



SITM Update

Soroptimist International of Truckee Meadows

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September, 2016

www.sitmnev.org

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Calendar

- Sept. 15 – Service Committees
- Sept. 18 – Dolan Donor Walk
- Sept. 22 – Special Committees
- Sept. 26 – Dine Out at BJ's
- Sept. 29 – Bindee Eberle, Health Committee
- Sept. 29 – Member Social, Bistro Napa, 4-6 p.m.
- Sept. 30 – Garage Sale Set-up
- Oct. 1 – Garage Sale
- Oct. 6 – Candidates Forum
- Oct. 8 – District 5 Meeting
- Oct. 11 – Board Meeting, 5:30 p.m., Staybridge Suites
- Oct. 13 – Business Meeting

SITM Meets...

Thursdays at Noon
at the Atlantis Casino Resort Spa
Second Floor Convention Center
\$20 for lunch
RSVP to sitmtruckeemeadows@hotmail.com no later than noon on the Tuesday before the Thursday meeting.

Soroptimist Is:

a global volunteer organization working to improve the lives of women and girls through programs leading to social and economic empowerment.



www.sitmnev.org

Sell Those Tickets



The raffle tickets are finally here. After meeting the requirements of the State of Nevada for conducting a raffle, SITM's first ever 50/50 raffle is underway. Each member is asked to sell 15 tickets at \$10 each or 3 for \$25. In Soroptimist fashion, the Grand Prize is half of the "pot" raised from ticket sales. The winning ticket will be drawn at the December 15 meeting. Proceeds benefit SITM's Service Fund.

New Members Inducted at September Business Meeting



Welcome to our newest members inducted at the September Business Meeting and shown here with their sponsors: From left are Dorothy Nash Holmes who sponsored Christy Clark; Liza Chapen who sponsored Mary Beth Roselli; and Shannon Vance, sponsored by Chris Fegert. We look forward to getting to know all three of you.

Come Out and Support These Upcoming Events

Dolan Donor Walk

September 18 – SITM's booth/exhibit at the Sierra Nevada Donor Awareness 2016 Donor Walk presented by the Dolan Automotive Group, 7:30 a.m. to 1 p.m. at the Sparks Marina. Membership and Fundraising Committees invite members to stop by this event.

BJ's Dine Out at Legends

September 26 -- Here is your excuse to take the family to eat out on Monday, September 26 at BJ's Restaurant from 11 a.m. to 11 p.m. at Legends in Sparks,. Twenty percent of food and soft beverage sales from SITM patrons will be donated to SITM . YOU MUST GIVE THE FLYER ATTACHED TO THIS NEWSLETTER TO YOUR SERVER.

Hospitality Sit and Social

September 29 – The Hospitality Committee has scheduled a "sit and social", no host cocktails, at Bistro Napa at the Atlantis from 4-6 p.m. RSVP to Hospitality Coordinator Vivian Ruiz. Come join the fun.

Fall Garage Sale

September 30 – Garage Sale set-up Friday afternoon and evening and sale on Saturday, October 8. See page 2 for details of work shifts and instructions for drop-off.

October 1 – Garage Sale at Connie Steinheimer's home.

October 8 – District 5 Fall Meeting.

Clean Out Those Closets Scour the Garage

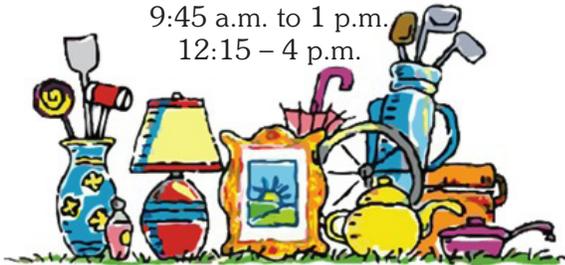
and collect those gently used and clean clothes and shoes, small appliances, kitchen and other household items for donation to the

Fall Garage Sale

**Saturday, October 1, 2016
at Connie Steinheimer's home
1140 Alpine Court in Reno**

Volunteers are needed to work set-up and pricing Friday, September 30 from 4-7 p.m. and work the day of the sale.

Signup at weekly meetings to work garage sale shifts.
6:45 – 10 a.m.
9:45 a.m. to 1 p.m.
12:15 – 4 p.m.



