

# The Pointer

SIGP GENERAL MEETING, Wednesday, June 10, 6:30 p.m. via Zoom

An email will be sent to you prior to the meeting indicating the user and meeting codes. For a review of how to Zoom, see page 11

Two primary agenda items:

- Installation of 2020-2022 officers, and
- Tutorial on how to use Instagram to be presented by SIGP member Sarah Sheppard.

# FRIENDLY REMINDER: DUES ARE DUE WEDNESDAY, JUNE 10

Note: SIGP has not raised dues since 2010, and they remain the same this year.

Payment can be made any of these three ways:

CHECK: Mail check payable to SIGP for \$125 to one of the Treasurers (addresses below)

**WEBSITE:** grossepointesoroptimist.org, Home page, Donate button, Credit Card or Paypal. **\$130 TELEPHONE**: Call one of SIGP's treasurers (see below). Give her your credit card info, **\$130** via Square

Bette Lepouttre, 191 Ridgemont Road, GPF 48236, 586-557-3287, elepouttre@gmail.com Mary Ellen Burke, 2037 Shorepointe Lane, GPW 48236, 313-399-8934, meb650@aol.com

### WARNING REGARDING POSSIBLE HACKING ATTEMPT

SIGP President Aleksa Andjelkovic's email may have been hacked. A member said she received an email that appeared to be from Aleksa but it was not Aleksa's email address. The email asked her to send money to a vendor.

Please check your inboxes for this scam/spam email. Please <u>do not</u> respond or forward it to anyone but let Aleksa (617-671-9252) know if you receive a questionable email so she can continue to monitor the issue.

Also, if you have received any other emails from Aleksa or anyone else asking you to pay/send money, remember that this is not how Soroptimist works. The SIGP board and entire membership fully reviews and discusses our finances regularly and there should never never be any random, out-of-the-blue request to send money.

### THE LOSS OF A LOCAL INSTITUTION: LAKESHORE FAMILY YMCA

As some of you may have read in the news, the Lakeshore Family YMCA, located in St. Clair Shores, has permanently closed its doors as of May 15, 2020.

The YMCA and St. Lucy's Catholic Church partnered with SIGP for our 2019 5k Walk/Run. YMCA Director Doug Edwards was instrumental in helping SIGP and St. Lucy's last year with our event and was considering joining SIGP this month. Doug attended our Awards Dinner in March and generously paid for four of our awardee's guest's dinners. Doug believes in our mission and is hopeful he will be staying on the East side to continue sharing his volunteer efforts with SIGP.

The committee communicated with Doug that our members are sorry for his unfortunate circumstance and wish him well on his new endeavors. I also indicated to him that we welcome his continued support and hope to see him soon.

Your Anti-Human Trafficking Awareness Committee: Karrie Blankenship, Mary Ellen Brayton & Laurie Jost

## FINALLY, SOME GOOD NEWS!

Listen to message from SIA CEO Luz Lucas. SIA is refunding \$400 of the conference fee the Club had to pay for the Bellevue, Washington, SIA Convention that had been scheduled for September.

https://www.youtube.com/watch?v=3c4KXYfOclQ&feature=youtu.be

## SIGP IS A CHAMPION – BUT WE ALREADY KNEW THAT!

SIGP became a **Champion of the Wayne County Medical Society Foundation of Southeast Michigan (WCMSF) and Crain's Business Magazine 2020 Giving Guide and May Days of Giving Campaign.** The WCMSF is raising funds to create a film on anti-trafficking to halt and curb demand for Human Trafficking. SIGP member **Renee Rodriquez** was the social media point person. Thank you to SIGP member Laurie Jost for bringing forth this opportunity for mutual publicity.

# JUNE — HAPPY BIRTHDAY TO ...

Ernesta Kurrle, June 5 Karrie Blankenship, June 7 Peggy Hart, June 14 Kerri Green, June 27



# IN MEMORIAM SIGP MEMBER MYRA GOLDEN

Please see pages 5-10 for a tribute to Myra.



June BOARD Meeting via Zoom. WEDNESDAY, June 3, 6:30 p.m.

# A FEW WORDS ABOUT INCREASING MEMBERSHIP!

As we continue the process of collecting membership dues for the 2020-21 new year, let's remember the top reasons women join Soroptimist clubs.

