

PRELIMINARY AGENDA
“Building Futures by Investing in Dreams”
4th Spring Conference – Central East Coast Region
Various Dates in March and April 1-2

All events will take place on Zoom.

MARCH – COMPLIMENTARY SPRING TRAININGS

We will be discussing the following key programming (all trainings are free):

- **March 1 – Public Awareness @ 7 PM – Register Today: tinyurl.com/cecrpa22**
Leading the charge to raising our brand recognition is a super important task—raising our global profile, increasing our membership, fostering engagement in our mission and furthering our impact. Join us as we share some tips and tricks to increase brand awareness.

Robin Davis, CECR Public Awareness Chair
SI/Woodbridge

- **March 8 – Program @ 7 PM – Register Today: tinyurl.com/cecrprg22**
Club and region work that increases access to education for women and girls facing obstacles and leads to economic empowerment will count towards our next Big Goal! Starting in 2021, SIA began collecting information from clubs and regions about their work outside of the Dream Programs that contributes to our 2021-2031 Big Goal. These projects will be called Big Goal Accelerator Projects. Join us to learn more.

Virginia Dempsey, CECR Program Chair
CECR Board Member
SI/Woodbridge

- **March 15 – Fundraising @ 7 PM – Register Today: tinyurl.com/cecrfnd22**
Together, we are preparing for our 2021-2031 Big Goal: Invest in the dreams of half a million women and girls through access to education. This has involved multiple opportunities for region, club and individual member engagement in building our 2021-2031 Big Goal and defining strategies to ensure its success. Join us to learn more about this fundraising effort and how your Club can play a part.

Cindy Swicegood, CECR Fundraising Chair
SI/Kent and Queen Anne’s Counties

- **March 22 – Membership @ 7 PM – Register Today: tinyurl.com/cecrm22**
Did your club grow in numbers this year? What has worked and what hasn’t? Let’s get together and share some best practices.

Jamilah Dalton, CECR Membership Chair
SI/Manassas

TUESDAY, MARCH 29

7 PM

Delegate Briefing and Voting Instructions (A Must for Club Presidents and Delegates)

We will be reviewing the business of the Region so that your Club Delegates have time to ask questions. We also will be reviewing the electronic voting procedures (only delegates will receive the electronic ballots). Ballots will be sent on March 30 and must be completed by 5 PM on April 1.

Register Today at: tinyurl.com/cecrdel22

To be able to participate in this meeting, your Club must be in good standing with both SIA and the Region and have reported your Delegates to CECR Secretary Deborah Mackes (see Delegate List in the Call to Conference).

FRIDAY, APRIL 1

7 – 9 PM

CECR Spring Conference: Region Installation of Officers, Awards and Networking *Separate Registration Fee Required*

- Welcome & Presiding
 - Connie Skinner, CECR Governor
SI/ Kent & Queen Anne's Counties
- Greetings from SIA President
 - Kazuko Morita, SIA President
SI/Kyoto, Japan
- Ratification of Delegates Voting
 - Approval of 2021 Spring Conference Minutes
 - Ratification of Officers
 - Ratification of Budget
- Installation of Officers
 - Tara Ayers, Installing Officer
SI/Wake Forest
- Bennie G. Mendelson Recruitment Award
Has your Club recruited members this year? Make sure your Region Dues and Federation Dues have been filed so that your Club is eligible for this Award!
 - Carolyn Skowron, CECR Treasurer
SI/Raleigh
- The Betty Jean (BJ) Cook Club Achievement Governor's Award –
Application Available in the Call to Conference

- Celebrating Success Awards
Honoring the very best in programs from the Clubs in our Region, a sneak peak of the Region's winners will be shown during Spring Training in March.
 - Roxanne Aaron, CECR Governor-Elect
CECR Celebrating Success Chair
SI/Wake Forest
- Celebration of Life: *Honoring our members' lifetimes of service*
- Soroptimist Toast
- Breakout Rooms
Let's visit and party!

SATURDAY, APRIL 2

CECR Spring Conference: Day 2 *Separate Registration Fee Required*

9:00 AM Coffee with Governor Connie, SIA Visitor Deb Cook and the CECR Board
Kick the morning off with a cup of joe and visiting with members from across the Region and around the world!

