



SITM UPDATE - We are the World

Soroptimist International of Truckee Meadows



March 2009



President's Message — March 2009

By Marilyn Pearson

In case you missed this in the news today (3/11/09):

“President Obama today signed an Executive Order creating the White House Council on Women and Girls. The mission of the Council will be to provide a coordinated federal response to the challenges confronted by women and girls and to ensure that all Cabinet and Cabinet-level agencies consider how their policies and programs impact women and families.

During its first year, the Council will also focus on the following areas:

- Improving women’s economic security by ensuring that each of the agencies is working to directly improve the economic status of women.
- Working with each agency to ensure that the administration evaluates and develops policies that establish a balance between work and family.
- Working hand-in-hand with the Vice President, the Justice Department’s Office of Violence Against Women and other government officials to find new ways to prevent violence against women, at home and abroad.
- Finally, the critical work of the Council will be to help build healthy families and improve women’s health care.”

www.whitehouse.gov/the_press_office)

Wow! I could hardly believe it when I read this message on the CNN website today. This is just fantastic! It appears President Obama is secretly a Soroptimist!

Nominations for 2009-2010 Officers

Congratulations and thanks to those members who have answered the call to stand for election as the 2008-2009 offices, directors and delegates. **Nominating Committee Coordinator Margie Hermanson**, and members **Patti Doty** and **Deborah Albrecht** are pleased to present the following slate. Members will vote at the **April Business Meeting** April 9. If you cannot attend the April 9 meeting, you may obtain an absentee ballot from the Nominating Committee.

*President	Bev Perkins	*Treasurer/General	Norma Rash
President-Elect	Patti Doty	Treasurer/Service	Paula Ringkob
VP Service	Deborah Albrecht	*Director	Marilyn Pearson
	Patty Tucek		Gayle Baxley
VP Technical	Becky Moody	Dir./Delegate 2 yr	Peggy Smith
Corresponding	Teresa Mentzer	*Dir./Delegate 1 yr	Paula Leyba
Secty	Ann Steckline	Alt. Dir/Del 2 yr	Carol Dinneen
Recording Secty	Dorothy Nash Holmes	*Alt. Dir/Del 1 yr	Cheryl Powell

*Completing a pre-determined term of office.

Board Members, 2008-09

Marilyn Pearson – President
 Bev Perkins – President-Elect
 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
 Jo Ann Roberts – Parliamentarian

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Board/Business Update

SITM welcomed two new members inducted at the **March Business Meeting**. Joining us are **Betsy Dart**, a Financial Advisor with Members Financial Services. Betsy was sponsored by **Eileen Fuller**. Also joining us is **Rosalie Henry**, a Licensed Massage Therapist, sponsored by **Pam Sutton**. Welcome Betsy and Rosalie.

More Women Moving Forward

Members are celebrating another successful **Women Moving Forward** program, held February 21. Forty-five attendees were joined by 25 guests serving as vendors and observers, and 41 members who worked at the all-day event. The committee reported the event ended approximately \$900 under budget at \$4,100. SITM has set aside an additional \$5,000 in grant money for WMF graduates who need assistance with schooling, certificates and licensing to attain or advance employment. *See pages 6 & 7 for the full story and photos of the day.*

Slate of Officers to Stand for Election

The **Nominating Committee** of **Margie Hermanson, Coordinator**, plus **Patti Dotty** and **Deborah Albrecht** presented the slate of officers and delegates to serve the **2009-2010 Club Year**. *See page 1 for a complete list.*

Club members will vote at the **April 9 Business Meeting**. If you cannot attend that meeting, you may obtain an absentee ballot from the Nominating Committee.

Thanks to Youth Seeking Sponsors

The **Education-Youth Committee** is soliciting table sponsors for this year's **Thanks to Youth** program celebrating **Unsung Heroes** and **Youth Scholarships** on May 21. If you or your business would like to sponsor a table, please contact **Co-Coordinator Kris Olsen**. The committee has reduced the ticket price for the annual luncheon to \$20 per person and \$200 for a member-sponsored table.

Happy Dollars to Aly's Prom Closet

February Happy Dollars netted \$284, plus a club matching \$284 for Aly's Prom Closet to provide donations and discounts to local

financially-challenged youth, allowing them to experience their High School Prom. **March Happy Dollars** are designated for Habitat for Humanity to build houses for low income families.

