



SITM UPDATE

Soroptimist International of Truckee Meadows
President, Bev Perkins
www.sitmnv.org

January 2010 Vol. 14 - No. 7



President
Bev Perkins

President's Message: *Imagine!*

Happy New Year ladies!
Our club is starting the new year off with a bang by introducing several potential members to the club, three of which are expected to be inducted at our meeting on the 14th.

how much our organization is doing and why our activities throughout the world are so important. It was also suggested at the Roundtable that members who have finished with their "Best for Women" magazine turn them in so they can be given to new members, who don't start receiving the magazine for a few months after they are inducted, so they can get some idea of what we do and how they can contribute. District Director Pam has now put District III on facebook. She is requesting that clubs post our doings for the information of others in our District. It sounds like a good idea, and I would like a volunteer to do these postings for our club (shouldn't be hard, using Friday Digest information and/or info from our newsletter).

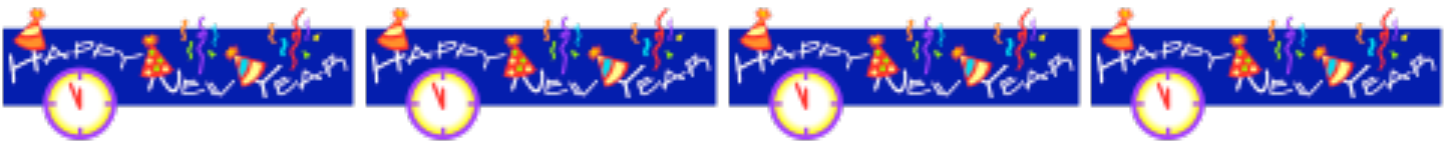
Our District III Director, Pam Sloan, hosted a President's Roundtable on the 9th of this month so we could all put our heads together to see what's working for our clubs and what we need help with. President-Elect Patti Doty and I stuffed our heads with ideas and to-do lists. We were also reminded of a few things by Governor Sue Camp. The Soroptimist International of the Americas convention will be held in San Francisco this year July 7-10, and Governor Sue expects to see a good turnout from our region. Of course, hotel reservations must be made pretty soon, what with ladies attending from all over the Americas and much of Asia and between. Please contact Governor Sue at suelcamp@hotmail.com for additional information on this exciting event. Committee coordinators, please get your program reports in to President-Elect Patti Doty as soon as possible so she can submit them to our regional coordinators - deadlines are looming for some of these submissions. If you don't know whether your activities qualify for submission, contact President-Elect Patti or me, or just do a report anyway. We are frequently told by region and federation representatives that we should report everything we do. A mere reading of Best for Women will show the value of submitting your programs. We were also reminded by Governor Sue that the information we provide to our federation is used to

Lots to think about this month! And, if you get a chance, please thank our wonderful Newsletter Editor, Marilyn Pearson, for the great newsletters she's (*editor's note: and the Newsletter committee are*) providing us.



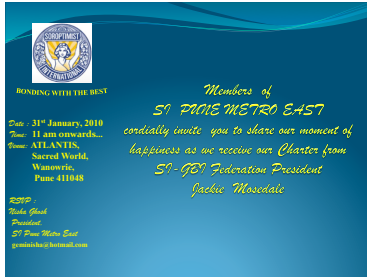
Inside this issue:

Friendship Link in India	p. 2
Presidents' Roundtable	p. 2
MLK Jr. Essay	p. 3
Birthdays	p. 3
Reader Recommendation	p. 4
What you Missed	p. 5
Member Profile	p. 6
Board/Business News	p. 7
Recipe of the Month	p. 8
Calendar	p. 10
Joan Hughes/Vickie Butler	p. 11-14
Happy Dollar Notes	p. 15-17



An Update on our friend, Nisha Ghosh

by Norma Rash



Our club was fortunate to have the opportunity to host Grant of Friendship recipient, Nisha Ghosh of SI Pune, in April 2009. Her passion, commitment and

dedication to the principles of Soroptimist were evident in conversations with our members and in her presentations at the regional conference and to clubs within the region. We saw first-hand the results of her club's projects supporting women's health and advancing the education of the girl child. She shared with us the dream of chartering a new club in Pune (a city of over 4 million people) to further serve the needs of women and girls. That dream becomes a reality on January 31, 2010 when SI Pune-Metro East is chartered. Nisha will be installed as their first president

SI Pune-Metro East has ambitious plans for their first year. Projects include:

1. Support of "an old age home" for which they have already obtained service and material goods to provide residents.
2. A project on violence against women for which they have awareness events scheduled for 6 months.
3. An environment project of tree plantation for which they will be supporting the work of the federation (SIGBI).

Our IGU committee received approval to establish a Friendship Link with the new club. Additionally our members supported sending a charter gift of \$1000.00 to support this new club as they begin their service projects. Members wishing to personally donate can make checks payable to SITM, identifying them for SI Pune-Metro East. They should be received by Service Treasurer Paula Ringkob before January 21.



Presidents' Roundtable

by Bev Perkins

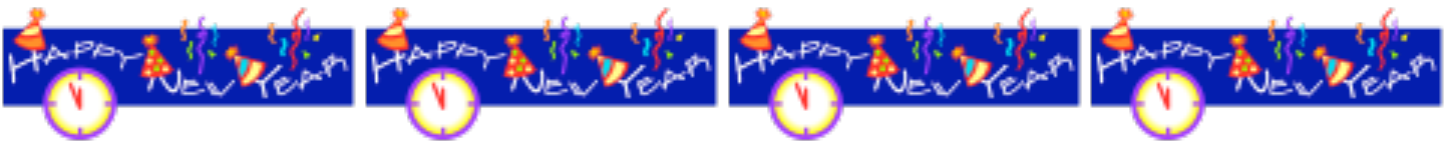
Saturday, January 9th, Presidents, Presidents-Elect, and Vice Presidents met with District III Director Pam Sloan, Sierra Nevada Region Governor Sue Camp, the region's Celebrating Success Coordinator Debbie McMillen, and the region's S Club Coordinator Shirley Boracci for our District III Presidents' Roundtable ("Sweats & Slippers"). After introductions we played an ice-breaking game then heard the latest from Governor Sue, including recent region Board actions, club statistics, a list of region deadlines, and a copy of our region Board's Standing Rules. We also got a hot-off-the-presses registration form for our regional conference April 23-25 of this year.

District Director Pam gave us a preliminary schedule of events for the Soroptimist International of the Americas Biennial Convention, which will be held in San Francisco July 7-10 of this year. We were fortunate to have all 3 candidates for District Director with us, so Director Pam introduced us to Kay Dunham (who needed to introduction to us), Debbie McMillen, and Shirley Boracci. We were also given copies of amendments to our region's bylaws and information on our Fall District Meeting (to be held in Susanville in October). S Club

Coordinator Shirley Boracci and Celebrating Success Coordinator Debbie McMillen gave their reports. Then club Presidents gave information about their individual clubs, which was tossed around and noted by other club representatives. We ended with prizes for the best slippers, won by representatives of Washoe County and Susanville clubs.



