



SITM UPDATE ~ "The Power Within: to Make a Difference"



Soroptimist International of Truckee Meadows

Letter from the President by Gayle Baxley

HAPPY NEW YEAR!! Yes, I know it is July, but this is our Club's new year and we should be celebrating it. Exciting things are already happening. On July 19, the Ad Hoc Committee for Service will be presenting their first report to the Club. I have attended most of their meetings, so I know just how hard they have been working. Each member of the Committee had an opportunity to express an opinion and suggest ideas. They each were able to acknowledge their power within.

We are going to have a very busy year. Air Races will be here before we know it. When asked to sign up for a shift, please try to be generous with your time. But if you just can't find the time, or the physical activity is more than you can handle, we understand. We only ask you to be the Best Soroptimist that You Can Be.

So as the year progresses, it is my hope that I will see you all expressing your "Power Within" and together we will work to make change for Women and Children. I am forever amazed at all that is accomplished by you Wonder Women.

Picture Gallery from Installation



SOROPTIMIST
Best for Women

Volume 1_08

July 2007

Board Members 2006-07

- Gayle Baxley—President
- Marilyn Pearson—President Elect
- Jo Ann Roberts—Parliamentarian
- Carol Dinneen—VP Technical
- Tracy Turner—VP Service
- Becky Moody—Recording Secretary
- Bev Perkins—Corresponding Secretary
- Michelle Jones—Treasurer G.F.
- Paula Ringkob—Treasurer S.F.
- Kay Dunham—Director 1 year
- Pam Robinson—Director 2 years
- Kelly Kordonowy—Delegate 1 year
- Marna Griffin—Delegate 2 year
- Billie Mendiola—Alt. Delegate 1 year
- Liz Lukasavich—Alt Delegate 2 year

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What’s Coming Up *By Carole Criddle*

- July 19, 2007** Ad Hoc Committee
- July 26, 2007** Committees VP’s
- August 2, 2007** Air Races Committee
- August 7, 2007** BOARD MEETING
- August 9, 2007** Business Meeting

News of Our Members



Happy Dollars from July 12, 2007

Teresa Mentzer: Just because it’s July and I love summer! **Norma Rash:** grandson’s visit and returning home, soccer son’s wedding, visit with friends and

fun at COTR! **Billie Mendiola:** supporting Tahoe fire victims, looking forward to babysitting the grandchildren on Saturday the 15th. **Kay Dunham:** supporting Tahoe fire victims, bylaws are almost done, and Supriya has \$10 massages @ Nilan Institute through end of July (just call for appt.). **Terri Bacon:** supporting Tahoe fire victims and new grandson is due any time! **Pam Robinson:** Gayle’s 1st board and business meetings were a success, enjoying golf with beautiful putter, Cindy’s Mom, Wanda could be with us at the meeting, enjoying the Attendance committee, enjoying being out at the member tables. **Kelly Kordonowy:** found \$5 in pants even after washing them and got a promotion at work which is going very well! **Carole Criddle:** followed instructions on SPPCO web page and lowered my power bill 50% over last year. **Gayle Baxley:** used money won at COTR 50/50 raffle and bought new washer and dryer but found she had a gas dryer and had to send them back and get a different set and attending a family reunion on Sunday. **Tracy Turner:** COTR was fun with Bev Perkins and Norma Rash, going to Black Rock desert this weekend, got new xeriscape landscaping at house, and sending best wishes to Cindy Burk. **Michelle Jones:** off to Long Beach for the Fall Cabi Scoop and can’t wait to show everyone the latest fall fashions, will be on vacation from work next week, and sending best wishes to Cindy Burk. **Scarlet Ewy:** became Grand Aunt to Savannah Rose Pilkington, the 1st of the next generation in her family. **Sue Camp:** excited about Glasgow (leaving on Tuesday) but sad about losing her dog of 11 years this week. **Paula Leyba:** going to Ely for a family reunion and looking forward to seeing everyone. **Judy Ozer:** spent time in Florida visiting her parents and now off to Vegas for Mike Perry seminar, first

Our Pledge....

