

Camp Soroptimist

Central East Coast Region Spring Conference



REJUVINATE



RELAX



RECONNECT

7TH ANNUAL

MAY 2-4, 2025 IN NATURAL BRIDGE, VA



Speakers, workshops and presentations that will be sure to give you new ideas, trends, and best practices for you and your club!



Natural Bridge is a National Historic Landmark shaped over hundreds of years from twenty stories of solid limestone rock. A unique natural wonder!



The hive is a buzz with the opportunity to connect with other Soroptimists and grow your network and celebrate our successes!

Visit sorbitimist-cecr.org/2025-spring-conference

Soroptimist International of the Americas Central East Coast Region



CALL TO CONFERENCE

The 2024 Spring Conference of Soroptimist International of the Americas Central East Coast Region is hereby called to meet on April 28 (virtually), May 2-4 (in person) for the purpose of transacting such business as may be on the agenda and may properly come before the Conference.

TABLE OF CONTENTS

Greetings from Governor Robin Davis	3
Conference Registration & Meal Options	4
Friday Optional Event Flyer	6
Hotel Registration & Room Rates	7
What to Bring and What to Wear	8
Important Documents.....	9
Standing Rules and Procedures of Conference	10
Information for Delegates	11
Preliminary Agenda	12
Speaker Biographies	16
Conference Opportunities	18
Club Forms	
o Club Credentials Form	20
o Club Bylaws Checkup Flyer	21
o President’s Processional Form.....	22
o Celebration of Life Form	23
o Club Sales/Raffle Table Form	24
o Soroptimist “Hive-Five” Form.....	25
o She Dreams Big Award Nomination Form	26
o We Dream Big Nomination Form.....	27
Activities in Natural Bridge	28

Soroptimist International of the Americas® Central East Coast Region

OFFICERS

Governor
Robin S. Davis
SI/Woodbridge, VA

Governor-Elect
Kerri Ardner
SI/Fairfax, VA

Secretary
Heather Jankovich
SI/Williamsburg, VA

Treasurer
Linda McCann
SI/Salisbury, MD

Board Member
Marcia Attmore
SI/Raleigh, NC

Board Member
Cathy Brinsfield
SI/Salisbury, MD

Immediate Past Governor
Roxanne Aaron
SI/Wake Forest, NC

March 15, 2025

Soroptimist Friends,

I'm thrilled to invite you to our 7th annual Spring Conference, Camp Soroptimist, taking place May 2-4 in Natural Bridge, VA.

As we gather in the heart of nature, surrounded by the beauty of the season, we are reminded of the remarkable way bees work together, each contributing to the strength and success of the whole. Much like the bees in a hive, our collective efforts today will inspire, connect, and create new opportunities for growth and collaboration.

Just as bees are vital to the environment, so too is the synergy we cultivate at Spring Conference. We are excited to share ideas, buzz about innovations, and build the foundation for a fruitful future. Let's come together to pollinate ideas, nurture solutions, and leave this conference with a hive full of inspiration!

Let's make this experience as sweet as honey!

See you in Natural Bridge!

Governor Robin

Robin S. Davis
2024-2026 Governor
Member, SI/Woodbridge, VA

sororobin@gmail.com
703-980-6647



Conference Registration

2025 CENTRAL EAST COAST REGION SPRING CONFERENCE CONFERENCE REGISTRATION AND MEAL RESERVATION FORM

(Use one form per registrant; duplicate form as necessary)

Registration Deadlines: Early Bird: postmarked by April 15, 2025 Deadline: postmarked by April 26, 2025

REGISTER TODAY FOR THE SAME PRICE AT: tinyurl.com/CECR25springreg

Soroptimist International of: _____

Name of registrant: _____

Address: _____ City _____ State _____ Zip _____

Phone: _____ E-mail: _____

Type of Registration (check one):

- | | |
|--|---|
| <input type="checkbox"/> President | <input type="checkbox"/> Guest (Saturday Evening Banquet Only) |
| <input type="checkbox"/> President Alternate | <input type="checkbox"/> Registered Guest (Non-member, attends all programs and meals– must pay registration fee) |
| <input type="checkbox"/> Delegate | |
| <input type="checkbox"/> Club Member | |

Have you been a member 30 years or more? Yes No

Member less than 1 year? Yes No Is this your first CECR spring conference? Yes No

Do you have special dietary needs? Yes No If yes, please describe: _____

REGISTER ONLINE AT: tinyurl.com/CECR25springreg

Includes fees, materials, and meals for Friday Dinner; Saturday Breakfast, Lunch and Dinner; Sunday Brunch

- | | |
|---|--|
| <input type="checkbox"/> (\$300) Early Bird Registration Fee – postmarked by April 15 | <input type="checkbox"/> (\$45) Friday Afternoon Optional Event (Lunch and Wine Tasting) |
| <input type="checkbox"/> (\$350) Registration Fee – postmarked by April 26 | <input type="checkbox"/> (\$30) Friday Afternoon Optional Event (Lunch and Hike) |
| | <input type="checkbox"/> (\$15) “Hive-Five” Ad in the Program |

Grand Total enclosed: \$ _____ (make check payable to: Central East Coast Region)

Robin Davis, Spring Conference Chair, 3704 Valley Dr., Alexandria, VA 22302

I am looking for:

- | | |
|---|---|
| <input type="checkbox"/> a roommate for Spring Conference | <input type="checkbox"/> a volunteer opportunity at Spring Conference |
| <input type="checkbox"/> a ride to Spring Conference | <input type="checkbox"/> none of the above |
| <input type="checkbox"/> someone to ride with me to Spring conference | |

Registration and Refund Policy: Refunds on conference registration will be honored only due to emergency situations. All other requests for refunds must be received in writing by the Conference Chair no later than April 29, 2025. Refunds will be provided upon approval by the CECR Governor and CECR Treasurer.