President Bev Perkins checks her schedule at the Presidents' Roundtable at the Atlantis



How far have we come pursuing the dream of Dr. Martin Luther King, Jr?

by Lauren Tran-Oberding (SITM member Thuy Tran's daughter)

When I think about Dr. Martin Luther King, Jr. and his vision for freedom and equality, I think about my mom. In her childhood, she went on many escapes, attempting to leave Vietnam. She was even held as a prisoner at the age of six for approximately two weeks. She finally escaped from Vietnam as a young girl in 1981 on a fishing boat. Her boat consisted of over 120 hundred people seeking freedom to the United States. She arrived in the Philippines as a refugee, lived there for 1.5 years with two aunts before arriving to Milwaukee, WI. She started fourth grade, and worked very hard to learn the English language. She continued to work hard and received a full scholarship to get a college degree in nursing.

My mom is my role model because she risked her life to pursue her freedom from the Communist government. I admired my mom for being considerate of other people and helping people in need. I believe Dr. King touches me personally because he dedicated his life for everyone who wanted equality and freedom just like him. Because of Dr. King's accomplishments, people like my mom were able to enjoy freedom, equality, and free religious views.

To this day, my mom loves God. She invites people to our church and is always giving to a friend in need! She endured many hardships and challenges during her years living in the U.S., but she has never given up. As I grow older, I appreciate my mom and everything she has done for me. I understand what she went through, but I'm thankful that I can live my life knowing that I have my rights and freedom.

Therefore, Dr. King should always be remembered for generations to come.

Welcome New Members
Cheri Woods
Susan Hargrove
Both were inducted into SITM at our January Business meeting.

The International Soroptimist Magazine Online

by Marilyn Pearson

Soroptimist International of the Americas (SIA) is one of four federations of Soroptimists in the world. We get federation news through the "Best For Women" magazine which is sent to all Soroptimists in SIA.

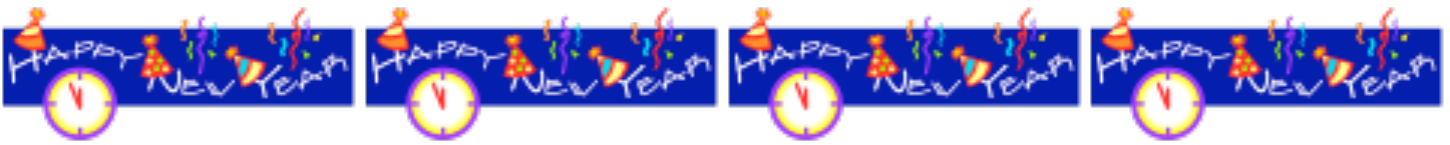
Soroptimist International (SI) has its own quarterly publication, "The International Soroptimist" and includes articles on Soroptimist happenings around the world. Recently, I read the December 2009 issue which featured articles about Programme Focus Goal #6: "Mitigate the effect of Climate Change and integrate sustainability into personal choices and government policies and programmes." It was very inspiring and full of wonderful ideas for ways clubs can help solve this global issue.

Starting with the March 2010 issue, "The International Soroptimist" will be available free online at the SI website: www.soroptimistinternational.org I urge you to take a look!



February Birthdays

- Marilyn Pearson 2/8
- Janice Hoke 2/13
- Gayle Kmetovicz 2/22
- Millie Mitchell 2/23
- Joan Hughes 2/24



Reader Recommendation

by Betsy Dart

Willpower's Not Enough: Recovering from Addictions of Every Kind

By Arnold Washton and Donna Boundy

Have you ever known someone who has suffered from addiction, understands he or she is addicted, but just won't stop? Or do you know someone who recovers from alcoholism only to become addicted to work, gambling, or something else? This book gives fascinating insight into the "why" of addiction—the addictive personality traits and what can be done about them.

It seems so simple at first—if you're addicted to alcohol you should quit drinking. If you relapse, you must not have enough willpower. But this book goes deeper into the need for a mood changer, the problem-solving techniques of the addictive personality and the addictive family, and the dysfunctional thinking processes that are present whether the addict is currently "using" or not. The book goes on to spell out what attitude and lifestyle changes are needed for a true recovery.

I found it very interesting that the thought process and attitudes of people addicted to alcohol or drugs are very similar to those in people addicted to smoking, sex, spending, compulsive eating, gambling, even exercise. For example, this explains how one family member's compulsive spending may be a factor in another family member's drug addiction.

The authors' clear explanations, numerous examples and non-judgmental attitude make an interesting and insightful read. You will doubtless recognize many people you know, and maybe yourself, in the many interesting stories included in the book. For those of you who plan to be a mentor, this book may give you ideas in dealing with women in recovery.

While the book focuses primarily on the addictive personality and the addictive family, the authors also discuss how many aspects of modern society actually encourage or facilitate addiction, too. In that sense, addiction affects us all. It is a fascinating book that will provide insights to all who read it.

SITM Update
Editor Marilyn Pearson
attchrmp@gmail.com
775-762-3660

Reporters:
Faye I. Andersen
Bev Perkins
Betsy Dart
Connie Steinheimer
Norma Rash
Lauren Tran-Oberding
Joan Hughes
Vickie Butler

Photographers:
Paula Leyba- The Image Gallery
Sue Camp

President Bev Perkins;
bperkinscpa@sbcglobal.net
For Information Contact:
situckeemeadows@hotmail.com



What you missed . . . !

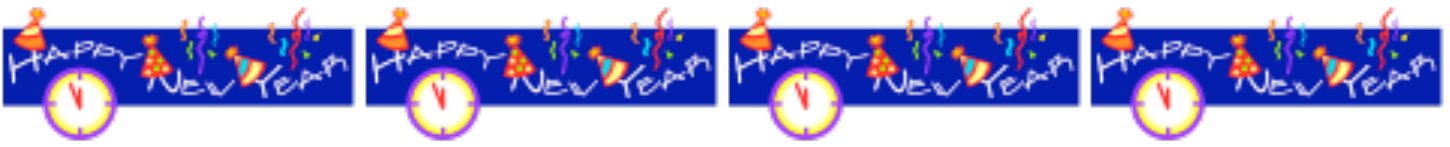
by President Beverly Perkins

12/17/09 This week's meeting: Our festive holiday meeting was run by Margie Hermanson and her wonderful Hospitality Committee. We made up and performed (some better than others) songs, which were judged by the committee and which decided who picked presents first. We even had some dancing girls. Not surprisingly, Faye I Andersen penned a wonderful holiday song for her table which won them the honor of picking their gifts first. Then Margie read us an edited version of The Night Before Christmas to which we played a game which moved the gifts around the tables and got many of us dizzy (though we all had fun). During Happy Dollars lots of ladies remembered the wonderful time and rewarding experience they had delivering gifts last Saturday at the Salvation Army Senior Gift Delivery (which we do jointly with the other two local clubs), coordinated again this year by Diana Dillon. A great time was had by most, and all were wished a happy holiday season (I'd do all the holiday greetings, but I can't spell most of them)

1/7/2010 This week's meeting: Today Dorothy Nash Holmes and Patty Tucek, along with the rest of the Making a Difference for Women Committee, brought us a wonderful speaker on mentoring. Rita Escher, whose credentials are too long to put here, gave us a few basics about mentoring, and will be assisting our committee in preparing a questionnaire for members prior to the February 6th event. We will also have a session for our attendees (75 this year!) on mentoring so they can decide if they want to be mentored - a session which will hopefully save our members from some frustration. Along with our new name this year is a new logo and beautiful totes, which the committee is selling to members for \$10 each. The totes will be given to all attendees, filled with "goodies" provided - as usual - by members. We're all very excited about the event this year, not only because the venue will be a familiar one (the Atlantis). So mark your calendars and look for "goodies," look through your clothes and be sure to sign up to serve in one of the various ways provided by the committee this year. We're all so glad to be back together again - Happy New Year!