I pledge allegiance to Soroptimism and to the ideals for which it stands:

- The Sincerity of Friendship*
- The Joy of Achievement*
- The Dignity of Service*
- The Integrity of Profession*
- The Love of Country*

I will put forth my greatest effort to promote, uphold and defend these ideas, for a larger fellowship in home, in society, in business, for country and for God.

trip solo. **Thuy Schneider:** received her real estate sales license today and is now working for Prudential NV Realty!
Pam Sutton: got her stolen car back! Supporting fire victims at Tahoe: **Linda Lamke, Barbara Daily, Barbara Pierson, Liz Lukasavich**

SOLT Committee Item *By Norma Rash*

Before

- Before most women had the right to vote, there was Soroptimist.
- Before F.D.R. was President, there was Soroptimist.
- Before there was Social Security, there was Soroptimist.
- Before there was an independent nation of Egypt, there was Soroptimist.
- Before Charles Lindbergh made the first nonstop, solo transatlantic flight, there was Soroptimist.
- Before there was penicillin, there was Soroptimist.
- Before “Gone with the Wind”, or “Snow White and the Seven Dwarfs”, there was Soroptimist.
- Before the United Nations, Sputnik, talking movies, Babe Ruth or an International Declaration of Human Rights, there was SOROPTIMIST!

Fran Welsh, SI of Ceres
Sierra Pacific Region



Tip of the Month *From the Internet*

Women and heart attacks (Myocardial infarction)

Did you know that women rarely have the same dramatic symptoms that men have when experiencing heart attack...you know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest & dropping to the floor that we see in the movies. Here is the story of one woman's experience with a heart attack.

"I had a completely unexpected heart attack at about 10:30 p.m. with NO prior exertion, NO prior emotional trauma that one would suspect might've brought it on. I was sitting all snugly & warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me, and actually thinking, "A-A-h, this is the life, all cozy and warm in my soft, cushy Lazy Boy with my feet propped up." A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. You realize you shouldn't have gulped it down so fast and needed to chew it more thoroughly and this time drink a glass of water to hasten it.

"After that had seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE (hind-sight, it was probably my aorta spasming), gaining speed as they continued racing up and under my sternum (breast bone, where one presses rhythmically when administering CPR). This fascinating process continued on into my throat and branched out into both jaws.

"AHA!! NOW I stopped puzzling about what was happening--we all have read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we? I said aloud to myself and the cat, "Dear God, I think I'm having a heart attack!" I lowered the foot rest, dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself "If this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else.....but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in moment."

"I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the Paramedics... I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so, to unbolt the door and then lie down on the floor where they could see me when they came in.

"I then laid down on the floor as instructed and lost consciousness, as I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, or hearing the call they made to St. Jude ER on the way, but I did briefly awaken when we arrived and saw that the Car-

diologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions (probably something like "Have you taken any medications?") but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the Cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed 2 side by side stents to hold open my right coronary artery.

"I know it sounds like all my thinking and actions at home must have taken at least 20-30 minutes before calling the Paramedics, but actually it took perhaps 4-5 minutes before the call, and both the fire station and St. Jude are only minutes away from my home, and my Cardiologist was already to go to the OR in his scrubs and get going on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stents.

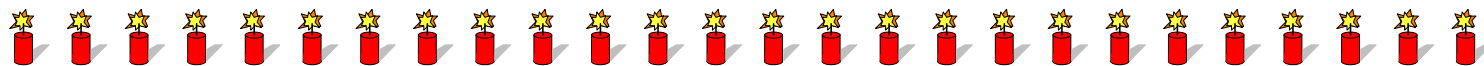
"Why have I written all of this to you with so much detail? Because I want all of you who are so important in my life to know what I learned first hand."

1. Be aware that something very different is happening in your body not the usual men's symptoms, but inexplicable things happening (until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one, and commonly mistake it as indigestion, take some Maalox or other anti-heartburn preparation, and go to bed, hoping they'll feel better in the morning when they wake up....which doesn't happen. My female friends, your symptoms might not be exactly like mine, so I advise you to call the Paramedics if ANYTHING is unpleasantly happening that you've not felt before. It is better to have a "false alarm" visitation than to risk your life guessing what it might be!

