



SITM UPDATE - We are the World

Soroptimist International of Truckee Meadows



February 2009



President's Message — February 2008

By Marilyn Pearson

Happy Valentine's Day! As we shower love and support on our family and friends this month, we're also giving to women in our community through our **"Women Moving Forward: Now More Than Ever"** event on February 21st. Thank you to our **Co-ordinators Marna Griffin, Dorothy Nash Holmes, "Director of Details" Kay Dunham,** and the **WMF Committee** for their many hours of work to make this 2nd annual event even bigger and better than last year.

Working on committees is the life-blood of our club. Your continuing support of club projects by attending committee meetings, working at various club events, and volunteering to coordinate committees is very much appreciated.

Our Education-Women Committee, co-ordinated by **Pam Robinson** and **Billie Mendiola**, has chosen this year's **Women of Achievement (WOA)** awardee, April Perkins, a single mom of four. Don't miss the awards luncheon on April 23rd. April's name and story will go to **Sierra Nevada Region** and be considered for their WOA award. The committee is also honoring three other applicants: Dawn Grimes, Julia Fatino, and Loretta VerVooren. Congratulations to all!

Learn How to Make Your Own Green Cleaning Products

The **Environment Committee** is pleased to host a Green Cleaning Products Social for all our members on Wednesday, March 11th from 5:30pm to 8:00pm at Mutual of Omaha Bank, 2nd floor training room.

Our teacher and fellow SITM member **Sonya Hem** will lead us in how to make environmentally safe laundry detergent, all-purpose cleaner, creamy soft scrub and furniture polish that you will be able to take home with you, along with several other recipes. Finger foods, sodas and water, along with the ingredients to make the products will be provided by the Environment Committee.

Members bring your favorite wine, if you would like, apron to protect your clothes, mixing bowl, mixing spoon/spatula and, if you have them, pint sized jars with lids. Sign up sheets will be at SITM lunch meetings beginning on February 19. The committee hopes you can attend this fun filled evening for an opportunity to get to know our club members better.

Directions to Mutual of Omaha Bank: Located at 6275 Neil Road in Reno. Past SITM Board meetings have been held here. The bank is located off South Virginia on Neil Road, right behind Joe's Café and across the street from Home Depot. Park in the back of the building, where the back door will be propped open. The elevator in the main lobby will take you to the second floor. Call **Cindy Burk** at 321-5416, if further instructions are needed.



Board Members, 2008-09

- Marilyn Pearson – President
- Dev Perkins – President-Elect
- Jo Ann Roberts – Parliamentarian
- Ann Steckline – VP Technical
- Jennifer Crowe – VP Service
- Becky Moody – Recording Secretary
- Dorothy Nash Holmes – Corresponding Secty.
- Norma Rash – Treasurer/General Fund
- Paula Ringkob – Treasurer/Service Fund
- Pam Robinson – Director, 1 year
- Gayle Baxley – Director, 2 years
- Marna Griffin – Delegate, 1 year
- Paula Leyba – Delegate, 2 years
- Patti Doty – Alt Delegate, 1 year
- Cheryl Powell – Alt Delegate, 2 years

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Board/Business Update

SITM's committees are humming. **Women Moving Forward** is February 21. Some 50 women are expected to attend the day-long jobs training event. Coming up, SITM's standing committees have the next few months booked with programs, events and presentations of awards and scholarships.

Time to Nominate New Officers

Margie Hermanson was selected by **President Marilyn Pearson** to coordinate this year's **Nominating Committee**. She will be joined by **Patti Doty**, selected by the **SITM Board** and **Deborah Albrecht**, selected by the membership.

The committee is looking for members willing to stand for election as an officer or director/delegate for the **2009-2010 Club Year**. If you're interested, or would like to nominate someone, please contact one of these members.

Grant of Friendship

The **IGU Committee** has selected the recipient of SITM's "**Grant of Friendship**" to host a traveling Soroptimist to visit our club and area. Her name is Nisha Ghosh from Pune, Maharashtra, India. She will be visiting with her sister for two weeks at the end of April. The **Sierra Nevada Region** has agreed to host the pair during the annual **Region Conference** April 24-26 in Reno.

The IGU Committee will present the plans and preparation for Nisha's visit at the March 26 program meeting.

Annual Nepal Girls Pledge

It's time for the **IGU Committee's** annual pledge program to **Remove Barriers for Girls' Education**

SITM Update

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in Thulipokhari, Nepal. The committee is again asking members and friend to support a girl for dormitory housing and school tuition for \$300 per year. Tuition scholarships alone are \$150. Pledges for the **Animal Assistance Program** to help families in Thulipokhari will also be solicited. Watch for more information at the March 26 meeting.