Volunteer for Aly's Prom Closet

Members are still needed to work a couple of hours on Saturdays throughout the month of March. The closet is located on the second floor of Shoppers Square. If you can volunteer, contact **Teresa Mentzer**.

Membership Update

There were no leaves of absence requested this month. Continuing on leave are **Judy Miller** through mid-May for work reasons; **Pat Levy, Michelle Jones** and **Diane McDonald** through June for work reasons; **Vicki Butler** through June, since she is living in Mexico; and **Karen Keister** through June for school. **Gayle Kmetovicz** and **Dawn Pontrelli** are both currently on leave for medical reasons.



We hear about him during Happy Dollars. Here's President-Elect Bev Perkins with Benny, her Cavalier King Charles Spaniel.

SITM Update

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Members Enjoy “Green Party”

What better way to get ready for St. Patty’s Day than learning how to Green Up our environment.

On March 11 the **Environment Committee** partnered with the **Hospitality Committee** and hosted a Green Party. Our own **Sonya Hem** presented a video with information regarding available home cleaning products and their possible adverse effects on health and our environment. Then she sent us all to our stations where we made soft scrub, all purpose liquid cleaner, laundry soap and furniture polish. Participants went home with healthy cleaning products and recipes to make our own.



Recipes for some of the green products are attached at the end of this newsletter.

Members present enjoyed wine, snacks and good company as well as an informative and fun program. Recipes for the products are also available upon request from the **Environment Committee**.

SITM’s Violet Richardson Award recipient **Megan Moreno**, who was honored at the January 22 meeting, is shown with dad **Phil** and mom **Kristen**. Megan is a senior at **McQueen High School** and an avid volunteer within the school district and our community. Megan received a \$500 award as our recipient and the **Solace Tree**, a grief center for children, teens and adults, received \$400.



Take the Membership Survey On-line



SIA is conducting a survey to update its membership marketing research. The surveys have been translated into every SIA language and it is very important that members from all parts of the federation participate.

We will use the information from these surveys to develop the next phase of the **Renaissance Campaign**, and to make improvements to the Soroptimist experience.

To access the survey go the SIA home page, click on “Members Area” and click on the survey icon. Or, just go to <http://www.soroptimist.org/members/Survey/MemMarketingSurvey.html>

The survey will be posted until May 31, 2009.



News of our Members

By Jo Ann Roberts

February 19, 2009

Today's meeting was presented by the **Environment Committee** and featured as speaker was Becky Stock from the Nevada Land Conservancy. **Happy Dollars** for this month are for Aly's Prom Closet to assist local youth to attend their High School Prom.

President Marilyn Pearson was happy for today's program and for the **Women Moving Forward Committee** and that she was able to assist with the clothes sorting for the Clothes Closet. **Patti Doty** was glad to pay Happy Dollars for a most interesting program. A week in Tucson, Arizona brought Happy Dollars from **Doreen Rogers**. She was there to paint and to enjoy the sunshine!

A surprise for **Ann Steckline** was when her son asked her to go with him to pick out an engagement ring for his girl friend. Ann said it was quite an experience and she convinced him to buy a bigger ring than what he had been considering. **Jean Neddenriep** recalled going with her son to buy his girl friend a ring and had the same experience with "upgrading" the ring. Another member of the **Environment Committee** is **Cindy Burk** and she had Happy Dollars for the program and to encourage the members to attend the committee's work session on March 11 to make "green" cleaning products.

Jeanne Baxter sent \$20 Happy Dollars to invite everyone to the February Chamber Mixer at Bassett Furniture on February 25 from 5:00 p.m. to 7:00 p.m. Refreshments will be served and there will be door prizes and the new furniture styles to see. **Vicki Schultz** is going to Los Angeles the week of February 23 to meet with sixteen clients for four days. Her daughter had knee surgery on February 16 and instead of a torn meniscus it turned out to be some embryonic tissue which was causing the problem. The doctors may have to do surgery on the other knee also. Vicki also recommended going to San Francisco's Orpheum Theater to see "Wicked". While on her way to the play, she met a woman from Carson City whose son was in "Wicked" and Vicki realized she had karma on her side and she was correct. There is a "lottery" for prized tickets at a discounted price and she was the lucky winner! A volunteer opportunity was taken by **Scarlet Ewy** as she attended a program on Homeland Security. She recommends these opportunities to all the members.