1/15/10 This week's meeting: We had a long meeting this week because, among other things, we inducted two new members (welcome, Cheri and Susan!) and celebrated birthdays (for Teresa Mentzer, Paula Ringkob, Norma Rash). Happy Birthday wishes also go out to Pam Sutton and Deborah Albrecht, both of whom are on leave and are missed! Just picture us all singing "Happy Birthday" to you, but in better voice. Many ROSEs (recognitions of Soroptimist excellence) were also given for the excellence of our members. Motions from the IGU, Human Rights/Status of Women, and Education Youth Committees were passed, and the club also voted to wire a chartering gift to our (hopefully) soon-to-be Friendship Link club SI Pune Metro East (in Pune, India), chartering January 31, 2010. Any individual members desiring to add gifts to the club wire are welcome to do so. This club is being chartered by our dear friend and last year's Grant of Friendship recipient, Nisha Ghosh. Please contact Norma Rash for details.

Soroptimist International of Truckee Meadows Officers and Board of Directors 2009-2010	
President	Beverly Perkins
President-Elect	Patti Doty
Vice President Service	Mich Glazier
Vice President Technical	Becky Moody
Recording Secretary	Dorothy Nash Holmes
Corresponding Secretary	Ann Steckline
General Fund Treasurer	Norma Rash
Service Fund Treasurer	Paula Ringkob
Delegate 1 Year	Peggy Smith
Alternate Delegate 1 Year	Carol Dinneen
Delegate 2 Year	Paula Leyba
Alternate Delegate 2 Year	Enid Oliver
Director	Gayle Baxley
Director	Marilyn Pearson
Parliamentarian	Jo Ann Roberts



Member Profile: Betsy Dart

by Connie Steinheimer



It wasn't that long ago that each of us was celebrating our nation's holiday of Thanksgiving. Sharing our thankfulness for being Americans and for all that our forefathers and mothers did to make today's opportunities available. As I was celebrating I was thinking of all of the wonderful things I have to be thankful for and Betsy Dart came to mind. Betsy is a relatively new

member who joined SITM last spring. She joined the club in order to be able to enjoy the company of other women, women whom she characterizes as working together to help women and girls in the community; women who share her passion and concerns. Dorie Guy first brought Betsy to the Club but before Betsy could join Dorie retired and left, so Eileen Fuller took her under her wing and became Betsy's "official" sponsor.

The reason I think of Betsy when I think of blessings is because that is how Betsy thinks- all of the time. She doesn't wait until a special event happens or Thanksgiving to be thankful she is always thankful. At a recent luncheon (well ok it was a few months ago, but to someone my age that computes as recent) Betsy and I had a chance to visit about the Club, IGU Committee of which she has become an active participant, family, and work. As we explored each topic she always was thankful for the place she was and what was happening in real time. I think that takes a special person to experience life in that way. It certainly gave me a good role model to follow.

Betsy's children have left Reno, but she still finds things to appreciate in that fact. One is that she is able to rack up Southwest Frequent Flyer miles visiting her daughter, the lawyer, in Las Vegas and her son, the air traffic controller, in Southern California. It is great they are on the same continent as their parents and each other and better still same region and time zone. Betsy's two sisters are much farther away, one in Hawaii and one in Germany!

Although her business is financial services program manager and advisor for two credit unions, where she is

able to use her twenty years experience as a teacher as she teaches members of the credit unions what they want to know about their financial security and future, her passion has an international leaning. Betsy shared with me her enjoyment of Nisha Ghosh's visit and her most memorable experience-so far- which was one of her first meetings as a guest to the Club. It was a meeting where she saw a slide show of the school and dormitory in Nepal that we sponsor. She says "I was so moved by what a small group of committed, determined women can accomplish" that she couldn't help but join our efforts. Her international interest extends from service projects to travel. She has been to the Middle East, Bermuda, and Alaska and is looking forward to seeing Africa and South America.

Back here on the home front her husband is a mental health therapist and she actively follows the current health care bill and debate. Betsy is thankful that she and her husband have found a home in the Truckee Meadows and that her family was able to get together for Thanksgiving this year. She remembers a Thanksgiving when her son was going overseas with the military and was not going to be able to be home so the family celebrated early. Thanksgiving is Betsy's favorite holiday and apparently her son agrees, never wanting to miss. I asked Betsy why Thanksgiving was her favorite holiday (although it made perfect sense to me since I had already figured out that she is one of the most thankful persons I have ever met). What I learned was another surprise fact I will now share with all of the members. Betsy is a closet pie making addict! Yes, she loves to make pies, as does her son, daughter, and hubby even gets in the act as a helper. Let me share an example of her addiction with you. This year, for four people to celebrate Thanksgiving, the Dart family had apple, pumpkin, peach, berry and lemon meringue pies. Well.....to be perfectly honest I am not positive they actually had that many, I only know that Betsy was planning on that many (and she is so thin)!

Although Betsy Dart is thankful for so many things including her membership in SITM, I know that the other members have gained something to be thankful for themselves, Betsy Dart. She is adding a warm, caring, compassionate, worker to our club that we all can appreciate. "Thanks" Eileen, for not letting this one get away!



Board/Business Update

by Faye I. Andersen

Two new members were inducted at the January Business Meeting. They are: Susan Hargrove, sponsored by Tina Smith and Cheri Woods, sponsored by Pam Robinson. Welcome Cheri and Susan.

Welcome New Club SI/Pune Metro East

The board recommended and the membership approved a chartering gift of \$1,000 to be wired to the new club in Pune, India. SITM's Grant of Friendship recipient Nisha Ghosh, who spent a couple of weeks here with club members last April, has joined with other Soroptimists to form the newest club in the Soroptimist Indian Association (like our own Sierra Nevada Region).

The new club will charter January 31 and the IGU Committee is already making plans to create a Friendship Link with them. Members who wish to make an individual donation to the new club, should make it by Thursday, January 21 to Service Fund Treasurer Paula Ringkob, in order to be included in the wired funds.

Upcoming IGU Meetings

The IGU Committee will host a "Bead for Life" party at the January 28 meeting. "Bead for Life" is a nonprofit program from Uganda creating sustainable opportunities for women in poverty to make and sell beaded necklaces, bracelets and key chains, with profits going back to the women and to community development and educational programs.