9:30 – 1:00 PM **Plenary Session and Workshops**

- Welcome & Presiding
 - Connie Skinner, CECR Governor
SI/ Kent & Queen Anne's Counties
- SIA Federation Report: Spotlight on Club Activities
 - Deb Cook, SIA Board Member
SI/Somerset County Pennsylvania
- Workshops
 - Soroptimist Advocacy: The United Nations and Beyond
At the heart of Soroptimist International's advocacy is its work across seven United Nations Centres, in which twenty-one Representatives ensure that the voices of women and girls around the world are included in international decision making. Our UN Representatives can advocate effectively on behalf of women and girls as a result of evidence provided by every Soroptimist taking direct action at the local level. Join one of SI's Advocacy team to discuss how we are working as a global voice to empower, educate and enable women and girls to ensure the realization of gender equality.
 - Wanda Price, SIA representative to the
SI Advocacy/Global Impact Team
Member, SI/Five Points Magneta

- Beating Burn Out
 - Are you feeling burned out as a club member or a club? Let's talk about some ways that you and your club can get back into the swing of things and share some possible solutions.*
 - LeeAnn Cochran
Member, SI/Cleveland
 - Dr. Susan Lovell
"The Thrive Architect"
- Live Your Dream Regional Award Presentation
 - Region winners are selected from the Clubs' Live Your Dream honorees and have been passed along to compete with other Region honorees across our Federation.*
 - Terri Craig, CECR Live Your Dream Chair
SI/Raleigh
- SIA Convention – 2022 – Virtual Conference
- SI Convention – 2023 Dublin, Ireland
- 2023 Spring Conference Announcement

2022 SPRING CONFERENCE SPEAKERS & GUESTS

OFFICIAL VISITOR



Deborah R. Cook
Federation Director
Soroptimist International
of the Americas
SI/Somerset County, PA

Deb has been a Soroptimist since 1994, but her first encounter with the organization was much earlier (how much earlier, she's not saying!) when she was a Youth Citizenship winner for her home club of SI of Somerset County Pennsylvania. She has served as club president, Laws and Resolution Chair, Governor Elect and Governor of the North Atlantic Region.

Deb holds Bachelor and Master of Science degrees in Psychology, but spent most of her career working in the parole and corrections fields. She is a retiree of the Pennsylvania Board of Probation and Parole, where her final position was that of Hearing Examiner.

In the community, Deb has served on Penn State Extension Council, Drug and Alcohol Council and is currently the President of the Board of Somerset County Library. Deb has been a Penn State Master Gardener since 2008. In addition, she facilitates an Alzheimer's and Dementia Caregivers' Group located in her church.

When not engaged in the above pursuits, Deb enjoys family time, gardening, walking the trails on her family farm and reading.

SPECIAL GUESTS



Lee Ann Cochran
Member, SI/Cleveland, OH

Lee Ann Cochran has been a Soroptimist for more than 11 years. After nine years of membership in SI/ Columbus and Franklin County, she helped to charter SI/ Cleveland in 2019. Lee Ann served as SIA's Fundraising Council Chair from 2018-2020.

As partner at Amphora Consulting, Lee Ann holds a BS in Materials Science & Engineering from The Ohio State University and has spent 20 years in corporate workplaces across the aerospace, defense, start-up and non-profit industries. Bringing expertise in areas including research, business development, sales, marketing, fundraising and empowerment, Lee Ann is passionate about women and girls' access to education and works to advance the cultures of diversity, equity, and inclusion in STEM. A Soroptimist for 10 years, Lee Ann has held a variety of roles including: SIA Fundraising Chair, SIA Fundraising Council Member, SIA Donor Relations Task Force, SI UNESCO Representative (Saudi Arabia), Region Fundraising Chair, and numerous club roles including President.

An agent for change, Lee Ann serves on the boards of the Ohio Aerospace Institute (OAI), the Ohio Alliance to End Sexual Violence (OAESV) and is the immediate Past President of the

Women in Engineering ProActive Network (WEPAN) Board. She is a prior Board member of the Innovation Research Interchange (IRI), Battelle Japan and Leadership Columbus.

