



EDITION 2

NEWSLETTER

April 2024



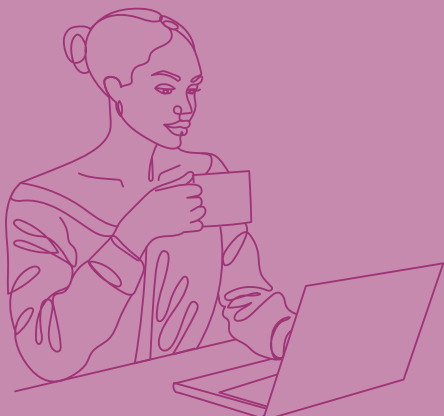
STRONG & INDEPENDENT Soroptimist International of Fayette County

"Teamwork Triumph: Uniting for Success in 2024"

Welcome to 2024, a year brimming with boundless opportunities for empowerment and collaboration! As we embark on this exhilarating journey together, let's delve into the transformative power of teamwork, igniting a movement to break barriers, shatter glass ceilings, and pave pathways toward a future filled with promise and potential.

Within our Soroptimist family we firmly uphold the belief that when women uplift and champion one another, the possibilities become infinite. Whether you're a seasoned leader navigating the peaks of success or a budding professional embarking on the climb, our collective strength knows no bounds. Let's lift each other up, amplify our diverse voices, and cultivate a culture where every voice, regardless of background or experience, is not only heard but celebrated—where diversity becomes our greatest asset and inclusivity our guiding principle.

Together, we stand as unstoppable forces of change, poised to make 2024 into a year of unprecedented success and empowerment. Here's to the spirit of collaboration, the bonds of camaraderie, and the myriad of opportunities that await us on this remarkable journey together!



When you have 11 minutes please scan this QR code with your phone to watch three powerful video segments featuring Lisa Nichols. Let's soar this year and every day choose to make an extraordinary decision. If you're on your phone, tap this link: <https://www.youtube.com/watch?v=tj7utbR4rMc>

Note: You will need to skip commercials.



Live Your Dream Award

The Soroptimist Club of Fayette County's Live Your Dream Award (LYDA) Committee achieved remarkable results this year. We received 15 applications, advanced 7 to the final review, and ultimately selected 3 deserving winners. Our success was driven by strategic outreach to schools, consistent communication with applicants, and seamless collaboration among our members and volunteer judges.



Speaking of judges, our panel boasts a diverse range of experienced professionals, including a teacher, a businesswoman, and a nurse, embodying a rich tapestry of career paths.

The Award Presentation during our March meeting was truly memorable. All three deserving recipients, accompanied by special guests, joined us as we presented each woman with her prize money and a stunning Soroptimist Bracelet, generously donated by one of our members.

Here are our winners:

- **First Place:** Bethany DuBois from Fayette County Career and Technical School, pursuing LPN/Midwifery. Notably, Bethany's application will advance to the next round of judging for the Northeast Region LYDA.
- **Second Place:** Jakaya Settles from Citizen School of Nursing, pursuing an Associate degree in Nursing.
- **Third Place:** Candice Jones from Westmoreland County Community College, studying Heating Ventilation, Air Conditioning, and Refrigeration (HVACR).

We were honored to have one of our judges join us at the meeting, experiencing the full circle of the LYDA process from applicant judging to award presentation—an invaluable moment indeed.

Outreach included: emails, phone calls, or packets mailed to the administration and financial aid offices at these locations:

Laurel Business Institute (Bonnie Marsh)

Penn State Fayette (Cheri Grubbs)

Fayette County Career & Technical Institute (CTI – Chris Kaufman)

Douglas Education Center (Monessen)

Westmoreland County Community College (Uniontown & Youngwood)

Fayette County Community Action

East-end Community Center

Applicants represented seven Schools/Programs:

- Fayette County Career and Technical School
- Laurel College of Technology
- Laurel Business Institute
- Penn State Fayette
- Allegheny County Community College
- Grand Canyon University
- Citizen School of Nursing

Interested in joining the LYDA Committee this year? Your teamwork will be welcomed as we aim to expand, attract more applicants, and raise awareness in 2024. Reach out if you're willing to be part of this impactful initiative.

