and believes in empowering others. Her topic is Women in Leadership. Please invite guests. We will be having Ruth Waggoner, District Director, as a guest for the evening.

A little about Nicole:

A former U.S. Diplomat turned professional skydiver, Middletown Ohio Mayor Nicole Condrey brings her global breadth of leadership experience to Middletown in a unique fashion. She prides herself in inspiring individuals and organizations to reach outside their comfort zones, have the courage to abandon "Plan A", and execute the dreams that get them out of bed each morning. She is dedicated to economic growth and quality of

life in southwest Ohio and promotes accountability, communications, and connecting the dots in our energetic city, surrounding communities, and beyond.

Nicole was raised in Cary, Illinois and holds a Bachelor of Science in Electrical Engineering from the University of Notre Dame. She moved to Washington, DC and worked as a civilian electrical engineer for the U.S. Department of the Army starting in 2004 and transitioned to work for the U.S. Department of State as a Foreign Service Officer until 2019, collectively serving tours in Afghanistan, Iraq, and Sudan.

The Budget Committee will also be presenting the work done on the budget and finalizing it so our work can begin for next year to be our best and brightest.

We will be holding elections for our officers and board for 2023-24.

May 14 is Mother's Day and my wish for all of you, moms, grandmothers, bonus moms, pet moms, aunts and those who have ever taken anyone under their wing, a very special day.

See you soon!

Gayle

May is Women's Health month.

From National Today:

With a growing focus on personal health, it is extremely important for all women and girls, especially those with underlying health conditions like hypertension, diabetes, obesity, cardiovascular and respiratory conditions, and women 65 years and older, to take care of their health. Taking care of yourself and your loved ones should always be a top priority.

HOW TO OBSERVE WOMEN'S HEALTH CARE MONTH

***Join the gym**

Pledge to take care of yourself during Women's Health Care Month. Sign up for a gym membership and make sure to attend regularly. A healthy weight and active lifestyle are important for good health.

***Get your vaccines**

During Women's Health Care Month, check if you are up-to-date with all your vaccines and booster shots. If not, get an appointment for the pending shots. Vaccines are mandatory to prevent many severe illnesses.

***Eat good food**

On Women's Health Care Month, pledge to cut out alcohol, tobacco, and unhealthy foods from your diet. Stick to clean eating and develop a diet that addresses all your health needs. This is crucial for a healthy

Barb's Two Cents' Worth

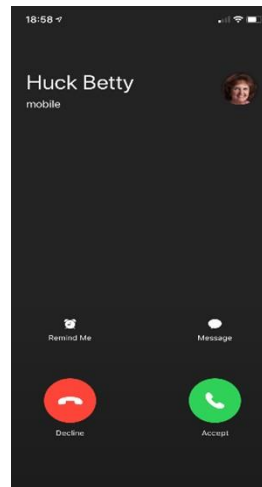
I would like to encourage you to attend our District Meetings or Spring Conferences. They are great ways to make new friends and contacts and get a bigger picture of what Soroptimist is all about and all the ways it improves the lives of women and girls. Gayle and I represented our club—that's 10%. The Kenton County club had 25% of their members there, and Hancock County had 57% of their members there. Five of the six clubs in District II were represented. A highlight is always the presentation of the awards! SIA President Stephanie Smith from Oak Harbor, WA was there and is a delight! Joan Stallard, whom some of you will remember, was recognized for 45 years as a member.

Our Mary will celebrate 65 years of membership this June, and four of our members will celebrate 35 years this September.



Betty's Bits

Different Incoming Calls Presentation on the Screen



When the iPhone is in use, you get the “accept” and “reject.” Easier to answer with a tap of the button.



When the iPhone is locked, you get the “slide to answer.” Reduces chance of accidentally answering the phone.

Find Photos between you and a Friend

Go into iMessage as if you are going to send a message to your friend.

Tap on their photo at the top.

Scroll down to Photos and tap on See All.

WELCOME NEW MEMBER



We welcome our new member, Pat Betts. Pat was a guest of Ann's and felt welcomed. She says she likes doing what she can to help others and is looking forward to learning about our projects.

She is a wife and mother of two. She previously had worked at The Illinois State Senate as System Coordinator and The Department of Children and Family Services as a Private Assistant to the Director. She was once licensed in Property Casualty and Life and Health Insurance, but her first job was in third grade cleaning the school she attended. 😊

Pat was born in Pennsylvania and has lived in Pennsylvania, Illinois, Texas, and Ohio.

She used to be a sailor, having a 26-foot sailboat. At 26 she backpacked around Australia for two weeks with only \$500 cash. Sounds as if we have an adventurous member! Welcome to SI Middletown!

MIDDLETOWN OUTSTANDING SOROPTIMIST

ELAINE GARVER



In the past we have recognized a member as Middletown's Outstanding Soroptimist. We haven't done that for several years since we didn't hold any in-person fundraising events because of the pandemic, and we always presented the honor at our public events with lots of people in attendance.

An outstanding Soroptimist is someone who exemplifies what a Soroptimist stands for—women at their best working to help other women be their best. We surprised Elaine at our April meeting.

Elaine Garver has gone above and beyond in her involvement in the club and in the community. She has organized programs such as the Butler Tech meeting presentation; our Dream It, Be It program; and our special projects and community partnerships. Rick McCrabb from the Middletown Journal once said, "Her fingerprints, and more importantly her passion for people, can be detected throughout Butler County."

Congratulations, Elaine!

Slate of Officers 2023-24

We will vote on this slate at our May meeting.

- President: Gayle Martz
VP: Beth Miller
Treasurer: Sue Willis
Recording Secretary: Elaine Garver
Corresponding Secretary: Deb Peters
2 year Board: Barb Flory
1 year Board: Jennie Webb

May 4 7:00 p.m. ZOOM Board Meeting

May 11 monthly meeting at Horsepower Farm

May 14 Happy Mother's Day

MAY BIRTHDAYS

27 Barb

CONTACT US

P.O. Box 525, Middletown, OH 45042

simiddletown@soroptimist.net

www.middletownsoroptimist.org



CALENDAR