Lee Ann has many notable achievements, honored across the board for her excellence in advocacy, leadership, strategy and sales by organizations. Soroptimist of Columbus and Franklin County awarded Lee Ann the Outstanding Soroptimist Award in 2016 and Rookie of the Year in 2013!

Her experience as a TEDx speaker and as author of *Perspectives: Authenticity in the Workplace*, is sure to ensure her success in her work alongside President-Elect Maureen Maguire on the next President's Appeal, in identifying opportunities, building strong foundations and relationships, whilst ensuring the achievement of measurable goals and impact through our international project work.



Susan Lovelle, MD, MACM
"The Thrive Architect"
Raleigh, NC

Dr. Susan, The Thrive Architect, teaches busy, mission-driven professionals how to flourish by mastering their energy, weight, and hormones. She's the Founder of Premiere Wellness, a comprehensive lifestyle health company based in Raleigh, NC, serving clients globally. Dr. Susan and her team work virtually and in person through speaking, workshops, courses, corporate consulting, and retreats.

Having been a professional ballet dancer for 17 years and then an award-winning plastic surgeon for over two decades, Dr. Susan knows what it's like to beat your body and your mind into submission to achieve a certain look or vision.

In fact, the physical, mental, and emotional abuse she heaped on her own body during those years led to the life-threatening health issues she later developed and it was only through a personalized, holistic approach that she healed herself.

Now, Dr. Susan uses that additional expertise in Lifestyle Medicine to help others heal from the inside out, leading to lasting, powerful change.

The rest of her days are enjoyed making (and eating!) big Sunday family dinners and playing with her two dogs.

Dr. Susan has been featured on *The Doctors*, Lifetime TV, *The Huffington Post*, *Forbes*, *KNOW Women*, *Good Morning Washington*, and *Good Day Charlotte*. Her new book, *Thrive! The Five-Week Guide to Mastering Your Energy At Any Age* is available on Amazon.



Wanda Price
Representative, Soroptimist International of the Americas
Soroptimist International Advocacy/Global Impact Team
SI/Five Points Magneta

Wanda is serving as the SIA representative to the SI Advocacy/Global Impact team. In addition, she is proud to work alongside other dedicated members of the Dream Big Ambassadors Team promoting our mission to invest in the lives of one-half million women and girls through access to education and mentorship. Also currently involved with the Donor Relations Task Force to secure funding for the future and success of our programs and the support of our clubs. Wanda

has served in various positions in her Club and in the North Atlantic Region including a two year term with SIA Board of Directors.

Wanda is a retired Human Resources Professional with more than 35 years in the financial services industry. Her responsibilities included the design, implementation communication and administration of employee benefit plans. Additional responsibilities assumed as the corporate wellness coordinator and training and development of associates on a variety of corporate and legal issues.

REGION CHAIRS



Roxanne Aaron
CECR Celebrating Success Chair
CECR Governor-Elect
SI/Wake Forest, NC

Roxanne Aaron served over 30 years in the corporate sector with corporations in Connecticut; The Hartford Insurance Group, Aetna Life & Casualty, CIGNA and the State of Connecticut.

Roxanne has been a Soroptimist for 21 years. She served as president of the SI CT River Valley Club in Middletown, Connecticut for two terms. She is also a past president of the SI Raleigh club in Raleigh, North Carolina. Roxanne is one of the founders of the SI Wake Forest Club started in 2019 and is the chair of the Program Committee.

She has served on several boards; the Connecticut statewide Leadership Council on Housing and Homelessness(Executive Member) , Connecticut Department of Public Health Statewide Oral Health Committee(Executive Member), the United Way(Chair), the American Society on Aging (Member), National Council on Aging (Member), CDC Chronic Disease Healthy Aging Council (Member), Rockfall Foundation(Committee Chair), St Vincent DePaul Soup Kitchen(Vice Chair), NAACP(President), American Red Cross(Executive Member), Accord, Inc.(Vice Chair),Connecticut Human Rights Commission (Chair), Literacy Volunteers(Co-President), Middlesex Community College (Chair), Liberty Bank (Corporator), Middletown, CT Police building Committee (Member), Hill-Stead Museum(Board Member). New England Tennis Association (President), she is currently the President of the American Tennis Association (ATA), founded in 1916 and the oldest African American sports organization in the United States.

Ms. Aaron is an alumnus of Bennett College in Greensboro, NC, and the University of Connecticut.

