

SITM Update

Soroptimist International of Truckee Meadows



Volume 20 • Issue 4

October 2015

www.sitmnev.org

Seasonal Changes Both Inside and Outside SITM

"Autumn is a second spring when every leaf is a flower."

Albert Camus

I see autumn as another beginning of the year, just like the quote above. I have seen this in all of you as well, with the ever present flow of ideas that are streaming into our club. I can only hope that this trend can continue for a very long time, as it is wonderful to see the inspiration to achieve our aspirations.

With the change of the seasons, I have also witnessed a change in many of our committees. As the leaves begin to turn, I see a new leaf turned with our committees through their exploration of new ideas. These ideas are heavily inspired by a focus on service, fundraising, and advocacy activities. They were brought to our club by members who's aspirations are to provide the best possible service we can to women and children. This in turn continues to inspire all of us to continue in our efforts.

October is health awareness month. We, as a whole, are very good in caring for other women and for

children, both in our service and in our own personal lives. The life of a volunteer is full of caring for and assisting others, however in our efforts to help others, we often neglect ourselves and our own personal needs. I want to inspire you to take time for yourself. As Governor Jackie said: "No Guilt". It is perfectly alright to self-indulge every once in a while, for both your physical and mental health.

"Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch."

-Parker J. Palmer

I would like to acknowledge members who are dealing with an ailment themselves, or have loved ones who are. We wish you and your loved ones speedy recoveries, and know that we keep you in our thoughts.

Thank you to all members for your continued support with various projects. I'm really proud to be a part of the wonderful

IGU Update on Nepal Disaster Relief

By Patty Downs

Please join us on October 15 for a presentation by IGU committee representative, Jeanne Baxter, on the current situation in Nepal and how the \$18,500 in earthquake relief funds sent by SITM were utilized. Purna Subedi has received photos from Hari, our project's liaison in Thulipokhari, who is chair of our Scholarship/Micro-lending Committee and also our new Campus Chief. With our support, critical supplies were quickly delivered to those in immediate need.

This is a wonderful opportunity to bring guests. Please RSVP by 10/11/15.

service that we, as a group, are known for.

As we continue to move forward, let's continue to "Aspire to Inspire" and see what transpires. President Vivian

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Marlys Pryor, at right, was inducted into membership at the October Business Meeting. At left is her sponsor Jo Ann Roberts. In the background is Membership Co-Coordinator Rikki Hensley-Ricker. Marlys comes to us from Indiana and after moving to Reno, she found us. She is a retired aerospace engineer.

Easy Facebook Tagging Tips to Highlight SITM

By Niki Ewing

As a follow-up to the September 17 meeting, Public Awareness Co-Coordinator Niki Ewing offers the following reminders and suggestions.

Tagging on Facebook accomplishes a few things for our club:

1. Notifies the person tagged. This calls attention to the status update or comment.
2. Tagging a page can post the status update on that page and bring your friends' attention to the page.
3. Tagging a page from a page gives both pages more exposure.

A tag is a hyperlink. Making it easy for your friends or fans to click and visit the page or person that you've tagged. Your post is usually displayed onto the Wall or Timeline of the Page or friend that you've tagged.

Tagging People:

When you tag a person in a status update or in a comment, their name is highlighted. You must be personally connected to the individual to tag them. If you are tagging within a group, you can tag any other member of that group, whether you are personally connected to them or not.

Tags offer the most notice in photos. People ALWAYS notice when they are tagged in a photo and that photo then gets shared with your friends and their friends. Ditto for Video.

Tagging Pages:

Your page must "like" the page you want to tag. Remember, business pages cannot tag people. You do NOT need to tag if you are posting a comment on someone's status, unless you are trying to get



The Public Awareness Committee presented the October 1 meeting, illustrating effective ways to use Facebook and other social media to promote SITM. From left are: Eileen Fuller, Barbara Atwell, Pam Sutton and Niki Ewing.

the attention of another commenter. Most people are notified when someone comments on a status update anyway, meaning the tag is repetitive.