At the March 4 meeting, the IGU Committee will kick off their annual fundraising campaign for their project to educate girls in Thulipokhari, Nepal. The program will include an update on the progress of the girls living in the dormitory and attending school.

Soroptimist Ruby Award Recipient Named

The Human Rights/Status of Women Committee has selected Lilli Trinchero as the 2010 recipient of the Soroptimist Ruby Award: For Women Helping Women.

Lilli founded and administers the Celebrate Diversity Endowment. The program is committed to eradicating bullying and its resulting depression, loss of self esteem, reduced learning ability and increased violence in our schools. Lilli will be honored at a special luncheon hosted by the committee on March 25 and will be presented with a check for \$1,000 for the charitable organization of her choice.

Special speaker at this luncheon will be Soroptimist International of the Americas President Cathy Standiford. The committee will be hosting a reception for President Cathy on Wednesday night, March 24 at Ethan Allen. If you would like to sign-up to bring a dish to share at the reception, see the clip board at club meetings.

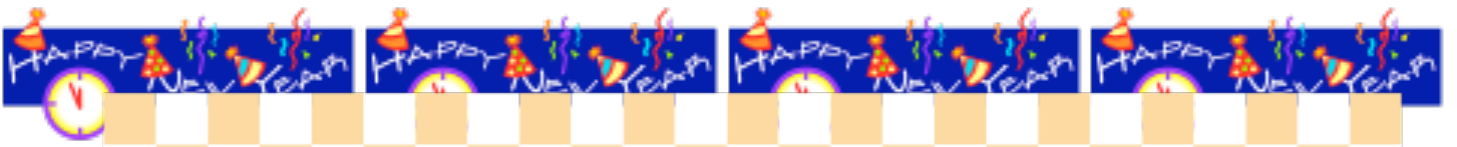
Money Matters

Some \$344 was collected during December Happy Dollars for Soroptimist International President Hanne Jensbo's December 10th Appeal project, "Hopes and Dreams for Everyone". The project works to prevent human trafficking from the country of Moldova. Happy Dollars for January are designated for Quest Counseling & Consulting, providing services for adolescents with addiction and mental health issues.

The Air Race Committee is happy to report receiving a \$12,159 check from the Reno Air Races for members, family and friends' work in September at the RARA merchandise booth at the Reno Air Races. Combined with sales of calendars and artist's commissions, the committee raised a total of \$16,339. The funds are distributed throughout the club's Service Fund to support numerous charitable donations and awards.

Membership Update

The Board approved an additional month on leave for Sue Smith, for work reasons. Continuing on leave are Pam Sutton through February for personal reasons; Deborah Albrecht through February for business reasons; and Joan Hughes through March, due to travel. The Board accepted the resignation of Candy McAuliffe, with regrets.



SITM Recipe of the Month:

This recipe is a great one for a fast, healthy soup on a cold winter night. It is from Allrecipes.com which is a very user-friendly web site. You can print recipes to fit note cards, adjust the font size, or even save recipes to an on-line recipe box. There is a search function that allows you to search for recipes that use what you have on hand in the house and exclude ingredients which you don't want in the recipe. You can even sign up for newsletters about certain types of recipes. I subscribe to the Slow Cooker newsletter and the Quick, Healthy Meals newsletter.

Enjoy! Betsy Dart

Manhattan Clam Chowder

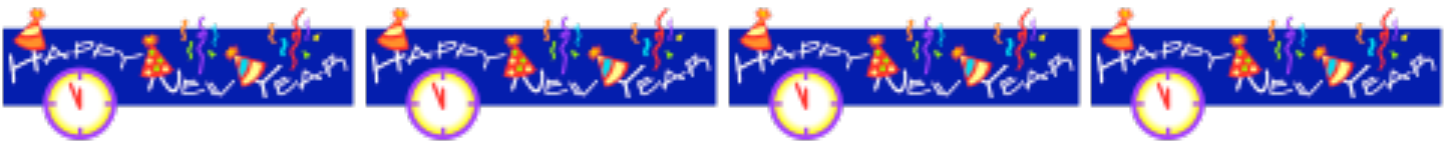
2 (6.5 ounce) cans minced clams
1 1/2 cups water
1 (16 ounce) can diced tomatoes
1 cup chopped onion
2 potatoes, peeled and chopped
1/2 cup finely chopped carrots
1 teaspoon salt
Ground black pepper to taste
1/2 teaspoon dried thyme

Drain clams and reserve liquid. Add enough water to reserved liquid to make 3 cups of stock. In a large saucepan pour clam juice and water, undrained tomatoes, onions, potatoes, carrots, salt, pepper and thyme. Cover and simmer for 30 to 35 minutes. Remove the pan from the heat. Mash the vegetables slightly to thicken the broth. Add clams to the saucepan and heat thoroughly. Serve hot.

Makes 6 servings

Calories	177
Fat	1.3 g.
Protein	19.3 g.
Carbs	22 g.





Save the Dates

Thursday, March 25, 2010

honoring



**The Soroptimist Ruby Award:
For Women Helping Women**

recipient

Lilli Trincherro

and her

Celebrate Diversity Endowment

Special Guest Speaker:

SIA President Cathy Standiford



Wednesday, March 24 at 6 p.m.

Reception for SIA President Cathy at Ethan Allen

Once again, our Human Rights/ Status of Women committee is bringing the Soroptimist International of the Americas Federation President to our club meeting! Don't miss this important meeting on March 25 to honor our Ruby Award winner, Lilli Trincherro and to meet SIA President Cathy Standiford. This would be a wonderful time to bring guests interested in learning more about the Soroptimist organization.

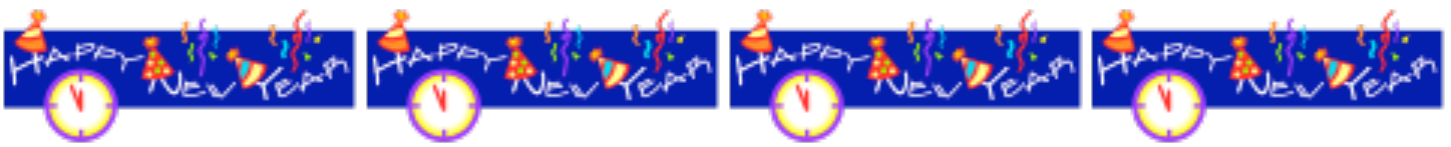


**Feeling Crafty?
Don't miss the meeting on
January 21st.**

**Bring your imagination
and your inspiration!**

(Hint: it's as easy as stringing beads!)