Programs of Service

The Programs of Service Committee remains committed to its initiatives, "Period Positive" and "Transition Coaches." Recently, the committee completed a second distribution of feminine hygiene products to five additional school districts. For the 2023-2024 academic year, members distributed a total of 79 packages of sanitary pads and 62 packages of tampons, providing 3378 sanitary napkins and 2510 tampons to 2929 girls across ten school districts. These efforts extend to various types of schools, including public, vocational-technical, and parochial, as well as a neighboring school in Greene County. St. Fayette takes pride in ensuring that girls have free and confidential access to these essential products.

Meanwhile, Transition Coaches continue to engage with young girls in our community. Through discussions focused on identifying interests and building self-confidence, members foster meaningful connections with the girls. Activities such as creating tied blankets further strengthen these bonds and the rapport is evident. Looking ahead, the committee plans to invite professionals from career fields of interest to inspire and educate the girls on potential career paths.



*Empowered
Women
Empower
Women*



The Programs of Service Committee is dedicated to sustaining these vital projects and invites interested members to join in these meaningful initiatives.

OSTEOPOROSIS WALK

On April 6, 2024, Soroptimist of Fayette County, in collaboration with Dr. John Sunycz, proudly sponsored the Osteoporosis Walk at Mount Saint Macrina. Despite the chilly weather, eleven dedicated Soroptimist sisters braved the elements to participate and proudly represent our group. Together, we stood united in raising awareness for osteoporosis—a cause close to our hearts.

Osteoporosis affects millions worldwide, with an estimated 200 million women suffering from the condition globally. In the United States alone, over 10 million individuals are diagnosed with osteoporosis, and another 44 million are at risk due to low bone density. Shockingly, osteoporosis causes an estimated 8.9 million fractures annually worldwide, translating to one fracture every three seconds.



SAVE THE DATE: The next Osteoporosis Support Group will meet on May 29, at Third Presbyterian Church 425 Union Street, Uniontown PA. Time TBD.

Dream It Be It

Volunteers needed

Calling all Soroptimist sisters! We're seeking dedicated volunteers to join our team to make a difference in the lives of young girls. No experience necessary – we'll guide you every step of the way, including assistance with obtaining Child Abuse Clearances.

1. ****Session Presenters:**** Lead inspiring one-hour sessions at Dream It Be It Workshops. We provide the curriculum; you make it your own!
2. ****Speakers:**** Share your career journey during lunch sessions, inspiring the next generation.
3. ****Registration and Monitors:**** Help keep our workshops on track by assisting with registration, monitoring presentations, and serving lunch.
4. ****Grant Writer:**** Use your writing skills to secure funding for our valuable sessions.
5. ****Public Speaker:**** Present a compelling script to potential program sponsors, advocating for the empowerment of young girls.
6. ****Mentors:**** Guide and support girls in follow-up sessions after the workshop, making a lasting impact.
7. ****Spread the Word:**** Know someone with these skills? Encourage them to volunteer! Can your business sponsor a workshop? Do you have connections with businesses willing to donate?
8. ****Co-Chair:**** Assist our current chair and be prepared to take the lead in the future.

Make a difference and empower the next generation of women with Dream It Be It! Join our team today.

Message from SIA-NAR District IV Director

Happy Spring everyone! I hope you all had a joyous Easter celebration. It is hard to believe the North Atlantic Region Soroptimist Spring Conference is right around the corner.

I just have a couple of reminders for you to keep in mind for Spring Conference. The theme of the conference is Ghosts of Gettysburg and you may want to dress in costume for the dance after the Friday night opening meeting. The Friday opening meeting will be in a different format this year. Instead of full presentations from each of the Pillar Chairs (Membership, Program, Fundraising and Public Awareness), each chairperson will have a station around the room with the Powerpoint presentation running on an individual laptop. She will have handouts and will be available for individual questions on her respective pillar. You will be able to move between each station at your leisure.

