

EMPOWHER

EDITION 6

NEWSLETTER

April 2025



STRONG & INDEPENDENT Soroptimist International of Fayette County

The Governors Cup is Ours

Soroptimist International of Fayette County is proud to share that we were awarded the Governor's Cup at the North Atlantic Region Spring Conference in Glens Falls, NY!

This prestigious award is presented to a club that demonstrates outstanding achievement, leadership, and impact in advancing the Soroptimist mission of empowering women and girls. It recognizes excellence across service, fundraising, and community engagement and we're honored to be this year's recipient!

Thank you to all our members and supporters who make this work possible. Together, we're making a difference!



Double the Celebration!

In addition to receiving the Governor's Cup, we were also honored with the Pillar Power Brand Recognition award at the North Atlantic Region Spring Conference in Glens Falls, NY! This award is part of the Celebrating Success Awards presented by Soroptimist International of the Americas and recognizes outstanding efforts to increase visibility and awareness of our mission. Our club's creative outreach, media presence, and community engagement stood out as a model for others across the region. We're proud of this recognition and grateful for the continued support that helps us empower women and girls in our community!



Pictured from left to right, first row: Pam Barnhart, Mary Len Hajduk and Lisa Malago.

Pictured left to right, second row: Julie Reagan, Tirzah Allen and Linda Wakim.



Honoring the Heart of Our Club

We are proud to announce that our very own Linda Wakim was named this year's recipient of the Spirit of Soroptimist award at the Soroptimist North Atlantic Region Spring Conference!

This special honor is awarded to a member who truly embodies the spirit, values, and mission of Soroptimist—someone who leads with compassion, commitment, and a deep dedication to empowering women and girls. Linda's tireless efforts, leadership, and service make her a shining example of what it means to be a Soroptimist. In addition to receiving this well-deserved recognition, Linda also presented our Period Positive initiative as a Best Practice—highlighting the impact of providing menstrual products to local schools and raising awareness around period poverty.

We also want to give a special shoutout to Tirzah Allen, who represented our club by presenting on the Red Sand Project, a powerful campaign that brings attention to human trafficking and the individuals who fall through the cracks. And a big congratulations to Mary Len Hajduk, our Philanthropy Chair, and her amazing team for their outstanding work on our Laurel Society and Stargazer efforts. Their dedication to fundraising and long-term giving strengthens our impact and supports the future of Soroptimist's mission.

We are so proud of all our members who continue to lead, inspire, and make a difference!

Celebrating Empowerment at Our First Annual Spring Fling

Soroptimist International of Fayette County hosted its first annual Spring Fling Luncheon on April 12, 2025, at the Uniontown Country Club.

Guests enjoyed a fun afternoon filled with a lively basket raffle, a lottery apron drawing, 50/50 raffle, and a variety of local vendors. The heart of the event was our recognition of several outstanding award recipients who truly embody the Soroptimist mission of empowering women and girls.

Jasmine Neal received the Live Your Dream Award for her resilience as a nursing student and mother of four. Former recipient **Jana Welsh** shared her powerful journey from survivor to mental health therapist. **Katelynn Tennant** and **Riley Zimmerman** earned Free Enterprise Week Scholarships, and **Olyvia Kamp** received the Violet Richardson Award for her volunteer work with foster children. **Chantla Israil** was presented the Ruby Award for her advocacy in menstrual equity and health education. **The Daily Courier** received the News Partner Award, and **Lisa Stockman Malago** was honored with the Governor-Elect Pin by North Atlantic Region Governor Elizabeth Peterson.

We are proud to celebrate these changemakers who embody the Soroptimist mission of empowering women and girls to live their dreams.



Lisa Malago



Jasmine Neal



Chantla Israil



Katelynn Tennant



Jana Welsh

Mary Len Hajduk and Catherine Forman Represent at CSW69

We're proud to share that members Mary Len Hajduk and Catherine Forman attended the 69th Session of the Commission on the Status of Women (CSW69), held March 10–21, 2025, at the United Nations Headquarters in New York City.

This annual UN gathering is the principal global policy-making body dedicated to gender equality and the advancement of women. CSW69 focused on reviewing progress and setting priorities for achieving full gender equality and empowering women and girls worldwide.

Mary Len and Catherine joined Soroptimist sisters from across various federations and regions, adding their voices to this vital global conversation.



Red Sand Project Raises Awareness of Human Trafficking

On April 1, Soroptimist International of Fayette County participated in the Red Sand Project, a powerful initiative designed to raise awareness about human trafficking. Members distributed red sand and placed it in the cracks of sidewalks in front of the Fayette County Courthouse and Nickman's Drug Store in Hopwood. The red sand symbolizes the victims who fall through the cracks of our society and serves as a visual reminder of the ongoing fight against exploitation.





May is Mental Health Awareness Month

As Soroptimists, we spend much of our time supporting other women and causes close to our hearts—but it's just as important to care for ourselves. Mental Health Awareness Month is a reminder to pause and prioritize your well-being, too.

Here are 5 simple tips to support your mental health, especially for women always on the go:

1. Set boundaries – It's okay to say no. Protect your time and energy.
2. Schedule self-care – Even 10 minutes of quiet, journaling, or walking can help.
3. Stay connected – Reach out to friends or fellow Soroptimists when you're feeling overwhelmed.
4. Practice gratitude – A few moments each day to reflect on what's going well can shift your mindset.
5. Ask for help – Whether it's a professional or a trusted peer, don't hesitate to seek support.

Caring for your mental health helps you stay strong, balanced, and ready to continue empowering others.

Calm & Clarity Smoothie

Ingredients:

- 1 banana (rich in vitamin B6 for serotonin production)
- ½ cup blueberries (high in antioxidants to combat stress)
- 1 handful of spinach (loaded with folate and magnesium)
- 1 tbsp almond butter (healthy fats and protein for brain function)
- 1 tbsp chia seeds (omega-3s and fiber)
- ½ cup Greek yogurt (probiotics for gut-brain health)
- 1 cup unsweetened almond milk (or milk of your choice)
- Optional: ½ tsp cinnamon or a drizzle of honey for flavor
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Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into your favorite glass, take a deep breath, and enjoy!



DON'T FORGET!

OSTEOPOROSIS WALK

**SPONSORED BY
SOROPTIMIST OF FAYETTE
COUNTY and DR. JOHN
SUNYECZ**

**DATE: SATURDAY, MAY 17th
TIME: 10:00 A.M.**

LOCATION: SHEEPSKIN TRAIL

