

SITM Update

Soroptimist International of Truckee Meadows



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www.sitmnev.org

Our 2015-16 Club Year is Off to a Very Busy Start

In July, we had the opportunity to hear from John Etchemendy, Executive Director of Safe Embrace. He shared that 1 in 4 women will experience domestic violence in her lifetime and that this was just the tip of the iceberg of how domestic violence is affecting our community and globally.

Rikki Hensley-Ricker (VP/Technical) and Teresa Mentzer (VP/Service), along with the assistance of Doris Phelps, inspired members to get ready for the new club year.

Committees were asked to review their current committee descriptions to determine if the information is still considered relevant, flexible, or broad enough to allow changes and new ideas. Committees were asked to submit changes by September 24th to the Finance/Bylaws Committee.

Congratulations to Bev Perkins in receiving the Ceec Abrahams Award. Throughout the years, her dedication and commitment has been truly to be admired as she has continuously gone above and beyond in her support of SITM. In addition to this special recognition, two special honors were bestowed to Faye Andersen and Jo Ann Roberts

as the first time recipients of the Era of Excellence Award. "Inspire the woman, impact the world" was the quote that was engraved on their awards. This was demonstrated by the speeches given by several fellow Soroptimists who shared how these amazing women have touched both SITM and themselves throughout the years. One speech was given by special guest Norma Rash, 2011-12 SITM Past-President and 2015-16 President of SI of the American River. Congratulations to all three award recipients and thank you for all that you do for SITM.

On July 25th and 26th, seven of our members, Barbara Arwell, Faye Andersen, Margie Hermanson, Kathy Hudson, Penney Leezy, Teresa Mentzer, and myself attended the Sierra Nevada Region Development Retreat at the Atlantis Casino Resort Spa. It was a wonderful opportunity to see Governor Jackie and Governor-

Elect Vicki in action, and to learn of the upcoming activities planned for SI and SIA. I enjoyed the opportunity to participate in the President's workshop, as well as meeting our District V Director, Noel Trim. Thank you ladies for the memorable experience.

The sale of the Air Races calendars is in full swing. As we get in the spirit of the Air Races and due to the changes recently experienced by the club, it is crucial that we recognize that the sales of these calendars are the only proceeds that will be raised from this event year. We will need everyone's support to raise the much needed funds for the club.

Fellow Soroptimists, thank you for all that you do and bring to our Club! As we continue to move forward let's continue to "Aspire to Inspire" and see what transpires.

President Vivian

New Soroptimists Inducted at the August Business Meeting

Four new Soroptimists were inducted at the August Business Meeting. Shown here with their sponsors are in the front row, from left, with flowers and their sponsors standing behind them: Alysia K Peters, with Jennifer Burnitt; Norma J. Charette, with Anna McArdle; Lynn Robins, with Vicki Schultz; Jeanne Naccarato, with Kathy Benson. Welcome to our new members.



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Beverly Perkins Honored with the 2014-15 Ceec Abrahams Award!

Bev Perkins was chosen as this year's recipient of the Ceec Abrahams Award, as the epitome of a member who has contributed her time and treasure in support of SITM projects, in a variety of ways.

In her 12 years as an SITM member, Bev has been on the Board for nine of those years, serving in a variety of positions including President-Elect and President. She is a member of the Laurel Society. While serving as a Delegate, from 2013-2015, she represented the club well by attending most of the District and Region Meetings and reporting back to the club on them in a thorough and complete manner. She has frequently visited other Soroptimist clubs and been an excellent representative of SITM.

When she was President-Elect, she completed the monumental task of getting the appropriate committees to submit Celebrating Success award forms to the Federation to get recognition for the club on things we'd been doing for years. Her efforts resulted in the club receiving many awards in subsequent years.

Bev has served the club each Fall by combining the financial data for the General Fund and Service Fund and preparing the club's annual Federal income tax form for the last three years. In doing this she looks over the monthly reports prepared by the treasurers to see that the accounting and record-keeping follows standard procedures.