According to SIA surveys:

- 61% of Soroptimist members join to help improve the lives of women and girls and
- 25% join to meet people in their community or build fulfilling relationships.

These reasons should all be considered as SIGP is planning activities and programs for the coming year. Let's continue to try new ideas! Encourage and engage new members to participate in programs. Provide an orientation for new members so they understand what "Live Your Dream" means, what "Dream It, Be It" means. Explain the history of Soroptimist, the websites, the conventions, etc. And finally, make sure we include events that are low cost or free for members to attend.

This year we have faced many challenges. It is important for us to stay connected with our fellow members. By holding Zoom Board and General meetings, Social Hours, and checking in by phone and email with members, SIGP is continuing to engage and retain its members during this unprecedented time.

Don't forget to continue to encourage friends, family members or co-workers to join our club! Women are looking for ways to contribute to society during these troubling times. Let us know if you need a brochure or membership form sent to a prospective new member!

I look forward to sharing some exciting new membership options in the coming

months! Stay tuned.

All the Best for Women,

Roseanne Horne Midwestern Region Membership Chair

#### **BOARD OF DIRECTORS**

Aleksa Andjelkovic

President

Carolyn Barth

Program/Service Chairwoman

**Dorothea Williams** 

VP / Membership

Roseanne Horne

Ross Braun

Past Presidents

Mary Ellen Burke

Treasurer

Bette Lepouttre

Assistant Treasurer

Fundraising

Mary Ellen Brayton

Secretary

Ellen Chapin

Assistant Secretary

Public Awareness

Myra Golden

Director

Marya Malkovich Rosenthal

Director

Hospitality Chair

# STRESS & COVID - TIPS FOR YOUR GOOD MENTAL HEALTH

This is a stressful time for many. With the government and media sharing updates throughout the day and the fear of the unknown, it is understandable to feel overwhelmed, stressed and anxious. You are not alone.

Millions of people across the country are facing the same worries and challenges you are. During this time, it is important to remember that it's OK to not be OK. It's also important to take care of your mental health.

While practicing physical distancing, there are easy self-care strategies that can help reduce feelings of depression and anxiety, or prevent anxiety before it even starts.

Use these tips from the MHFA (Mental Health First Aid) curriculum to take care of your mental health while practicing physical distancing.

**Eat healthfully** to keep your body in top working order.

**Exercise** reduces symptoms of depression and anxiety, whether we're working out at home or taking a solo jog around the neighborhood.

**Practice relaxation therapy.** Focusing on tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed, stressed or anxious.

**Let light in.** For some people, increased exposure to light can improve symptoms of depression. If you can, open the shades and let more sunlight in.

**Be kind to yourself!** Treat yourself with the same compassion you would a friend.

Stay connected. Even if you can't get together face-to-face, you can stay connected to friends, family and neighbors with phone calls, text messages, video chats and social media. If you're feeling lonely, sad or anxious, reach out to your social support networks. Share what you are feeling and offer to listen to friends or family members about their feelings. We are all experiencing this scary and uncertain time together.

Monitor media consumption. While you might want to stay up-to-the minute with COVID-19 news, too much exposure can be overwhelming. Balance media consumption with other activities you enjoy, such as reading, cooking or listening to music.

Self-care doesn't require you to go outside or spend a lot of money.

Adding small changes to your routine can make a big difference to your overall mood and well-being. — Courtesy of Mental Health First Aid

## MYRA GOLDEN, 21 YEARS OF SERVICE TO SI OF GROSSE POINTE

Myra Golden, who passed away on May 21, joined Soroptimist International of Grosse Pointe (SIGP) in 1999, at age 64. She received an invitation from her financial advisor, Shari Warczak, who was a SIGP member at that time. Myra owned her own business, Jack Golden and Associates, a retailer offering and installing playground equipment. The equipment was specifically constructed to enhance a child's mental, physical, and emotional development. Myra, an outstanding saleswoman, never gave up working full time.

Despite working full time, Myra was an active member of SI of Grosse Pointe for the 21 years of her membership. She was a no-nonsense woman who was never reluctant to speak her mind. She shared her gifts of socializing, saleswomanship, service, leadership, and friendship with all of us.

