

SITM UPDATE ~ "Positively Magic"



Soroptimist International of Truckee Meadows



Letter from the President *by Pam Robinson*

Here we are at the end of another successful club year. Our Year in Review is coming up on June 21, and it will be an experience to watch all the activities we participated in during 2006-2007. As I've watched and remembered each year at this time, I have always been amazed at how much our club has accomplished and at the difference we've helped make in the lives of others.

And then on June 28, it's Installation of our 2007-2008 President and Board. President-Elect Gayle has been hard at work already planning the calendar and committees for next year. Twelve months has passed so quickly, and I know we're all excited to see next year unfold. It will be powerful!

Our 20th Thanks to Youth Luncheon was tremendously successful. The Thanks to Youth Committee did a terrific job putting the luncheon together, and the young people selected by our Education Youth Committee were fantastic. Hopefully, we will hear from them in the future as they go on with their lives and education. The shopping sprees for the Unsung Heroes will be coming up soon, too. A big thank you to Monica and Mich for coordinating the Thanks to Youth committee once again and to Vickie Butler and the Education Youth Committee.

It was an honor for me to present past SITM president and Laurel society member, Norma Webster, at the 25th annual Nevada Women's Fund Women of Achievement luncheon on June 7. Many of you attended the luncheon to cheer Norma on, and Jo Ann Roberts represented SITM at a special Hall of Fame table at the luncheon. SITM was recognized as a Nevada Women's Fund Hall of Fame honoree in 1995, a special distinction.

At our final business meeting of the year, we voted on the 2007-2008 budget. The Finance Committee, coordinated by Vicki Schultz, and our two treasurers, Michelle Jones and Paula Ringkob, spent a lot of time analyzing the figures and putting the budgets together. This time of the year is very financially important to our club. Our dues support the general expenses of our club.

The last 12 months has been a wonderful experience. Through our fundraisers we have helped many women continue their educations and young people begin theirs. We have funded several organizations through our happy dollars and our service fund budget, both through regularly budgeted donations and through our service committees' donations. We have participated in several hands' on projects, such as Salvation Army Gift Delivery, Aly's Prom Closet, and Habitat for Humanity.

It has been amazing for me to preside over 12 business meetings and welcome 17 new members. The friendship and commitment we all have for each is so important, and I find our club "positively magic". Thank you for a wonderful year, and I'll just end by saying "Mary Poppins, Signing Off..."

President Pam



SOROPTIMIST
Best for Women

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Board Members 2006-07

- Pam Robinson-President
- Gayle Baxley-President Elect
- Jo Ann Roberts-Parliamentarian
- Sarah Carrasco-VP Service
- Judi Miller-VP Technical
- Treasurer G.F. -Michelle Jones
- Treasurer S.F. -Linda Buszka
- Recording Secretary-Marilyn Pearson
- Corresp. Secretary-Jennifer Crowe
- Governor Elect—Sue Camp
- Director 1 year— Diana Dillon
- Director 2 year— Kay Dunham
- Delegate 1 year-Tracy Turner
- Delegate 2 year— Kelley Kordonowy