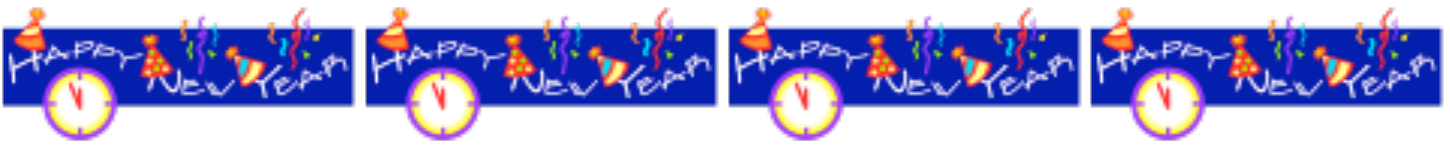


January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
				SITM - Making a Difference for Women		District III President's Roundtable, Atlantis
10	11	12	13	14	15	16
		5:30 Board Meeting, Pearson Home		SITM - Business Meeting		
17	18	19	20	21	22	23
				SITM - Arts & Culture Com.		
24	25	26	27	28	29	30
				SITM - IGU Committee		
31						

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
				SITM - Education Youth Committee		
7	8	9	10	11	12	13
		5:30 Board Meeting, Pearson home		SITM - Business Meeting		
14	15	16	17	18	19	20
				SITM - Environment Committee		
21	22	23	24	25	26	27
				Open Meeting		
28						



MEMO from MAZATLAN , MEXICO:

by Joan Hughes

Happy New Year SITM friends,

I have two lives each year – one in Reno and one in Mazatlan – and I would like to share a little of my Mazatlan life with you; events and traditions that are similar and those that are quite different.



First, my community. I live near a long, sandy beach in the north end of Mazatlan. My community called “Villa Marina” consists of 200 or so townhouses; 2-story, 3-bedroom homes joined together, each with its own high, walled patio out back. The community is gated, and at its center are a pool, clubhouse, children’s playground, jogging track and basketball court. It is neither “senior” nor “gringo” but a mixed neighborhood of mainly Mexican families, Americans and Canadians, and we all communicate amicably in Spanish, English or Spanglish! Although at the end of the city bus line, buses run every 10 minutes and get us to El Centro along the ocean front in 30 minutes for 80 cents.

Then there’s the Mazatlan culture: Every year from November 1st for six weeks the Cultural Office organizes events almost every day – in theaters, in open-air plazas, even in blocked-off streets. Some you pay for, others are free. We bought season tickets for 8 different theater performances, including Rigoletto opera, Haydn’s “Creation”, Ballet Folklorico, The Nutcracker and a Christmas spectacular.

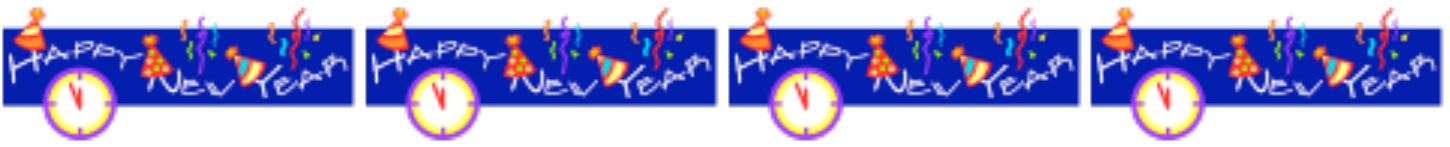
During this pre-Christmas period there are also many, many fund-raisers. There is much needed and much to

support here. SIA has clubs in Mexico but not in Mazatlan. But there are very active Lions Clubs, Hands Across the Borders, Salvation Army and Friends of Mexico organizations, to name a few. There is also a great deal of support from those “with” to those “without” on an individual basis. One fund-raiser breakfast raises sufficient money to provide 1500 chicken meals, which are prepared by volunteers and delivered house to house in the more impoverished neighborhoods of the city at Christmas. The Friends of Mexico, of whom I am a member, permanently support education in many ways. More than 1300 students in 6 of the poorer schools are provided with school supplies for the year – a donation of \$20US will provide supplies for one child for the whole school year. They also have a scholarship program, and have sponsored 89 students to higher education so far. Then they hold yard sales to pay for infrastructure projects in several schools, and also members volunteer to give ESL classes in many schools. I even took a cooking class on how to make tamales, and the profits from the class went to help pay for some school project!

But there still are not enough “safety nets” in Mexico as there are north of the border. “FloreSer” is a Mazatlan home for teenage girls from 11-18 years, victims of abuse and violence. Started in February 2009, it is the only such home in the state of Sinaloa, and one of only a few in all of Mexico. It is not funded by the government. La Casa de los Ninos is a small home for physically and mentally handicapped children, actually an orphanage as the parents have given them up. They receive no government funding at all, and depend upon donations. Running into debt and lacking funds to pay for the children’s medications, with the help from some of our neighbors they held a Silent Auction and Dinner before Christmas to raise sufficient funds to keep going.

And now to Christmas and the New Year -- things the same, things different and Viva la Diferencia!

As in the US, the commercial Christmas starts around November 1st, with Spanish and English carols blaring everywhere. The traditional decorations of poinsettia plants (called Noche Buena here) and nativity crèche scenes have been replaced for the most part with Santa Clauses & Frosty the Snowmen on roofs and balconies, and incredibly decorated houses, much to the dismay of many senior Mexican folk. But traditional “Posadas” still take place, from December 15th on. This is a local



community event, a reenactment of the Nativity, with Joseph and Mary going from house to house, trying to find a place to stay for the night. The word “posada” means lodging or shelter.

Christmas Eve is the gift giving and party time between families. And if each parent has local family, then you go from one party to the second, returning home with your children around 3 am, and having eaten two meals, a turkey dinner or traditional tamales and pozoli soup! Most children here now wake up on Christmas morning to receive gifts from “Santa Claus”, making sure he ate some cookies and drank some milk they left out. Whereas in the old days (and maybe other parts of Mexico) the children receive gifts on the night of January 5th – 6th when Los Tres Reyes Magos (3 Wise Kings) came overnight on camels and filled their shoes (that they had left out on their windowsill) with goodies.

But the best traditions were those experienced at the New Year’s Eve fiesta, 2 days ago, held in our clubhouse, with mostly Mexican families and a few “gringos”. After a wonderful pot-luck dinner, loud music and dancing, everyone quietened down as midnight approached and prepared for their “traditions”. We had already been warned that we should wear something old and something new. And for las senoras, if they wanted love in the New Year they should wear red underwear, if health they should wear blue and if money they should wear yellow. (I was undecided!).

At the stroke of midnight, everyone had to eat 12 grapes by the time the chimes stopped. With each grape they should make a wish, for love, health, money, success, food etc. Those not managing to get them all eaten in time would have bad luck in the New Year.

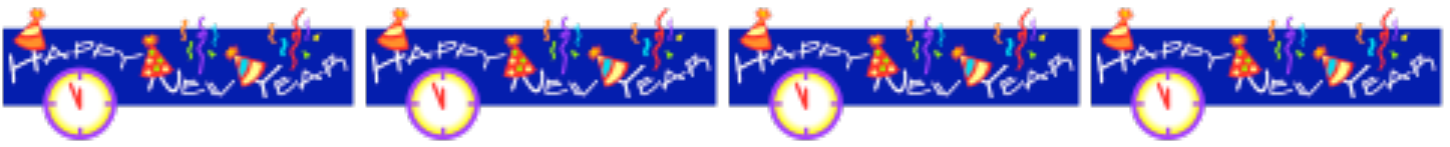


Some had brought an empty bucket and broom, and at midnight they symbolically swept any dirt on the floor outside to the pool patio, ridding themselves of all the bad things of 2009. And then there were those that had brought an empty suitcase to the fiesta. Tradition has it that if you walk around the block with it, you will have travel in your life in the New Year. One lady was seen walking around and around the pool, pulling her empty suitcase behind her. Unfortunately, she was not the best-liked person in the neighborhood, and there were those nearby hoping that her wish would come true!!!