Myra loved sharing stories with everyone, even strangers. She attended all our general meetings, volunteered to be the greeter at many events, attended the funerals of any member or their loved one, served eight years on SIGP's Board of Directors, handled the admissions to the Cornucopia Sales events, and attended most of our Anti-Human Trafficking events. Everywhere she went she socialized with everyone.

She attended all the Wine Tasting membership events from the first one at Mary Parsigian's home to the last one this past February at Ross Braun's home. At these events she ran our SIGP Accessory Sale. She attended most SIGP social events from our Dine Around Town Crawls to an outing on a pedal-powered paddle boat along the Detroit River.



She was one of the first members to join Soroptimist Book Club. Myra loved to read and always shared entertaining stories about events in her own life that related to the book. She always succeeded in creating laughter.

Myra volunteered for most fundraisers whether it was as a committee member or a participant. She worked every single one of SIGP's garage sales from the first one at Denise Hickey's home to the last one at Laurie Jost's home. She managed to talk customers into capturing that bargain, and then getting them to donate their change. When an older man was leaving a sale without purchasing anything, Myra asked him if she could help him find a treasure. He then removed a tendollar bill from his wallet as a donation. Customers loved her.

Myra also volunteered at SIGP service projects. Initially, she attended the Children's Home of Detroit Mardi Gras project and Halloween Party in 2008. She became a regular volunteer at Positive Images (PI) SIGP Grant projects, set up the Clothing Closet in 2007, worked on the Refresh, Retrain, and Sustain project at PI's Boulevard house, volunteered at the personal hygiene workshop, the home cleaning project, and the garden project. Myra was a Master Gardener, so this was another love she shared. She helped create the Christmas baskets for PI clients, and then attended the party every year to help the clients select their children's gifts. She loved helping assemble the 50-92 Mother's Day bags every year.

The first meeting she missed was this past April after suffering a stroke. She was always up to date on club activities, and, at meetings, contributed ideas and solutions. She was present and engaged. She did one of the most important things a person can do for others: She showed up.

Myra was a friend to everyone in this club. She recruited two of her friends to join our club, Kathy DiCenzo and Michelle Strait. She welcomed new members and went out of her way to invite them to sit with her at meetings so she could get to know them better. She was tough but she also had a heart of gold. "Golden Myra" — Mary Ellen Burke, Treasurer



# A TRIBUTE TO MYRA GOLDEN

Myra Golden joined our Club in 1999 and due to her dynamic personality, she made many friends and supported the Soroptimist mission in a multitude of ways. When memorial arrangements are made, you will be contacted with the details via email. Due to COVID-19, this may be off in the future.

It should be noted that Myra is being singled out for this special tribute for two reasons: Myra's been a longtime and active member as noted on the previous page, and, due to COVID-19, there is no immediate memorial at which we can mourn and share stories together. As a result, members have a lot to express as you will see below and on successive pages.

A bunch of yellow roses (the Soroptimist symbol of friendship) from a bunch of her Soroptimist friends.

## Below are the initial responses from members on hearing the sad news:

It is with a heavy heart that I inform you that Myra Golden passed away last night. She has touched our lives in so many meaningful ways. She will be missed. – Marya Malkovich Rosenthal, Hospitality Chair

This makes me cry ... just saw her in March (I believe) when she was in Beaumont GP. I loved her laughter and love for life. Will always remember her. – *Marcia Fairrow* 

This is so very sad. She was such a large personality that always had a story and made me laugh. Great lady who touched many! – *Mary Ellen Brayton* 

Yes, tears and a heavy heart. She was truly a mentor and a guiding light. I hope she passed away peacefully. – *Maddy Colavito* 

Myra had a sparkle in her eye and a giving heart. This news is sad, indeed. She truly was a lovely woman. May her soul rest in peace. – *Laurie Jost* 

Oh, how sad, she was such a delightful woman, she had so many interesting stories and a wonderful sense of humor ... she was so classy with her hair, jewelry, clothes... Peggy Hart

So sad. Myra will be deeply missed. – Karrie Blankenship

So sorry to hear this. Myra was such a beautiful person inside and out. She will be deeply missed. – Renee Rodriguez

I was so sorry to hear this news. I will miss Myra very much. Her stories, strong independent character and willingness to help whenever needed was always an inspiration. – *Roseanne Horne* 

Saddened by the news. I was always in awe of her confidence. I hope wherever she is that her butter dish never runs out of butter and her breadbasket is always full! God bless you Myra! – *Amanda Be* 

So sorry to hear that 📦 📦, she will be missed deeply, and my prayers go to her family. – Sara Baker



2019 5K Fun Run/Walk where Myra volunteered.