2025 Spring Conference Menus

Have a dietary restriction? Please make sure to note it on your registration or contact Governor Robin at sororobin@gmail.com

REGISTER TODAY AT: tinyurl.com/cecrspring25

Friday Dinner Buffet

- Fresh Mixed Greens Salad with assorted dressings
- Buttermilk Fried Chicken
- Roast Pork Loin with Applejack brandy
- Macaroni and Cheese
- Steamed Broccoli with roasted red peppers
- Warm rolls & butter
- Smores at the Firepits
- Regular & Decaf Coffee, Tea & Iced Tea

Saturday Breakfast Burrito Buffet

- Scrambled eggs
- Crumbled sausage, bacon and ham
- Flour or corn tortillas
- Shredded hash browns
- Sautéed diced vegetables
- Burrito toppings: salsa, sour cream and cheddar cheese
- Choice of Yogurt with toppings
- Regular and Decaf Coffee, Hot Tea
- Chilled Orange Juice

Saturday Lunch

- Tomato Bisque with Fresh Basil
- Cranberry and Honey Pecans, Field Greens Salad with Grilled Chicken and a Lemon Thyme Vinaigrette
- Warm Rolls & Butter
- Limoncello Cake
- Regular & Decaf Coffee, Tea & Iced Tea

Saturday Dinner Buffet

- Mixed Greens Salad with crispy fried Vidalia onions, Roma tomatoes, crumbled goat cheese red wine vinaigrette
- Rosemary Roasted Breast of Chicken with caramelized onions
- Pepper Seared Sliced Beef Sirloin
- Wild Rice Pilaf
- Fresh Seasonal Vegetables
- Seasonal Sheet Cake
- Warm Seasonal Fruit Cobbler
- Warm Rolls & Butter
- Regular & Decaf Coffee, Tea & Iced Tea

Sunday Breakfast Buffet

- French Toast, Pancakes or Waffles
- Choice of bacon, sausage links (turkey or pork) or ham
- Fresh whole fruit
- Warm fruit compote and maple syrup
- Whipped butter, whipped cream cheese, whipped cream
- Regular and Decaf Coffee, and Tea
- Chilled Orange Juice

EXPLORE *Natural Bridge*

FRIDAY 12-4 PM AFTERNOON TOUR



Lunch at the Bridge

Enjoy a box lunch with a view of the Bridge! You could indulge in a delicious sandwich, chips and cookie with a refreshing drink with new friends. Savor your lunch while soaking in the view.



Hike or Ride

After lunch, take a gentle stroll along the creekside or the more moderate hike to the top of the bridge offers an immersive nature experience. It's the perfect way to enjoy the serenity of the area.



Wine and Beer Tasting

Whether you're a connoisseur or a beginner, a beer and wine tasting is a relaxed and enjoyable way to explore these beverages learning about and discovering your personal favorites along the way.

\$45 LUNCH & TASTING
\$30 LUNCH & HIKE

Event registration includes:

- lunch (sandwich, chips, cookie and a pickle)
- entrance to Natural Bridge State Park (hike or round trip ride the shuttle to lunch)
- optional wine or beer flight at Great Valley Winery & Brewery

BUY YOUR TICKET DURING YOUR CONFERENCE REGISTRATION



Hotel Information



Natural Bridge Historic Hotel

15 Appledore Lane
Natural Bridge, VA 24578
Tel: 540-291-2121

The Natural Bridge Historic Hotel & Conference Center is one of the finest Shenandoah Valley, VA, hotels. Guests can enjoy comfortable elegance just a stone's throw away from the area's finest attractions like Natural Bridge State Park, the Appalachian Trail, and the Blue Ridge Parkway. Back at the hotel, relax in your comfortable room, indulge in local flavors, stroll the lush grounds, and call on our friendly staff for anything you need.

Included are the following amenities with your stay:

- Plush Bedding
- Flat Screen TV
- Cable TV
- Wi-Fi Free to All Guests
- Telephone
- Alarm Clock
- Ironing Board and Iron
- Pet-Friendly Rooms
- Mini Fridge

Central East Coast Region has secured a special group rate of \$169 per night, plus applicable taxes. Reservations must be made by **April 1, 2025** to receive the special rate.

To make your reservations call 540-291-2121 and press 1 and have them inform the reservationist that the group code is: 050225SOR

Online reservations are not available at this special rate.