Four WOA Recipients Announced

The **Education-Women Committee** has selected four Women's Opportunity Award recipients who will share \$3,000 in scholarships. April Perkins and Dawn Grimes will each receive a \$1,000. Julia Fatino and Loretta Van Vooren will each receive \$500. The four will be honored at the annual Women's Scholarship Luncheon on April 23. April's name will be forwarded to the **Sierra Nevada Region** for consideration of a WOA at the region level.

Thanks to Youth Makes Changes

The **Education-Youth Committee** has reduced the ticket price for the annual **Thanks to Youth** luncheon to \$20 per person and \$200 for a member-sponsored table. **Committee Co-Coordinator Gayle Baxley** explained the committee's goal to fill the room, despite today's poor economic conditions. This annual program honoring **Unsung Heroes** and **Youth Scholarships** is planned for May 21.

Happy Dollars to Bristlecone

January Happy Dollars in the amount of \$326 were matched by the club's **Service Fund** to produce a \$652 donation to Bristlecone Family Resources. **February Happy Dollars** are designated for Aly's Prom Closet to provide donations and discounts to local financially-challenged youth, allowing them to experience their High School Prom.

Membership Changes

The Board granted a leave of absence for **Judy Miller** through mid-May for work reasons. The Board also extended the leaves of absence for **Pat Levy** and **Michelle Jones** through June for work reasons and **Vicki Butler** through June, since she is living in Mexico. **Diane MacDonald** also continues on leave through June, for work reasons; and **Karen Keister** through June for school. **Gayle Kmetovicz** and **Dawn Pontrelli** are both currently on leave for medical reasons.



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April 24 - 26

Plan to Attend the SNR Conference



It's nearly time to **"Lighten Up"** and join other Soroptimists for the 33rd annual **Sierra Nevada Region Conference** at the Atlantis Casino Resort Spa in Reno. Our own **Governor Sue Camp** will preside.

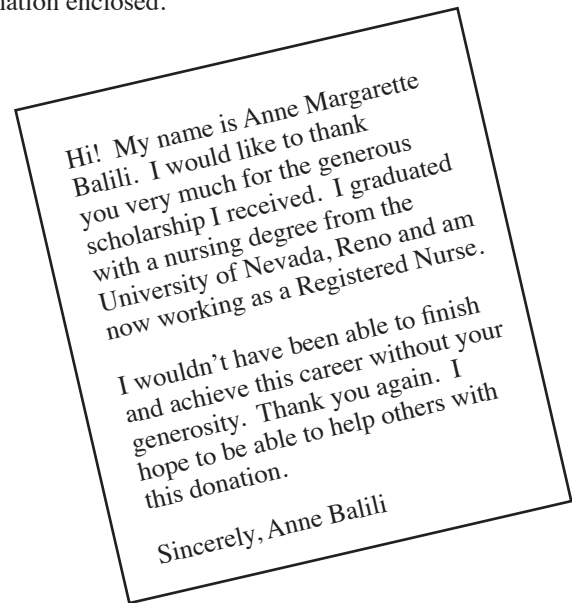
Enjoy Soroptimist workshops in the afternoon on Friday, and then celebrate the many region awards to clubs that evening. On Saturday, learn what's happening at our Federation from **SIA Director Jan Martin**. SIA Senior Director of Program Services Lori Blair will be there to speak on Federation programs.

Additional awards, speakers, honorees and some just plain fun and camaraderie with fellow Soroptimists is in store for the weekend.

See **President Marilyn** for a registration form. There is no registration fee; you only pay for the meal functions you wish to attend. SITM members who are "first-time attendees" will be paid for by the club.

Pay it Forward ...

SITM received the following correspondence, with a \$50 donation enclosed.



Anne is a student in Paula Ringkob's class at TMCC. Paula plans to invite Anne to lunch.

Save Up Those Garage Sale Items

The date of the **IGU Committee's** next garage sale may be TBA, but don't give away those valuable and saleable items. Ethan Allen, at 9065 S. Virginia Street in Reno, is accepting members' donations Monday through Saturday from 9 a.m. to 3:30 p.m. The service center is closed on Sundays.

Donations of small items that don't need assistance from the warehouse staff may be dropped any time during store hours from 10 a.m. to 6 p.m. Just check with the receptionist, who will arrange for someone to meet you at the service center door to unload items. (The service center door is located on the south side of the building.)

For larger items, or a large volume of items, contact Cheryl, the warehouse manager in advance at 332-2200 to make sure the warehouse is not receiving shipments or otherwise engaged. She can arrange a time for the staff to help you unload larger items.