Drop offs and storage prior to the sale:

Once, again, Jeanne Baxter's Ethan Allen is holding donated merchandise at their warehouse. Drop offs can be made Tuesday through Saturday, from 9 a.m. to 3 p.m. at the southern end of the warehouse. If you can hold your items, bring them Friday afternoon during set-up.

Please, NO computers or TVs or large appliances, like washers/dryers, or broken or inoperable items.

Clearly mark higher end items intended for sale in the Boutique so they don't get lost in the general sale. Call Ethan Allen's main number at 826-1722 for assistance.



Featured Speaker Bindee Eberle

Learn to Live a Strong, Healthy and Fit Life on September 29

By Kay Dunham

The Health Committee is delighted to welcome Bindee Eberle on September 29. Bindee will be our featured speaker with up-to-date health guidelines, information on supplements and the importance of fitness as we age. Please mark your calendar and invite guests to this interesting presentation,

"Translating the new U.S. Dietary Guidelines and other strategies for living a strong, healthy and fit life!"



Bindee Eberle

Bindee Eberle is a board-certified sports dietitian, has a master's degree in nutrition and is a Certified Strength and Conditioning Specialist. She has worked in private practice in Reno as a sports dietitian for 16 years and has worked as a private, one-on-one personal trainer for 18 years. She has spoken to numerous high school, university and club sports teams about healthy athlete nutrition as well as given wellness seminars to corporate groups and medical centers. She is the author of the e-book Sports Nutrition for Gymnasts and Gymnastic Athletes and is a regional and national conference speaker for USA Gymnastics. Bindee is an expert in health, wellness and exercise, nutrition as well as strength and fitness. Check out her company Sportsmenus, Inc. where you can find more information at her web site, www.sportsmenus.com.



Taking time to "meet and eat" at Teresa Mentzer's home, are some members of the Education Youth Committee. From left are: Dot Watts, Co-Coordinator Eileen Fuller, Connie Steinheimer and Jo Ann Lessly.

Live Your Dream Awards Applications Available

By Pam Robinson

The Live Your Dream Award (formerly called Women's Opportunity Award) program was established in 1972 to assist women with primary financial responsibility for their families to obtain the skills training and education necessary to improve their employment status and standard of living for themselves and their family. Each year, \$1.5 million in club, region and federation funds are awarded to more than 1,000 women in SIA's 19 member countries and territories. The women receiving these financial awards may use them for any costs associated with their educational efforts, including tuition, books, child care, and transportation.

The deadline to apply for the SITM Live Your Dream Award (LYD – another acronym!) is November 15, 2016. Education Women Committee Co-coordinators Pam Robinson and Penney Leezy and committee are currently contacting local schools to distribute the applications.

The LYD recipient will be honored at our luncheon in January, and her application will be forwarded to Sierra Nevada Region for consideration for a further award. The Region's winner goes on to Federation as well. Our

award amount is typically between \$1,000 and \$1,500. Some of our previous LYD recipients have also qualified for our re-entry women's scholarships.

If you know of a deserving woman, please ask her to apply for this award. Applications may be found on the SITM website (www.sitmnev.org) and will be sent to TMCC, UNR, and other institutions by the Education Women Committee.



District 5 Director Sarah Carrasco invites you to attend the



Sierra Nevada Region District 5 Fall Meeting

October 8, 2016

8:30 a.m. to 2 p.m.

\$32 includes breakfast and lunch

**NV Energy, 6100 Neil Road in Reno
See the District 5 Call for a map**



**District, Region and Federation Updates
A recap of the 32nd Federation Convention
Sharing with other District 5 Clubs
Camaraderie & Friendship**

**First Time Attendees Are Free
SITM pays for the Saturday District Meeting costs for members who
are attending a District Meeting for the first time.**

**To register, contact President Jennifer
Registration deadline is September 30.
A late fee of \$10 is charged for registrations after September 30.**

**Friday Night Social
October 7, 7-9 p.m.
\$15 includes
Eats and Activities
Hosted by SI/Reno
Location: Plumas Bank
5050 Meadowood Mall Circle
(Enter mall from McCarran Blvd.)**

Member Feature**From Carmela to Dr. Cip - Carmela Cipollina**

By Jo Ann Roberts

Carmela is one of our new members, being inducted at the business meeting in July, 2016 after attending our meetings since March. Carmela was born in Brooklyn and raised in Queens, New York where her grandparents had settled after emigrating from Italy. She grew up in the Italian food business in Brooklyn which had been established in 1922 and remained in business until it was closed in 2005. The store was known as The American Store and Carmela learned to cut up sides of beef and pork and made Italian sausage and fresh mozzarella cheese.



