



Office of
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Beth Murray of Shrewsbury and Wendy Mickel of Westborough both named 2023 Commonwealth Heroines

Nominated by Representative Kane and Representative Donaghue, Murray and Mickel honored by the Massachusetts Commission on the Status of Women

On June 23, 2023, Beth Murray of Shrewsbury and Wendy Mickel of Westborough were honored as members of the Massachusetts Commission on the Status of Women's 2023 class of Commonwealth Heroines. State Representative Hannah Kane, (R-11th Worcester District), nominated Ms. Murray and both Representative Kane and Representative Donaghue (D- 19th Worcester District) jointly nominated Ms. Mickel for this recognition because of their years of community involvement.

The Commonwealth Heroines are the backbone of local communities. They are the women who use their time, talent, and enthusiasm to enrich the lives of others and make a difference in their neighborhoods, cities and towns. They are mentors, volunteers and innovators who do what needs to be done without expectations of recognition or gratitude. These women are the glue that keeps a community together and every community is better because of their contribution. Every year, the Massachusetts Commission on the Status of Women partners with state legislators to identify women who make outstanding contributions to their organizations and communities.

Beth Murray serves as the Nutrition Manager for the Meals on Wheels Program in Shrewsbury. Beth is ServSafe certified and assists with the storage of the Food Sharing Pantry. With the success of *Help Feed a Senior* and in collaboration with Saint Anne's Food Pantry, the Shrewsbury Council on Aging was able to start a Food Sharing Pantry with the Senior Center. Beth's Meals on Wheels program is responsible for bringing food to those who cannot leave their homes. This was the only service running during the COVID-19 pandemic. The Senior Center is a more vibrant place because of Beth's many contributions. Outside of her paid position, she devotes her personal time to assist behind the scenes with programs and is quick to help when she sees a need. Whether its cheerfully answering phones in the reception area or jumping in as a tour guide for the Holiday Lights Tour, Beth does it all. She drives volunteers when transportation is unavailable and monitors the

food sharing pantry and community fridge to make sure that everything is clean and organized. She cares for the Senior Center as if it were her own home, decorating for the holidays, tending to the plants, and bustling in the kitchen.

“Beth Murray is a beacon of light in the Shrewsbury community,” remarked Representative Kane. “Beth brings her sense of humor, friendly demeanor, and kindness to everything that she does, and I am thankful for Beth’s passion and dedication to the residents in the town of Shrewsbury.”

Wendy Mickel was elected as Westborough Town Clerk in 2014, after serving as the appointed Westborough Assistant Town Clerk since 1995. Recently retiring from her position of Town Clerk, Wendy leaves a legacy behind her. Wendy has been involved with both the Massachusetts Town Clerks Association and the Worcester Town and City Clerks’ Association. Wendy volunteered with the Westborough Food Pantry as Treasurer for a quarter century and has worked as one of the organizers for an annual golf tournament to raise funds for the Pantry. She served the town of Westborough for nearly thirty years, dedicating her life to assisting and supporting the residents of Westborough and making sure the town has been able to hold efficient elections over the years.

“Wendy Mickel’s consistent civic engagement has enhanced the Westborough community tremendously for the past thirty years,” said Representative Kane. “I am so grateful for her years of dedicated public service and her diligence in maintaining effective elections. Her commitment to the town of Westborough is honorable and commendable and I am deeply appreciative of her volunteer work as Treasurer of the Westborough Food Pantry.”

The Massachusetts Commission on the Status of Women is an independent state agency that was legislatively created in 1998 to advance women of the Commonwealth to full equality in all areas of life and to promote their rights and opportunities. The MCSW provides a permanent, effective voice for the women of Massachusetts.

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