Bev has been a leader in the Beads for Strength program, making bracelets for patients undergoing chemotherapy treatment for breast cancer at local hospitals. Bev and her sister have also made hundreds of bracelets which are given to the participants in the Making a Difference for Women annual event. She has been an active participant in the Afghans for the Homeless project at the Reno Family Shelter and assisted other members in learning how to



Bev Perkins with her Ceec Abrahams Award and bouquet of flowers.

crochet. She also regularly worked at the Reno Air Races. She has been a recipient of a Perfect Attendance Award for all 12 years she's been a member.

Bev is one of our members who has an expanded name badge (about 3" by 3") to accommodate all the roses (Recognition of Soroptimist Excellence) she has received.

Surprise Award Presented to Jo Ann and Faye

Excerpted from President Vivian's Friday Digest

Faye I. Andersen and Jo Ann Roberts were surprised with a special recognition, the Era of Excellence Award, along with members of their family attending the July 30 meeting. As the award reads, "Inspire the woman, impact the world," these members not only inspire us, but they also do astounding things for our club and the community while they do it. A volunteer's mission is simple: make a positive change in the world.



Faye and Jo Ann receive their Era of Excellence Award.

Calendar

- August 27 – IGU - Asma Aimal Speaks on Afghanistan
- September 3 – Membership Committee
- September 8 – Board Meeting
- September 10 – Business Meeting
- September 11 – Garage Sale Set-Up
- September 12 – Garage Sale
- September 17 – Education Youth
- September 24 – Health Committee

You can follow our weekly activities on:



Member Feature - Carol Dinneen - A Commitment to Helping Others

By Paula Ringkob

As you'll see in this profile, Carol Dinneen's professional life has been committed to helping others maximize their potential.

Carol was born and raised in Duluth – a city in northern Minnesota where it gets so cold that the lakes freeze over and fishermen (and women) build houses on the ice so they can fish in comfort. Carol fished this way growing up. Also her father would take her out on the ice in the car, have her put it in a skid and teach her how to handle the car on ice.

She and her younger brother had a busy, outdoor life in Duluth. Carol attended a Catholic girls' school there and was valedictorian of her 45-girl class. Her favorite subjects were English and math. She stayed in Duluth to study at the University of Minnesota-Duluth and earned a B.A. in sociology with a social work emphasis.

She met her husband, Terry, when they both worked at a Lutheran Social Service home for nine years. She earned credits working there that applied to her Master's degree in counseling which she earned at the University of Wisconsin-Stout in Menominee, WI. (At the same time, Terry was working on a Master's in Vocational Rehabilitation.) To complete her degree requirements, she had to demonstrate her counseling skills to faculty sitting behind a one-way glass wall. Carol got creative and found volunteers at a bar who she could "counsel" and offered them free drinks after the session was over.

Carol and Terry got married in 1974 when they were both in grad school. After getting their degrees, Terry took a job in Ventura, CA and Carol started working at the Ventura County School District Counseling and Testing Department, where she worked for four years.

A major event in their lives occurred in 1985 when they adopted their daughter, Erica, when she was three days old! At the time, Carol worked as a claims adjuster for the California State Compensation Fund. She used

her math skills there to help people file their claims so they could receive what they were entitled to in benefits.

Their move to Reno in 1996 was due to (1) wanting to leave Southern California's traffic and red tape and (2) Terry buying a business in Reno that offered vocational counseling to veterans. The company became known as DeVinney and Dinneen Career and Vocational Services. They bid for contracts with the Federal government to assist veterans with physical and/or mental disabilities to get training and to find jobs. Carol worked as an employee for the company and became a co-owner. She is now retired from the company.

Their daughter, Erica, has two children – Abby who is four and Brayden who is nine. She works in the Reno Social Security Office and is now engaged.

Carol heard about Soroptimists from a California friend but a mass postcard mailing about Arts and Authors at Rancho San Rafael Park was the first she heard of SITM. She called the number on the card and it was answered by Kay Dunham who invited her to a lunch meeting and then was her sponsor for membership when she joined in 2002. Carol has been an active member and has served as VP Service, VP Technical, Recording Secretary, Delegate and for five years as Coordinator of the Education Youth Committee.

She's been involved with Habitat for Humanity which helps families by building homes for them. For five years, she headed the committee which selected the families who would get a new home. She loves to travel and is going to Italy in October for the third time. In August, she and Terry will go on a fishing trip at a site they love near Kodiak, Alaska – this will be their fifth visit! She hopes to see Iceland sometime.