Tags get attention from the "tag-ee" and are useful marketing tools in pages. Use them sparingly, so they are noticed. Over do it – and you could just become an annoyance. Please respect members if they "un-tag" themselves. They may not want it to show up on their personal page.

The benefits of tagging:

- Cross promotion of SITM between pages.
- Converse with members, potential members, and the community.
- A great way to re-post a status update and acknowledge the original poster, event, accomplishment, or guest speaker.

Calendar

- October 13 – Afghan Social, 5:30 p.m., Diana Dillon's Office
- October 15 – IGU Nepal Disaster Recovery Update
- October 17 – Reno Wine Walk, downtown Reno
- October 17 – District V Fall Meeting, Elko
- October 21 -- Beads for Strength assembly, 5:30 p.m., Marilyn Pearson's home
- October 22 – Fundraising Committee special panel
- October 29 – Hospitality Halloween Social, Flu Shots
- November 5 – Finance/Bylaws Committee
- November 10 – Board Meeting, 5:30 p.m. Disability Resources
- November 12 – Business Meeting, Atlantis

You can follow our weekly activities on:



--- Save The Date ---

February 13, 2016

Making a Difference for Women

Plans are underway for the ninth annual Making a Difference for Women to be held at the Atlantis Casino Resort Spa. This daylong seminar provides job skill training for unemployed and under-employed women.

Start saving work appropriate clothing sized and on hangers. If needed, clothing can be taken to Ethan Allen for storage. Please identify the clothing as Making a Difference for Women items.

Live Your Dream Applications Now Available



By Pam Robinson

Women who serve as the primary wage earners for their families and seek financial assistance to continue their education or receive training can now apply for SITM's Soroptimist Live Your Dream: Education and Training Awards for Women (formerly the Soroptimist Women's Opportunity Awards).

Applications are available at www.sitmnev.org or by contacting Education-Women Committee Co-Coordinator Pam Robinson, pamscolumn@aol.com, or 775-742-0627. The application deadline is November 15, 2015.

SITM will provide a cash grant of up to \$1,500 to its award recipient, who will then advance to the Sierra Nevada Region level, where recipients could receive up to an additional \$5,000. The program culminates with three finalist \$10,000 awards at the federation level.

Recipients can use the Live Your Dream Award to offset any education-related expense.

Youth Scholarships and Unsung Heroes Awards

By Connie Steinheimer and Teresa Mentzer

The Education-Youth Committee is up and running for the new club year. A priority for the committee is to have the applications for the Unsung Heroes and Youth Scholarships ready for distribution this fall.

We have reviewed the applications and accompanying letters for corrections and updates. The deadline for having the applications ready to be distributed to the schools for the Thanks to Youth Scholarships and the Unsung Hero Awards is the end of October. As soon as they are ready we will notify the membership and ask that they be posted on the club website site again this year.



We encourage all members of the club to solicit applications. Also, the members of the committee have agreed to be personally responsible for the distribution to all of the Washoe County Schools including some

private schools and follow up on all of the applications. However, if you have a particular connection to a school in the county whether it is private or public and you would like to help us get some applications out to that school, the committee welcomes the help.

The deadline for the return of the completed applications is January 22, 2016. If you have any questions or want to take on a particular school, please feel free to contact Co-Coordinator Teresa Mentzer or Connie Steinheimer!



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

Soroptimist Ruby Award Nominations Sought by Committee

The Human Rights/Status of Women Committee is seeking out deserving women in our community who have made a significant difference for women and girls through their business or profession, community or personal lives and volunteer contributions. These women also serve to inspire and encourage other women to explore and act upon ways to assist women and girls. Although we may recognize and honor a woman for a lifetime of good work, the majority of her accomplishments should have occurred within the past two years.

The Soroptimist Ruby Award: for Women Helping Women (formerly the Soroptimist Making a Difference for Women Award), is designed not only to promote the issues that are important to Soroptimists, it also honors the first federation President Ruby Lee Minar (1883-1952).