Thank you **Jeanne Baxter**, for always allowing us to store our garage sale items at Ethan Allen.





News of our Members

By Jo Ann Roberts

February 5, 2009

Today's meeting was presented by the **SOLT Committee** and it was a "getting to know each other" format. **Coordinator Patty Downs** distributed a list of questions and each table was to have the members answer them so we had an opportunity to know each other a little better. The Happy Dollars for this month are going to Aly's Prom Closet and there were Happy Dollars paid for both the program and "the cause".

Happy Dollars came from **Pam Robinson** as she introduced Zelda Byrd and Kathy Odynski. Zelda is a student at TMCC and we were able to assist her with a **Women's Opportunity Award** as she completes the cosmetology program. Kathy is now retired from TMCC but was instrumental in contacting SITM and specifically Pam as she worked to find funding. Included was a basketball game fundraiser which included Zelda's two children shooting hoops. Zelda and Kathy also paid Happy Dollars to recognize the efforts of SITM in helping re-entry women. Also recognizing Pam, Kathy and Zelda was **President Marilyn Pearson**. **President Elect Bev Perkins** paid Happy Dollars as apparently she will be the new owner of a King Charles Spaniel. She also thanked the SOLT Committee for the program and the time to visit with each other. **Norma Rash** was happy for Zelda attending our meeting and for putting a face on what we do. And, **Billie Mendiola** offered Happy Dollars for Zelda and her future. **Paula Leyba** offered her congratulations to Zelda and reminded Kathy she had photographed Kathy's daughter's wedding two years ago.

Margie Hermanson has spent some time away including Palm Springs and Arizona where she was able to visit the condo they have there. It had been seven months since she and Bob were last there and they were able to bring back a TV set and some other items. She also reported her sister, who is a teacher and lives in Rocklin, CA, has received a grant from Soroptimists for supplies for her classroom. She also reminded us there will be a cancer fundraiser on May 9, Sneakers and Boots, and she was wearing her sneakers as she was on her way to a meeting for the event. Also traveling will be **Vicki Schultz** who will be going to San Francisco for a day of fun before attending the gift show to look for new items for Gestures. **Patti Doty** reported on her trip to Elko with **Patty Downs**, **Jean Neddenriep** and **Marie Edwards** to attend Cowboy Poetry. Patti didn't think she liked Picones but discovered two of them were wonderful! And she was also happy to support Aly's Prom Closet!

A visitor to our meeting, **Vivian Ruiz** from Disability Resources paid Happy Dollars as she offered congratulations to **Michelle Jones** who attended the meeting with Braden. Vivian is also a new mother with a six month old son. **Sue Camp** was able to play golf at Red Hawk and thought about **Margie Hermanson** as she tried to find her house from the golf course. Happy Dollars came from **Linda Lamke** for the program and to wish Zelda much success!

Doreen Rogers paid Happy Dollars to let the **SOLT Committee** know she enjoyed the program as she likes to learn more about the members. She has a brother in Kentucky who was affected by the ice storm and had to spend three days in a hotel until he was able to return home. **Kay Dunham's** granddaughter, Supriya and John are in Italy and going to the Alps to ski. They are having a great time as they visit sights in Italy while they are in school there. And, Kay is happy to be dog sitting and attracts a lot of attention as she walks all four of the dachshunds. **Gayle Baxley** was happy she was able to hold Braden while Michelle enjoyed her lunch. She is also happy she has received her business cards and for the program today.

More Happy Dollars from **Michelle Jones** for the program today, for **Women Moving Forward** and to let us know she loves motherhood. She and Braden have been going on hikes and walking at the Marina and next week her Mother will be here to visit. **Patty Tucek** paid Happy Dollars to invite us to a Celebration of Travel and Chocolate sponsored by AAA Travel. The event was held February 12 at Tamarack Junction. **Jean Neddenriep** is employed by St. Mary's Hospital, which is part of Catholic Healthcare West. She recently learned St. Joseph's Hospital, one of the affiliates, gave \$19,000 to SI/Calaveras County for their project of assisting underserved women.

February 12, 2009

Today's SITM meeting was the regular business meeting and Happy Dollars for this month are going to Aly's Prom Closet.

President Marilyn Pearson paid Happy Dollars for the meeting today and for the dedication of all the members of the Board. Continuing with Happy Dollars, **Bev Perkins** was glad her guest, Megan McGee was able to attend today's meeting. More Happy Dollars for the program came from **Sonya Hem** who was also happy for Valentine's Day. Then she surprised us by showing her red engagement ring and let us know a wedding is planned for this summer.