Like many in our Soroptimist club, Carol's career shows a commitment to helping others to help themselves – counseling, worker's compensation, assisting disabled veterans with training and building homes with Habitat for Humanity.



Carol at Four Seasons in Jackson, WY after skiing.



Carol fly-fishing on the Madison River in Montana. The guide is in the photo.

Update on SITM's Nepal Disaster Relief Efforts

By Connie Steinheimer

When disaster hit Nepal in late April of this year, our IGU Committee was immediately in contact with the members of the School Scholarship Committee in Thulipokhari, Nepal where we have had a long term project to remove barriers to education for young women in the region.



Disbursing SITM's first installment of disaster relief funds to villagers is Mr. Subedi (no relation to Purna), who is chairing the disaster committee in the village. Hari is keeping records in the foreground. SITM's disaster relief arrived five days after the earthquake and bought needed essentials like shelter, tarps, food and water.

We learned of the damage suffered by the villagers and the school where our scholarships are awarded. The day after the Earthquake that hit Nepal a member of SITM was interviewed by Jennifer Burton and the information was presented during three news programs on KTNV-TV, Channel 2.

Donations were expected to be coming in at the same time. So then current President Pam Suttron made arrangements with the Community Foundation for a link from our Web Site to go directly to their Web Site with our program prominently displayed so credit card donations could be accepted.

The week following the initial earthquake, members of SITM were interviewed by the other two local television stations. Our interviews were shown on KOLO-TV, Channel 8 and KRVN-TV, Channel 4. In addition, Social Media posts were handled by the PR Committee and we began to receive donations.

Five days after the earthquake, SITM wired \$3000.00 to the Scholarship Committee in Nepal. We knew there would be additional donations and asked the Scholarship Committee in the village to establish a new

committee for the purpose of distributing the financial aid to those who needed it most.

Then came the aftershock that was as strong as the original earthquake and did extensive damage to buildings in Thulipokhari. The SITM membership approved IGU Committee's request to change the purpose of the IGU Garage Sale scheduled for early June from the scholarship program to disaster relief. The Garage Sale was the most successful of all time. In the meantime, social media and the web site were carefully monitored and additional donations were received. Another wire transfer was sent to Nepal in mid-June.

To date IGU has raised \$19,048.27, of which \$18,500.00 has been wired to Thulipokhari. The committee voted to have the remaining \$548.27 wired at the end of September so it can include any other donations that come in following the last appearance of an IGU Committee member being interviewed on KNPB Channel 5 "A Conversation" in July.

All donors will be receiving a second letter from the IGU Committee thanking them again and updating the donor on how the money is being used for relief. Currently, Thulipokhari is in the middle of their Monsoon season so it is difficult to send out information. We expect updates on all of the progress in late September or early October.

Friendship Link SI Puné Metro East Conducts Bach Flower Therapy



By Monica House

SI Puné Metro East's member Neilum Mulgaonkar and Dr. Gulshan Thukral recently conducted a workshop on Bach Flower Therapy. Bach Flower Therapy is a form of alternative medicine that was discovered by Edward Bach, an English homeopath, in the 1930's.

It is an entirely different approach to healing that concentrates exclusively on the emotional and spiritual health of people rather than physical symptoms. In the workshop, participants learned how pills and tinctures made from a combination of brandy and wild flowers can be used to treat ailments such as asthma, irritable bowel syndrome, headaches, muscle tension, etc.

Delegates Report SNR Development Retreat

By Delegate Barbara Atwell

The 2015 retreat was held on July 25 & 26. In a change, it was moved to Saturday and Sunday this year. Previously it has been held on Friday night and Saturday. Attendance was over 150 compared to 112 for the previous year.

In attendance from SITM were President Vivian Ruiz, Margie Hermanson, Faye Andersen, Teresa Mentzer, Kathy Hudson, Penney Leezy, and Barbara Atwell. The retreat and Marketplace was opened by Governor Jackie DeMartini at 11 am. Penney Leezy and Barbara Atwell handled coordination duties for the marketplace again this year.

