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# SITM Update

*Soroptimist International of Truckee Meadows*

*President Patti Doty*

*www.sitmuv.org*

VOLUME 15 ISSUE 7

JANUARY 2011

## President's Message

Happy New Year! At this time of year I think about resolutions, those promises we used to make like losing 10 pounds or going to the gym every day, those promises that fade by the end of January to be replaced by a twinge of guilt as we pant going up the stairs or struggle to zip up those jeans. A better use of January thoughts might be a purposeful consideration of how we want this year to go, what we want to accomplish, what we'd call success if we reported back on December 31, 2011. We might set a few concrete goals and create a plan for accomplishing them. We might evaluate our past behavior and decide if adjustments are in order. We might see a need and determine a way to fill it. And when we report in, moments before the year ends, we could be proud of our accomplishments and happy with ourselves as mothers, daughters, professionals and help-

ers—modern women in a changing world.

SI/Truckee Meadows has goals—Making a Difference for



Women; Woman's Opportunity Awards; woman's scholarships; Unsung Heroes; Thanks to Youth; the Nepal project and more—and we know how to achieve them. We also know how to have fun, not a small feat.

If we evaluate our club behavior, are there adjustments that could help us be an even better club? Do we know where we want to go and how to get there? Do we know what makes our heart

sing? Good questions to consider as we settle into the last half of our 2010-2011 club year and begin to plan for the year ahead.

As your president, I have two goals: first, to be just a little bit kinder in thought, word and deed; second, to be grateful that I have electricity at the touch of a switch, water at the turn of a handle and medical care that doesn't require being carted down a mountainside in a basket on someone's back.

In a time of struggle in our nation and our state, I am amazed at what this group of determined women do. I am proud to be your president. I am blessed to call you my friends.



## Answers to SOLT Quiz (from last issue)

1. 1990-1992
2. The History of Soroptimist and our region
3. 43
4. Pat Papp
5. Lori Blair
6. Yes
7. April 29 thru May 1
8. Atlantis Casino Resort in Reno
9. Patty Tucek
10. 81

# Board Meeting by Past Governor Faye I. Andersen



**Board Meeting held  
October 12, 2010**

*Everyone is invited  
to attend board  
meetings and food  
is served. You also  
get credit for  
attendance. They  
are usually held  
the Tuesday  
before the second  
Thursday of the  
month.*

Welcome to new members Tammra Pearce and Holly Welborn-Hight. Both were sponsored by Kay Dunham and Pam Robinson. Tammra is the Executive Director for Bristlecone Family Resources and Holly is the Public Relations and Special Events Coordinator for Bristlecone. Welcome ladies.

## **Change for Kay's Cookers**

SITM has two ways you can help support Sierra Nevada Region Governor Kay Whittaker's Solar Cooker Project. For only \$30 you can purchase a Solar Cooker for yourself or in the name of a loved one and your donation will benefit a woman in Darfur who will use the cooker. Or, you can bring your spare change to the upcoming February and March Business Meetings. For cookers purchased as gifts, your recipient will receive an acknowledgment card and information about the project.

Some \$553 from generous members has been collected so far for the project. See Jo Ann Roberts or Scarlet Ewy to purchase a cooker.

## **Red Jackets Available**

At certain Soroptimist-sponsored events, members

are asked to wear a red blouse or top, or purchase one of the red polo shirts with the SITM name. Now there's a new option, a red, fitted, long-sleeved, short jacket with SITM's name. Georgia Baker has contacted SI/Reno, the seller of Soropti-wear and they will purchase these jackets for us at a cost of \$40 each.

See Georgia before the end of January if you wish to purchase one before the Making a Difference for Women event February 26. Cost is \$40.

## **Preparing for Next Year**

The Finance Committee is already seeking input from committees and members for next year's Club Budget. If your committee is contemplating changing or modifying your budget or you have questions, please contact Finance Co-Coordinator Bev Perkins.

President-Elect Norma Rash is starting to look for committee coordinators for the 2011-2012 Club Year. If you have an interest in a particular area, please contact Norma.

## **Happy Dollars**

Donation of members' Happy Dollars was \$333

during the month of December. Those funds were matched by the club to bring the total to \$666. That amount was combined with a \$500 budgeted donation and a grand total of \$1,166 was donated to the SI President's December 10<sup>th</sup> Appeal. Happy Dollars for January are designated for Aly's Prom Closet to help needy high school seniors attend their schools' proms.

There was a correction to November Happy Dollar sent to our Friendship Link Club, SI/Puné Metro East in India. Some \$204 was donated in November and matched by the club for a total of \$408. Added to it was a \$500 contribution from a member and a \$25 contribution from SI/Pahrump for a grand total of \$933.