What to Bring to Spring Conference:

- Bring a carry-all for conference materials, snacks, water, and all the ‘goodies’ you will purchase
- Conference attendees will receive a program with their registration packet
- Bring a note pad/computer/iPad to take notes during session
- Your Soroptimist pin
- New members or members who never have attended Spring Conference
- Lots of cash for raffles and sales tables
- Soroptimist spirit & enthusiasm

Conference Attire at Spring Conference:

Banquet rooms tend to run cold; please bring a wrap or sweater.

- Friday Day: Business Casual
- Friday Evening: Camp Attire, bring a jacket if needed as dessert will be outside
- Saturday Day: Business Casual/Soroptimist logo wear
- Saturday Evening: Denim and Diamonds attire, and/or comfortable clothes for the Night Sky Program following dinner (taking place at Natural Bridge State Park).



All documents referenced below are available for download on the CECR Website: tinyurl.com/cecrspring25

Information for Club Delegates:

Each club in good standing selects three representatives (delegates) to vote on the club's behalf during the Spring Conference. Delegates should review the Reports for Business Sessions (see below) with their clubs for guidance on voting.

- *Club Delegate Responsibilities* - Delegates are an extremely important part of the administration of our region. All conference delegates should download this summary of delegate responsibilities, including tasks to complete before, during, and after the conference. tinyurl.com/CECR25rules
- *Election Credentials Form* - Your club must complete this form for your delegates to participate in voting at the Spring Conference by notifying us of the names of those authorized to vote on behalf of the club. Fill out the form (one per form per Club): tinyurl.com/CECR25cred

Reports for Business Session (keep watching the Spring Conference Page for additional details):

Club presidents should present this information to their members so delegates will be prepared to vote on the decisions of their club. Delegates are strongly encouraged to attend but all are invited to the Delegates Caucus on April 28 via Zoom. Registration available at: tinyurl.com/CECRcaucus25

- *Proposed 2026-2028 Nominating Committee Candidate Resumes*
- *2024 Spring Conference Minutes* –taken by the CECR Secretary and reviewed by three volunteers
- *2024-2025 CECR Treasurers Report*

Club Intent to Participate & Conference Activity Forms: All forms are due by **April 20**

- *Club Presidents Processional Form* (tinyurl.com/CECRprez) – Each club completes this form to identify whether their 2024-2025 Club President will participate.
- *Program ‘Hive Five’ Flyer* (<https://tinyurl.com/CECRhive5>)– Use this new opportunity for giving a “hive-five” to recognize your club members, events, award recipients, and supporters.
- *Bylaws Review with Lisa Mangiafico* (tinyurl.com/CECRbylaws25) *Get ahead of the curve and receive on-the-spot feedback on ways to modernize and update your club’s bylaws and procedures to reflect current and future needs to administer the club effectively.*
- *Celebration of Life Form* (tinyurl.com/CECRmemorial)– Celebrate the lives of members who have passed since the 2024 Spring Conference. Don’t forget a photograph and personal information about your member to be shared in a presentation during the conference.
- *Raffle/Sales Table Form* (tinyurl.com/CECR25table) – Clubs may sell items and/or fundraise from the attendees at Conference. By completing this form, clubs will secure a space to display their wares during conference. If a drawing is to be held, please plan to have it drawn on Saturday evening.
- *We Dream Big/BJ Cook Governor’s Award Application Form* (tinyurl.com/CECRdreambig) – has your club accomplished amazing things this year? Of course it has! Apply today for a chance to win \$300 towards your Dream Programs.
- *She Dreams Big Award Application Form* (tinyurl.com/CECRshedreams) - Have your unsung she-roes recognized and sponsored to attend the Soroptimist Leadership Roundtable in June and join our new “Bee Collective” Forum.

Additional Information:

- *Conference Opportunities Flyer* – an overview of all the fun activities: tinyurl.com/CECR25oppty
- *Other Activities and Attractions* –Available at: tinyurl.com/CECRsights25

Standing Rules & Procedures

SOROPTIMIST INTERNATIONAL OF THE AMERICAS CENTRAL EAST COAST REGION

REGION PROCEDURES

R-12

- D. The voting members of Conference shall be the members of the Region Board and the accredited delegates of each club in good standing.
- E. A club shall be deemed in good standing if all requirements of the Federation Bylaws and Procedures as well as all procedures established by the Region Conference and Region Board have been met at the time its delegates register.
- F. Delegates:
 - (1) The delegates of each club shall be the President and two (2) active members.
 - (2) A delegate may represent only the club in which the delegate's membership is held.

STANDING RULES FOR REGION CONFERENCE

1. All voting delegates shall be seated together in front seats promptly at the beginning of each session.
2. The Agenda, as adopted, shall be the order of the day.
3. Changes in the Agenda may be made only by majority vote of the Conference.
4. After addressing the Chair and being recognized each delegate shall clearly state her name and name of her club.
5. A voting member may speak twice upon a subject and only for two minutes. Other members may speak once upon a subject for two minutes only.
6. Both delegates and non-voting members shall be allowed the privilege of the floor but precedence shall be accorded delegates.
7. No conference discussion may be released for publicity unless first approved by the Public Relations Committee.
8. All motions of any length must be submitted in writing to the Secretary at the time they are made. Forms are available.
9. All reports shall be in writing and a copy handed to the Region Secretary at the time the report is given to the Conference.