Carmela with a unique sculpture outside the entrance to Great Basin Park. It's made entirely of kitchenware found inside the park.

Carmela and her husband, Robert Greenhalgh, are parents of three children; Robert, Jr., Frank and Annie, ages 27, 26 and 24. The oldest son is in law school in Costa Mesa, California; the other son is in school at Texas A&M pursuing a PhD in material engineering and their daughter is in Portland pursuing her PhD in psychology. Carmela said "These three are my greatest accomplishments"!

I asked Carmela how she decided to become a doctor. She replied she had always wanted to go to medical school but her parents said females don't become doctors so she got a double degree in Education, Kindergarten-9 and Biology. Carmela then decided to obtain a nursing degree with the goal of becoming a midwife but during that course of study her grandfather had a stroke so she took a year off after graduation to care for him. She then decided to follow her dream and go to medical school. There she met her husband where he was studying to become a family practice physician and she was studying to become a physician specializing in obstetrics and gynecology.

In addition to the education, nursing and medical

degrees, Carmela took the time to play the piano, accordion and violin during the eight years of high school and college orchestras and the Queens Symphony.

Carmela has been a physician for thirty years including twenty years of private practice in Pennsylvania and ten years in the Reno area including the Veterans Hospital and at the Indian Reservation at the Pyramid Lake Clinic. To many of her patients, she has become Dr. Cip, a nickname she cherishes. During her thirty years, she has delivered over 5,000 babies and now those babies she delivered are beginning to have children of their own. Carmela said the relationship between a doctor and her patients is wonderful due in part to the months spent in caring for the patients until the babies are delivered and then for routine care after that time.

When I asked what brought Carmela and her family to Reno, she said that her husband was from the West and after meeting in Medical School and then practicing in Wilkes Barre, PA for twenty years, they wanted to come west and to leave the harsh winters of the east. The Reno area was more appealing due in part to the tax benefits and her husband's love for Reno as he was a black jack dealer at Harrah's during his school years.

Carmela's favorite SITM service project has been the Nepal project and it was the meeting last March that brought her to our Club. She had been in Nepal and India and had seen first hand the tremendous needs of people in that part of the world.

In addition to SITM, Carmela is a member of the Lady of Snows Women's Auxiliary and the Medical Society. Her volunteer work goes back to her high school and college days in New York City as a hospital



Drs. Carmela and Bob in Sacramento.

Continued on page 5

Carmela Cipollina - Continued from page 4

volunteer, an EMT in volunteer ambulance corps and Big Sisters/Big Brothers. In Wilkes Barre, PA she was a Eucharistic Minister in her church. She and a few other doctors helped start a free medical/legal clinic and actually worked in it on Friday nights. Her children were raised in back of their office where they had setup a playroom for them.

Carmela and her husband this summer spent part of July and August in Utah where they attended her husband's family reunion. Their plans were to visit some of the canyon lands there but last minute changes to plans, due to the heat, had them visiting parts of Montana, Wyoming, Idaho and northern Nevada before they returned to Reno. So they will plan another trip to Utah to visit the canyon lands!

Carmela, we are pleased you found Soroptimist International of Truckee Meadows and look forward to having you take part in many of our committees and projects.



Celebrating Christmas together are, from left: Robert Jr., Carmela, Frank, Annie and Robert (Bob) Greenhalgh, Sr.

Membership Committee Wants You to Find Your Inner Superhero

By Pam Robinson

The Membership Committee, coordinated by Kay Dunham and Georgia Baker-Flambures, is off to a great start, presenting the SITM meeting on August 25. Having just inducted three wonderful new

Two power point presentations were shown that day. The first shows our members the orientation program given to new members. It was a great refresher for all of us. The second one was created by Federation and included who we are, what we do, and why we are Soroptimists. This presentation was updated for our club members to use at any of our events.