Last year **Eileen Fuller** went with **Doreen Rogers** to Arizona to paint and she recalled the beautiful wild flowers there. Last week she and Roger went to Lovelock for the Hot Air Balloon event over the weekend. Roger enjoyed the ride as did two exchange students from McQueen High School. **Kelley Kordonowy** was

happy to let us know her Aunt has invited her to see Aaron Tippin at John Ascuaga's Nugget. Also, she is celebrating her second year with NAI Alliance and is continuing to do some free lance work for the SPCA. **Peggy Smith** is recovering from working ten days straight at Sparks Florist for a very busy Valentine's Day.

Happy Dollars from **Dorothy Nash Holmes** to thank everyone who has worked on the **Women Moving Forward Committee**. She also let us know **Marna Griffin's** husband, Jeff, had a medical issue with a clogged artery in his neck. The artery was opened but closed up almost immediately. Marna and Jeff are meeting with the doctors today to decide what to do next. **Linda Lanke** related a personal experience with a hot air balloon in Napa. The balloon landed in a tree and before the chase vehicle could get there, men with guns were there and stayed until the chase truck picked them up. Apparently the balloon and its occupants were in an area where they were not welcome.

Patty Downs had Happy Dollars for the program today and related she and her sister are fans of the TV program, "Keeping Up Appearances" which is one of the British programs shown on Public Broadcasting. The speaker today, Becky Stock, used the term riparian in describing work by the Nevada Land Conservancy. That word is used in Keeping Up Appearances as one of the stars refers to her "candle light suppers with riparian entertainment." **Carrie Porter** let us know Patty's sister, Tammy, had volunteered to assist with the Women's History Project and served as Treasurer when Carrie was President of the organization. Happy Dollars from **Kay Dunham** to tell us her granddaughter, Supriya, and John are in Rome after skiing in the Alps.

With the news about engagements, **Gayle Baxley** let us know it was on her first date with Glenn that he proposed. Gayle didn't like the ring (it had been one he had purchased for a former girl friend) and also felt it was too soon for a commitment. The next time he proposed, he did a better job with the ring and they are still married! Happy Dollars from **Billie Mendiola** as she let us know she enjoyed the program today. Last week her sister was in the hospital with knee surgery, her niece was undergoing a medical procedure for a large cyst on her eye and her brother-in-law has passed his kidney stones. They are all on the way to recovery. **Margie Hermanson** helped with the clothes sorting for **Women Moving Forward** and is getting ready to be gone for three weeks. She and Bob are going to Miami and then on a Panama Cruise all to celebrate their 40 year anniversary. However she had a traumatic moment when she filed for Social Security this past week.

Pam Robinson missed last week's meeting as she was skiing with her family. Her youngest grandson had a ski lesson and enjoyed the experience of skiing. Daughter Karen joined them



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and they were able to take Pam's granddaughter, Gabi, shopping. Lots of fun, but it reminded Pam of shopping with Karen. Happy Dollars from **Kris Olsen** for **Kay** and **Dan Dunham** as they helped her husband, Wayne, get a new Jeep which he needed.

March 5, 2008

The Happy Dollars from March will be donated to Habitat for Humanity. **Carol Dinneen** indicated the next house project will be to remodel a house on King's Row which is known as Jesse's House. Jesse is a young boy who was struck by a car and is now a quadriplegic and Habitat will be working to make the house handicapped accessible. The program for this meeting, "Soroptimists Travel the World" featured traveling members, complete with their photos.

Happy Dollars from **Sonya Hem**, who is closing on a new house. **Tracy Turner**'s travel to work includes going through sixteen signal lights. Today, fifteen of them were green and she was happy! **Jean Neddenriep** paid Happy Dollars to let us know one of the former employees of St. Mary's is in need of a job. He is looking for work as a business manager or something in the Information Technology field.