The Ruby Award program begins at the club level. The selected honoree will be invited to speak, will receive a recognition certificate and up to \$750 donation to the awardee's choice of non-profit recipient. The SITM award winner is eligible to be nominated for an additional award at the Sierra Nevada Region level in the spring.

Ruby Award nomination forms are available on the SITM website (see Alerts box on the home page). Completed application forms may be emailed to SITM at sitruckeemeadows@hotmail.com or mailed to SITM at P.O. Box 20125, Reno NV 89515. Applications are due Friday, December 4, 2015.

For further information, contact Human Rights/Status of Women Coordinator Doris Phelps.

Featured Member: Eileen Fuller – From Banker to Artist

By Jo Ann Roberts

Eileen Fuller was born in Tacoma, Washington; her parents had met during World War II when Dad was in the army. The family moved to San Diego when Eileen was 11. While in this area, she spent a lot of time at the beach with her siblings, an older and a younger brother and a younger sister. Today, her sister and older brother live in the northwest and her younger brother lives in Boise, Idaho.

Her love of service began with membership in an "S" Club (sponsored by Soroptimists) while in high school in southern California where her favorite classes were art and Spanish. Eileen received an "S" Club scholarship and enrolled in San Diego State College.

At 18 (a week before she was 19) she got married and started college as a newlywed. In less than a year, her husband changed jobs and they moved back to north San Diego County, where her first child, daughter Stephanie was born. Another move then took them to Phoenix, Arizona where Stephanie's brother Mark was born on Christmas day. When the children were ages one and three, she and her husband divorced and with her two children she moved from Phoenix back to southern California. There she applied to the telephone company and to Oceanside Federal Savings and Loan both in the San Diego area. Eileen did go to work at Oceanside Federal as they called her first! While in this area, she met and married Chuck Fuller.

After a few years, she left that marriage and Southern California and in 1981 moved to Reno when her children were 10 and 12. Eileen remained in the banking field and worked at Nevada Savings and Loan, PriMerit Bank, Bank of America, and U. S.



Artist Eileen showing off some of her beautiful water colors.

Bank. In 2003 she left U. S. Bank where she had been for 13 years. While at U. S. Bank she met Rodger Mercer and they have been together for 23 years, which they celebrated on April 1, 2015. Rodger is quiet and shy but very supportive of Eileen and her interest in travel, art and hot air ballooning. Eileen has served on the ballooning crew for Carson City resident Gene Love and she has produced many beautiful paintings of the balloons featured at the Reno Balloon Races.

While at U. S. Bank, Eileen began taking some art classes including workshops and community classes. She was a client of a massage therapist, Sarah Harley and Sarah had some of Lady Jill Mueller's art work hanging in her home business. Eileen learned Lady Jill was teaching art in Scotland and she has become Eileen's mentor and teacher. The love of painting and travel has taken Eileen to Scotland, Rio de Janeiro, Peru and France where she has found inspiration for her paintings. She is involved with several art groups including Artists Co-op of Reno, Sierra Watercolor Society and Larimer Art Club.

During her banking career and as an artist, Eileen has taught a number of classes. As a banker, she taught classes to first time home buyers. After leaving U. S. Bank, she continued credit and homebuyer education with Consumer Credit Counseling. Many of these classes were offered in Spanish to meet the needs of the bi-lingual borrowers.

Eileen has been a member of Soroptimist International of Truckee Meadows since the fall of 2003. Georgia Baker-Flambures had invited her to Arts and Authors and to a meeting on the SITM Nepal project and became her sponsor. Her favorite SITM project is "Making a Difference for Women" as it is a one-on-one project helping women to better their lives through education and training.



The family photo, from left is Rodger Mercer, Eileen Fuller, Eileen's daughter Stephanie Kay, Eileen's son Mark and his wife Stephanie Ann. In front is Eileen's grandson Jackson.