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What's Coming Up

By Carole Criddle

June 28, 2007 Installation of New Officers

July 3, 2007 DARK



News of Our Members

President Pam Robinson was excited about the Women of Achievement luncheon coming up and honoring Norma Webster for all she does for our club. Due to the slow mortgage business, she said several companies had closed and so her bank has hired lots of new employees, which has been a tad bit exhausting. **Gayle Baxley** wanted to thank all the members who signed up for committees. She was proud to report that her 3-year-old grandson stayed the night and without incident. He was actually very good. **Diana Dillon** thanked the speakers from DRI for their informative program. **Monica House** told us the story of how they do weddings in Fiji. Not only were the flowers picked out the day before, which she thought was a great idea, the truck that was to transport her to the top of the mountain ended up stuck in the mud. After several tries of getting out, **Monica** decided to put on her flip-flops and hike to the top. The groom anxiously awaited her arrival for an hour! And there may be a new star out there, **Monica's** son Tommy is doing his second pilot for a reality TV show. **Gayle Kmetovich** met a gal who was very active in Angel Kiss and just wanted to give happy dollars for the cause. **Marna Griffin** who recently lost her brother said his celebration of life ceremony was a memorable experience. **Sue Camp** thinks very highly of DRI and gave the kudos. She thanked all involved in Thanks to Youth for a wonderful program. And she reported that her visit to SI Portola was great. **Mich Glazier** was embarrassed to admit that even though she has worked at TMCC for 23 years, she has never been to the DRI campus. She was still relishing in the Michael McDonald concert she went to and said she and a lot of people her age were rockin' out! Congratulations to **Vickie Schultz** who is going to be a grandma in December. She also is busy traveling and will be seeing Barry Manilow and Celine Dion while she's in Las Vegas. In addition to all that excitement she is going to be attending her 45th high school reunion. **Kelley Kordonowy** was happy for a relaxing, fun-filled Memorial Day weekend. **Paula Leyba**, who usually works weekends, was happy to have at least Monday off and got some flowers

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.

planted in her yard. **Teresa Mentzer** was recruiting help for Grad Night chaperones and passed along news that **Connie Steinheimer's** daughter Joslin has been accepted into Duke University. **Dawn Pontrelli** recently visited Orange County where she's from and was happy to be back in Reno. **Terri Bacon** was excited to be watching her grandson. **Marilyn Pearson** took a break and went to Italy. She has a new found appreciation for American plumbing. **Margie Her-manson** spent her Memorial Day weekend reuniting with friends she's known since age 12. They went on the MS Dixie, ate & danced and had a ball. Now she's gearing up for a hot visit to Arizona. **Paula Ringkob** announced that she is going to take a trip to China in August and is looking for pointers. **Bev Perkins** paid a happy dollar for spilling tea and interrupting the program presented by DRI. She was also happy she made the trip to Elko to attend her step-daughter's graduation from Great Basin College.

After our short program of getting to know each other, **Gayle Baxley** told the members that **Paula Leyba** took her portrait and made her look so young. She also admitted to buying baby socks and a diva visor for her dog, whose little feet get hot when she goes for a walk. **Marilyn Pearson** is happy that school is out for the summer. **Pat Levy** is getting in touch with her inner child and riding her horse a lot. She too has a new grandbaby on the way. **Michelle Jones** went camping over Memorial Day. She was astonished by how many people you can see in the middle of no where. Just her group alone had 13 adults and 9 dogs. She also indulged herself with a two-hour massage. **Deborah Albrecht** attended the Leukemia Society Benefit honoring **Thuy Schneider** and had a wonderful time. **Paula Leyba** agreed, as she was in attendance as well. **Paula** was commissioned to do a large design project for a client which included a 40' x 50' canvas photograph grouped with other



News of Our Members (con't from page 2)

photos she had taken and said it turned out amazing. **Carol Criddle** went to Princess Cruise training and is now a certified Cruise Planner for Princess. She even got her picture with the Captain of the Love Boat.

Marie Edwards, always on the go, said her trip to Europe was fascinating. **Jean Neddenreip's** grandson found a 5 foot snake that he intended to keep as his new pet, so this interest prompted her to take him to the Snakes event at the Wilbur D. May Museum which made her cringe, but she got through it. **Eileen Fuller** is excited that Meg Price will be taking private lessons from her. She is also part of the Artist Co-Op show and had her art featured on Channel 2 news. **Kimberly Rossiter** thanked **Gayle Baxley** for taking her binder for the next Women's Education Coordinator so she wouldn't have to lug it around some more. **Paula Ringkob**, a two-time breast cancer survivor, gave happy dollars for the cause (Susan G. Komen). **Mich Glazier** reported that her new job is going well at Disability Resource center. She also gave a sad dollar for Tony Shelton's passing. **Bev Perkins** enjoyed the non-structure of the meeting and said she had an opportunity to get to know fellow members. **Linda Lamke** also gave money to the cause because she lost her mother to breast cancer. **Billie Mendiola** was happy that her grandson completed 1st grade. **Kelley Kordonowy** wanted to share information on Jitter's coffee house off of Double R Blvd, who donates all their profits to the Children in Transition program.