Information for Delegates

SOROPTIMIST INTERNATIONAL OF THE AMERICAS CENTRAL EAST COAST REGION

The elected delegates should have a working knowledge of Soroptimist Laws, Region Procedures, the objectives and ideals of the organization, and experience as a member of club committees or of the board. Understanding parliamentary procedure, ability to work with others, and a spirit of good will and understanding will help the delegate, the club, and the Conference Body.

The Club President, who is a delegate and who serves as the leader of the club's delegation should:

- Allocate time at a business meeting to discuss topics in the agenda, so that a majority opinion expressed by the club will serve as a guide to delegates.
- Arrange with other delegates for dividing topics of the report on Conference to be given to the club.
- Schedule time at a post-Conference club meeting, as soon as possible after Conference, for delegates to present their reports.

RESPONSIBILITIES OF CLUB DELEGATES

Before Conference, each delegate should:

- Study the Call
- Be sure all reservations are sent in promptly
- Clarify financial responsibilities, according to club procedures
- Collect materials, etc. to take to Conference, including Soroptimist pin

During Conference, each delegate should:

- Register promptly
- Be on time to all sessions
- Attend all sessions
- Be prepared to write down important business proceedings and background information to report to the club
- Be familiar with and observe the Conference Standing Rules
- Participate in discussion and debate
- Vote with the club viewpoint in mind. If instructed by the club to vote a certain way, vote that way. If not instructed, use your best judgment, considering the best interests of your club and of the all clubs in the Region.
- Be willing to accept an assignment from the Governor if asked.

After Conference, each delegate should prepare a report. Use the following outline to write your report:

- Action by Conference approving proposed changes in laws, the budget, or other matters presented to the voting body, and the reason for each action.
- Ideas for increasing club interest and support in attaining Soroptimist Goals.
- Summary of the workshops and committee presentations.
- The gist of speeches.
- A summary of proposals not approved by the Conference, and the reason for disapproval.
- Awards: who won them and why, hints for helping your club win next year.
- Your personal evaluation of the Conference.



7TH CONFERENCE OF THE CENTRAL EAST COAST REGION

AGENDA

Monday, April 28

7:00 – 9:00 PM Central East Coast Region Delegates Meeting
Via Zoom

Friday, May 2

9:00 am – 12:00 pm Central East Coast Region Board Meeting
Monroe

12:00 - 4:00 pm Optional Event – Lunch, Natural Bridge and Hike or Wine/Brewery Tasting

5:00 pm – 7:00 pm Registration
Small Lobby

6:00 pm – 9:00 pm **Dinner with Campfire Smores at the Firepits**
Jefferson I/II

9:00-11:00 pm **Hospitality Suite**
Join us to relax and enjoy each other's company.

Saturday, May 3

7:30 – 9:00 am Registration
Small Lobby

8:00 - 10:00 am Breakfast & Business Session
Jefferson II/III

In Memorial Presentation

Inspiration

Business Session

- Secretary's Report
- Treasurer's Report
- Formation of 26-28 Nominating Committee

Presentation:

Club Bylaws Checkup

SIA is starting a multi-year project to help clubs modernize and update their bylaws. Get ahead of the curve with forming your own plan to update your club's bylaws and procedures that reflect current and future needs to administer the club effectively.

Lisa Mangiafico

Senior Director of Information Services
Soroptimist International of the Americas
Philadelphia, PA

Federation Visitor Keynote:

Embracing Change, Celebrating Success, and Committing to Inclusivity: A Call to Action for Soroptimists

This interactive speech emphasizes the importance of three key actions: embracing change, celebrating successes, and committing to inclusivity. It concludes with a call to action, the speaker invites all members to commit to these shared values, envisioning a supportive community that empowers women and girls to achieve their dreams.

Peggy Van Meter

Board Member
Soroptimist International of the Americas, Inc.
Member, SI/Cumberland County, NJ

10:15 - 11:15 am
Monroe & Madison

Workshops

Impact/Program Pillar:

Reaching the Big Goal Together: Best Practices

Your club is motivated to achieve the necessary Big Goal increases so we can hit our 2031 Big Goal, but you're not quite sure how. This presentation will share an overview of best practices to increase your reach through the Dream Programs and Big Goal Accelerator Projects and feature successful club and region projects.

Engagement/Membership Pillar Session

Combating the Great Membership Decline

Like most service club organizations, membership is declining in Soroptimist. During this session, briefly share why you think membership is declining. Then, learn some strategies on how to grow and retain members.

