

STONEBRIDGE WOMEN'S CLUB UPDATE

To Our Membership from the Executive Board

July 13, 2020



Patience allows for a greater appreciation of anticipated pleasures.

As our community prepares to close for the repairs to our Clubhouse, we want to assure you of the strength and resilience of our Women's Club. Upon the revival of community events in the Spring, our Women's Club will be invigorated and well-prepared to resume activities so that we may savor the camaraderie, conversation and support of our members, once again.

We would like to thank those members who inquired about the possibility of holding Women's Club meetings outdoors in close proximity to our Clubhouse. At this time, the Executive Board is not considering conducting general meetings outdoors due to our community's requirements of mask-wearing, social distancing logistics, management's health and safety concerns for our membership, and the unpredictability of weather conditions.

The Women's Club preserves its tradition of offering scholarships to graduating Monroe Township High School seniors as they resume their academic journey. The Stonebridge Women's Club Brenda Belgard Memorial Scholarships honor the memory of Brenda Belgard, a former President of our Women's Club. Before his passing, Brenda's husband, Joel, presented our Club with a \$500 gift, which funded one of these Scholarships.

At the Monroe Township High School virtual awards ceremony, BCR, GP and KS were recognized as the beneficiaries of our Scholarships. Monroe Township High School teachers and counselors served as the Selection Committee in choosing these three deserving students as recipients. We celebrate the accomplishments of these students and their individual responses to the essay topic, "Thinking about your high school experience, how has social media affected you and your relationship with your peers and family members?"

The Scholarship recipients have traditionally been invited to attend a Women's Club general meeting to present their essays before our membership. Since this was not possible this year, we are sharing with you an essay composed by BCR who granted the Women's Club permission to publish it. BCR's very candid, introspective and personal message reveals how social media influenced and impacted her life.



How Social Media Has Affected Me and My Relationship with Peers and Family

by BCR

The Kardashians, Gigi Hadid, and Jennifer Lopez are some of the many social media influencers that have taken over Instagram and Twitter. Every day there are thousands of young girls and boys who log into their online accounts and become fixated with the idea of the “perfect” body, face and life. Eventually, they become so obsessed with the concept of perfection that they begin to feel less confident in themselves. There has been a period in my life during my sophomore year when I used to compare myself to these gorgeous superstars. I hated how I was not a five foot eleven inch girl, do not have a size eighteen waist, or a perfect nose. I began feeling insecure and used to screenshot pictures of these women off of social media to motivate me to look like that one day. I stopped being the confident teenager I used to be and I became obsessed with my looks. For example, my social media account became the controller of my confidence and mood. The amount of likes and comments I received on my “selfies” affected me deeply. If I did not receive over 200 likes then I would feel like my picture was not pretty enough. If I did receive over 200 likes then I would feel like I accomplished a huge goal which is something that no one should even worry about. Social media did not just affect me, but it also affected my relationship with my peers. If any of my girlfriends had more followers or more likes than me, then I would become very envious of them and would not want to be friends with them anymore. I began blocking everyone out of my life and compared my account to theirs just to make sure that my social media accounts were better. My obsession with social media got to the point where I preferred to lay in bed and scroll through Instagram rather than going shopping or to the movie theaters with my friends. I hated doing anything that would prevent me from having time to take selfies or pictures to post on my account. I would not pay attention to my parents anymore or eat dinner with them because I didn’t want to do anything else. My social media became the center of my world and no one came above it. Things for me started to change when I saw that multiple retail stores began campaigning for body positivity and self-love. I started to understand that in reality “beauty” is not just a stick thin body, but it comes in various shapes and colors. The self-love campaign helped me appreciate the fact that I can be beautiful by looking different than these models online. I was able to learn that social media is just a front that everyone puts to hide what they actually look like or who they really are. I finally had the ability to put down my phone and focus on real life.”



We are grateful to BCR for providing insight into how social media can negatively impact teens. However, we also recognize that, because of society's obsession with social media, individuals of all ages can fall prey to the negative effects of it.

We congratulate BCR and wish her well in her future educational and life endeavors.