Tip of the Month

From the Internet

Subject: Peroxide.

This is what Oxi clean is...3% peroxide: Did you know that????

This was written by Becky Ransey of Indiana: "I would like to tell you of the benefits of that plain little old bottle of: 3% peroxide you can get for under \$1.00 at any drug store. My husband has been in the medical field for over 36 years, and most doctors don't tell you about peroxide.

- Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. (I do it when I bathe).
- No more canker sores and your teeth will be whiter without expensive pastes Use it instead of mouthwash. (Small print says mouth wash and gargle right on the bottle)
- Let your toothbrushes soak in a cup of "Peroxide" to keep them free of germs.
- Clean your counters, table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters.
- After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.
- I had fungus on my feet for years - until I sprayed a 50/50

What's Coming Up—June 28th

Soroptimist International of Truckee Meadows
invites you to join us for

"The Power Within: To Make a Difference"

Installation of President
Gayle Baxley

and the Officers, Directors
and Delegates

Thursday, June 28, 2007
Noon Buffet • \$16

Atlantis Hotel-Casino
Second Floor Convention Center
3800 S. Virginia St. • Reno, Nevada



RSVP by Tuesday, June 26 to:
Venus Jones
775-356-8400
sitruckee Meadows@hotmail.com



mixture of peroxide and water on them (especially the toes) every night and let dry.

- Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day. My husband has seen gangrene that would not heal with any medicine, but was healed by soaking in peroxide.
- Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will.
- Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold, or plugged sinuses. It will bubble and help to kill the bacteria Hold for a few minutes then blow your nose into a tissue.
- If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.
- And of course, if you like a natural look to your light brown, reddish, or dirty blonde hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide burnt blonde hair like the hair dye packages, but more natural highlights. It also lightens gradually so it's not a drastic change.
- Put half a bottle of peroxide in your bath to help rid boils, fungus, or other skin infections.
- You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.
- I use peroxide to clean my mirrors with, and there is no smearing which is why I love it so much for this.

I could go on and on. It is a little brown bottle no home should be without! With prices of most necessities rising, I'm glad there's a way to save tons of money in such a simple, healthy manner.

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

June Board/Business Actions

President Pam Robinson conducted her last **Board and Business Meetings** of the **2006-07 Club Year** in June, as preparations are well underway for the installation of **President Gayle Baxley** and the **2007-08 Club Officers, Directors and Delegates**.

Club Budget Finalized

The Board recommended and the membership approved the **2007-08 Club Budget** at the **June Business Meeting**. **Finance Committee Coordinator Vicki Schultz, Service and General Fund Treasurers Paula Ringkob and Michelle Jones** and members of the **Finance Committee** presented the final budget including revisions suggested by members.

Changes from the previous year's Service budget include: increasing Service Committee funds from \$500 to \$1,000 and increasing donations to International, Federation and Region projects.

Twelfth Month of Happy Dollar

Angel Kiss received \$571 in **May Happy Dollars**. The Susan G. Komen Foundation has been designated by **President Pam** as the recipient of **June Happy Dollars**.

IGU Committee Seeking Furniture

The **IGU Committee** is seeking various furniture items for donation to Mira and Prem Rimal, the sister and brother-in-law of Purna Subedi, the contact for our girls' dormitory/scholarship project for girls in Nepal. Mira and Prem's home burned earlier this year and they need to replace furniture for their immediate and extended family while the home is rebuilt. Beds, living room, dining room furniture and dressers are most needed. Contact IGU Coordinator **Connie Steinheimer** or **Jeanne Baxter** if you can help.

Leaves of Absence and Member Changes

The Board granted a leave of absence for **Linda Asato** through June for work reasons. Remaining on leave through June are: **Patti Graham** for personal reasons;

Thuy Schneider for family reasons and **Linda Buszka** through June for relocation to Phoenix. The board accepted with regrets the resignation of **Johanna McCain**.