She will be sorely missed!! Always kind and encouraging. Loved her zest for life, a life to be celebrated and exemplified. – *Katherine Baetz* 

Oh, my. I'd really hoped and prayed she'd make her way back to us. I loved her determined walk—she always knew where she was going. And her humor? What a stitch! I smile just thinking of her. I've been missing her since she fell ill, and now, well now it's just a damn shame to lose her altogether. – Nancy Solak

I am so said to hear that. Myra was a warm and funny person whose care and consideration for everyone will be very much missed. – *Mary Clare Toffanetti* (See Mary Clare's story on p. 9.)

It sure is a shame ... people like her one assumes will go on forever ... yet that cannot be true! My heart is truly heavy and shattered. – *Carolyn Barth* 

Although I should not be, I am stunned over the loss of my good buddy. She came to my house periodically for movies, gatherings with nuns, an occasional holiday dinner. Our dear sweet Myra. Miss her already. At a loss for words. – *Carol Hofer* (See Carol's story on p. 8.)

I had the wonderful opportunity to get to know Myra through our book club meetings. She always had so much to offer at these meetings. Recently, it was fun watching her eat a whole bowl of whip cream with a glass of wine. She had a great sense of humor. I'm really going to miss her. – *Nancy Hohlfeldt* 

Such truly sad news! While echoing everyone's thoughts and prayers, I can only add I will miss hearing all her wonderful stories! From her childhood, living in the convent, her cute parents and the glowing smile when talking about Bruce, her much adored son! May she Rest in Peace! — *Pat Casey* 

Such sad news. She was such a devoted, enthusiastic Soroptimist. She will be missed. – Jane Lightfoot

Such very sad news to hear. Myra was truly a dear person to us all. Her stories and quick wit always kept us laughing. May the memories we have of our dear friend provide comfort to all who knew her. Rest in heavenly peace Myra. – *Marlane Washington* 

Such sad news. She was a welcoming, sweet and caring person. Loved her stories. Thoughts and prayers to all her family and friends. – *Ernesta Tobin* 

I've just looked at emails for today and have read the remembrances honoring Myra. Many of them mentioned her stories that made us laugh! I can't agree more! Not only laugh but eyebrows raised at some of the off-color comments that she pulled off so easily! I especially loved those! Myra will be greatly missed by all of us, but I have a feeling that we will tell happy stories about her for a long time. Peace and blessings, Myra. — Diana Langlois

Continued on next page

## REMEMBERING MYRA GOLDEN

I recall many happy gatherings over the years when I invited Myra to my house for a movie with friends, a holiday dinner, or a get-together of Dominican sisters. She was taught by the Dominicans in Adrian as a young person and held fond memories of the boarding school there.

Myra remained an asset to our gatherings, always quick to offer insightful comments, little gifts and food or drinks. This past Thanksgiving, she brought the entire meal to my house which we all enjoyed, courtesy of her son Bruce.

She wanted to make the world a better place, and her warm heart extended to all of nature: plants, animals and her beloved collies. I miss her greatly already. I keep wanting to call her for advice on my garden. Bless you, dear Myra.

- Carol Hofer \* \* \*



You couldn't have a more dedicated volunteer in a club than Myra! She was at almost every Soroptimist event that I can remember! And she was definitely the Queen of Second-Hand Sales (SIGP's garage sale)! For years she worked tirelessly setting up the garage sales, then selling, selling, selling and then taking down and packing up all that was left over.

She volunteered every year at the Positive Images Christmas Party and always sat right next to Maisha Kenyatta in the party room with the holiday baskets, the singing clients and Santa! (See photo at left.)

She loved being a Director on the SIGP board because she loved knowing first-hand what was happening in the club. At a business meeting you could count on Myra when you needed a motion passed to say, "I move..." or "I second it."

She could entertain any crowd with stories of her childhood, her dog, or her life and she could make us laugh with her often off-color comments! I especially loved her gift of storytelling.