2. Note that I said "Call the Paramedics". Ladies, TIME IS OF THE ESSENCE! Do NOT try to drive yourself to the ER--you're a hazard to others on the road, and so is your panicked husband who will be speeding and looking anxiously at what's happening with you instead of the road. Do NOT call your doctor--he doesn't know where you live and if it's at night you won't reach him anyway, and if it's daytime, his assistants (or answering service) will tell you to call the Paramedics. He doesn't carry the equipment in his car that you need to be saved! The Paramedics do, principally OXYGEN that you need ASAP. Your Dr. will be notified later.

3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high, and/or accompanied by high blood pressure.) MI's are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we could survive...

A cardiologist says if everyone who gets this article sends it to 10 people, you can be sure that we'll save at least one life.



July Board/Business News *by Faye I. Andersen*

July Board/Business Actions

President Gayle Baxley conducted her first **Board and Business Meetings** of the **2007-08 Club Year** in July. Welcome to the **2007-08 Club Officers, Directors and Delegates** and thank you to the 2006-07 board for another great year.

Club Bylaw Changes Presented

Laws & Resolutions Coordinator Kay Dunham presented to the board and membership proposed bylaw changes that would eliminate attendance requirements for club members. Coordinator Kay, along with members **Jo Ann Roberts, Patty Downs** and **Linda Buszka** recommended adoption of suggested procedures endorsed by Soroptimist International of the Americas that “clubs encourage member attendance, but not adopt or enforce attendance requirements.” For complete details on the changes see page 6.

Ad Hoc Service Committee Report

At the **July Board Meeting**, **Tracy Turner** presented a report by the **Ad Hoc Service Committee** and their recommendation to adopt an annual club service project called the **Community Connection Project**. The proposal would create an event where local business owners and decision makers could meet community services agencies. The committee will make a full report to the membership at the July 19 regular meeting.

The Call is Out for Bedding and Furniture

The **IGU Committee** is circulating a list of needed bedding and furniture items for donation to Mira and Prem Rimal, the sister and brother-in-law of Purna Subedi. Mira and Prem’s home burned earlier this year and they need to replace items for their immediate and extended family while the home is rebuilt. A clipboard listing specific new and used items is circulating at regular meetings. Contact **Jeanne Baxter** or **Marilyn Pearson** if you can help. See page 6 for more information.

June Happy Dollars for Susan G. Komen Foundation

June Happy Dollars were designated by **President Pam Robinson** for donation to the Susan G. Komen Foundation. Since \$649 was collected in June, the

money was divided with \$500 going towards a sponsorship for Race for the Cure in October, with an additional \$149 donation to the foundation.

With the sponsorship, SITM can field its own team of walkers/runners at the October event. **Kelley Kordonowy** has agreed to captain the team. If you’d like to participate, contact Kelley.

July Happy Dollars for Angora Fire Victims

SITM has designated its **July Happy Dollars** to assist the victims of the Angora Fire at South Lake Tahoe. **SI/South Lake Tahoe** and **SI/Tahoe Sierra** have established a fund to assist victims of this fire, particularly women and children displaced by the tragedy. Three members of SI/SLT lost their homes, along with approximately 250 other families in the area.

Leaves of Absence and Member Changes

The Board granted leaves of absence for **Linda Buszka** through June while she searching for a Soroptimist Club to transfer to in Arizona; for **Linda Asato** through June for work reasons; and for **Carole Criddle** from September 1 through October 7 for family reasons. The board accepted with regrets the resignation of **Marianne Tizzano**.

President’s Quotes

“As simple as it sounds, we all must try to be the best person we can; by making the best choices, by making the most of the talents we’ve been given.” **Mary Lou Retton**

“Life is short and we never have too much time for gladdening the hearts of those who are traveling the dark journey with us ... Be swift to live, make haste to be kind.” **Henri Frederick Amiel**

Liberty is always dangerous,
but it is the safest thing we
have.

~Harry Emerson Fosdick





COTR Report *by Marilyn Pearson*

2007/08 COTR Club Orientation and Training Retreat Boomtown, June 29-30, 2007



- ✦ All seven districts in our Region attended, including 10 members from SITM
 - ✦ First time attendees are paid for by the club
 - ✦ All attendees received a lovely big binder full of How to be a . . . for all the officers, contact info for the district and region staff, forms, applications, general and specific information on how to run a Soroptimist club
- Presentations included specific workshops for presidents, treasurers and secretaries, computer workshops, Membercare and Programme focus from the Federation (SIA) and International (SI) perspective. ("Programme" is the British spelling of "program" and is used at the SI level)



1. I had an "a-ha!" moment when, during Lois Sagel's "Programme" presentation, I saw how what we do in our club can influence world policy at the United Nations. I learned about Program Focus Reports which give each club the chance to share projects with the rest of the world. These forms and the information gathered from them will soon be available online in an SI database. This will be a wonderful way for clubs to research new ideas.