Happy Dollars from **Kay Dunham** who let us know Tuesday was the 25th anniversary of her 39th birthday. She also saw **Michelle Jones** recently and let us know Michelle was back to work, but very busy. Kay was also happy for the pictures and sharing of travel experiences by the members. Supriya is still getting A's in her classes and enjoying the side trips she and John have been able to take. Their website is: supriyaitalia.weebly.com. **Candy McAuliffe** paid Happy Dollars to be able to attend meetings again. She has been very busy at work and let us know her 18-year-old son performs under the name Happy Drowsies and will be at the New Underground Club on March 7 with three other groups/bands. This is his first paid "gig" and Candy is very proud of him. Her daughter is studying Animation at TMCC and will be transferring to the Academy of Art University in San Francisco in the fall and her son will be going there in the fall to study Cinematography. More Happy Dollars from **Lynn Robins** who fell on black ice in January where she suffered a broken bone in her leg and also a broken tail bone. She is doing a lot better now and able to return to meetings. **Carol Dinneen** missed last week's meeting as her sister and brother-in-law were visiting for a week. Even though the skiing weather was not the best they did get up on the mountain.

Georgia Baker enjoyed the program today and recalled she went to Italy in 1984 and saw the Trevi Fountain where she was able to throw a coin into the fountain. They rented a Fiat car and drove to Florence, Pisa, Milan and Rome. She said it was a fun trip including the cheese, bread and wine which they enjoyed. Happy Dollars from **Gayle Baxley** for the **Women Moving Forward** program in February. She is working part time and every other

Thursday there is a "lunch and learn" meeting. Happy Dollars from **Norma Rash** who said she was glad to be back. Thanks to everyone for the cards and letters of condolence on the loss of her father; they were very much appreciated.

Pam Robinson enjoyed the program today and wants to travel to exotic places but Mike wants to only go to Hawaii where he might catch a marlin. Her step-son was here and she enjoyed the visit and ski time with him. Visitor Vivian Ruiz let us know she will be doing a cheer leading camp for children with special needs. Her seven-month-old son has said his first word – Dada. Her nine-year-old daughter took first place in the Science Fair at her school and now goes on to district competition. Happy Dollars from **Vicki Schultz** for her guest Millie Mitchell who is the Development Director of the University of Nevada Library. She missed last week's meeting as she was in Los Angeles with clients and they were more concerned about how she was doing. She also enjoyed **Women Moving Forward** especially the interviewing segment.

Enid Oliver enjoyed the program today and remembered her trip to Scotland which was so enjoyable. **Eileen Fuller** also remembered her trip to Scotland with **Doreen Rogers** and how they ate and drank their way through the beautiful country taking water color classes as they traveled. Happy Dollars from **Linda Lamke** as she told us tomorrow, March 6 she would be older than today but the alternative is not acceptable.

Carrie Porter had Happy Dollars for Women's History Month. The Reno Gazette Journal is doing a series of short articles and one of them was written by a former SITM member, Carol Clanton. **Bev Perkins** enjoyed the program today and remembered her honeymoon trip to Hawaii which she said was more than ten years ago. She also enjoyed **Women Moving Forward** and was able to connect with her mentee from last year's program.

March 12, 2008

Today's program was the monthly business meeting including celebrating March birthdays and the induction of two new members. Happy Dollars in March will be donated to Habitat for Humanity.

President Marilyn Pearson paid Happy Dollars to welcome the two new members, **Betsy Dart** and **Rosalie Henry**. Traveling to Seattle, WA, was **Paula Ringkob** who visited her daughter and grandchildren. Both of the grandchildren are playing basketball and Paula enjoyed watching their games. **Norma Rash** was also happy for the new members who will enjoy this Club and the Soroptimists they will meet.

Bev Perkins enjoyed the green party held on March 11 and presented by **Sonya Hem** and the **Environment Committee**. And, Happy Dollars for her first in person meeting with the



IRS and a client. In the past, Bev has handled IRS issues by telephone. Happy Dollars from **Eileen Fuller** who enjoyed lunch with the **SOLT Committee** and getting to know the new members a little better. She also had Happy Dollars for **Pam Sutton**, a glass artist and featured artist at Wildflower Gallery. There will be a reception on March 21 at Wildflower. She is also looking forward with some apprehension at a teaching event for 100 of her artist peers. **Cheryl Powell** was glad to pay Happy Dollars as she was able to return to the meeting today. She had two hospitalizations in one month, which included surgeries, and had thanks for all the cards and messages she had received.