And so goes my life here. Ladies, I do miss you and all your wonderful humor and deeds, and look forward to getting back to my Reno home and SITM meetings in May. In the meantime, we have a week of Carnival in February, and a trip to Mexico City, the pyramids and the silver town of Taxco at Easter. Never a dull moment.....

My best wishes to all for a happy, healthy and prosperous 2010,
Joan





Feliz Navidad y Nuevo Año!!

by Vickie Butler

Hola de Todos Santos!

We thought we'd take this opportunity to answer honestly a few of the questions that some of you have asked us, and many of you have asked each other!!

Where in the world are Hal & Vickie and just what are they doing? (In other words, are they crazy or what?!)

We have spent the vast majority of 2009 living and adjusting to life in the small Mexican puebla of Todos Santos, Baja California Sur, Mexico. A town of about 8000, Todos Santos is also home to several hundred foreigners on either a full or part-time basis. You can read much more about TS on-line and subscribe free to the Baja Western Onion.com in order to understand more about what the foreign community is experiencing throughout the year.

Much of our time has been spent monitoring the completion of our small, but now charming casa and learning to navigate a variety of issues with our limited knowledge of the Spanish language. Those of you who have undergone either the building or remodeling of a house can relate to our experiences with the added dimensions of different language, culture, flora and fauna! We must admit that this past August and September, the flying termites, flying ants, flying beetles and preparation for Hurricane Jimina made us truly believe that we were "channeling" Annie Oakley and the Long Ranger! In addition, we have learned more than we ever wanted to know about solar systems, generators, septic tanks and water cisterns. And, it goes without saying that this entire process has been much more costly than we ever could have imagined or planned! Sound familiar to anyone?

Why in the world would you want to leave a very comfortable life in Reno, Nevada, and move to a tiny little town in the middle of nowhere and (gasp) without a college?

The answer really is quite simple. Although we have traveled extensively, both of us have always wanted to truly experience living in a foreign country. Todos Santos was our answer because of its proximity for the short flight and drive (relatively) back to the United States. Our ability to easily visit family, especially Vickie's mom, was of prime importance. Although simple and essential

items, like mascara, are not always found in Todos Santos, we do live about 50 miles between the two cities of La Paz and Cabo San Lucas/San Jose del Cabo. Each of these areas has populations of over 250,000 with numerous resources and exotic activities. We must admit, however, that good old Costco and Home Depot in Cabo have become life savers at times!

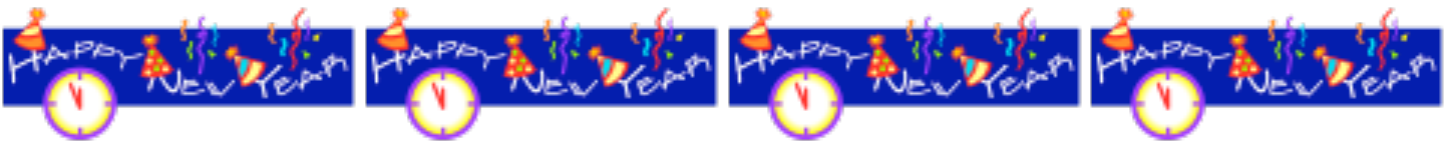
"Well, OK, so what do you really do in Todos Santos? Aren't you both just totally bored?"

Nope. Not yet. We have been so busy with house and yard projects, that we haven't had time to be bored. In addition, we keep stimulated through twice a week Spanish class, art lessons, a little community volunteering, a variety of lectures/musical events/fiestas, book club, reading, beaching...well, you get the idea. So far, we have found plenty to do. Vickie even acted in a play a few weeks ago! Who knows two years from now, but currently we are having a fun as well as a sometimes frustrating time. Oh, yes, we forgot to tell you that our little home has views of the ocean and mountains from every room, and is an easy 10 minute walk from the Pacific Ocean. In addition, we regularly experience awe inspiring sunrises, sunsets and night skies filled with billions of clearly twinkling stars. Yep, we admit, these displays of nature definitely do rival Tahoe which, of course, we still love!

All right, so you're not bored, yet, but aren't the people just a little weird?

No. Not at all. People are people regardless of language, culture, and ethnicity; however, there are many parallel lives being lived here in Todos Santos. If we spoke fluent Spanish, we would definitely have more consistent and productive interactions with the local Mexicans; however, we find the indigenous population kind, forgiving and helpful. Yes, there are a few who will take advantage of us "gringos," but we have found them to be a distinct minority. We also are learning to not be so naïve! In general, the foreign population is well educated, well traveled and filled with a sense of adventure. Most of them also share our political view so that is helpful, too!

We are well aware that we could live here for twenty years, never speak much Spanish and only associate with other foreigners. That is why we think it is so important to learn Spanish (not easy for us, by the way) so that we can truly be more a part of the community. We're realistic enough to know that we will never be totally integrated, but that's OK, too.



How long do you plan on living down “there?”

We don't know. Right now we're challenged and enjoying becoming even better friends than we were before we embarked on our grand adventure. Having recently celebrated our 24th wedding anniversary, we both believe that our past 26 years together have enriched us in numerous ways. It is wonderful to share the good, the bad and the ugly of life with someone you admire, respect and love. That is not to say that we never have “cross words.” You know that would not be possible between two strong-willed & opinionated people like us!

We still have our Reno house which is currently rented out to a professional family from Israel. Selling it is not an option at this point because of the “economy,” so we'll decide what we do with it sometime in the future. We could move back in, but maybe not. Living in Todos Santos part time and living a few months in different parts of the country still sounds interesting to us as well. And, of course, there are at least 125 countries left to visit! Now, if only we could hit the lottery.

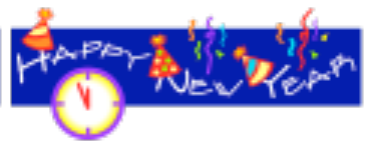
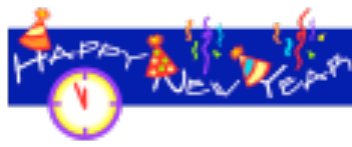


How can you be reached?

We'd love to hear from you and catch-up on what is happening in your lives. We haven't subscribed to a snail mail service yet, but you can easily e-mail us at vandhbutler@gmail.com or call us at 702-425-3341. That is our Skype number which enables you to reach us via your USA phone without a foreign charge to you. In an emergency, we can still be reached on our cell at 775-848-5308. And, of course, if you are ever tempted to experience life in the slower, but warmer lane, we'd love to see you!

Although we may have been remiss in our communication with you during the past year, please know that you are always in our hearts and minds no matter where we are in the world! May you and yours enjoy peace, love and prosperity during 2010!