Our speaker for lunch was Carol S. Scofield of Scofield & Associates. Carol is a long time member of Soroptimist and spoke on "Growing Your Club", A Road Map to Success. Carol covered setting goals using CLEAR -- Concise,

Life, Energy, Attainable, Relevant. Effect change with the 4 A's—Awareness, Ability, Access (resources) Available (for new members). She stressed removing clutter, internally and externally; remove negatives and having a 36 hour window for decisions. She ended by suggesting that clubs set reachable goals for growth.

That we start attracting rather than recruiting, become more visible in the community and beyond, share our passion, and give up antiquated thinking.

The workshop sessions this year included the usual ones for incoming officers, but were expanded to other areas for the first time. Among new workshops were Social Media, Free Money, Conflict Resolution, a Yoga and Meditation workshop, and our own Margie Hermanson presenting "Decorating Without Guilt".



Margie Hermanson is shown with April Hawart, a graduate of and speaker at SITM's Making a Difference for Women skills training seminar, and a recipient of an SITM Re-entry Women's Scholarship. April is now a Soroptimist and member of SI/Elko



SITM members were honored and thanked by SNR Governor Jackie De Martini for their assistance in staging the SDR. From left, Margie Hermanson presented a workshop; Penney Leezy and Barbara Atwell coordinated the vendors from the Marketplace.



SITM members enjoying their time at the Sierra Nevada Region Soroptimist Development Retreat held July 25-26 at the Atlantis Casino Resort Spa. From left: President Vivian Ruiz, Margie Hermanson, Faye Andersen, Teresa Mentzer, Penney Leezy, Barbara Atwell and Kathy Hudson.

The evening presentation was "Tales of Turkey" by Governor Jackie and Governor Elect Vicki Watson. This was a report on the SI conference in Turkey. During this time, we were told that a special celebration is being planned for 2021 in the Bay Area for the 100th birthday of Soroptimist. Also, the SI convention for 2019 is to be held in Malaysia. After their presentation, they hosted a meeting in the Governors Suite for people who were interested in running for office.

Sunday morning was open for breakfast on our own. The Marketplace opened at 8am with workshops starting at 9am. Lunch was a review of the retreat and included a skit on how to "NOT" hold meetings. 50/50 raffle and Laurel Society membership were drawn. Closing remarks were made by Governor Jackie.

Wine Pairing at We Olive & Wine Bar Raises Funds

SITM members, family and guests enjoyed an elegant wine and food pairing on July 16 at We Olive and Wine Bar. Through the generosity of owner/operator Alysia K. Peters, the club made \$700 from the pairing and raffle. Thanks go to President-Elect Jennifer Burnitt for discovering this lovely gathering place and making the arrangements.



Enjoying a laugh , from left: Dan Dunham and Kay Dunham, Joanna Moran, Jeff DeMatei and Diana Dillon.

GOT TOO MUCH STUFF?

Donate to IGU SPONSORED
GARAGE SALE
September 12, 2015



***Workers Needed for
Friday, September 11, 2015
Set Up and
Saturday, September 12, 2015
Sales & Clean up***

Sign-up sheets at the meetings
Questions: call Judge Connie at
775-771-7512



President Vivian with Jennifer Burnitt and husband Michael



Lynne Carrow with husband Daniel.

August Board & Business Update and Meeting Highlights

By Faye I. Andersen

The August Board and Business Meetings were busy as committees geared up for their new year and Membership inducted four new members.

Inducted at the August Business Meeting. Welcome to Alysia K Peters, Norma J. Charette, Jeanne Naccarato and Lynn Robins, who is a returning member. We're glad you have joined us.

Committee News

The IGU Committee laid out their planned fundraising activities for the year and received approvals for a September 12 garage sale, plus a spring garage sale, date still to be determined. They also received approval to conduct their annual pledge drive in March for our Nepal girls' scholarships, animal assistance and school supplies.

The Health Committee received permission to offer flu shots for members for \$30 at the October 29 meeting. Watch for additional information from the committee.

The Finance/Bylaws Committee is seeking 1-year CD rates to renew the club's \$30,000 CD held as club operating reserves. If you or your financial organization are interested, let Committee Co-ordinators Barbara Atwell or Pam Sutton know.

Speaking of Money Matters

On the advice of the Finance/Bylaws Committee, the Board and membership have authorized the purchase of two Alpine "Squares", credit card readers which attach to cell phones, for the club to take payments at upcoming fundraising events, like the Wine Walk.