Happy Dollars from **Vicki Schultz** for the new members and she hopes to get another new member soon. Her daughter is on Spring Break with 40 students from SMU and enjoying a cruise. She has been able to dive on Cayman Islands and enjoyed it very much and all went well. **Kay Dunham** had Happy Dollars for the new members, for the green party last night and for her virtual travels with Supriya and John. **Teresa Mentzer** was happy for the new members and for the birthday recognition of SITM members whose birthdays are in March.

Happy Dollars from **Patty Downs** for the new members. With Michelle Attaway, she attended the Physicians Spouses Rummage Sale held March 14. In addition to the cost of the Ann Taylor jacket, there was the cost to park, an admission fee, an ATM fee as the organization did not accept plastic and the coffee they had to buy to keep warm as they waited to be admitted to the event. Maybe the jacket wasn't such a bargain after all! Only 500 customers could be admitted at one time, so there was a wait to even get into the venue and each purchase had to be paid for in their respective area. **Kris Olsen** was happy for the new members and for **Billie Mendiola** who did all the work for the fashion show at **Women Moving Forward**. New member, **Rosalie Henry** had Happy Dollars for her sponsor **Pam Sutton** and her husband Bruce Laxalt for her introduction to SITM. She also had thanks for **Patty Downs** for the orientation.

Carol Dinneen had Happy Dollars for her grandson who will be three years old on March 13. Also paying Happy Dollars was **Enid Oliver** for the new members and for all the March birthdays. **Pam Robinson** paid Happy Dollars to let us know she became an SITM member in March, 22 years ago. She joined when **Faye Andersen** was president. The **Education Women Committee** will be meeting next week to interview applicants for the women's scholarships to be awarded in April. And, her granddaughter will be twelve years old on St. Patrick's Day.

Happy Dollars from **Billie Mendiola** for the new members and she is looking forward to the weekend when she will be babysitting her grandchildren. **Lynn Robins** was happy for the new members. She was also happy to give us the good news that her mammogram was OK. **Paula Leyba** had Happy Dollars for the new members, the March birthdays, and for the green product party. More Happy Dollars from **Deborah Albrecht** for the new members.

Candy McAuliffe had Happy Dollars as she told us of her son's performance last Saturday night. After the performance, which was attended by about 300 people, he came home and woke her up "in the middle of the night". He was so excited to tell her he had so much fun, he sold his T-shirts and signed autographs! Happy Dollars from **Linda Lamke** to welcome the new members. Friday the thirteenth is a lucky day in the Lamke household. Her husband was born on a Friday the thirteenth and when they decided to get married they wanted a Friday the thirteenth for the wedding day. However, there were no Fridays that fell on the thirteenth that year, so they ended up being married on the twelfth. **Patti Doty** was happy for the birthday members, the green party and to let us know her grandson will be sixteen this month. More Happy Dollars from **Liz Lukasavich** for the new members and for Vivian Ruiz who will be a new member soon!

Warning Signs of a Heart Attack in Women

Reprinted from SI/Truckee-Donner Newsletter

Although February was National Heart Month, this is worth noting any month of the year. The warning signs of a heart attack in women differ somewhat from men. Call 911 and don't wait more than five minutes to do so, if you are experiencing the following symptoms:

- Pressure, fullness, squeezing pain in the center of the chest, spreading to the neck, shoulder or jaw.

- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.
- Upper abdominal pressure or discomfort.
- Lower chest discomfort.
- Back pain.
- Unusual fatigue.
- Unusual shortness of breath.
- Dizziness.
- Nausea.



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Women Moving Forward 2009

Forty-five more women from our community are moving forward towards jobs and enhancing their employment skills following SITM's February 21 **Women Moving Forward** seminar at the El Dorado Hotel-Casino. The all-day event in partnership with Job Opportunities in Nevada, Inc., also attracted 25 guests, including venders offering a variety of educational and informational services, plus observers interested in the program.

Forty-one members devoted their day as instructors, team leaders, mentors or resources to train, teach, promote and encourage the women to move forward. Members and friends also donated work clothing that culminated in a Clothes Closet shopping spree for attendees, preceded by a fashion show of appropriate work attire.

The event received excellent coverage from KTVN-TV and KRNV-TV, as well as a follow-up story and photo in the Reno Gazette-Journal.