Vicki Schultz will be on the road on February 13 going to Las Vegas. Her daughter is having knee surgery on Monday and Vicki will be visiting her granddaughter, who she hasn't seen for a while. All of us have attended fund raising dinners complete with silent auctions. **Cindy Burk** and her husband recently attended such a dinner and Nelson had the winning bid on a pool table which is



now in his garage. This morning one of Cindy's co-workers let her know there was another dinner coming up and there is the question of will Nelson be invited? Happy Dollars from **Carrie Porter** as she has finished the archives for the Sarah Winnemucca Statue project. All the information is now in storage boxes ready for the State of Nevada archives.

Patty Downs paid Happy Dollars to encourage members to say "Yes" when the **Nominating Committee** calls and asks you to consider running for the SITM Board. She told of her experience being Club President. She is also happy for **Women Moving Forward** and said there are many people who need help in finding jobs and in many instances their situation is desperate. **Gayle Baxley** also encouraged everyone to say "Yes" to the **Nominating Committee**, or better yet to volunteer for an office you are interested in serving. And, her granddaughter who has helped SITM at the Air Races has found her first paying job. Kayla is working at the Sizzler in Sparks and if you do go there be certain to say hello to her. Offering congratulations to **Sonya Hem** was **Marna Griffin**. And a special thank you to everyone working on **Women Moving Forward**. On March 1, Marna and her daughter are taking the grandsons to Disneyland and to visit other points of interest in the area. It is break time away from school for Jordan so they plan to be gone two weeks.

Paying Happy Dollars was **Sue Camp** for the meeting today and for Aly's Prom Closet. Special Happy Dollars for **President Marilyn** who has agreed to serve as the **District III Representative** to the Region's Nominating Committee. **Kay Dunham** echoed the comments made by other SITM members in encouraging a "Yes" answer when the **Nominating Committee** contacts you. She also enjoyed the **District II Winter Council** meeting held February 7 in Gardnerville. She and **Diana Dillon** always take their crochet work with them to keep their hands busy and one of the clubs in attendance told them of their pregnant members so they will be sending afghans to the mothers-to-be. **Margie Hermanson** had special Happy Dollars for **Deborah Albrecht** for agreeing to serve on the Nominating Committee as the representative from the membership. She offered to take care of her grandson so her son-in-law could surprise Jennifer for Valentine's Day. What a way to impress the son-in-law!

Niki Ewing was happy to let us know she and Brandon will be married for one year this weekend. To celebrate, in two weeks they are going to Hawaii with their two sons. **Billie Mendiola** is happy she is no longer in the floral business as she remembers how busy the week before Valentine's Day can be. Her family has faced some health issues as her sister-in-law had surgery and her niece has a large cyst on her eye which required medical attention. **Georgia Baker** has been following Supriya (**Kay Dunham's** granddaughter) on her trip through Italy via her web site. And a special treat was to have lunch with her Valentine, Jon, who was her guest today.

Become Part of President-Elect Bev Perkins' 2009-2010 Team

The **Nominating Committee** is looking for few good women to serve SITM as officers and director/delegates for the 2009-2020 Club Year.

If you are interested in a position, please nominate yourself. If you think another member would be make a good officer or director/delegate, please nominate her. The committee will ascertain her permission and willingness to stand for office. Here are the positions open for election.

President-Elect

Vice President/Service

Vice President/Technical

Recording Secretary

Corresponding Secretary

Treasurer/Service Fund

Director/Delegate, 2 years

Alternate Director/Delegate, 2 years

To express your interest, or to nominate another member, please contact **Coordinator Margie Hermanson**, or members **Patti Doty**, or **Deborah Albrecht**.



Dog Whisperer **Kay Dunham** with the Dachshund quartet (from left) Madison, Toby, Sophie and Sam.



Making a Difference for Women Recipients to be Honored March 19

Don't miss this opportunity to honor six extraordinary local women and enjoy a presentation by **Soroptimist International of the Americas President Alice Wells.**

The **Human Rights/Status of Women Committee** is proud to announce this year's **Making a Difference for Women** recipient Maureen McKissick for her role in developing the Community Assistance Center. Maureen is specifically noted for her work towards the creation of the new Women's Shelter and Family Shelter at the Record Street complex in Reno



Additional nominees to be honored that day are: Donna Clontz, Perri Finch, Michele Glazier, Joni A. Kaiser, and Kareen Prentice.

