

# SITM Update

Soroptimist International of Truckee Meadows



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www.sitmnev.org

## Work-Life Balance Similar to Sailplane Flying

There's a concept in sailplane flying called "energy management". You don't have an engine so, basically, the higher you are in the sky the farther you can fly. But if you fly too fast you lose altitude faster, thus



getting too low to reach your destination. At the same time, if you fly too slow you don't ever get there either. The trick is to manage the energy in order to achieve maximum efficiency during the flight.

I've come to apply this concept to all aspects of my life. My energy; physical, mental and emotional, though renewable, gets used up. I try to allocate the energy that I have stored so I can succeed at the tasks I have chosen to take on. Whether it's serving as your president, making a piece of artglass, training my willful puppy, supporting friends and family through stressful situations or dealing with my own stress, I try to remain mindful that my energy is limited and that if I let it dwindle without replenishing, I will begin to fail at the things I'm doing.

The popular concept of work-life balance is similar to energy management. While there is great debate about whether people, especially women, can "have it all", the concept of work-life balance has done much to relieve the guilt many women

feel when juggling their careers, family, spirituality and other interests. It's given us permission to say "OK – I'm not going to work this weekend because I want to spend time with my family". It's given us permission to pursue interests beyond career and family. It has given us permission to manage our personal energy more efficiently, so we don't become so depleted.

When I look around the room at our Thursday meetings or at our functions like the Air Races and garage sales, I see successful women in different stages of their career (retirement is a stage isn't it?) and every one of us has a full plate. But every one of us has chosen to make Soroptimist service part of that plate. We've each chosen to allocate some of our precious personal energy to help improve the lives of women and girls, both here in Reno and across the world, through the many projects we take on. But,



*The semi-annual Fall Garage Sale requires some heavy lifting and we're grateful for the Soroptimisters in our life as well as Ethan Allen staff who support each sale. See pages 5 and 6 for photos and more information.*

the concepts of energy management and work-life balance apply here as well. As I've mentioned before, needs are abundant, but our time and energy are not. And we each need to be very selective and focused so we get the best outcomes possible for our effort – while doing the things that have value and enjoyment for us as individuals. That's what Soroptimist is all about!

**President Pam Sutton**



*SITM's September Hygiene Drive for Libby Booth Elementary helped fill the school closet with personal care products. See page 8 for details.*

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## September Board & Business Update

By Faye I. Andersen

SITM has a new laptop computer for club use, thanks to the generous donation of Disability Resources. President-Elect Vivian Ruiz presented the laptop to President Pam Sutton at the October Board Meeting. Thank you Vivian and Disability Resources.

### Air Races Proceeds Estimate

Total net proceeds from the club's sales and activities surrounding the Reno Air Races is close to \$15,000 now, with a few outstanding items pending.

Approximately 280 calendars were sold, pre-sales and at the Air Races. There are a few left if anyone needs an additional calendar. Members who took pre-sale calendars should turn in their money now. Art sales totaled nearly \$3,000. Members, family, friends and co-workers donated approximately 1,400 hours of their time during the seven days of the races.

### Garage Sale Success

The Fall Garage Sale was a resounding success, raising \$3,700 for the IGU Committee's Nepal project. Over \$800 was raised on Friday night alone. Thirty members and 15 friends and family members worked a total of 276 hours on Friday for set-up and Saturday for sales. Thank you to all members for your donations and to those who worked the event. See pages 5 & 6 for more information and photos.

### Afghan Social Coming in October and November

If you know how to crochet, or want to learn, plus help out homeless women and children, two Afghan Socials are scheduled for the evenings of October 14 and

November 10. Diana Dillon, Kay Dunham and others will be teaching and encouraging members to crochet afghans. In January or February, the afghans are donated to the Women's and Children's Homeless Shelter in Reno. Last year, club members crocheted 75 afghans as gifts for the women and their families.

### Happy Dollars for August & September

Happy Dollars for the month of August totaled \$229 donated to Doors to Recovery. Some \$308 was raised during September Happy Dollars and donated to Northern Nevada HOPES. October Happy Dollars are designated for Disability Resources and New 2U Computers.