- 11:30 am – 12:45 pm **Federation Visitor Workshop:**
Jefferson II/III Thriving Through Change
Navigating change is crucial for our organization's success. This presentation explores how to thrive in the face of evolving circumstances, drawing on insights from personal experience(s) and individual change management principles.
- Peggy Van Meter**
 Board Member
 Soroptimist International of the Americas, Inc.
- 1:00 – 2:30 pm **Live Your Dream Program Luncheon**
Washington Hall *The Soroptimist Live Your Dream Awards are cash awards given to motivated women who are the primary financial supporters of their families. The recipients of the awards seek to improve their lives by gaining additional skills, training, or education, but do not have the resources to do so. These cash awards are meant to offset any costs associated with the recipient's efforts to attain higher education, including tuition, books, supplies, childcare, or transportation costs.*
- 2:45-3:45 pm **Workshops**
Monroe & Madison
- Philanthropy/Fundraising Pillar Session
 Building Your Fundraising Confidence: Overcoming Your Fear of the Ask
Whether you are new to fundraising, a seasoned fundraiser, or want to keep up with current strategies, this presentation will provide helpful tools for success. Learn some best practices for donor relationship building, engaging potential donors in local initiatives and confidently making the ask.
- Recognition/Public Awareness Pillar Session
 Creating an Effective Club Website: From Vision to Launch
Building a club website doesn't have to be daunting. Discover key steps for creating a professional, impactful and user-friendly website. From forming a committee and selecting tools to designing a homepage and maintaining security, learn how to craft a site that aligns with your club's goals and SIA brand while staying manageable and budget-friendly. Plus, this session includes some interactive fun to help you kick off your web-building journey!
- 5:30 – 6:15 pm **Laurel Society Reception** (invite only – Society Members)
Namaste Spot *Together, we recognize the remarkable contributions of our members and reaffirm our commitment to creating transformative opportunities for women and girls worldwide.*
- 6:00 – 6:30 pm General Reception (cash bar)
Jefferson II/III

6:30 – 8:00 pm
Jefferson II/III

Denim and Diamonds Dinner

- Club Anniversaries Celebration
- Presentation of the “We Dream Big” Betty Jean “B.J.” Cook CECR Governor’s Trophy
- Raffle Announcements

8:30 pm
Natural Bridge
State Park

Spring Night Sky Program

Join park rangers for an exploration of our night sky at this International Dark Sky Park. Pick out constellations, observe planets and nebula through a telescope, and take in the silhouette of the star-lit Blue Ridge Mountains.

Sunday, May 4

8:30 – 11:00 am
Jefferson II/III

Bee’s Knees Recognition Brunch

Presentation of Awards:

- “She Dreams Big” Club Award
- Bennie G. Mendelson Recruitment Award

Closing Announcements

- 2025 Leadership Round Table
- 49th Annual Convention
- 2026 Spring Conference

11:00 am

Adjourn

11:30 am – 1:00 PM Central East Coast Region Board Meeting

2025 Spring Conference Speakers



Peggy Van Meter
Board Member
Soroptimist International of the Americas, Inc.
Member, SI/Cumberland County, NJ

Peggy Gentile-Van Meter served a two-year term as Governor of the North Atlantic Region of Soroptimist International of the Americas 2018-2020. After her term as governor she stayed active in various roles as a Soroptimist member. Peggy continued as chair for the North Atlantic Region's Remembrance Committee, administrator for their website, and Face Book page. She was a committee member for the SIA Big Dream Campaign. Her trip to Ireland for the SI Convention was an amazing experience and one she holds such wonderful memories of. Peggy was asked to serve on the SIA 2024 Convention Committee. During that time she was also a part of the first Leadership Program, and graduated at the SIA Convention. Peggy was elected to the SIA Board for the 2024-2026 term.

Peggy has always been an advocate for human rights. Her experience as an educator has given her insights on the importance of educating the public about the dangers and spread of human trafficking. She has spoken about this horrible world wide travesty in classrooms and workshops. Domestic Violence Education and Awareness is also very important to Peggy and she has often given presentations about this. She participates in many community education projects and events. Since joining Soroptimist in 2006, she has held several board positions at the regional level, including Governor-Elect, District Director, and District Secretary and is also a member of Soroptimist International of Cumberland County, NJ where she was honored in 2015 with SICC's Soroptimist of the Year award for her hard work and dedication. Peggy is very proud to be a contributing member of the SIA Laurel Society. Peggy is also a member of Lions International and a past committee member of South Jersey Holocaust Coalition. Peggy graduated from Cumberland County College in 1976, Glassboro State (Rowan University) in 1978 and earned her Masters in Holocaust & Genocide Education from Stockton University in 2001. Peggy has given several presentations on Women and the Holocaust. Peggy's other honors include induction into Cumberland County's Women's Hall of Fame (2011), Cumberland Regional High School Teacher of the Year (2006/2007), and Cumberland County Leadership Award (2004). Prior to retiring in 2012, Peggy taught history for more than 34 years at Cumberland Regional High School. Additionally, from 2006-2017 she served as adjunct History professor at Cumberland County College. When not doing Soroptimist work, she enjoys traveling, reading, volunteering and spending time with her family. Peggy has been married for 48 years and lives in a small rural farming community in Stow Creek, New Jersey. She has two children, Timothy and Jessica. Both are settled close by on the family farm. Peggy's four grandchildren are the sparks that light up her life.

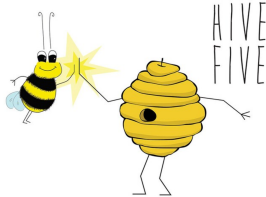


Lisa Mangiaficio
Associate Senior Director Records and Risk
Management
Soroptimist International of the Americas
Philadelphia, PA

Lisa Mangiaficio is the Associate Senior Director Records and Risk Management at SIA headquarters. She was hired by SIA as our archivist and records manager in 1993, in anticipation of the organization's 75th anniversary in 1996 to create our federation archives. Since then, Lisa has taken on a number of roles at headquarters and has recently taken on risk management as one of the operational areas she oversees, in addition to records, and governance. Prior to joining SIA's staff, she worked for the General Federation of Women's Clubs as the coordinator of the Women's History and Resource Center in Washington, DC.