Special Guest Speaker



A special honor for SITM will be a presentation by **Soroptimist International of America President Alice Wells.** A charter member of **SI/Kachina, Arizona.** President Alice joined Soroptimist in 1980. She is a past Governor of Golden West Region and Past President of the Soroptimist Foundation Board of Directors (now called Fund Development Council). She joined the SIA Board of Directors in 2005 and served as President-Elect in 2007.

The **Sierra Nevada Region Board,** as well as guests of the honorees, and Soroptimists from throughout the region have been invited to join us for this special meeting. This meeting may run longer than the normal time, so plan ahead to stay a few extra minutes so you don't miss a thing.



Soroptimist International of the Americas has more than 1,400 clubs in 19 countries and territories.



What you missed ...

Did you miss these interesting and informative meetings?

January 29 –Economic & Social Development Committee Coordinator Teresa Mentzer presented a panel of our club's own experts to discuss financial issues in today's economy. **Georgia Baker, Kay Dunham** and **Vicki Schultz**, along with other members, answered a variety of questions on banking, investing and mortgage issues.

February 5 – The Soroptimist Orientation and Leadership Training Committee, coordinated by **Patty Downs**, hosted an opportunity for members to get to know each other better and share those insights with the club. **Pam Robinson's** guest was **Zelda Byrd**, our special WOA scholarship recipient and **Kathy Odynski**, retired from TMCC. They wanted to thank the club once again for helping **Zelda** complete her Cosmetology program and start working to support her two children.

February 12 – Business Meeting. See page 2 for details.

What's Coming Up

Feb 19 -- Presentation by the **Environment Committee**

Feb 21 -- **Women Moving Forward**, Saturday 7:30- 4:00
Eldorado Casino

Feb 26 -- Quarterly social hosted by the **Recruitment & Retention Committee**

Mar 5 -- Soroptimists Travel the World - Member photo presentations

Mar 10 -- **SITM Board Meeting**, President Marilyn's home, 5:30. All members welcome

Mar 12 -- **SITM Business Meeting**

Mar 19 -- **Making a Difference for Women Luncheon** featuring speaker **SIA President Alice Wells**

Some Help for Financial Stress

At the January 29 meeting, a panel of **SITM Financial Experts** presented information and answered financial questions relating to today's economy. **Vicki Schultz**, owner of Schultz Financial Group offered this advice to members that she recommends to her clients.

Protecting Yourself from Financial Crisis

We all have some stress in our lives and we have heard that a little stress is actually healthy. However, this current economic crisis has added more stress. Everyone the world over is affected in some way. We all handle stress differently, but Dr. Andrew Weil offers some recommendations to relieve stress and reduce its harmful effect. The following are his suggestions.

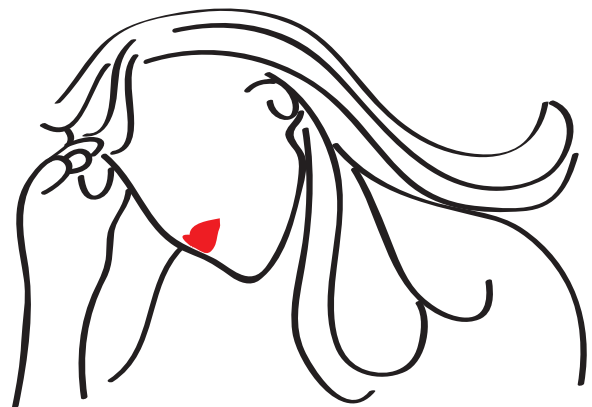
Practice relaxation techniques. Try breath work, meditation or yoga. Keep doing whatever makes you feel good, whether it is listening to music, taking long baths, or watching amusing movies.

Make a plan. Assessing your financial situation and managing your budget can make you feel more in control. He suggests seeing a financial planner to develop a long-term strategy.

Care for your body. A sound diet, regular activity and adequate sleep can help your mood. Dr. Weil recommends buying organic if possible, but definitely to avoid the most

pesticide-laden types of conventionally grown fruits and vegetables. Everyone knows that exercise relieves stress and there are numerous options. Do what you enjoy and will commit to do regularly. And limit caffeine, nicotine and other stimulants so you can sleep well.

Try a news fast. Take frequent breaks from the news, especially before bedtime.





Women Moving Forward 2008



Celebrating March Birthdays

- Laurie Chappelle March 1
- Kay Dunham March 3
- Linda Lamke..... March 6
- Diane MacDonald March 10
- Connie Steinheimer..... March 12
- Doris Phelps March 15
- Pat Levy March 18
- Peggy Marsh..... March 20
- Patty Downs March 23
- Peggy Smith March 23
- Margie Hermanson..... March 30