### Membership Update

The Board approved, with regret, the resignations of Lynn Robins and Holly Wellborn-Hight. Lynn says her life has taken a different turn and Holly is moving to Las Vegas. We'll miss both of these ladies.

Remaining on leave of absence are Lynn Carrow through January 8, 2015, for work reasons; and Jennifer Thompson, through October for work.



## LYD Applications Available

Applications are available for SITM's Live Your Dream Award (formerly Women's Opportunity Award) to be presented in January 2015. Deadline is November 15, 2014. Eligible applicants must be women in financial need; provide primary financial support for themselves and their family and be enrolled in or accepted to a vocational/skills training program or an undergraduate degree program. Applications are downloadable at the SITM website at <http://www.sitmnv.org/>. Contact Patti Doty or Marilyn Pearson for more information.

### Calendar

- October 14 – Afghan Social, Diana Dillon's Office
- October 16 - Public Awareness Committee
- October 23 – IGU Committee
- October 25 - District V Fall Meeting, Truckee, CA
- October 30 - Halloween Social
- November 10 – Afghan Social, Diana Dillon's Office
- November 11 – Board Meeting, 5:30 p.m., Disability Resources
- November 13 – Business Meeting, noon, Atlantis
- November 20 – Holiday Boutique

You can follow our weekly activities on:



## Getting Back As Much as She Gives to Soroptimist

By Paula Ringkob

Mich Glazier knows Northern California well. After being born in Aberdeen, WA, she was raised in Arcata and Lodi, went to Delta Junior College in Stockton and then to California State University, Stanislaus in Turlock. There she earned her Bachelor's degree in English and went through an elementary teaching program. She also met and married her husband, Bob, in 1972.

In 1978, they decided they were ready for a change and moved to Reno where Bob worked in the logistics business and Mich worked at a warehouse. Six years later, Mich accepted a clerical position in Student Services at Truckee Meadows Community College and that opened up new doors for her. In a few years she was assigned to work in the Re-Entry Center at TMCC helping women who wanted to re-enter the work force but first needed counseling and financial help.



*Mich and Bob Glazier*

Mich realized the impact that counseling could have on these women and she wanted to learn more. She took advantage of tuition

assistance plans at TMCC and started work on her Master's Degree in Counseling at UNR, along with her full-time TMCC job. In 1992, she graduated and was directing the TMCC Re-Entry Center.

Debbie Kennedy, an SITM member who also worked at TMCC, invited Mich to a Soroptimist meeting in 1991. Mich saw lots of friends from TMCC at the luncheon, liked the activities and service projects of the club and decided to join. In reviewing letters after her grandmother passed away, Mich realized that she had been President of a Soroptimist club in Portland, OR. It was heartwarming for Mich to find that a favorite grandmother was also a Soroptimist.

Mich and Bob have had pets most of their long marriage. Two years ago, they met Joey – a "rescue" dog they found on a website. Joey is a Bichon-Poodle who is very smart and he has stolen their hearts.

Aimal Halim also has become an important part of their lives. Mich first talked to him when he spoke at an SITM luncheon and she says her "heart melted" when

she heard about his experiences in Afghanistan and how he came to Reno and UNR to study. She and Bob invited him for a home-cooked meal and took him shopping for clothes and other necessities. Now he joins them every Sunday for dinner (his favorite is cashew chicken) and he takes home the leftovers. Mich and Bob introduce him to new foods, talk about U.S. manners (what to do and not do), watch football and relax. She feels like his "western mother." They've also taken him to the Monterey coast. He is hoping to get a Rotary scholarship to study abroad.



*Mich has been one of Aimal's "Western Moms"*

After downsizing their home, Mich and Bob are both retired now. They like to travel and Mich especially enjoys her SITM activities, friends and lunch dates. She recently lost 35 pounds and is exercising daily and working with weights to maintain the loss.

She has served SITM in many roles since joining in 1991 including two terms as Vice President-Service and various committee coordinator positions. Mich worked with Sue Camp coordinating the Hospitality Committee and misses Sue's fun ideas and her energy to carry them out. She feels honored to be a member of a club where the members are giving, open and have common interests in helping women and children. Mich's many years of service and her warmth, enthusiasm and willingness to serve the club are great assets for SITM!