Lisa has graduate degrees in history and library/information science. She is a member of the Mid-Atlantic Regional Archives Conference, serving as its presiding officer from 2003 to 2005, among numerous appointed and elected board positions. Lisa is also a long-time member of the Society of American Archivists and was elected to its board for 2013-2016. In 2020, Lisa was inducted as a Fellow of the society. She currently serves as Board Member of the Society of American Archivists Foundation, where she had also served as President. Lisa served on the New Jersey State Historical Records Advisory Board from 2004-2017 and is a member of the Cherry Hill Historical Commission.

Conference Opportunities



New for this year, we are offering the opportunity to recognize a member, supporter, recipient, or event with an ad in our program. \$15 per ad.



2024-2025 Club Presidents are invited to participate in the **Club President's Processional** at the opening of the Saturday Business Session.



Reserve a Raffle/Sales table today!
See additional details.



Celebration of Life

This is our opportunity to celebrate the lives of club members lost since we were last together. Complete the form.



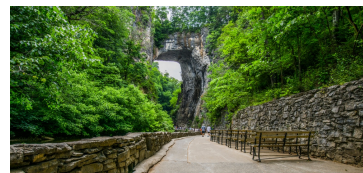
With the **She Dreams Big Award**, let Region help you recognize a club member whose actions contribute significantly to the greater good or mission of Soroptimist. A grant and new fellowship opportunity is available to the honorees!



Has your club accomplished amazing things this year? Of course, it has! Apply today for the **We Dream Big Award** a chance to win \$300 towards your Dream Programs.

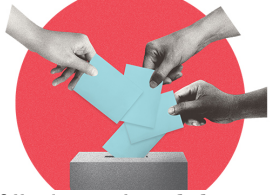


Kick off Spring Conference with our **Friday Dinner with Campfire Smores**. Be sure to come dressed in your favorite camping gear. We'll provide the smores!



Want to go check out Natural Bridge State Park and visit with new friends? Join us for our **Optional Event** on Friday afternoon before the kick-off to Spring Conference! We'll be having lunch and heading to a winery/brewery or hiking

Conference Opportunities



Has your club filled out the **Club Credential Form**? Delegates must be registered for the Caucus on April 28 (virtually to start to conduct the business of the Region), and May 2-4 (in person).



Delegates Caucus on April 28 is available for Delegates and to all members of the Region to hear discussion on the business of the Region. Register Today.



Saturday's Banquet is a Denim and Diamond theme so get those sparkles and jeans ready!



Saturday evening will be capped off with a **Night Sky Program** at Natural Bridge State Park. We'll hopefully see the meteor shower with this Ranger led event (starting after dinner).



Don't forget our **Laurel Society VIP Reception** taking place at the Namaste Spot at the Hotel. This is one beautiful location you should not miss!



Saturday at lunch we will be honoring our 2024-2025 **Live Your Dream Award** Region Honorees. This is a great opportunity to meet our recipients and their families.



Wondering what to wear? Check out the additional information in the Call to Conference! You'll be glad you did!



Be sure to make your Hotel Reservations by April 1! We've got a special room rate and we'd love to see you at Spring Conference!



Each Club in good standing (who has paid all dues and the mandatory conference fee) is entitled to a total of three (3) voting members:

- two Delegates and
- either President or President Alternate.

These are the only people who will be allowed to vote on Region matters. The President/President Alternate and Delegates **MUST** be available to attend the Delegate Meeting on 4/28 @ 7PM via Zoom and the Business Session on 5/3 @ 9 AM in Natural Bridge, VA.

Please visit tinyurl.com/CECR25cred and fill out the form.

Please have all of your Delegates register for the Delegate Meeting on April 29 at 7 PM via Zoom at: tinyurl.com/CECRcaucus25

Upon arrival at Spring Conference, a valid Delegate Card will be issued to each delegate at registration.

Club Bylaws Checkup



SOROPTIMIST®
Investing in Dreams

Where:

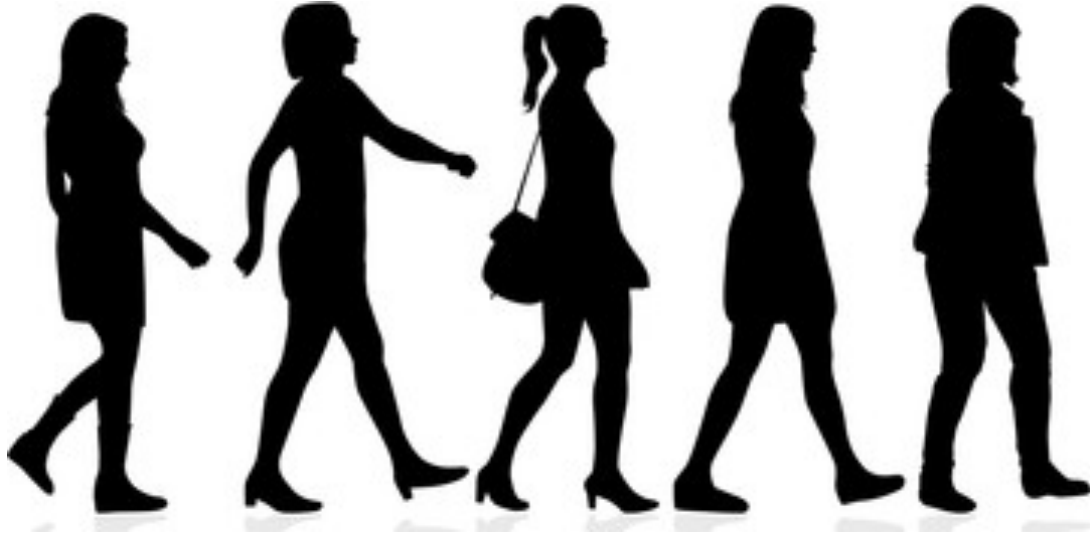
2025 Central East Coast Region Conference