## **Membership Changes**

The Board approved a leave of absence for Kris Olsen through March for personal reasons. Remaining on leave of absence is Billie Mendiola through January for personal reasons; Gayle Baxley and Peggy Smith through February for work reasons; and Joan Hughes through May for travel to Mexico.

## **SIA Update on WOA by Past Governor Faye I. Andersen**

In 2009/2010, more than \$2 million was distributed through the following programs helping more than 10,000 women and girls live their dreams of a better life.

*Women's Opportunity Award, The Ruby Award for Women Helping Women, Club Grants for Women and Girls, Soroptimist STOP Trafficking, Violet Richardson Award, Disaster Grants for Women and Girls and Workplace Campaign to End Domestic Violence*



2009 \* 2010



# Soroptimist Project Matching

by Sue Camp



Photo of rainwater Collection device In Rwanda

As reported in last month's newsletter, a new collaboration has begun between SIA and SIE to replace our former Disaster Relief Fund. The new project is named Soroptimist Project Matching and has its own website. At the website, clubs can view projects to donate to or apply for funding as well. I will attempt to inform you each month of a different project from the website so that you can see the type of work being done.

The first project that I would like to report on is called "Construction of water tanks to collect rainwater"

In the district of Ngoma, Rwanda, as well as in the rest of the country, a lot of women headed households live in poverty and have a limited access to safe water supply sources. To reduce the problems linked to that limited and unsafe access (long distance to walk to water points, water collection being a time-consuming activity preventing women to have time for income-creating activities, water-related disease, etc.). This project suggests supplying infrastructures for rainwater collection to 20 women headed house-

holds. Here are the needs to date:

Raised	\$926
Need	\$7,782
Budget	\$8,708

Information about this project and others is available online at [www.soroptimistprojects.org](http://www.soroptimistprojects.org)

# A Message from SI President Hanne

by Sue Camp

Rather than give you her entire letter, I am going to share with you President Hanne's exciting news as it was presented in the Focus Reports turned in from 1/1/10 to 12/14/10.

The figures are truly astounding and

great news to pass along to potential members. They are:

Funds Raised:	
SIA	\$5,583,178
SIGBI	\$2,598,450
SIE	\$2,589,204

These funds represent 465,326 women helped and 402,016 girls helped. This information was collected from only 3,999 focus reports filed on the SI website.



# Welcome to our Newest Members!



Holly Welborn-Hight



Tammra Pearce

Just look at the gift that Bristlecone Family Resources has given to us, two fantastic new members. Tammra is the Executive Director and Holly is their Public Relations guru. They are both a delight and seasoned helpers from our projects. Please be sure to introduce yourself to these great new members at your earliest convenience. You will love them both!



## A Little Bit of Fun by President Elect Norma Rash

### Ode to January!

T'was the month after Christmas, and all through the house, Nothing would fit me, not even a blouse. The cookies I'd nibbled, the chocolate I'd taste At the holiday parties had gone to my waist.

When I got on the scales, there arose such a number! When I walked to the store, (less a walk than a lumber), I'd remember the marvelous meals I'd prepared: The gravies and

sausages and beef nicely rare, The wine and the rum balls, the bread and the cheese, And the way I'd never said: "No thank you, please."

As I dressed myself in my husband's old shirt, And prepared once again to do battle with dirt... I said to myself, as I only can, "You can't spend the winter disguised as a man!" So, away went the last of the sour cream dip, Got rid of the fruit cake, every cracker and chip. Every last bit of food that I like must be banished,

'Til all the additional ounces have vanished.

I Won't have a cookie, not even a lick. I'll want only to chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie, I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore...But isn't that what January is for?

Unable to giggle, no longer a riot. Happy New Year to all, and to all a good diet.

## A Little Bit of SOLT

Are you ready? Have you got your question caps on? I just know that you will whiz by with these questions. Get ready, set, go!

1. Who is the current President of Soroptimist International of the Americas?
2. Who is the current President Elect of Soroptimist International of the Americas?
3. What Soroptimist International of the Americas Electoral Area is our President Elect from?
4. What club does our Governor Kay Whitaker belong to?
5. Who is hosting the District II & III Winter Meeting?
6. What was the first Soroptimist Club's major project?
7. What year was Soroptimist formed?
8. When was Pam Robinson the President of our club?
9. Name our Club Vice President of Service.
10. Where are historic mementos from our organization held?