*Recently deceased member Sue Camp with Mich at the 2012 Halloween Social.*



*Kristen Spees, candidate for U.S. House of Representatives, District 2*



*Tim Kuzanek, candidate for Sheriff*

## Candidates' Forum a Success

Ten candidates for local and state elected offices joined SITM members and guests at a crowded meeting on October 2 for a Candidates' Forum. Thank you to the candidates who gave us their time during this very hectic campaign season. Thanks to members who engaged the candidates in discussion and welcomed them to SITM.

Candidates attending the Forum, but not pictured here were: Elisa Cafferata and Naomi Duerr, both candidates for Reno City Council, Ward 2; and Lynne Simons, candidate for District Judge Department 6.



*Veronica Frenkel, candidate for School Board Trustee*



*Chuck Allen, candidate for Sheriff*



*Ron Knecht, candidate for State Controller*



*Charlene Bybee, candidate for Sparks Council Ward 4*



*Ray Pezonella, candidate for Reno Mayor*



Collecting glassware from left are: Enid Oliver, Laurie from the Atlantis and Dot Watts.



Shirley George and Paula Ringkob share their sweater finds in donated clothing.

## Garage Sale Totals Highest Ever

The IGU Committee hosted another spectacular Fall Garage Sale on October 3 & 4, with proceeds totaling \$3,700, the highest total ever, for a garage sale. At the Friday night set-up, sales totaled \$800 alone. Of the 22 semi-annual garage sales held by SITM, the nearest previous total was \$3,235 in May 2005.

Thanks to the 30 members and 15 friends and family members who worked 276 hours over the two days to make the sale a success. Special thanks to Connie Steinheimer and Jeff Ostomel for providing the perfect garage sale location. Special thanks to Enid Oliver for setting up and staffing the Designer Boutique area at the sale. Also, SITM owes a debt of gratitude to Jeanne Baxter and the crew from Ethan Allen for storing and hauling MANY prized donations that made for a great sale. *Photos continued on page 6.*



Harmony Hobbs trying to make sense of some of the housewares.



Susanna Money was Sock Queen for a Day.



Former member Debbie Rovere, always comes by the help price items.



Valerie Sumersille-Hahn met a new friend volunteering for the Air Races.



Teresa Mentzer, right, serves Lori a Halloween cookie during a break.



Doreen Rogers modeling a hat (we think it was a hat).



Jeanne Baxter with a comforter bigger than her.



From left, Dor Watts and Eileen Fuller at the cashier table with Connie Steinheimer.



Ana Nadimi with Designer Boutique merchandise.



Pam Robinson and former member Mary Mead showing off some of the sale merchandise.



Enid Oliver and Anna McArdle selling from the Designer Boutique.

Most of the Friday night set-up crew is pictured here.



## SITM Learns All About Libby Booth Elementary School

By Doris Phelps

The Education Youth Committee presented the September 25 program featuring Libby Booth Principal Sara Cunningham and Outreach Coordinator Vanessa Olivera. Both speakers shared the joys and challenges of their leadership in an at-risk Title 1 school. The student population is 450 children; the following facts highlight the need for community support:

- 45% transiency
- 100% Free & Reduced Fee Lunch utilization
- 30% C.I.T. (Children in Transition, or homeless rate)
- 23% white ethnicity
- 60% Hispanic ethnicity
- 21% special needs students

Principal Cunningham stated she seeks the most qualified teachers to give her students the best possible guidance and education. She stated that the teacher may be the only positive adult the student may see that day. The school offers assistance from pre-kindergarten thru 3<sup>rd</sup> grade early intervention programs, social and emotional learning support, family engagement and other help.

Approximately 120 students take part in extended learning opportunities through 21<sup>st</sup> Century program funding and the Boys & Girls Club Project Solutions, as well as nutrition education and food programs offered through the Food Bank of Northern Nevada for school breakfast, after-school dinner and weekend back packs.

Libby Booth has the distinction of being selected as a model for the Communities in Schools and is the first elementary school in our region to hold that distinction (Hug High and Washoe Innovation have also been selected). Vanessa Olivera explained that the Communities in Schools (C.I.S.) program seeks to link the school and community partners to provide connections to housing, health care, case management and other resources for Libby Booth families. Nevada is one of 26 states where C.I.S. is operating. The program is evidence-based, collecting data along several criteria to demonstrate its success, including proven results in lowering student drop-out rates.