What's Happening?	Benefits to your club	To-Do
<ul style="list-style-type: none"> ● Soroptimist International of the Americas is starting a multi-year project to help clubs modernize and update their bylaws. ● All clubs will need to update their bylaws in the next two-three years. ● Central East Coast Region clubs will help SIA test and develop systems that all clubs will follow. 	<ul style="list-style-type: none"> ● Get ahead of the curve and receive on-the-spot feedback on ways to modernize and update your club's bylaws. ● Ability to plan your club's amendment process over the next two years. ● Bylaws (and procedures) that reflect current and future needs to administer the club effectively. 	<ul style="list-style-type: none"> <input type="checkbox"/> Bring a paper copy of your club's current bylaws and procedures to conference.* <input type="checkbox"/> Meet with Lisa Mangiafico from SIA Headquarters to do a high-level review of your bylaws and procedures documents.** <input type="checkbox"/> Take home resources and links to get your club started on the bylaws modernization and update project.

***Some clubs also refer to their procedures as standing rules or operating procedures.**

**** [Click here](#) to get up an individualized club appointment to review your club's governing documents during the 2025 Central East Coast Region Conference.**

Presidents Procession



2024-2025 Club Presidents are invited to participate in the President's Processional at the opening of the Saturday Business Session. The line-up for the procession will be at 9:00 AM sharp outside the Main Banquet Hall.

If your Club President will be participating in the processional, please complete this form email it Robin Davis by **April 20, 2025** or visit tinyurl.com/CECRprez to complete online.

Club Name: _____

President Name: _____

Email: _____

Phone: _____



If a Soroptimist member of your club has passed away within the past year (April 2023-April 2024), please complete this form and return it to the address listed below. A Celebration of Life video will be on the Region's website and shown on Saturday morning during Spring Conference.

An online version of this form is available at: tinyurl.com/CECRmemorial

Name of Deceased Member: _____

*Please provide a picture if possible.

Club Name: _____

*If a member of more than one club, list other club(s)

Date of Death: _____

* Include copy of obituary, if available

Joined Soroptimist: _____ (year) Number of years as a member: _____

Charter Member? Yes No

Occupation: _____

Club Offices Held: _____

Club Activities: _____

Community Involvement: _____

Biographical Information:

Honors and Awards: _____

Return form by April 20, 2025

Robin Davis

CECR Public Awareness Chair

3704 Valley Dr.

Alexandria, VA 22302

sororobin@gmail.com



2025 CENTRAL EAST COAST REGION SPRING CONFERENCE

If your club would like to have a table at this year's Spring Conference for club fundraising fill out this form, send it to the address at the bottom.

You can also fill out this form online at: tinyurl.com/CECR25table

**NOTE: Clubs will be responsible for securing their items.
Please respond no later than April 20**

Club Name: SI of _____

Contact: _____

Phone: _____

E-mail: _____

Item/Items Your Club will be selling/displaying: _____

Will you be drawing the winner at Spring Conference (these announcements will be made on Saturday evening during the Dinner): Yes No

By registering your item you will be securing a table to display your sales.

Send form to:
Robin Davis
Conference Chair
3704 Valley Dr.
Alexandria, VA 22302
703-980-6647
sororobin@gmail.com

“Hive-Five” in Our Program

This year we are offering an opportunity for KUDOS to recognize your club members and events! Take this opportunity to give a shout out to a member, supporter or recipient.

Tell your members or supporters how wonderful they are by sending KUDOS to Someone Special!

- Honor Someone Who Made a Difference
- Thank an Outgoing President
- Congratulate an Incoming President
- Announce a Club Event
- Recognize Live Your Dream Award Recipient
- Highlight Member who Achieved a Personal Goal
- Welcome New Members
- The Sky is the Limit!

Size: 150 characters for \$15

Visit <https://tinyurl.com/CECRhive5> to add your kudos today!

Payment can be made either by:

- credit card using the CECR website (form includes content to be published)
- Zelle by using cecregion@gmail.com and writing “kudos” in the memo and then sending your content to Robin Davis at sororobin@gmail.com
- or you can send a check payable to CECR Spring Conference to:
Robin Davis, CECR Spring Conference, 3704 Valley Dr. Alexandria, VA 22302 and emailing your content to sororobin@gmail.com

All Kudos content artwork payments must be received no later than **April 20, 2025**.