Speaking of events, the Membership Committee is working to combine efforts with the Fundraising Committee for our upcoming Holiday Boutique, planned for Tuesday, November 15 at Ethan Allen. Subject to approval of the membership, we will be inviting friends and prospective members to enjoy the vendors at the event and learn more about our club.

FIND YOUR INNER SUPERHERO. VOLUNTEER!

You have the power to strengthen your community and make the world a better place for women and girls.

Be a hero. Become a Soroptimist today (no cape necessary).

Improving the lives of women and girls through programs leading to social and economic empowerment.

Contact us to learn how you can get involved:

Soroptimist International Truckee Meadows
sitmv.org
P. O. Box 20125
Reno, NV 89515
775-560-4374

SOROPTIMIST INTERNATIONAL

members (Patty Mamola, Jo Ann Lessly and Annette Friedlander) at our business meeting August 18, orientation is being scheduled for several other prospective members.



Members of the Membership Committee conduct an orientation for new members. From left is Co-Coordinator Kay Dunham, Pam Robinson, Margie Hermanson, Christy Clark, Jo Ann Lessley and her sponsor Jo Ann Roberts. Membership will be conducting the next new member orientation on Thursday, September 15, 11 a.m. in the lobby of Bistro Napa.

Board and Business Recap for September

By Faye I. Andersen

SITM welcomed three new members, who were inducted at the September Business Meeting. That brings the total of new members since the start of the new club year to eight. Membership Committee Co-Coordinator Georgia Baker-Flambures welcomed the new members with the traditional induction ceremony. Joining SITM are: Christy Clark, sponsored by Dorothy Nash Holmes; Mary Beth Roselli, sponsored by Liza Chapen; Shannon Vance, sponsored by Chris Fegert. Welcome to all three new members. We are glad you have joined us.

Thank You United Way and UPS

Thanks to Harmony Hobbs and her employer, UPS, SITM will be receiving a check some time after the first of the year from United Way and UPS in the amount of \$3,100., raised through the annual campaign and UPS workers. Thank you to Harmony for her quick thinking and fast action to get this tremendous windfall for SITM.

Sip and Shop Coming to Ethan Allen November 15

Both the Fundraising and Membership Committees proposed and the membership approved an evening Holiday Boutique and sale of local artisans' arts and crafts to be held November 15 at Ethan Allen. It will be a joint fundraising and membership recruitment event, open free to the public. Refreshments will be available. Vendors will be charged a flat fee of \$75, along with an item for an on-site raffle. Members are requested to volunteer to help prepare, set-up, work the event and clean-up. Watch for sign-ups and more information.

If you have names/contact info for people who should be invited to this event, please let Barbara Atwell or Penney Leezy know.

Fundraising 50/50 Raffle Coming Up

50/50 raffle tickets will be arriving soon and members are asked to sell the tickets for \$10 each or 3 for \$25. The winning ticket will be drawn at the December 15 meeting. The winner shares half of the proceeds from ticket sales, with the other half going to SITM's fundraising efforts.

Happy Dollars Designated

The following organizations have been approved and months designated to receive Happy Dollars:
September – Bristlecone Family Resources
October – Disability Resources

December – the SI President's December 10th Appeal
January – Sierra Stitches

May – Reno Cares

Additional requests for Happy Dollars are under consideration. A Happy Dollar request form was attached to the September Business Meeting materials, or contact President Jennifer Burnitt.

Membership also approved a recommendation from the Board to combine January and August Happy Dollar collected, but undesignated. The two month total was \$285.

Two Changes to SITM Policies & Procedure

Finance/Governance Committee Co-Coordinator Pam Sutton brought forward two motions to amend SITM's Policies and Procedures, both approved by the membership. The first was to clarify the proration of dues for members after December 1 in any year. Reduction in the third quarter will reflect reductions in SIA and SITM dues. Members joining in the fourth quarter will cover only the costs charged by SIA and SNR. For a copy of the proration schedule by month, see Treasurer-General Fund Anna McArdle or Vicki Schultz, Co-Coordinator of the committee.