In addition to SITM's enthusiastic support, Libby Booth also depends on the volunteer hours and cash donations from Living Stones Church and New Life Christian Church; the UNR Cooperative Extension program assists the school with its produce garden.

SITM members voiced their concern for the students and their families and their continued commitment to Libby Booth in the coming year.



*At the September 25 meeting, Sara Cunningham, Principal of Libby Booth Elementary School, above right, and Vanessa Olivera, Site Coordinator for Communities in Schools spoke to members and collected hygiene supplies for the students.*



## Applications for Unsung Heroes and Youth Scholarships Available

By Doris Phelps

The application forms for Unsung Heroes and Youth Scholarships have been revamped and will be posted on the SITM web site and be delivered to elementary, middle and high schools.

Unsung Hero winners are selected based on their community service or other outstanding actions. To qualify, students must be between the ages of 7 to 18 and attending school in Washoe County. They receive a shopping spree award.

Scholarships are awarded to high school seniors who have achieved a 2.5 GPA or greater who plan to attend a university or post-secondary institution or training program. Applications are evaluated based on financial need and are open to either female or male students.

This is a great opportunity to celebrate the accomplishments of amazing young people! Funds raised at SITM's annual Thanks to Youth luncheon are awarded through these two programs.



*IGU Committee Co-Coordinator Connie Steinheimer, left presents some of the hygiene supplies donated by members to Libby Booth Site Coordinator Vanessa Olivera and Principal Sara Cunningham.*

## Education Youth Fall Activities

By Doris Phelps

The Education Youth Committee is off to an exciting start! Here are the projects implemented so far this year:

**September Hygiene Drive for Libby Booth Elementary School** – SITM members helped conduct a successful drive for donated personal care items for students at Libby Booth. Libby Booth Outreach Coordinator Vanessa Olivera was thrilled with the first delivery. Students need full-size toothpaste, toothbrushes, soap, combs & brushes, and shampoo products throughout the year so if you wish to donate, you may bring your donations to Teresa Mentzer's Insurance Associates on Plumb Lane in Reno.

**Teacher Appreciation** – Teachers were treated to breakfast by the committee members on the first day of school in August. Principal Sara Cunningham was very happy with the encouragement this event gave to the teachers. The committee received many email thank you notes as well as in-person verbal thank you's from the teachers. Heidi Gourlay, kindergarten teacher, wrote: "Thank you for the lovely breakfast surprise at Libby Booth! We appreciate your thoughtfulness ... it was a great way to start our first day back at school." The committee plans to continue with a teacher appreciation event once a month throughout the school year.

**November Book Drive** – Libby Booth Library needs books! The school librarian is seeking help to obtain books for the school library. The committee will assist by asking for book donations, cash donations to be used to purchase needed books and by its new partnership with Sundance Books in ordering discounted/at-cost selected book titles through book publishers and distributors. More information will be provided next month.

## Hospitality Committee Fall Activities and Events

By Margie Hermanson

**Halloween Fun:** The Hospitality Committee will host the October 30 meeting. You know what that means! Members are asked to wear a fun hat and/or costume. We will have a prize for the best dressed.

In addition we will have a fun project for members to do. So get out your Halloween attire and get ready to have a really fun party.



**Save the Date:** December 4 will be the first Thursday Evening Wine and Chocolate get together. We will meet at Bistro Napa starting at 4 p.m. when the doors open. This will just be a fun evening to visit and get to know each other over a glass of wine (beer, vodka, etc is also ok). Chocolate you ask????? Well you will just have to show up to see what is in store.

**Sue Camp Celebration of Life:** The date is November 1 (Saturday). Time is 1-4 p.m. at the Atlantis in Reno. I hope you will all plan on attending to show Sue's family how much she meant to us. Direct any questions to: [margiedesigns4u@sbcglobal.net](mailto:margiedesigns4u@sbcglobal.net).