Myra was an avid reader and because of this she could talk about cities and places in the world as if she had been there in person and she remembered all the details! I always admired that about her. Last but not least...anyone who really knew Myra knew that she LOVED BUTTER and could eat it by itself, not necessarily on bread or crackers or anything!

Myra will be greatly missed by all of us but I have a feeling that we will tell happy stories about her for a very, very long time. Here is a yellow rose for you, Myra. Rest in Peace. HUGS, diana (Langlois)



This is not a happy memory for me personally, but a wonderful memory of Myra Golden. It is but one example that illustrates how willing she was to go out of her way to help other people.

A few years ago, my first cat, Jade, was hospitalized at a special ICU-like veterinary practice for extremely ill animals. The practice was located about 45 minutes from my home.

We had been talking about Jade's condition at our Thursday night Book Club meeting and Myra offered to take me to the vet's office if I was going to need to have Jade euthanized. Shortly after I got home from the meeting, I got a call from the vet's office and was told that Jade's condition had deteriorated, and that euthanasia would be the kindest option.



I scheduled the appointment for Friday morning. It was nearly midnight when I called Myra. She was not irritated by the lateness of the call and asked me what time she should pick me up and take me to the vet's office.

Myra drove me there and stayed with me as my beloved Jade was put to sleep on my lap while Myra comforted me as I cried.

I think Myra was unique in actually living up to her offer to help me through this event. I will always be grateful to Myra for doing this for me. I have other memories of Myra from events that were happy, and I will treasure both the sad and happy memories. – Mary Clare Toffanetti



In Mt. Fuji, Japan, for SI of Hikone's 30-year anniversary.



Loving one of the hedgehogs SIGP member Rosannne Morrow brought to a meeting to raise funds.



My husband is very politically active in our little town, and he would come back from meetings and recount interesting conversations. I heard the distinctive name Myra Golden a lot – a woman who was very involved with the Homeowner's Association, the Friends of the Library and the Eastpointe Beautification Commission. What most amazed Craig was that, at her age, in addition to her volunteer work, she also had a part-time gig at Evergreen Garden Center. We put a pond in our back-yard and needed some outdoor furniture, so we headed over to Evergreen. It was my lucky day, because I was finally able to meet Myra!

She was everything I expected - charming, knowledgeable, commanding and full of opinions and good taste! She sat me down at a patio table and we chatted for a <u>couple of hours</u> – pausing while customers stopped to ask her a question. The manager didn't seem to mind that she was holding court in the middle of his store – maybe he was a little intimidated?

I remarked that I was having quite an unusual afternoon with her and she told me a story of a December ski vacation she had taken, where she was sitting in a cabin up north, addressing her Christmas cards, and remarked to her husband, "I wonder how the other half lives?" What a hoot!

I'm so honored that the afternoon was the start of a wonderful relationship with our extraordinary Myra Golden. The last time she visited she gave me a little elephant to pass along to my 6-year-old granddaughter (whom she referred to as 'my

little friend') and said, "Give her this and teach her about the Peace Corps." Little did I know that within a few days she would suffer a stroke and shortly the bright flame that was Myra would be extinguished. She continued to give, teach and love until her last days, and I will be forever grateful that she was my friend. — Kathy DiCenzo

# MEMORIAL CONTRIBUTIONS IN MYRA'S NAME

SIGP members who would like to make a contribution to the club in memory of Myra Golden may send a check payable to: SIGP, to either of our treasurers: Mary Ellen Burke at 2037 Shorepointe Grosse Pointe Woods, MI 48236 or Bette Lepouttre at 191 Ridgemont Rd Grosse Pointe Farms, MI 48236. Please indicate on the check that the donation is in memory of Myra Golden. Myra's son, Bruce will be notified of any donations received by members in memory of Myra. The money will go to our Service Club to fund our Awards.



## HOW TO ZOOM ON SIGP'S ZOOM ACCOUNT

SIGP purchased a monthly subscription to ZOOM for last month and this month. Our General Meeting on Wednesday, May 13, 2020 at 6:30PM will include our Officer Elections. If you have never used ZOOM, here are some directions.