Congratulations and thanks to Co-Coordinators **Dorothy Nash-Holmes**, **Marna Griffin** and **Kay Dunham**, and all of the members who coordinated the planning and successful execution of this great project.

The club meeting on April 12 will be devoted to discussion and thoughts about extending the program to on-site classes at Reno's homeless shelter.



Poem by Tina Lucich

Moving Forward

*Thank you, to all the Soroptimist women
For the experience and hope they've given
If it wasn't for the women like you
Many of us wouldn't know what we can do
We don't have to be just Domestic Engineers
We can be Women with actual careers
You don't even need to have a degree
In order for us women to succeed
You all come from different walks of life
Some were easy; some lots of strife!
It doesn't matter where you come from
We all can strive to be number one!
What is the meaning of a Soroptimist?
It's a woman who is an Optimist
If you hold that glimmer of Hope
There is nothing in which you can't cope
Women helping Women that is so awesome
Thank you all for helping us blossom.
Who ever said Angel's don't exist
Must not have met a Soroptimist!!!!*

Thanks!



What you missed ...

Did you miss these interesting and informative meetings?

February 19 – Becky Stock from the Nevada Land Conservancy spoke about ways to protect wild lands and wild life in Nevada. **Environment Committee Coordinator Patti Doty** encouraged members to contact the group to join volunteer projects, such as clean up around Swan Lake.

February 26 – The **Recruitment and Retention Committee, Co-Coordinated by Eileen Fuller and Teresa Mentzer**, presented SITM’s Quarterly Social, an opportunity for members to get-to-know one another. Wendy Garrison from Aurora Pines Girls’ Facility at China Springs spoke about the girls housed at the facility.

March 5 – “Soroptimists Travel the World” featured members’ travel photos with commentary by **Kay Dunham, Patty Downs, Patti Doty** and **Marilyn Pearson**.

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

Update Your Email Address

Each week members receive emails about what’s going on in SIA Federation. To guarantee you don’t miss the latest news and information, make sure you have an up-to-date email address in SIA’s database. Updating your email address is easy:

- Visit Soroptimist.org/members/membership/updateprofile.html and log in using your six-digit member number and password.
- Click on the “Member Update” button on the left to see your personal profile.
- Click the “edit” button and enter or correct any contact information (especially your email address), then hit the “submit” button.

Contact SIA headquarters at 215-893-9000, or email siahq@soroptimist.org for further assistance.

What’s Coming Up

March 19 – Honoring SITM’s **Making a Difference for Women Award** recipients and featuring special speaker **SIA President Alice Wells**.

March 26 – The **International Goodwill and Understanding Committee** will present an update on the Nepal Project and a preview of the upcoming “Grant of Friendship” program.

April 2 – The **Women Moving Forward Committee**’s recap of this year’s event and plans for the future.

April 9 – **SITM Board Meeting**, President Marilyn’s home, 5:30 p.m. All members welcome.

April 19 – A presentation by the **Health Committee**.

Celebrating March Birthdays

Niki Ewing April 9

Jennifer Crowe..... April 17

Paula Leyba April 18

Scarlet Ewy April 20

Dorothy Nash Holmes..... April 21

Elsie Doser..... April 29

Sonya Hem..... April 30

Lighten Up
at the

**Sierra Nevada Region
33rd Annual Conference**

April 24-26 • Atlantis Casino Resort • Reno





Soroptimists Green Cleaning Party Recipes

Recipes courtesy of Women's' Voices for the Earth (WVE)
www.womenandenvironment.org

Creamy Soft Scrub

Ingredients: baking soda (2 cups), liquid castile soap* (1/2 cup), vegetable glycerin (4 teaspoons), 5 drops antibacterial essential oil such as lavender, tea tree, rosemary or any scent you prefer (optional)

Mix together and store in a sealed glass jar, shelf life of 2 years.

Tips: For exceptionally tough jobs spray with vinegar first—full strength or diluted, scented—let sit and follow with scrub.

Dry soft scrubs can be made with baking soda or salt (or combination of both) with 10-15 drops essential oil to scent

*WVE recommends using a liquid castile soap that does not contain sodium lauryl (laureth) sulfate (SLS) or Diethanolamine (DEA), which may have harmful side effects.