## Editorial by Editor Sue Camp

During the holiday time of year, everyone is busy. Time seems to fly and we attend one function after another only to follow them with family gatherings. Because of the fact that this time of year brings stress due to so many more things to get done and commitments to be made I applaud you all for the time and efforts that you made to our fellow member in need.

Our member, Kris Olsen, lost her husband on December

14th after a long battle with colon cancer. With Kris at his side, Wayne put up a fierce fight but cancer can be a vicious foe.

As was so aptly put by Pam Robinson at our meeting this week, the kindness and caring of our members was why she joined and why she remains a Soroptimist.

A Memorial Service was held last Saturday at the Auto Museum as Wayne was a huge car buff. The room was ab-

solutely filled with those caring Soroptimist members. Afterwards, a gathering was held at Kris's house with food provided by, you guessed it, Soroptimist members.

I am proud to know each and every one of you and your huge hearts and strength that are always there when needed. If only the non-member women of the community knew what we know.



*Kris & Wayne*

Our thoughts and Prayers are with you Kris!

## Friday Digest by President Patti and President Elect Norma

### December 17, 2010

Christmas stories filled the air today in a room beautifully decorated with Christmas trees, snowmen and lights everywhere. We heard about first Christmas's in the U.S., gift giving to others when the giver had no children of her own, adoptions bringing joy to the season, surprise gifts-even some that didn't work out too well, an heirloom diamond ring and a naked mermaid fountain (you had to be there). Anybody remember Tonette? Thanks Hospitality Committee for a fun holiday party.

### January 6, 2011

It was great to see so many members in attendance for the first SITM meeting of 2011. Noticeably absent was President Patti who is finishing up her travels in Nepal. I was uncertain if the early arrival of members at Thursday's meeting was a result of our members anxious to reconnect with one another after the holiday break or to the completion of the Atlantis' parking lot. In any event, our Health Committee provided us with a fabulous program presented by Nevada Equine Assisted Therapy (N.E.A.T.) NEAT is an innovative program which promotes growth and learning through work with horses. This work has proven effective for all ages and can address a wide range of social, emotional and behavioral issues. Co-founders Bambi Spahr and Laurie Roberts shared their program experience and successes through a video and a hands-on demonstration. Members assisted with the demonstration by acting as horses and trainers (you really had to be there). Soroptimists are a versatile and good-natured group. Additional information on NEAT may be obtained on their website at [www.NevadaEquineAssistedTherapy.com](http://www.NevadaEquineAssistedTherapy.com). Our thanks to Vivian Ruiz, Rosalie Henry and the Health Committee for bringing us this informative program.

### January 14, 2011

The Business meeting yesterday was well attended and as usual, the food was great-my favorites, fried chicken, meatloaf and mashed potatoes, yum! Your president was happy to be back. Many thanks to President Elect Norma for taking care of things while I was away.

**Important Note:** Our *Making A Difference for Women* event is scheduled for Saturday, February 26th. All members are needed to be there working for these needing women as it looks like we will be having over 100. Contact Kay Dunham to schedule yourself if you are not at a meeting to sign up.

# News of Scholarship Winners by Pam Robinson

The following are excerpts from some of our scholarship winners updating us on their progress:

*Helen Sue Johnson*

Hi, I am Helen Johnson and I am one of the very lucky and truly grateful ladies that have the honor of receiving a scholarship award from your organization. I am so extremely thankful for all of your faith and encouragement that I received from receiving this scholarship. I know in my heart that this major accomplishment has been a huge step in my success in becoming a successful woman. I just want you ladies to be the first to know that I am applying for graduation this semester and will be graduating on May 20, 2011. I am so excited. I cannot find the words to express how thankful I am.

*Bonnie Clark*

Well this semester is over and I have (2) internships and then I will be finished. I have learned the importance of a healthy diet and exercise in the prevention of illness and the benefits that can help others recover and have a good quality of life. Stay well, God Bless and if you need any nutritional help, I am here and would be honored to be of assistance.

*Jennifer McCombs*

I am volunteering in New Zealand. I am working with the native tribes here. Domestic violence is huge out here so I am working with a local agency to advocate for the women. Quite interesting.

*Brielle Bjorke*

I am writing to again thank you for the scholarship that was awarded to me last year. I am still honored to represent your group and have worked hard to use this money to further my academic goals. I am in the home stretch of completing my PhD at UNR. This past semester was the first that I did not have coursework which allowed me to focus on my research into factors that perturb normal brain development. Therefore, I was able to generate some interesting results that have taken my project into new directions. I also began working on a second project relating to the development and guidance of motor neurons. I appreciate the work that your group does and look forward to a time when I am in a position to give back.