**Love,
Hal & Vickie**



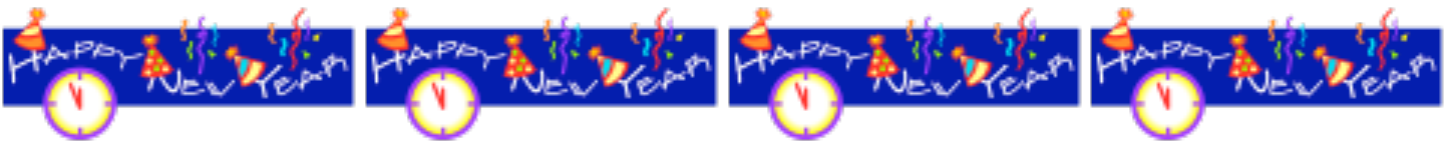
Happy Dollar Notes

by Marilyn Pearson

12/17/09 Today's meeting was our Holiday Social with games and an ornament exchange.

Becky Moody gave dollars for the program and for her husband who went with her for the Senior Gift delivery. Their car got stuck in the snow and they almost got bitten by a German Shepherd. **Michelle Jones** gave for the program and for her son who is now "toddling". She and her husband are going on vacation next week. **Peggy Smith** gave for the fun games and said she's donated some calendars with flowers for members. **Rosalie Henry** gave for the games and offered any profits from the chocolate she sells go to SITM. **Vicki Schultz** missed the gift delivery because she was in New York on business. She and Nicole went to see the Rockettes and, since one of Nicole's sorority sisters is a Rockette, got to tour back stage. The Christmas show had real camels on stage and the camels were exercised on 5th Avenue. **Cindy Burke** gave for her 14 day Panama cruise which she loved. **Vivian Ruiz** gave for the gift exchange and for her heating that went out and was finally fixed at 11:30 pm the other night. She's taking her 17 month old son to Disneyland soon. **Kay Dunham** gave for the program, for the Gift Delivery breakfast and for the ornament she received, although she doesn't have a tree this year. She had Christmas with her grand daughter last weekend because she's doing out of town. Kay gave her a Tiffany key. **Tina Smith** gave dollars for her guest today, Susan Hargrove. She used her GPS system for the Gift Delivery and was chased by a pit bull that Susan wanted to rescue. **Diana Dillon** gave saying she's glad the members liked the new breakfast location for the Senior Gift Delivery and thanked Niki Ewing and the rest of the gift sorting crew for their hard work. **Sande Reimers-McLaughlin** gave for her recent trip to Mexico and missing the snow. **Faye I. Andersen** gave for receiving a funny Christmas ornament. **Jo Ann Roberts** gave saying she missed the Gift Delivery because of the snow. She told Vivian and her grandson, Travis, loved Disneyland at age 18 months. **Sue Camp** gave to thank Margie Hermanson and the Hospitality committee for the program today and to wish everyone Happy Holidays. **Lynn Robbins** gave to wish everyone Merry Christmas, a Happy New Year, and Happy Hanukka. **Gayle Baxley** gave for her uneventful Gift Delivery with Debra, her guest today.

Everyone was home, dressed, and sober! It was very heartwarming. Gayle thanked Kris Olsen for writing and singing the song for their group's performance today. **Kris Olsen** gave for the party today and for having a friend come just before the snow started. They wanted to fly out but had to stay longer. **Pam Robinson** gave for the program saying she loved the right and left game. She also thanked Kris Olsen for being the "front woman" for their group today. Her husband has been snow blowing for the neighbors and, consequently, they've been invited to lots of holiday parties. They're planning on visiting relatives for Christmas. **Paula Ringkob** gave to thank the Hospitality committee and to thank Diana Dillon and her committee for all the behind the scenes work on the Senior Gift Delivery. Her heat went out too but was fixed. **Paula Leyba** gave dollars to wish everyone a Merry Christmas and a Happy New Year. She had 700 couples to photograph at her last event which is why she missed the Gift Delivery. **Doreen Rogers** gave for the program and enjoyed the delivering gifts with her husband. Everyone was gracious and thankful. Her 12 year old grandson made cookies recently. Doreen also gave for her wonderful neighbors who cleared the snow for her and for Norma Rash who gave a neighborhood breakfast complete with mimosas. **Ann Steckline** gave for the Gift Deliver which went well for her and wished everyone a Merry Christmas and a Happy New Year. **Betsy Dart** gave because she got her heater fixed for free by a fellow who was fixing her neighbor's furnace. She had some trouble on the Gift Delivery. One fellow complained about his gift. **Patty Downs** gave for the Gift Delivery. She thought she couldn't go because of the snow in her area but her sister told her to walk down her hill and she would pick her up. "She was like a pit bull!" She had a great time and took her dog whom everyone loved. **Margie Hermanson** gave saying she was sad to have missed the Gift Delivery. She had fun in Carmel but came home to house gremlins and a flooded laundry room. She made an album on Facebook of her trip to Europe but noticed, after the fact, that the fellow on the cover wasn't her husband! **Norma Rash** gave for living in a great neighborhood. Several husbands came to the rescue of a stranded motorist, digging him out of the snow. She thanked Marilyn Pearson for driving during Gift Delivery and wished everyone a Merry Christmas and a Happy New Year. **Billie Mendiola** gave \$6 because she has six important birthdays to celebrate in the next two weeks. **Rosalie**



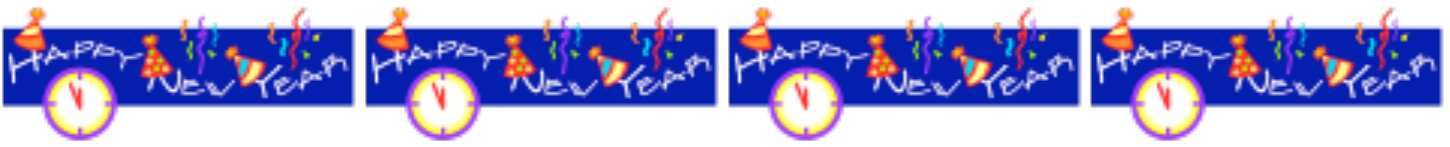
Henry gave saying she enjoyed her first Gift Delivery with Marilyn Pearson and Norma Rash. She urged members to “celebrate friendship and sweetness” during the holidays. **Patti Doty** gave for having 6 basketball games to attend in a week. She was driving in Pam Robinson’s neighborhood and got stuck but a nice man helped her out.

12/24/09 and 12/31/09 Dark for the holidays

1/7/2010 Today’s meeting was the Making a Difference for Women kickoff with a speaker on mentoring. Happy Dollars for January go to Quest Counseling & Consulting- funding for services for adolescents and mental health issues to local non-profits.