For kitchens counters, stoves, bathroom sinks and tubs, etc. Works great on dishes with baked on food too!



All-Purpose Cleaner

Ingredients: equal parts white vinegar and water, lemon essential oil (three drops or so)

For hard surfaces like countertops, floors, windows and mirrors. Note: this is a mild disinfectant but is not a sterilizing agent.

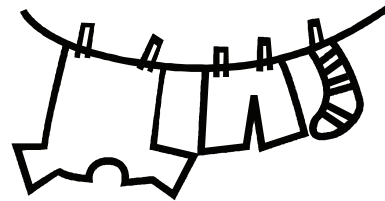
Tip: Warming in microwave until barely hot will boost cleaning power for tough jobs. Only microwave in a glass container.

Furniture Polish

Ingredients: equal parts olive oil and white vinegar, 20-30 drops lemon essential oil (2 teaspoons lemon juice may be substituted for lemon oil but then must be stored in refrigerator)

To use: Shake well before using. Dip a clean, dry cloth into the polish or spray onto surface and rub wood in the direction of the grain. Use a soft brush to work the polish into corners or tight places. To remove scratches use 1 part lemon juice and 1 part oil, rub with soft cloth.

Tips: To remove water spots rub well with toothpaste. To remove scratches use 1 part lemon juice and 1 part oil, rub with soft cloth.



Laundry Detergent

Ingredients: One cup castile soap flakes, half cup each of washing soda and borax

To use: Sprinkle 1 tablespoon per load into wash water (2 for heavily soiled laundry). Do not use on silks, woolens, or vinyl. (note: water will not get sudsy)

Soap flakes can be made by grating your favorite pure vegetable soap with a cheese grater. Mix ingredients together and store in a glass container. This standard recipe can be adjusted for soft water by using 1 cup soap flakes, 1/4 cup washing soda and 1/2 cup borax. For hard water, use 1 cup soap flakes, 1 cup washing soda, and 1 cup borax.

Note: Borax should not be ingested.

Tips: Add 1/2 cup white distilled vinegar to rinse as a fabric softener. For a whitener, use hydrogen peroxide rather than bleach. Soak your dingy white clothes for 30 minutes in the washer with 1/2 cup 20% peroxide. Launder as usual.



Toilet Bowl Cleaner

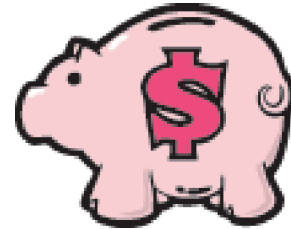
Option 1

Sprinkle toilet bowl with baking soda, drizzle with vinegar, let soak for at least 30 minutes and scrub with toilet brush.

Option 2

Put ¼ cup borax in toilet bowl and let sit for at least 30 minutes. Swish with a toilet brush and then scrub. A few drops of pine oil can be added for increased disinfecting. (Note: some people are allergic to pine oil.)

Tip: Let ingredients soak for a while to make for easy scrubbing, especially on persistent stains like toilet bowl rings



Good for your wallet

Not only will you have the piece of mind knowing your homemade cleaners are safe, making your own cleaners is also good for your wallet

Laundry Detergent (including fabric softener)

Homemade	\$0.13 per load
Store brand	\$0.48 per load

All purpose Cleaner 32 oz

Homemade	\$0.38
Store brand	\$4-8.00

Creamy Soft Scrub 16 oz

Homemade	\$0.79
Store brand	\$3.69

Furniture Polish 16 oz

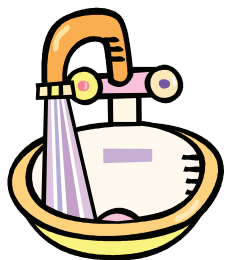
Homemade	\$3.89
Store brand	\$4.39

Toilet Bowl Cleaner

Homemade	\$1.06
Store brand	\$2.99

Drain Cleaner 32 oz

Homemade	\$1.40
Store brand	\$2.99



Drain Opener

- ½ cup baking soda
- ½ cup vinegar

Pour baking soda down the drain and follow with vinegar. Cover and let sit for at least 30 minutes. Flush with boiling water.

Tip: Prevent your shower from clogging by using a drain trap to catch hairs.