*Joy Corkill*

I hope you all had a wonderful Christmas season and that 2011 will be full of blessings for each one of you. It has been a crazy semester as usual as I still haven't learned the art of budgeting time with all I have to do each day. I am getting closer though and that's what drives me forward. It's hard to believe I only have three semesters left until I have a degree.

I have a new position at Hosanna Home as Assistant Director and it seems like we are really growing. I love watching women put their lives together as this has been my dream since I started in recovery. I knew one day I wanted to be a support to those just beginning their journey. I have to share with you that I was authorized to go behind the county jail doors at Parr Blvd. to interview an inmate for residency at Hosanna Home. I am amazed at how far God has brought me. I just looked around, this time from a different view and remembered my beginning in a jail just like it in Orange County. It seems so distant from me now but I guess I was led there to remember the pain so I won't lose sight of the gratitude I have for what I have been given.

*Annie Abinanti*

I have been studying for the national examination for licensure in speech language pathology as well as my comprehensive examination. Thank you so much for the gift of your scholarship! I can't tell you how much sense of relief and peace of mind it gives me to know that I can study for these very important tests and not have to worry about financial matters as much.

# Notes from Judi Henderson by Pam Robinson

Former member, Judi Henderson, is attending UNR to become a social worker. As a part of her program, Judi and her daughter, Molly, traveled to Costa Rica and she is sharing some of her experience with you.

Molly & I safely traveled from Reno to San Jose, Costa Rica on Christmas Eve. I am in CR to learn & I take this role seriously. Because the So-roptimists from Reno believe in me, I am able to learn Spanish while living it. The UNR Honors Program graciously awarded me the balance of the money owed for classes. The USAC program and La Mama have provided me safe accommodations while ensuring Molly has an experience comparable to the students who have paid for their education. Her experience is a gentle one where she is learning purely by absorbing all that surrounds her.

We arrived at our final destination the beach community of Puntarenas. The other students are nice girls (okay-some nice and some naughty but they are very young). The USAC staff are incredibly helpful and nice and welcoming. The school is across the street from the beach but at the opposite end of town from our home. We have a long walk each day but we enjoy the new sights, sounds and smells.

The classes are small with

only 12 students for the session. The ratio for my classes averages 2 students per professor which is perfect in my opinion. I have realized that learning Spanish 'en el barrio' is a great way to develop a natural ease for speaking but fails if I want to conjugate verbs.

Today is my last day of classes. While the rest of the students cook in the sun at the playa, my skin stays white as I have one last final to complete. The small student-teacher ratio is conducive to learning and I am the only one taking three classes. I have learned so much and know so little.

On a day off, we took a ferry ride to Isla Tortuga which was beautiful. The ferry ride was interesting. Clean in Costa Rica is not the same as clean in the US. Sadly, a



country touting ecotourism is plagued by garbage and sewers; an abundance of unsprayed or neutered animals and plastic. The isla was cleaner. A few of us hiked till we were harassed by a large angry monkey in a tree. The rainforest is interesting and very unlike the forests on the west coast. Were I to hike closer to

nightfall (or alone), my anxiety prone imagination would have killed me. I watch far too many horror movies and read too many scary books to exist in this part of the world.

Those with good vision were able to snorkel off the isla and saw amazing underwater sights. I floated in the salty sea, was stung 3 times by medusas (it hurts) and bumped by a very large fish as I swam back to the boat. At that point, I had a minor panic attack and gulped a large mouth of brine. Choking, blind and struggling to swim against the current, I prayed that death would come quickly. Instead, I reached out and found the ladder to the panga and climbed aboard.

Observations:

- like the laws of the road, store hours are also just guidelines
- food tastes better without corn syrup and corn syrup solids
- cold water is very healthy for hair
- electric wires don't belong in shower stalls
- cockroaches have very long legs
- property in CR is equivalent to US prices

con mucho amor- judie

*Editor's Note: There was much more to share but this is but a newsletter.*



# January 2011

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6 Health Committee	7	8
9	10	11 Board Meeting	12	13 Business Meeting	14	15
16	17	18	19	20 Recruit & Retention	21	22
23	24	25	26	27 Education Women	28	29
30	31					

# February 2011

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 Making A Difference For Women	4	5
6	7	8 Board Meeting	9	10 Business Meeting	11	12
13	14	15	16	17 Education Youth	18	19
20	21	22	23	24 SOLT	25	26 Making A Difference District Meeting
27	28					

# New Member Induction Photos



*The Ceremony*

*Pam Robinson, Tammra Pearce, Holly Welborn-Hight and Kay Dunham*



*The dreaded pinning ritual. The problem is that the pins are so darn small. Pam and Kay did a beautiful job.*

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*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!*