Dorothy Nash Holmes gave for the speaker and her committee, for all the new ideas for MADFW and for the 75 women who will be attending the event this year. **Michelle Jones** gave for the program saying she was glad to be back and wished everyone a Happy New Year. **Georgia Baker** gave for the new year and for selling her apartment complex. **Eileen Fuller** gave saying she missed the group over the holidays. She will be giving a watercolor painting demonstration during the Scenic Nevada Art show soon and loves her NuSkin products. **Enid Oliver** gave saying she had a wonderful holiday even with snow and dogs with no place to go. She wished everyone a Happy New Year. **Gayle Baxley** gave because her husband now has weekends off work. They got an anonymous gift card in the maid and she thanks that person very much. She feels very blessed. **Peggy Smith** gave to wish everyone a Happy New Year saying she’s looking forward to a great year. **Jean Neddenreip** gave because she’s recently changed jobs at St. Mary’s and that it’s only 85 days until her son is home from Afghanistan. Her grandson has a new job at an Art Institute and her dog had an emergency eating strings off toys requiring \$350 surgery. **Linda Lamke** gave saying she “hasn’t died” and is now back after 5 months leave during which she was sick for 5 weeks. She slept a lot during her illness and went on a 15 day Panama cruise “just to get out of the house”. She thanked members for their cards and well wishes and says she kept us with the club reading emails and Happy Dollar notes in the club newsletters. **Norma Rash** gave to say she had a busy holiday and to wish everyone a Happy New Year. She gave a New Year’s day PJ party serving brunch to 36 people. She was saddened by her

neighbor who passed away after living a life championing women’s causes. **Rosalie Henry** gave to wish everyone a Happy New Year saying she’s glad last year is over. Her brother had 6-way bypass surgery but is doing well now with lots of prayers from friends. She also gave for the program today and for Quest Counseling. **Pam Robinson** gave for the program and for skiing with her grand children in Steam Boat Springs Colorado recently, although it was very cold. She’s going to Arizona soon to party with her sister who is turning 60. **Mich Glazier** gave for the program and the speaker. She had to take her 14 year old dog to the vet who diagnosed congestive heart failure. She then took her dog to a dog cardiologist who’s treatment may extend the dog’s live another 11 months. The dog is doing well but won’t rest! **Billie Mendiola** gave for her son who will have back surgery soon, having two disks replace. **Kris Olsen** gave to wish everyone a Happy New Year and to say that her little dog likes to chase horses. “He doesn’t know he’s small.” He also likes to eat Kleenex. **Margie Hermanson** gave for a great holiday season full of last minute shopping for family, having misplaced several presents she’d purchased earlier in the year. Her niece from Germany came with her mother who doesn’t speak English. Margie went to Palm Springs recently and now has spring fever. Her grandson and the elderly family dog are coming for a visit. Everyone has to get up in the middle of the night for either the baby or the dog. **Patty Downs** gave for going home to visit and staying in her pink room from her childhood. She loves Dorothy Nash Holmes’ meetings for MADFW; they got a lot done. **Sue Camp** gave for the program and had a good Christmas in Mill Valley. She had cataract surgery yesterday because she was legally blind in one eye. Doing fine now. **Cindy Burke** gave for Linda Lamke’s Happy Dollar sign-off “Ladies, have a good one.” Cindy missed that while Linda was on leave. Cindy’s dog has eaten pens, her retainer and lots more. Cindy is exercising using her new Wii and loves it because she can “slalom from her couch.” **Paula Ringkob** gave for the program and is looking forward to the mentor training. Paula had a great holiday and is reading “Stones into Schools”. **Paula Leyba** gave for the program and for getting some much needed rest after the holidays. She took her car in for an oil change and left with \$2500 worth of needed repairs. **Carol Dinneen** gave because she is going to Big Sky where the temperature is 20 below zero. Her dog once ate 20 rocks. It was very expensive at the vet’s



office. **Rosalie Henry** gave saying Pam Sutton is doing well on the Beach in the Cayman Islands. **Patti Doty** gave saying her dog has eczema. She took the dog to the holistic vet which cost \$400. Patti hopes to see improvement soon.

1/14/10 Today's meeting was the January Business meeting. New members **Cheri Woods** and **Susan Hargrove** were inducted.

Jo Ann Roberts gave for the quake victims in Haiti. **Paula Ringkob** gave thanking the club for her birthday celebration and for supporting Nisha Gosh's new club in Pune, India. **Norma Rash** gave for the new members, for the great orientation, and for SI Pune East Metro. Nisha will be the chartering president. **Cheri Woods** gave to thank the members for her orientation, for Quest Counseling, and for Pam's great form at a recent workout. **Eileen Fuller** gave for the new members, for her painting demonstration at a local art show, and for Vita Meal which is raising money to send meals to Haiti. Contact Eileen for more information. **Teresa Mentzer** gave for her upcoming trip to Costa Rica. **Enid Oliver** gave for the new members and for her guest, Ruth Gregory, who would like to become a member of SITM. **Kay Dunham** gave for the new members and for Marna Griffin who suggests we use our uncommitted funds to send the whole club to India for the chartering of Nisha's new club! Kay's son is already in Haiti, helping the quake victims. **Marna Griffin** gave for Cheryl Powell's family who have donated 30 bags of her clothes to the MADFW event. **Lynn Robbins** pledged \$100 from her company to pay for the cost of lunches and flowers for the Violet Richardson recipients. **Gayle Baxley** gave for the new members and for the new ethics class she'll be teaching. **Monica House** gave saying Pam Sutton says "hi". Monica's son Tommy got the lead part in a play, "Front Page" in Los Angeles recently. **Faye I. Andersen** gave for the new members and for the club's support of Nisha Gosh's new club in Pune. **Kris Olsen** gave for the new members and for Margaret Hall who is back in the hospital. She's at St. Mary's in room 333. **Margie Hermanson** gave for surviving 4 days with her grandson and the elderly dog. She got up in the middle of the night with the grandson, her husband got up with the dog. She got more sleep! Margie recently had lunch with Mary Ann Decker. **Billie Mendiola** gave for the new members and for her son's back surgery that went

well. He is walking but is in pain. She had 4 of her grandchildren stay for three nights. She was exhausted and glad when they went home. **Pam Robinson** gave to welcome the new members and for the work Georgia and Mich did to pick the recipients. Pam enjoyed her sister's 60 birthday although everyone had to be quiet because her brother-in-law, who has Meniere's disease, was bothered by noise. **Tina Smith** gave for the SOLT committee who gave an awesome presentation. She congratulated new member, Susan Hargrove. **Vicki Schultz** gave for the new members and the induction ceremony. Vicki bought the Formula diet book and it's working for her after her scale showed "numbers its never allowed to go over". Vicki was in Atlanta recently and it was 18 degrees. She was shopping for her Gesture store. Back there, they closed schools and airports for just an inch of snow. **Linda Lamke** gave for the new members and commented that our club is generous in time and money. She saw the new Avatar movie in 3D but was nauseous at the beginning due to the glasses. **Siobhan Carlon** gave for the new members and reminded members of the Big Brother Big Sister gala on March 27th. Siobhan is on the board you can purchase tickets through her or online. She rescued a sweet nine year old golden retriever recently and is looking for a good home for the dog. **Betsy Dart** gave for sitting at the "dog table" today where she got lots of good advice on how to care for the two new dogs in her family. She feels like a new mom again. Betsy also gave for Quest Counseling.