Remember to bring your poster for the 'Bring and Brag' area showing a project with which your club has had great success. You must bring an easel to display your poster and at least one member should be at the display during the voting to answer questions from other members.

The hospitality committee is looking for volunteers to help set up and clean up the hospitality room. Please reach out to me if you would like to volunteer an hour or two. We are also doing the 'Taste of the Region' theme again, so the club should bring some food or drink items to share in the hospitality room that would be from our area.

Clubs can also have a sales table in the sales room for \$15.00 to sell any fundraising items they may have.

I am looking forward to seeing you at Spring Conference!

Lisa

District IV Director




April
26-28, 2024



Member Spotlights



Elaine Swaney

Elaine, now retired, previously served as the director of vocational services for Goodwill. She's been an active Soroptimist sister since 2000, drawn to the organization's focus on service and supporting women, aligning perfectly with her values of self-fulfillment. Outside of her professional and volunteer endeavors, Elaine engages in various hobbies such as reading, crafting, and gardening. Additionally, she dedicates her time to community involvement, including assisting at church. A fun anecdote about Elaine is her adventurous spirit, demonstrated by her decision to take motorcycle classes at the age of 60! Currently, she looks forward to crossing a Caribbean cruise off her bucket list.

Cathy, a Soroptimist sister since 2019, shares her enthusiasm for life with a cruise to the Caribbean on her bucket list! Alongside her passion for gift basket making and attending vendor shows, Cathy finds inspiration in fresh ideas and collective efforts to improve lives within our organization. Guided by her faith and upbringing, Cathy defines success as inspiring others to better themselves with confidence. Her philosophy underscores the importance of kindness, encapsulated in her quote, "No matter how tough things are, somebody always has it worse."



Cathy Vrabel



Linda Kaiser

Isla is on Linda's travel bucket list! Joining us in 2016, Linda cherishes the many friendships forged within our community, acknowledging them as a source of inspiration. As a retired RN turned insurance coordinator, she defines success by the satisfaction derived from one's endeavors. Linda's experience with computers taught her that while updates may promise convenience, computers are not your friend—a relatable sentiment for many of us! In her spare time, Linda treasures moments spent with friends and her grandsons. Chances are there may be chocolate involved, because that's one thing she can live without!

Sally, a Soroptimist sister since 2008, finds joy in supporting Live Your Dream awardees and making a positive impact in their lives. A retired executive from United Bank, she's recently learned more about healthcare and senior citizen programs due to some family medical needs. Inspired by her parents, Sally values hard work and family. She defines success by setting and achieving goals. Despite not being a morning person, she gets more done in the AM! As for things she can't live without. That would be her sleep and her cell phone. In Sally's free time, she enjoys gardening, family time, and outdoor activities. With a love for travel, Sally dreams of exploring New England and other parts of the country beyond her usual southern trips. It should come as no surprise that a cruise is also on her bucket list!



Sally Bryan Dobek

Upcoming News



Wear denim on April 24, 2024

A donation will be
given to the
Uniontown Crime
Victims Center

Denim Day originated over twenty-one years ago when the Italian Supreme Court overturned a rape conviction, citing the victim's tight jeans as implied consent. In response, women in the Italian Parliament wore jeans in solidarity. Developed by Peace Over Violence, Denim Day is now a global campaign, urging millions to wear jeans to raise awareness about sexual violence misconceptions.

Additional Dates to Know

- **April 11**
 - Transition coaches will meet with independent living girls with speakers discussing future careers.
- **April 20**
 - SI of Butler's Spring Fling luncheon, this year's theme is: Women Wear Many Hats.
 - Mass for Irene O'Brien at St. Joan of Arc Church in Farmington, 5PM.
- **April 23**
 - Linda Wakim speaking on behalf of Dream It Be It at the Inspired Women's Grant Dinner.
- **April 26-28**
 - North Atlantic Region Spring Conference
- **June 8 & June 22**
 - Dream It Be It partners with Adelphoi and One Voice One Community