The second motion addressed an issue raised by the SITM Board to expand the list of events eligible to qualify a member for a "make-up" meeting when calculating Perfect Attendance. The membership approved a change to the PGP to include: "participating as an official representative of SITM in any approved function where all members are invited to attend."

SITM to Host Fall 2017 District Meeting

The club was approached by District 5 Director Sarah Carrasco asking us to undertake hosting duties for the Fall 2017 District Meeting. The request was approved by the membership. More on this as it gets closer to the event.

Celebrating their September birthdays were Eileen Fuller declaring Christmas as her favorite holiday, since her son was born on that day. Bev Perkins waits to tell us her favorite Soroptimist memory, receiving the Ceec Abrahams Award last year.



How to Raise Funds for SITM Without Really Trying

Fundraising Co-Coordinator Barbara Atwell is pleased to announce that SITM is now a recognized member of the Smith's Food & Drugs Community Awards Program. You can support SITM by shopping at Smith's and swiping your Rewards Card at the time of purchase. SITM will receive 3% of all eligible purchases.

Smiths Community Rewards

Here's how to sign up:

1. Visit SmithsCommunityRewards.com;
2. Sign in to your Online Account, or create an account (instructions provided);
3. Find and select your organization and click "Save".

SITM's organization number is #17294, or search "Sor" to find SITM. (The address listed belongs to Barbara, because they required a street address and would not accept our P.O. Box.)



If you do not have a Smiths Rewards Card, they are available in store at the service desk and there is no charge.

You can learn more at SmithsCommunityRewards.com.

Save Mart Shares Program



To participate, sign up for the Save Mart Shares program at <http://www.escrip.com/shares/> with your email, your 10-digit phone number and create a password. Then designate SITM as your chosen charity. Our group ID number is 500825778. SITM can earn up to 3% back on qualified purchases at Save Mart Supermarkets (excluding items like alcohol, tobacco and milk).

Amazon Smile



To shop at AmazonSmile, go to smile.amazon.com <<http://smile.amazon.com/>> . You can use the same account on Amazon.com and AmazonSmile. On your first visit to AmazonSmile, select SITM to receive donations from eligible purchases before you begin shopping. The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases.



President Jennifer Burnitt
[sitmjjen@gmail.com](mailto:sitmjen@gmail.com)

Editor Faye I. Andersen
fia@pyramid.net or
775-358-5149 or 432-5822

Contributing to this issue

Jo Ann Roberts
Pam Robinson
Eileen Fuller
Barbara Atwell

Soroptimist International of Truckee Meadows
P.O. Box 20125 • Reno, NV 89515
www.sitmnev.org

Board Meets monthly on Tuesday
following the first Thursday, 5:30 p.m.
Staybridge Suites
10559 Professional Circle, Reno

SITM Board 2016-17

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Jennifer Burnitt
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Barbara Atwell
VP/Service
Alysia Peters
Recording Secretary
Doris Phelps
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Anna McArdle
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Kay Dunham
Director, 2 Years
Vivian Ruiz
Director, 1 Year
Pam Sutton
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Bev Perkins
Alternate Delegate
Lynne Catrow
Parliamentarian
Margie Hermanson



For information about our organization, check out these Soroptimist Websites:
Sierra Nevada Region: www.soroptimistsnr.org
Soroptimist International of the Americas: www.soroptimist.org
Soroptimist International: www.soroptimistinternational.org





Join us for
..... a delicious way to
RAISE MONEY!

Date: September 26, 2016 - Monday

Time: 11:00 AM to 11:00 PM

At this BJ's location: 425 Sparks Blvd
Sparks, NV 89434
775-398-3550

Enjoy delicious food in a fun atmosphere along with your family and friends while earning funds in support of:

A Spoonful of Success

With each flyer presented during this **FUNDRAISING EVENT**, BJ's will donate **20% OF FOOD AND SOFT BEVERAGE SALES** to the designated organization!

Valid for dine in or take out. Not valid towards alcoholic beverages or Happy Hour specials. Please do not distribute flyers on-site during the event. Flyers must be printed and presented to the server.



BJ's Favorite Deep Dish Pizza



Crispy Fried Artichokes



Crispy Jalapeño Burger