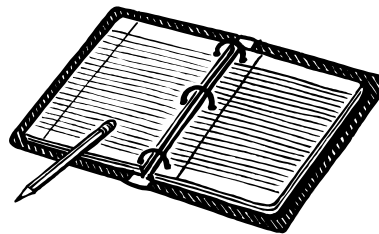
Pam's Quotes

Service is never a simple act; it's about sacrifice for others and about accomplishment for ourselves, about reaching out, one person to another; about all our choice gathered together, a country to reach across all of our divides. **Former President George H.W. Bush**

Every individual makes a difference. We cannot live through a single day without making an impact on the world around us. And we all have free choice – what sort of difference do we want to make? Do we want to make the world around us a better place? **Jane Goodall**

Rosters

If you didn't get your roster, either in person or by mail, please contact **Jo Ann Roberts** ASAP. These addendums to the rosters have important updates you need now! Don't be left out of the loop. **Paula Leyba** will also be taking pictures for those who need a new one.



No Meeting July 3rd
Happy Independence Day!

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."

Winston Churchill, Sr

Soroptimist International of Truckee Meadows

2006-2007 YEAR IN REVIEW

*\$100,250 Dollars donated to the community & Soroptimist projects
2,500 Volunteer Hours raising funds and supporting community projects*

Donations

\$54,000 in Women's Scholarships
Nancy Gomes/Mary Gojack Re-Entry Women's Scholarships; Jack Simon Memorial Graduate Women Scholarships; Women's Opportunity Awards

\$24,750 in Youth Scholarships & Awards
Youth Scholarships; Thanks to Youth "Unsung Heroes" Shopping Awards; Violet Richardson Award

\$5,500 in Happy Dollars
Nevada Alzheimer's Association; Klothes for Kids; Libby Booth Elementary School; The Launching Pad; Nevada Opera Association; Reno Pops Orchestra; Bristlecone Family Resources; Trinity Episcopal Church's sack lunch program for the homeless; Angel Kiss Foundation; Susan G. Koman Foundation.

Fund Raising

| | |
|----------|---|
| \$44,000 | Arts & Authors (including Community Foundation match) |
| \$15,000 | Reno Air Races |
| \$ 6,500 | Happy Dollars |
| \$15,000 | Thanks to Youth |
| \$17,700 | Nepal Project |
| \$ 6,100 | Misc. Member Donations |

\$3,500 Committee Donations
VSA of Nevada; Reno Pops Orchestra; Habitat for Humanity; Teacher Appreciation Luncheon at Libby Booth Elementary School; Nevada Wilderness Project; DRI School Science Boxes; The Launching Pad; ALS of Nevada; Reno Carville Park Apartments senior citizens; advanced scholarship for a girl in Nepal.

\$6,100 Miscellaneous Community Donations
VSA of Nevada; Reno Pops Orchestra; Habitat for Humanity; Teacher Appreciation Luncheon at Libby Booth Elementary School; Nevada Wilderness Project; DRI School Science Boxes; The Launching Pad; ALS of Nevada; Reno Carville Park Apartments senior citizens; advanced scholarship for a girl in Nepal.

\$3,000 Soroptimist International, Americas, Sierra Nevada Region Programs
December 10th SI President's December 10th Annual Appeal; SI Quadrennial Project; SIA Laurel Society; SIA Renaissance Campaign; SNR Ceec Abrahams Scholarship, Fellowship and Endowment Fund.

Other

Assisted in the delivery of gifts and food boxes to senior citizens for the Salvation Army's Silver Angel Tree; staffed Aly's Prom Closet during high school prom season; provided labor to Habitat for Humanity; hosted Libby Booth Elementary School Teacher Appreciation Luncheon.



Environmental Tip of the Month *by Carole Criddle*

Summer is Here!

Here are some great ways to conserve energy, excerpted from the Sierra Pacific website.

No Cost Tips

These simple steps don't cost a thing, but can potentially save you 10-25% on your monthly energy bill.