2. I learned that the new "S" logo is just that, a logo, and that the emblem (woman with out-stretched arms) is still okay to use. The next time someone asks you what a Soroptimist is, SIA would like you to answer: **"Soroptimist is an international volunteer service organization for business and professional women who work to improve the lives of women and girls, in local communities and throughout the world."**

3. The importance of the Renaissance campaign (program, fundraising, public awareness, and membership) finally made sense to me and I got some juicy gossip as to why the Federation (**S**oroptimist **I**nternational of the **A**mericas) does things one way and Soroptimist International does some things a different way. Ask Tracy Turner!



4. My "take away idea" was "glocalize": think globally and act locally. I'm planning on using more of the SI resources to support our local projects and to make sure our local successes have a chance to influence international decisions for women and children.

Here are the websites and login passwords:

- www.soroptimistsnr.org (region) Your ID is: Soroptimist; Password is: synergy
- www.soroptimist.org (federation) Your ID is your email address; Password is your member number (6 digits) on the right-hand side of the address label on your "Best for Women" magazine. Let President Gayle know if you're not getting your magazine. This site includes the Soroptimist Online Store and also has wonderful Public Awareness info.
- www.soroptimistinternational.org (international) Your ID is: member; Password is: cambridge. The "member login" is at the very bottom of the webpage.

PICTURES NEEDED!

WE NEED PICTURES FROM EVENTS, MEETINGS ETC.!

PLEASE BRING YOUR CAMERA, TAKE PICTURES AND SEND THEM TO THE NEWSLETTER EDITOR BY THE FRIDAY AFTER THE BUSINESS MEETING FOR PUBLICATION IN THE NEXT NEWSLETTER. THE E-MAIL ADDRESS IS PLANETCRUISESHIP@SBCGLOBAL.NET.

**THANKS!
THE NEWSLETTER COMMITTEE**



Bylaws Revisions *by Kay Dunham*

The Laws & Resolutions Committee has been hard at work reviewing the club by-laws. Several revisions were presented at the July Business Meeting with respect to attendance requirements and voting status.

SIA has published recommended procedures governing clubs and the committee used these recommendations as guidelines for revising the attendance requirements. The SIA suggestion is: **clubs shall encourage members to attend all meetings but shall not adopt or enforce attendance requirements for meetings.**

Throughout the bylaws, the committee has deleted references to attendance requirements and replaced those sections with “in good standing” etc. The committee has used the “in good standing” criteria to define those who have paid their dues and have met other financial obligations such as missed lunches etc. “In good standing” members will also be eligible to vote and serve on any committee. Attendance records will be maintained to calculate perfect attendance and missed lunches.

One other major addition was to insert the Ways & Means Procedures into the actual bylaws instead of maintaining them as a separate policy statement. These procedures were adopted by SITM a few years ago and will be much easier to find and follow when incorporated into the actual bylaw document.

Many other small changes were made to correct formatting, spelling, punctuation, etc. Thanks to Jo Ann Roberts, Linda Buszka and Patty Downs for all the proof reading, suggestions, and comments. A complete copy of the proposed revision is available from President Gayle.

Soroptimist Professional Development Seminar

August 24-25, 2007, Philadelphia Marriott
Philadelphia, Pennsylvania

Register at www.soroptimist.org NOW

You are invited to attend an exciting new program, the *Soroptimist Professional Development Seminar*, in Philadelphia, August 24-25, 2007. If you want to improve your skills and knowledge as both a Soroptimist and a professional business woman, this seminar is a must!

The two day program will feature engaging speakers, an awards luncheon, workshop sessions, friendship and fun! The event concludes with the Recognition Banquet which will feature recognition of outgoing and current leadership, and entertainment by Broadway singers and the Executive Director for a Day drawing.