*Amanda Moya, Marketing Director, Northern Nevada HOPES and SITM member Chris Fegert, Community Relations, spoke at the September 18 meeting. Northern Nevada HOPES is a nonprofit community health center located in downtown Reno, NV that provides integrated medical care and wellness services.*

## SI President's December 10<sup>th</sup> Appeal Supports Grant for Women

By Patty Downs

December Happy Dollars will be earmarked for the Soroptimist International December 10<sup>th</sup> President's Appeal to fund Soroptimist International of the America's Grants for Women and Girls through local programs leading to social and economic empowerment.

The date was chosen to honor the United Nations General Assembly's adoption and proclamation, on 10 December 1948, of the Universal Declaration of Human Rights, the first global enunciation of human rights.

Only Soroptimist clubs may apply for these grants, which are available to assist clubs in starting up or continuing projects in their communities that focus on education and leadership. Funds will be made available through the 2014-2015 SI December 10<sup>th</sup> President's Appeal and range between \$500 and \$10,000.

Projects should reflect the following objective of the SIA strategic plan: All levels of SIA will collectively provide a sustainable impact on the lives of women and girls.

- Include significant hands-on activities by Soroptimist club members
- Benefit women or girls by improving their social/economic status and quality of life
- Address a demonstrated need in the community
- Strengthen Soroptimist as a presence in the community and increase opportunities for public awareness
- Have measureable outcomes

Support the SI President's appeal by being generous in your December Happy Dollars.

## Learn to Crochet at an Afghan Social

Afghan Socials will take place after work on Tuesday Oct. 14 and Monday Nov. 10 at Diana Dillon's office at SWAG/Blue Moon, 1375 Greg Parkway #105, Sparks 89431 (close to the corner of Greg Street and Rock Blvd.). Please bring: a Q crochet hook, four skeins (7-8 oz each) of 3-ply knitting worsted yarn - like Red Heart or Mainstay brands. Select two complimentary colors and buy two skeins of each color (for example two solid and two variegated; or for a baby get two white and two baby pink or light blue or light yellow) Contact Diana Dillon for more information 690-9587.



**District V Fall Meeting**  
**October 25 from 8:30 a.m. to 2:30 p.m.**  
**Community Arts Center, Truckee, California**  
**Cost \$28 per person;**  
**\$35 if received after October 16**

Excerpted from District V Director Noel Trim's Call to Meeting:

"Please join me for our first Fall District V meeting. I hope to have a record number of District V club members attending since it's our first meeting since being redistricted.

SNR Governor Jackie DeMartini will be sharing information about our Region and SIA Convention 2014. We will also be joined by Region Board of Directors, as well as our Region's Federation Liaisons, who will update us on their committees.

We will be participating in a Gemstones workshop, where you will uncover among other things, your unique traits, how you like to work, and what tasks fit you best. We will also be doing a special tribute to Past Governor Sue Camp.

I am very excited to be getting to know all of you at the meeting. I am setting aside time on the agenda so we can learn more about the clubs in our District."



*Former member and Past President Gayle Baxley, left, and member Liza Chapen visited at a September meeting. Gayle and husband Glen have returned from living in Panama and are residing in Reno. Gayle pitched in to give us a hand at the Fall Garage Sale.*

## SITM Update

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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](mailto:www.sitruckeemeadows@hotmail.com). no later than 7 p.m. on the Tuesday before the meeting. Lunch is \$17.

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](http://www.soroptimistsnr.org)  
Soroptimist International of the Americas: [www.soroptimist.org](http://www.soroptimist.org)  
Soroptimist International: [www.soroptimistinternational.org](http://www.soroptimistinternational.org)



## Did you know . . .

In a message to Soroptimists and supporters for International Day of Peace on 21<sup>st</sup> September, International President Ann Garvie urged Soroptimists to promote peace and tolerance in their communities, while influencing decision-makers worldwide to end conflict and violence.

"As International President, I had the privilege in May 2014; to join other Soroptimist officers to unveil a peace plaque in the Mayo Peace Park, a poignant moment for thought and reflection." At the ceremony the Soroptimist Peace Pledge was read:

**We are women standing for women. We come from many lands; we are different colours, creeds and race and together we celebrate diversity. We are united in our purpose to bring a message of peace to the women of the world.**