Celebrating the Declaration on the Elimination of Discrimination Against Women

By Doris Phelps, Coordinator, Human Rights/Status of Women

On November 7, 1967 the United Nations General Assembly adopted a human rights proclamation known as the Declaration on the Elimination of Discrimination Against Women. The proclamation reads, in part, as follows:

- Considering that the peoples of the United Nations have, in the Charter, reaffirmed their faith in fundamental human rights, in the dignity and worth of the human person and in the equal rights of men and women,
- Considering that the Universal Declaration of Human Rights asserts the principle of non-discrimination and proclaims that all human beings are born free and equal in dignity and rights and that everyone is entitled to all the rights and freedoms set forth therein without distinction of any kind, including any distinction as to sex,
- Considering that discrimination against women is incompatible with human dignity and with the welfare of the family and of society, prevents their participation, on equal terms with men, in the political, social, economic and cultural life of their countries and is an obstacle to the full development of the potentialities of women in the service of their countries and of humanity,
- Bearing in mind the great contribution made by women to social, political, economic and cultural life and the part they play in the family and particularly in the rearing of children,
- Convinced that the full and complete development of a country, the welfare of the world and the cause of peace require the maximum participation of women as well as men in all fields,
- Considering that it is necessary to ensure the universal recognition in law and in fact of the principle of equality of men and women.

Solemnly proclaims this Declaration:

The Declaration lists 11 Articles which address issues familiar to us all: public education, electoral rights and the right to hold public office, full equality under civil law (particularly around marriage and divorce, and it calls for child marriages to be outlawed), gender discrimination in criminal punishment, sexual exploitation, workplace and employment including equal pay and maternity leave.

1967 was an exciting time for women and, yet, women still must battle for their equal rights in every society around the world. Let's all hope that our daughters and granddaughters will live in a world where they will see the advancement of equality as the U.N. and Soroptimists worldwide envision.

Libby Booth Reading Program Seeking Volunteers

By Teresa Mentzer & Connie Steinheimer

The Education Youth Committee has been working with SI/Reno regarding involvement with Libby Booth Elementary School for the coming year.

SI/Reno has had an ongoing reading program with a teacher who has just moved this year to Libby Booth. They have asked if SITM members would like to work on the project with them.

Although the committee is very excited about the Reno Club doing this project, the committee has decided to not participate as a committee. Instead we are offering the participation to our members who can work independently if they desire with the SI/Reno program. The program consists of 1) Buying books for the classroom for the year; 2) Reading to the children, once a week-45 minutes for each session, 1-2 members each time; 3) Developing and implementing a project involving one or more of the books that have been read with the classroom.

If you are interested in volunteering for this project you will be working directly with the SI/Reno coordinators Pam Sloan psloan55@charter.net and Andrea Lalen-Kasten andrea.lalen-kasten@uwvns.org. Please send them an email noting that you are interested. The Education Youth Committee would love to hear your feedback on the project so let Co-Coordinator Teresa Mentzer or Connie Steinheimer know if you are helping with the project.

Safe Embrace was the recipient of \$387 in July Happy Dollars from the club. Presenting the check to John Erchemendy of Safe Embrace are President Vivian Ruiz on the left and President-Elect Jennifer Burnitt on the right.



Friendship Link Club

SI/Punè Metro East Swings Into Action for Swacch Bharat Abhiyan

By Monica House

SI/Punè Metro East's Environment Committee actively participated in Swacch Bharat Abhiyan (Clean India) day. This day was declared by the Prime Minister of India on October 2, 2014 to clean up neighborhood grounds in 4,041 statutory towns being used as dumping places by nearby shops and restaurants. The mission of the campaign is to achieve the vision of a "Clean India" by Oct 2, 2019, the 150th birthday of Mahatma Gandhi.

SI Punè Metro East's Environment Committee jumped right in to help with this mission. They asked a local Punè company to provide a truck to take away the garbage in one of their problem neighborhoods. Within a little less than an hour of their request a garbage truck arrived and all the garbage was removed. Club members continue to go out and work in this neighborhood on a weekly basis in an effort to keep the grounds clean.

