



INSIDE THIS ISSUE:

Board Meeting Update 2

Halloween Photos 4

Health: Obesity 6

Message from Alice Wells 7

Calendar 8

Drive for Dreams Newsletter Team 9



President's Message

Be the One!

Wow! How is it even possible that one-third of the club year is already behind us? If nothing else, it proves that we as women and members of SITM have much in our lives to keep us active, involved, and improving the community in which we live.

Lucille Ball is quoted as saying, "If you want something done, ask a busy person to do it." Well, that just about covers all the members of our club. And sometimes, you don't even have to ask.

Marilyn Pearson volunteered to take the lead in a pledge drive to determine if members were willing to individually contribute a combined total of \$1000 to the Terry Lee Wells Nevada Discovery Museum. That goal was reached in record time! Because of our efforts, more Washoe County students will be able to visit "The Discovery" and SITM will be permanently recognized with a "bubble" on the wall of donors. A special thank you to Marilyn and to those members who were able to contribute to this endeavor.

The Finance and Bylaw committee, led by Bev Perkins and Paula Ringkob, accepted the challenge of reducing the deficit in our service fund budget. With the help of committee members who were willing to participate in difficult discussions and make even more difficult recommendations, our service fund budget is much more in line with the revenue we expect to receive in the 2011-12 club year. My appreciation to them for their hard work and dedication and to our members for supporting their recommendations.



SI of Truckee Meadows is known within the Sierra Nevada Region for outstanding contributions to our community and the Soroptimist organization. However, our individual members are recognized as leaders as well.

Judge Connie Steinheimer was honored in October as a "Champion of Justice" at The Nevada Legal Services luncheon for her contributions to the judicial system. Congratulations Judge Connie! Norma Webster and her husband Ranson, will be honored in the category of Outstanding Philanthropists at the Association of Fundraising Professionals' Annual Cornerstone Awards Luncheon in November. We congratulate Norma and her husband on this recognition of their generous contributions to the Reno community.

As the upcoming holiday season approaches, our members are hard at work soliciting applications for the Violet Richardson Award, due by December 1st and the Women's Opportunity Award, due by December 15th. Kick off meetings for our Making a Difference for Women event and our Thanks to Youth event are also scheduled. Yes, if you want something done, ask a busy person or perhaps you should just ask a Soroptimist!

President Norma

Board/Business Update *by Faye I. Anderson*

October 2011



Board Meeting
Held October 4,
2011

Board Meetings are held each month on the Tues-day prior to the second Thursday of the month. All are invited to attend and see the discussions at the board meeting.

Board Business Update

SOLT Co-Coordinator Pam Robinson and Liz Lukasavich conducted the installation ceremony at the October Business Meeting. Inducted were Julia Ratti, sponsored by Marna Griffin; Penney Leezy, sponsored by Jo Ann Roberts; Janet Martinez, sponsored by Patty Downs; and Kelly Villoria, sponsored by Dorothy Nash Holmes. Welcome to these new members.

Club Budget Matters

Following approval by the membership of the Club Budget for 2011-12, the Finance/Bylaws Committee was tasked with undertaking a review to reduce the budget as necessary to decrease or eliminate the need for reserve funds to balance the budget. The original budget used \$9,025 in reserve funds. At the October Board/Business Meetings, the committee presented adjustments to the budget eliminating \$8,375 in expenses, plus a decrease in income of \$440 which effectively reduced the overall use of reserve funds to only \$1,090 in order to balance the budget.

Club Budget and Air Races Proceeds

There was also much discussion at the October Board and Business Meetings about any anticipated shortfall in funds raised associated with the Reno Air Races due to the tragic accident that occurred and the resulting loss of two-days of sales. SITM's Air Race Committee has been in touch with the Reno Air Racing Association and anticipates the club will be paid for its work selling RARA merchandise. That payment, along with sales of calendars and commission from artist Dan Witkoff is expected to net the club approximately \$10,000, the original budgeted amount.

Some Fundraising Notes

The membership also approved a recommendation from the Board to establish an ad hoc committee to research future fundraising possibilities for SITM. If you are interested in serving on this ad hoc committee, see President Norma.