Featured Speakers include:

Randy Pennington inspired attendees at the 2003 Leadership Conference in Osaka, Japan. Now he's back with a message that will challenge us to take Soroptimist to a new level.

Please Help Mira and Prem

Thank you for any donations you can make for our Nepal families who are moving to Sacramento soon!

Bedding should be dropped off at Ethan Allan's, Mon – Sat, 10am to 3pm

Bedding: New or clean used

King sized: (1)

- 1 set sheets
- 1 mattress pad
- 2 pillows
- 1 comforter

Queen sized: (2)

- 2 mattress pads
- 1 comforter

Twin sized: (4)

- 1 sheet set
- 4 mattress pads
- 4 pillows
- 4 comforters

Furniture: bedside night stands, 4 twin bed frames or bunk beds, chests of drawers, a sectional couch, book cases, china cabinet or hutch, casual dining table and chairs. **Please call Jeanne Baxter @ 747-7164 if you can donate any of these furniture items.**

Alison Levine is the founder of Daredevil Strategies, a consulting firm that works with organizations on topics such as building leadership and teamwork and the Climb High Foundation, a nonprofit organization that helps women in developing countries gain economic independence by training them to work as trekking guides on local mountains. She has more than 20 years of business experience, and in 2003, served as the finance director for Arnold Schwarzenegger's gubernatorial campaign. In 2002, Alison was chosen as the team captain of the first American Women's Everest Expedition.

Workshop Speakers include:

Susan Ellis is the president of Energize, Inc., a training, consulting and publishing firm that specializes in volunteerism.

Joan Detz is the author of four highly successful public speaking books, including *How To Write & Give A Speech*, which *The Washington Post* praised as “a how-to classic.”

Lori Blair joined Soroptimist in 1999. As program director, Lori is responsible for developing and implementing federation programs including the Women's Opportunity Awards and the Soroptimist Club Grants for Women and Girls.

Kathleen Bonk co-founded the Communications Consortium Media Center (CCMC) in 1988 and serves as its executive director.

Kamali Brooks is SIA's public relations specialist.

Nancy Fusco, CFRE, is SIA's Senior Director of Development and has been with Soroptimist since 1992.

Adrienne Horen is a vice president and investment advisor with Janney Montgomery Scott, LLC. Adrienne helps her clients develop investment portfolios with an emphasis on risk management and wealth preservation.

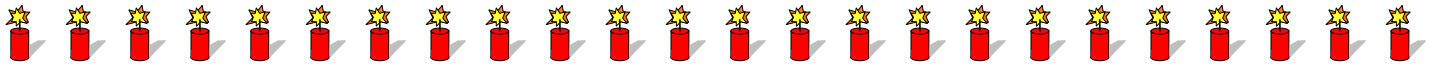
Yvonne Machuk was 2001-2002 SIA President and is a 27-year member of SI/Banff National Park, Alberta, Canada.

Wendy Metzgar joined SIA as membership director in September 2006.

Susan Shisler is the director of corporate relations for SIA.

Alice Wells is a 2006-2007 board member and a charter member of SI/The Kachinas, Inc., Phoenix, Arizona. She is a national trainer/consultant working with several publishing companies.

Leigh Wintz, CAE, has served as SIA's executive director since 1991.



SITM Picture Gallery



Becky, Bev and Norma at COTR



Becky, Billy, Norma & Bev at COTR



Becky, Gayle, Bev and Norma at COTR



Gayle and Tracy at COTR



Gayle wins 50/50 at COTR



Marilyn, Bev and Norma at COTR



Norma and "nightgown" at COTR



Relaxing at COTR

Important Meeting Info!

The August 9, 2007 meeting will be held at the Meadowood Courtyard due to Hot August Nights. They need a headcount as soon as possible. Please check your calendars now and let the attendance committee know if you will not be there.

You can e-mail them at SITRUCKEEMEADOWS@HOTMAIL.COM.





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SOROPTIMIST
Best for Women



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Marilyn Pearson-Contributor
*News of our Members (Happy Dollars) recorded
by: Margie Hermanson, Jo Ann Roberts, Norma
Rash, Eileen Fuller, Carole Criddle*



Celebrating August Birthdays!!!



Patti Graham August 20
Becky Moody August 22
Sande Reimers-McLaughlin August 25
Joeleen Scoglio August 18