Another objective of this mission which SIPME actively participates in is creating behavioral change in people regarding healthy sanitation practices.

"Has it ever pained us that our mother's and sisters have to defecate out in the open? Poor womenfolk of the village wait for the night; until darkness descends, they can't go out to defecate. What bodily torture they must be feeling, how many diseases that act might engender. Can't we just make arrangements for toilets for the dignity of our mothers and sisters?" said Narendra Modi.

We support SIPME and India in this noble endeavor. My mom and I witnessed the poverty and defecation on the streets in the slums when we visited

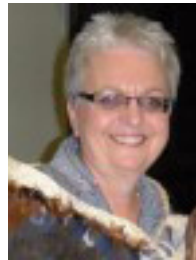
India. We were also very fortunate to see the wonderful work SI/ Punè Metro East is doing in the local villages to help the women and children.



IGU Committee Applies for President's Appeal Grant for Nepal

By Paula Ringkob

The SITM International Goodwill and Understanding Committee has submitted a 10 page SI grant application for funds to aid women and children in Thulipokhari, Nepal. The grant seeks funds totaling \$20,000 for twenty young women to attend the equivalent of grade 13 this year and grade 14 next year. The funds would be used to pay their tuition, books, and board and room in the dormitory. The purpose of the grant would be to secure education for girls beyond our current program. There are funds included to pay the increased costs of books and tuition at that level of education. Our hope is to increase the number of women in the region able to attend higher education.



SI President
Yvonne Simpson

In late August, the SITM Human Rights/ Status of Women Committee received information that SI President Yvonne Simpson's December 10th President's

Appeal would raise funds from SI clubs worldwide to benefit women and girls in Nepal in the aftermath of last spring's devastating earthquake and the aftershocks. Organizations, including clubs could submit applications by October 1, 2015 to receive funding for new initiatives or to expand existing Nepal programs.

The Human Rights/Status of Women Committee forwarded the grant information to the IGU Committee since it already has a well-established project in Thulipokhari. The committee agreed and Coordinator Doris Phelps and committee member Jo Ann Roberts attended the IGU Committee's September 1 meeting to present the opportunity. There was agreement to seek approval from the Board and the membership to submit an application for funding.

Judge Connie Steinheimer agreed to work on the application and started work after approvals were received. In less than three weeks, the Committee was able to submit the application to SI Headquarters in Cambridge, England before the due date of October 1, 2015. Many members helped make the submission possible; President Vivian Ruiz, Faye Andersen, Jo Ann Roberts, Doris Phelps, Monica House, Margie Hermanson, Ana McArdle, Vicki Shultz, Teresa Mentzer, Jeanne Baxter, Norma Webster and Connie Steinheimer. SITM hopes to hear by the end of November whether the application is successful.

October Board & Business Update and Meeting Highlights

By Faye I. Andersen

Welcome to new member Marlys Pryor, who was inducted at the October Business Meeting. Marlys' sponsor is Jo Ann Roberts. Marlys just moved to the area and is a retired aerospace engineer.

Calendar Sales & Air Race Sales Announced

Reno Air Race Co-Coordinator Diana Dillon announced that calendar sales by members and at the Reno Air Races, plus commission on art sales at the Reno Air Races is estimated to be close to \$4,000. A few additional dollars are still to be collected. That is over-and-above the original estimate last spring of \$1,700 for such sales.

Your Help is Needed for Trial Fundraiser

The membership approved a trial fundraising idea proposed by the Fundraising Committee to solicit restaurants to give a percentage of their November 10 sales to SITM for a project to be called "Eat Out for Education". Proceeds would support the one-day Making a Difference for Women Skills Training Seminar. Co-Coordinator Georgia Baker-Flambures is working with Chris Fegert, who has experience with this kind of campaign. If you have connections with any restaurants willing to participate, contact Georgia.