A check for \$500 has been received from US Bank in support of the Spring Thanks to Youth program.

\$1,000 Pledged for New Discovery Museum

Following board and membership approval, Marilyn Pearson has been soliciting member pledges to sponsor a "\$1,000 "bubble" at the new Terry Lee Wells Nevada Discovery Museum that would bear SITM's name. The goal has been reached and any member who pledged can now send their check to Marilyn made out to SITM.

SIA Disaster Fund for Women and Girls

Last December SITM sent a total of \$1,166 in budgeted funds and December Happy Dollars to support the SI President's December 10th Appeal. SI President Hanne Jennsbo did not designate a project and ask clubs to instead support an unspecified SI Long Term Project. Such a project was never designated.

Therefore, our Federation, Soroptimist International of the Americas, has been holding the funds and is now asking donating clubs if the money could instead be used for the Federation's Soroptimist Disaster Fund for Women and Girls. The Board recommended and the membership approved the funds to be expended for the Federation's project.

Many Happy Dollars

Some \$204 in August Happy Dollars were collected for the Terry Lee Wells Nevada Discovery Museum. September Happy Dollars netted \$399 for the Girl Scouts of the Sierra Nevada. October Happy Dollars are designated for Women Orthopedists Global Outreach. WOGO is a group of six female orthopedic surgeons who provide surgeries and treatment for women in developing countries suffering from knee Arthritis.

Sierra Nevada Region Nominations

November 15 is the deadline for submitting nominations for Sierra Nevada Region Officers and District Directors. SITM has nominated the following to stand for region office: member Gayle Baxley for Region Treasurer; member Patti Doty for Region Secretary; and Jackie De Martini, a member of SI/Loomis Basin for Region Governor-Elect.

Membership Notes

Remaining on leave are: Marna Griffin through December for extended travel to Oregon; and Holly Welborn-Hight through January, while she attends law school. The Board approved new leaves of absence for Kathryn Keever through March for personal reasons; Joan Hughes for her annual winter leave to Mexico; and Vivian Ruiz through December for employment changes.



SWM had a SPOOKTACULAR Halloween





Obesity: Causes and Consequences

At the October 20, 2011 luncheon meeting, our guest speaker shared shocking statistics regarding obesity in the United States. Below is an excerpt from the United States Center for Disease Control and Prevention's webpage. The CDC webpage offers a variety of information on obesity and what one can do to maintain a healthy weight. www.cdc.org/obesity

The Caloric Balance Equation

- Overweight and obesity result from an energy imbalance. This involves eating too many calories and not getting enough physical activity.
- Body weight is the result of genes, metabolism, behavior, environment, culture, and socioeconomic status.
- Behavior and environment play a large role causing people to be overweight and obese. These are the greatest areas for prevention and treatment actions.

When it comes to maintaining a healthy weight for a lifetime, the bottom line is – calories count! Weight management is all about balance – balancing the number of calories you consume with the number of calories your body uses or "burns off."

Genetics and the environment may increase the risk of personal weight gain. However, the choices a person makes in eating and physical activity also contribute to overweight and obesity.

Environment

People may make decisions based on their environment or community. For example, a person may choose not to walk to the store or to work because of a lack of sidewalks. Communities, homes, and workplaces can all influence people's health decisions. Because of this influence, it is important to create environments in these locations that make it easier to engage in physical activity and to eat a healthy diet. *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity 2001* identified action steps for several locations that may help prevent and decrease obesity and overweight. [see website for a list of these steps]

Genetics

"Despite obesity having strong genetic determinants, the genetic composition of the population does not change rapidly. Therefore, the large increase in . . . [obesity] must reflect major changes in non-genetic factors."

Hill, James O., and Trowbridge, Frederick L. Childhood obesity: future directions and research priorities. *Pediatrics*. 1998; Supplement: 571.

How do genes affect obesity?

Science shows that genetics plays a role in obesity. Genes can directly cause obesity in disorders such as Bardet-Biedl syndrome and Prader-Willi syndrome.