Mark your calendars for October 17 to attend and participate in the Wine Walk in Reno. Volunteers will be needed to sell wine charms. Plus, attend the September 3 meeting, when members will assemble the charms for sale.

SITM's Federal Tax Return has been completed by member and CPA Bev Perkins and will be filed. Thanks Bev.

There are still two months undesignated for Happy Dollars, February and April 2016. If you have a request from your committee or yourself, please complete a form on the SITM website (www.sitmnev.org) and submit it to President Vivian.

Seven Attend Soroptimist Development Retreat

Delegate Barbara Atwell gave a recap of the

presentations and workshops at this year's Soroptimist Development Retreat, held July 25-26 at the Atlantis. For a complete report and photos see page 5.

July/August Happy Dollars

Some \$387 was collected during July Happy Dollars and designated for Safe Embrace, a local nonprofit organization working to increase awareness and education about sexual exploitation and to provide shelter and restoration for its victims. August Happy Dollars are designated for Step 2, a nonprofit working to break the cycle of addiction for women and children.

Member Leaves

The Board granted leaves of absence for Jan Bogikes through October 11 for personal reasons; to Monica House through March 1, for professional and personal reasons; and Jean Neddenriep for medical reasons. Hurry back ladies!

"Girl Rising" Shown in Reno



The three Reno-area Soroptimist Clubs joined forces to host a showing of the film "Girl Rising", an innovative documentary at the heart of the campaign to educate girls and change the world. The free showing was held August 15 at Double Diamond Elementary School and featured popcorn and soda, along with raffle and door prizes. From left are SITM President Vivian Ruiz, SI/Reno President Sarah Carrasco and SI/Washoe County President Amie Laughlin.



Fifteen “Perfect” Members Honored

Fifteen members were honored for a cumulative 193 years of Perfect Attendance at the August Business Meeting. These members have regularly attended club meetings, or garnered “make-ups” by attending monthly Board Meetings, worked at club events like garage sales, senior gift delivery, Making a Difference for Women, attended meetings of other Soroptimist clubs, District or Region meetings or conferences.

Congratulations to all who have made such a commitment to Soroptimist.

1 year – Jennifer Burnitt
 2 years – Barbara Atwell, Vivian Ruiz
 3 years – Pam Sutton
 6 years – Vicki Schultz
 8 years – Margie Hermanson, Paula Ringkob
 9 years – Marilyn Pearson
 12 years – Bev Perkins
 18 years – Diana Dillon
 19 years – Georgia Baker-Flambures, Kay Dunham
 25 years – Pam Robinson
 29 years – Faye I. Andersen
 32 years – Jo Ann Roberts



Reminding members to sell their 2016 Ghosts airplane calendars were Diana Dillon Kay Dunham and Niki Ewing at the August 13 meetings. Members were teamed up at tables and asked to use Play-doh to craft an airplane. A member from each table presented their creation and first prize was awarded for the best plane. There should have been a first prize too, for the best story told about the planes. Never say Soroptimists are not creative.



President-Elect Jennifer Burnitt hosted a “Meeting of the Minds” for Membership, Fundraising and Public Awareness Committees at her home on August 5 to discuss the committees’ communication needs. Soroptimister Michael provided the barbecue chicken and Jennifer and members supplied the side dishes. (You can’t say our committees don’t eat well.) Keeping up their strength with this big spread were, from left: Jennifer Burnitt, Jo Ann Roberts Pam Sutton, Kathy Hudson, Faye I. Andersen, Susanna Money and Doris Phelps.



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SITM meets every Thursday noon at the Atlantis Resort & Spa, 3800 South Virginia Street in Reno, second floor convention center. For reservations www.sitruckeemeadows@hotmail.com. no later than 7 p.m. on the Monday before the meeting. Lunch is \$19.

Soroptimist is an international organization for business and professional women who work to improve the lives of women and girls, in local communities and throughout the world.



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



Did you know . . .



In the 2014-2015 Club Year:

81% of all clubs (1,053 clubs) made a Club Giving contribution.



More than \$664,000 was donated through Club Giving to fund programs like the Live Your Dream Awards & Dream It, Be It: Career Support For Girls.

73% of clubs that gave (773 clubs) told us their gift was at least 10% of the funds they raised, 59 more clubs than last year.