- **Turn off lights** and appliances when not in use. Don't forget your computer - it can use as much energy as a refrigerator. Most new computers have "sleep" settings.
- In warm months, set the thermostat to **78-80 degrees** when home and 5 to 10 degrees warmer at night or when you're not home.
- Also, use your dishwasher, clothes washer and dryer, and cook as late in the evening as possible.
- **Barbecue** outside if practical, keeping in mind the heat and effect of sun on your body. By reducing the heat coming into your home from any source, will reduce the load on your air conditioning.
- Set your water heater to **120 degrees**.
- **Vacuum your refrigerator coils** (underneath and in the back) and don't obstruct the coils. They need air space to work.
- Keep the seals (**gaskets**) on refrigerators and freezers clean.
- Keep your **freezer as full** as possible. You can place

containers or plastic bottles filled with water in the empty spaces.

- Make sure **food is cool and covered** before it goes into the refrigerator.
 - Run **full loads** in your washer and dryer, and use "solar drying" (**clotheslines**).
 - Use **energy saver** option on your dishwasher, allowing dishes to **air dry**.
 - If you A/C unit is on the ground, keep the area around it **clean** and free of obstructions to maintain air flow.
 - **Unplug** your televisions/VCR when you're on vacation. Most new sets draw power even when they're turned off.
 - Keep lights and lighting fixtures **clean**, especially if you're reducing the number of lights you use. Dirt absorbs light. Let lights cool before cleaning them and never touch halogen bulbs with your bare hands. The oil from your skin can greatly damage the bulbs. Use a small piece of paper to hold the bulb.
 - If your dishwasher has a filter **clean** it.
- Clean** the reflectors underneath the burners on stove-tops.

For more tips, visit the Sierra Pacific website at www.sierrapacific.com.

What You Missed *by Liz Lukasavich*

Did you miss these meetings? Participation is the price of membership, (*Wise old Soroptimist saying*). If you missed these meetings, you didn't get the full value of your membership. Here's a recap of what you missed since the May Business meeting.

May 10 – President Pam lead another successful business meeting. Carrie Porter, on behalf of the SOLT committee, conducted the induction ceremony for new member Barbara Pierson, sponsored by Sarah Carrasco. And Judy Ozer, sponsored by Thuy Schneider, received Board approval for membership.

May 17 - SITM members had the opportunity to sign up for next year's committees. Each Coordinator gave a "pitch" for her committee, and then members took turns posting their names on the sign up sheets. By the end of the luncheon, the venue was "a flutter" in hues of blue, orange, yellow, and pink with the names of those who signed on to the technical and services committees.

May 24 - The annual Thanks to Youth Luncheon was a huge success thanks to Victoria Campbell (Channel 4 News), master of ceremonies, and to the 22 honorees. Each scholarship winner and Unsung Hero, accompanied by his/her sponsor, was individually recognized for his/her accomplishments. Kudos also go to the Education and Youth Committee for their diligence in selecting such worthy recipients.

May 31 –On behalf of the Environment Committee, Diana Dillon introduced three speakers from the Desert Research Institute: Dawn Coots, Heather Emmons, and Kate Kirkpatrick. Subject matter covered included the Institute's Mission, its Green Power, Science Box Traveling Kits, and Science Student of the Month Programs.

June 7 - Since several SITM members were involved in the NV Women's Fund luncheon, the annual Committee Coordinators meeting turned into a "Getting to Know You Better" session. Transference of the committee binders, which usually takes place at this meeting, will be handled by President-Elect Gayle Baxley.

SITM Picture Gallery



2006-2007 Board, Final Meeting



I love to paint, especially for others at Habitat for Humanity!



The "whole group" at Habitat for Humanity, June 9, 2007.



Climbing high at the Habitat house.



Our work is never done at the Habitat house, but we love it!



Hike to the Incandescent Rocks in May ends with wine and cheese!



**Soroptimist International of
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SOROPTIMIST
Best for Women



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donowy*



Celebrating July Birthday's!!!



- Terri BaconJuly 6
- Diana DillonJuly 18
- Marie EdwardsJuly 14
- Mich GlazierJuly 3
- Carrie PorterJuly 27
- Meg PriceJuly 8
- JoAnn RobertsJuly 9
- Kimberly RossiterJuly 24