However genes do not always predict future health. Genes and behavior may both be needed for a person to be overweight. In some cases multiple genes may increase one's susceptibility for obesity and require outside factors; such as abundant food supply or little physical activity.

Other Factors

Diseases and Drugs

Some illnesses may lead to obesity or weight gain. These may include Cushing's disease, and polycystic ovary syndrome. Drugs such as steroids and some antidepressants may also cause weight gain.

A doctor is the best source to tell you whether illnesses, medications, or psychological factors are contributing to weight gain or making weight loss hard.-

Soroptimist International

From SI's Global Voice Newsletter

A Message from Soroptimist International President Alice Wells



A famous American clergyman, Charles Swindoll, once said, “I cannot even imagine where I would be today were it not for that handful of friends who have given me a heart full of joy. Let's face it; friends make life a lot more fun.” That powerful quote, to me, represents the very best of Soroptimist. That precious gift of membership has changed my life in so many powerful ways and I am honored to be the 2011-2013 Soroptimist International President.

Many of you have heard me say repeatedly that I have learned more about leadership through Soroptimist than any post-graduate class that I have ever taken. Where else can you spread your wings and have the support of your club members who are there to cheer you on when you succeed and support or help you up when you stumble. My club SI/The Kachinas, Phoenix, Arizona, has done that for me. My friends and colleagues at the region, federation, and international levels have also done that for me--and continue to be supportive. For that, I shall always be grateful.

SI's long-term theme of education and leadership provides countless opportunities for Soroptimists worldwide to share that leadership and engage in projects that will benefit women and girls. Education and leadership for women and girls is the foundation for economic growth and poverty reduction. There is a powerful tool on the SI website called the Global Impact Report. I hope you are using it to see what clubs throughout the world are doing to help women and girls. This wonderful resource also illustrates areas where help is still badly needed. Please share what your club is doing locally and globally. It is vitally important to submit your program focus reports so that we can share with our potential partners all that you do around the world.

Soroptimist is still the best-kept secret in the world. It is through our service that our name will become better known. And it is through this service that we can also recruit new members. When women see what we do—when they see the impact of our projects—they want to know more about us.

So IMAGINE the possibilities. As Soroptimists, we have a vision where we are committed to a world where women and girls are able to achieve their individual and collective potential, realize their dreams, and have an equal voice in creating strong, peaceful communities worldwide. What you IMAGINE, you can achieve!

November 2011

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 Human Rights/Status of Women	4 Board Meeting	5
6	7	8 Board Meeting	9	10 Business Meeting	11	12
13	14	15	16	17 Ad Hoc Committee-- Dating Violence	18	19
20	21	22	23	24 DARK	25	26
27	28	29	30			

December 2011

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Human Rights/Status of Women	2	3
4	5	6 Board Meeting	7	8 Business Meeting	9	10 Senior Gift Delivery
11	12	13	14	15 Holiday Party	16	17
18	19	20	21	22 DARK	23	24
25	26	27	28	29 DARK	30	31



Win a one-year lease on an Acura TSX Tech or US\$10,000 cash prize!

Drawing will take place during the 42nd Soroptimist Convention in Honolulu, Hawaii, July 18-22, 2012.

Donation:
\$50 for one ticket
\$100 for three tickets



For 90 years, Soroptimist International of the Americas has been improving the lives of women and girls in local communities and throughout the world. Soroptimist programs effect fundamental change for women through economic and social empowerment. Your contribution supports Soroptimist programs that help women live their dreams.

Go to the Soroptimist International of the Americas website at www.soroptimist.org

Soroptimist International of Truckee Meadows

PO Box 20125, Reno, NV 89515

www.sitmnv.org

President Norma Rash : starfish0406@sbcglobal.net

*Editor Holly Welborn-Hight
mshollyw6@gmail.com
(702) 334-4865*

Reporters
Faye J Anderson
Jennifer Burnitt
Sue Camp
Mich Glazier
Norma Rash

Photographers
Michelle Jones

Certain articles taken from SI Global Voice Newsletter and SIA's monthly e-newsletter

Anyone interested in membership, we would love to have you! We meet every Thursday at noon at the Atlantis Casino Resort on the second floor convention area. Lunch is \$16 so join us!