Use a laptop or iPad that has a microphone and camera. If you don't own a laptop you can use a smart phone, but you will not be able to see everyone at once. This is a drawback because you will only see who is speaking, instead of everyone attending the meeting.

- 1. Go on the Internet to **ZOOM.US** to get the app. Download the app. (IT'S FREE!) It will appear on your device as a blue balloon with a white video camera in the center.
- 2. At the designated meeting time, go to your email and click on the SIGP email notification that will be sent to you the day of the meeting. **Click on the link** to enter the meeting.
- 3. **If this does not work**, go to Google and search "zoom.us" Click **Join a Meeting** button. Then **enter** the meeting ID and Password provided on the meeting email notification.
- 4. A message will appear saying **allow video**. Click **Allow**. Your picture will appear on your computer screen along with anyone else who is already on.
- 5. Another prompt will appear asking you to **allow audio**. Click **Allow**. When you talk everyone will be able to hear you.
- 6. If you want to schedule any kind of SIGP planning meeting (HT, PI, Mentoring, Book Club, Foodies, or anything else), contact Karrie Blankenship (karrieb40@gmail.com) to schedule a meeting day and time.
- 7. If you want to just socialize with anyone (Soroptimist members, family, friends), you can still schedule a time whenever there is not a Soroptimist meeting. You may want to just chat or play a game like Pictionary. Remember, whoever you are talking to must have the app and a WIFI account.

#### THREE MORE THINGS:

Since COVID-19 hit, our club has used ZOOM for two book club meetings, one foodie meeting, one general membership meeting, one board meeting, four cocktail/Pictionary games, two meetings for book clubs not associated with SIGP but run by SIGP members, and one member who used it for a chat with her Pinochle Club.

Keeping the club active and connected is important during these difficult times. Many SI Grosse Pointe members are single and live alone. Being able to see a familiar face and enjoy each other's company and conversation is important during our social isolation and distancing mandates.

There is also a **free** ZOOM app you can sign up for yourself instead of using our Club's app. It allows for up to 9 people to meet at a time for under 40 minutes. If you want to schedule a face-to-face meeting with anyone, you can then schedule your own meeting on your own Zoom app.

### **District III Emails**

Governor- Kris Armstrong - (krisquin@msn.com)
Governor Elect- Darcy Merritt (dmerritt81@hotmail.com)
Secretary - Missie Austin - (missieaustin@gmail.com)
Treasurer - Audrey Jarvey - (audreyjarv@charter.net)
District III Director - Mary Pilon (pilonmary0@gmail.com)
District III Secretary - Lata Shastri (shastrilata@gmail.com)

## **Soroptimist Websites**

Soroptimist International Midwest Region - (<u>simwr.org</u>) Soroptimist International of the Americas (<u>soroptimist.org</u>) Soroptimist International (<u>soroptimistinternational.org</u>) Soroptimist International of the Americas -

(soroptimist.org/about-us/contact-us/index.html)
For upcoming SIGP events and information, click the link https://www.grossepointesoroptimist.org/

## **Soroptimist Pledge**

I pledge allegiance to Soroptimist and to the ideals for which it stands:

The sincerity of service, the integrity of profession, and the love of country.

I will put forth my greatest effort to promote, uphold, and defend these ideals, for a larger fellowship in home, in society, in business, for country and for God.



## The Who's Who of SIGP's PUBLIC AWARENESS COMMITTEES Submit photos, club information, news, upcoming events and dates to this e-mail so the information can be accessed by all public awareness chairs: socialmediasigp@gmail.com WEBSITE: grossepointesoroptimist.net ...... Karrie Blankenship or https://www.grossepointesoroptimist.net/calendar of events.html for calendar E-MAIL: grossepointesoroptimist@gmail.com ...... Anne Schwartz SOCIAL MEDIA ACCOUNTS: FACEBOOK: facebook.com/soroptimistgrossepointe ......Renee Rodriguez **INSTAGRAM:** soroptimistgp ......Sarah Sheppard TWITTER: @soroptimistgp.....Jean Kroll NEWSLETTER: THE POINTER is on the website and is emailed to members ......Nancy Solak MEDIA: Newspaper articles, radio PSAs, etc. ......Diana Langlois Remember to use AMAZON SMILE smile.amazon.com

(look for Soroptimist International of Grosse Pointe)

# **SIGP Member Ads**