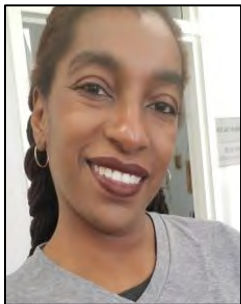


Terri Craig
CECR Live Your Dream Chair
SI/Raleigh, NC

Terri Craig of SI/Raleigh, NC is currently serving as Live Your Dream Award (LYDA) Chair for the Central East Coast Region (CECR).

Under Craig's leadership, SI/Raleigh's LYDA program earned first place recognition with SIA's Soroptimists Celebrating Success program. A member since 2009, Craig has also held several club level board positions including president, vice president, and secretary.

After retiring from her position as Senior Director of Operations with McDonald's Corporation, Craig enjoys her current work as adjunct instructor and instructional designer at Wake Technical Community College. Craig earned her Bachelor of Social Work from Eastern Michigan University. In addition to her involvement in Soroptimist, Craig also provides business mentoring to entrepreneurs as a member of Raleigh SCORE.



Jamilah Dalton
CECR Membership Chair
SI/Manassas, VA

Jamilah is employed as a Deputy Sheriff in Fairfax County, VA.

She joined SI-Manassas in November 2014, and has served as one-year director, treasurer, vice president, and president. She has also served on the Public Awareness and Program committees, and been a previous chair for the Live Your Dream and Dream It, Be It programs.

Jamilah is currently serving as the CECR 2020-2022 Membership Committee Chair.

Jamilah has two daughters and loves to spend time with family and friends. She also loves to travel and go camping.



Robin Davis
CECR Public Awareness Chair
SI/Woodbridge, VA

A member since 1998, Robin has held several leadership positions including region governor and treasurer; and club president and treasurer. In 2020 she completed a two year term on Soroptimist International of the Americas (SIA) Board of Directors. In 2021 she was appointed as SIA Presidential Appeal Representative to Soroptimist International and also serves as an SIA Dream

Big Ambassador.

Robin is the manager of member engagement of American Bankruptcy Institute. She attended Beloit College in Beloit, Wis., where she received a bachelor of science degree in environmental biology/botany. In addition to her Soroptimist involvement, she is the Landscape Committee Chair of the Parkfairfax Homeowners Association.



Virginia Dempsey
CECR Program Chair
CECR Board Member
SI/Woodbridge, VA



Johann Dretchen
CECR Dream It, Be It Chair
CECR Board Member
SI/Upper Montgomery County, MD

Johann has been a member of SI of Upper Montgomery County Maryland (SIUMC) since 2009. She is currently a Central East Coast Region (CECR) Board Member and has been the CECR Dream It Be It Chair since SIA introduced the Dream it Be It Signature program in 2015. During her tenure, multiple iterations of the DIBI curriculum and venues have been explored and developed to enhance its impact and meet the challenging pandemic environment.

Johann realized that to properly understand and promote the DIBI program across the region, she had to plan and hold the first program. As both SI of Upper Montgomery County Maryland (SIUMC) President and Club Dream It Be It (DIBI) Chair, she helped her club plan its first DIBI program for a local high school in FY2016. Small group sessions over a 6-week period during lunchtime were provided. Planning for the first program included an in-depth analysis of the curriculum, collaboration with both a girl's advisory group and the school counselor, training for SIUMC's DIBI team of mentors and securing funds to do the program. Johann submitted and received SIUMC's first local government grant July 2015. Lessons learned from that first class and DIBI developed materials were shared with CECR DIBI Club Chairs and Presidents. Highlights from the last 6 years include the collaboration of clubs for one-day conferences, DIBI workshops for interested clubs, and the disbursement of materials developed by the SIUMC DIBI Team for a virtual DIBI program during the pandemic.

Johann received her undergraduate degree from Queens College, and a Master of Science degree from the University of Iowa. Johann retired after a long career with General Dynamics where she was a Senior Vice President providing Information Technology and Engineering Services to the Federal Government. She lives in Gaithersburg MD with her husband Ken, has two daughters, five grandchildren and two great-grandchildren.



Cindy Swicegood
CECR Fundraising Chair
SI/Kent & Queen Anne's Counties, MD