The 'She Dreams Big' Award recognizes a Soroptimist member whose actions contribute significantly to the greater good or mission of Soroptimist, at her club, region and federation and international levels.

HOW TO NOMINATE A CANDIDATE

Only members in good standing of Central East Coast Region clubs may be nominated. Each club may nominate as many as two Soroptimist by completing this nomination form. Do not attach any supporting materials; instead make the case that your nominee deserves this award in your responses to the questions.

Submit the completed nomination form by April 20 online at tinyurl.com/CECRshedreams or to Governor Robin by emailing it to sororobin@gmail.com

The Soroptimist(s) selected will be honored as a recipient of the 2025 She DREAMS BIG AWARD at Spring Conference.

CRITERIA

To receive consideration for this award, the nominee should epitomize the values of Soroptimist, service spirit, goodwill, ethics and professionalism by:

- a significant level of involvement in club projects.
- using her abilities to develop or improve the Dream Programs or other club programs or services that significantly advance the mission of Soroptimist.
- a commitment to fostering growth and development of women and girls through her guidance and professional skills.
- May not hold an officer position in Soroptimist (at the Club, Region, Federation or International levels) but is a force for good in Club programs and projects.
- No Soroptimist may be honored posthumously

THOSE SELECTED

- Will be honored at the 2025 Spring Conference
- Will be sponsored by the Region to attend Soroptimist Leadership Roundtable on June 24 (virtual)
- Will join others in a "Bee Collective" of Region Members to discuss Soroptimist issues.

APPLICATION

If submitting by email - please include a photo of the nominee with this application and the following:

- Club submitting nomination
- Name of person being nominated
- General biography: How long has the candidate been a Soroptimist? What officer or leadership positions has she served?
- Describe why this Soroptimist is being nominated:
 - How has she epitomized the values of Soroptimist through service spirit, goodwill, ethics and professionalism?
 - How has she demonstrated a significant level of involvement in club projects?
 - How has she demonstrated leadership by using her abilities to develop or improve the Dream Programs or club programs and services that significantly advance the mission of Soroptimist?
 - How has she demonstrated commitment to fostering growth and development of women and girls through her guidance and professional skills?



We Dream Big Application

RECRUITMENT AND RETENTION CLUB AWARDS PROGRAM aka the Betty Jean B.J. Cook Governor's Trophy

Club Submitting Application:

Contact Person and Email:

**Return this application to the Region by April 20. Fill out this form online at:
tinyurl.com/CECRdreambig or email sororobin@gmail.com**

Please answer the two questions below, add additional pages if needed:

1. Describe the creative strategies your club implemented to recruit new members this past club year? How many new members were recruited? Does your club have a recruitment plan? Please share that plan with the region. How were your members engaged in the recruitment of new members?

2. Describe what creative strategies did your club implement to retain current members this past club year? Will all your members renew their membership? Does your club have a retention plan? Please share that plan with the region. How were your members engaged in the retention of members in the club?



Find out more at: tinyurl.com/spring25todo

Natural Bridge State Park

Natural Bridge is Virginia's newest state park. The park is one of the oldest tourist destinations in the United States. This popular tourist attraction is located in the community of Rockbridge County. The Bridge has been included in several "Seven Natural Wonders of the World" lists, mostly in the 19th and early 20th centuries. It has also been designated a National Historic Landmark, a Virginia Historic Landmark and is listed in the National Register of Historic Places.

Natural Bridge Zoo

Open mid-March through early December, the Natural Bridge Zoo is privately owned and offers a petting zoo and close encounters tours with some of their visitors' favorite residents! Feed a lemur, visit with the new babies, get close with the big cats, and more.

Dinosaur Kingdom II

Experience a wooded, walking adventure of the wildest, weirdest, craziest dinosaur park the Washington Post has called Amazing! Brilliant! Hilarious! This is definitely not your father's dinosaur park!

Virginia Safari Park

Virginia's only drive-thru zoo is our neighbor! Drive your own vehicle through the 180-acre park or hop aboard the tractor-drawn wagon for an even more intriguing experience. As if getting up close and personal with free-roaming animals weren't exciting enough, the aviary, giraffe-feeding station, petting area, and kangaroo walk-about are additional must-sees.

Virginia Gold Orchard

Located eight minutes up the road, Virginia Gold Orchard is a family-run farm dedicated to growing the very best tasting Asian pears. Established in 1990 by Paul and Youngsuk Estabrook, the orchard currently consists of about 2,000 Asian pear trees. Every fall they harvest up to 16 different varieties of Asian pears, each one ripening at a different time.

Halcyon Days Cider Company

Halcyon Days Cider Co. is a hands-on, family-owned and operated small farm and cidery. Halcyon Days have blended their deep respect for traditional methods with newly refined techniques to create their small batch cider production. As their name suggests, their aim is to return to a simpler time infused with calm and happiness.

Great Valley Farm Brewery & Winery

Rockbridge County's newest brewery is also a member of the Shenandoah Beerwerks Trail. Producing small-batch craft beer, Great Valley Farm Brewery sits on 27 picturesque acres with the Blue Ridge Mountains as a backdrop.