Money Matters

Finance/Bylaws Committee recommended and the membership approved a motion to place the \$30,000 women's scholarship reserve funds in a 28-month CD with Mutual of Omaha Bank at 1.15% interest, including a one-time interest step increase if rates rise.

Happy Dollars

September Happy Dollars in the amount of \$235 were collected for Sierra Nevada Journeys providing outdoor science field study with classroom instruction. October Happy Dollars are designated for the Women's and Children's Center of the Sierra, providing education, job training, resources and support to help women escape or avoid poverty and provide a better life for their families.

Wine Walk Now & Next Year

The Reno Wine Walk in will be held October 17 in downtown Reno. If you can volunteer to offer wine charms for a donation, contact Membership Coordinator Rikki Hensley-Ricker or President-Elect Jennifer Burnitt. The Membership Committee also received approval to submit an application to next year's Reno Wine Walk and secure a reservation to participate as a non-profit in the October 2016 Wine Walk.

Afghan Crocheting and Lessons

The membership approved the on-going project to

crochet afghans, and teach members to crochet, in order to make afghans for the Volunteers of America Family Shelter. The first gathering is after work on October 13 at Diana Dillon's office. Subsequent "Afghan Socials" will be held in November and January. Last year, 133 afghans crocheted by members were donated to the shelter.

Member Leaves

No new leaves were requested. Remaining on leave are Lynne Carrow through December 31 for work reasons; Kathy Hudson through March 1 for health reasons; Monica House through March 1 for personal and work reasons; and Jean Neddenriep for medical reasons. We hope to see you ladies soon.



Members of the "beading crew" finishing up the wine charms at Alysia Peter's We Olive Wine Bar. From left: Margie Hermanson, Jennifer Burnitt, Georgia Baker-Flambures, Kay Dunham and Alysia Peters.



President-Elect Jennifer Burnitt, left and President Vivian Ruiz present a check to Faith Ross of Sierra Nevada Journeys, the recipient of \$235 in September Happy Dollars.

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Soroptimist International of Truckee Meadows
 P.O. Box 20125 • Reno, NV 89515
www.sitmnev.org

President Vivian Ruiz
vr Ruiz@disabilityresourcesnv.com

Editor Faye I. Andersen
fia@pyramid.net or
fandersen@nvenergy.com
 775-358-5149 or 834-4822

Newsletter Committee
 Liza Chapen
 Niki Ewing
 Paula Ringkob
 Jo Ann Roberts
 Norma Charette

Also contributing to this issue
 Vivian Ruiz
 Monica House
 Connie Steinheimer
 Teresa Mentzer
 Doris Phelps
 Patty Downs
 Pam Robinson

SITM meets every Thursday noon at the Atlantis Casino Resort Spa, 3800 South Virginia Street in Reno, second floor convention center. For reservations www.sitruckeemeadows@hotmail.com. no later than 7 p.m. on the Monday before the meeting. Lunch is \$19.

Soroptimist is an international organization for business and professional women who work to improve the lives of women and girls, in local communities and throughout the world.



For information about our organization, check out these Soroptimist Websites:
 Sierra Nevada Region: www.soroptimistsnr.org
 Soroptimist International of the Americas: www.soroptimist.org
 Soroptimist International: www.soroptimistinternational.org



Did you know . . .

Happy 94th Birthday Soroptimist

In the spring of 1921, Stuart Morrow, an organizer of men's service clubs, visited Oakland, California. In search of a potential member for a men's service club, Morrow called on the Parker-Goddard Secretarial School, presuming it was run by men and found instead Miss Adelaide Goddard and Miss Mabel Parker owned the school. Explaining his mistake, Morrow excused himself. As Morrow left, Miss Goddard remarked she would be interested in joining such a club for women if he ever considered forming one.

Goddard's remark set the wheels in motion for Morrow. He contacted a number of business women in the community, and invited them to a preliminary meeting.

On September 26, the charter was closed with 80 women and officers were elected with Violet Richardson (Ward) serving as the president. The presentation of the charter and an installation ceremony took place on October 3, 1921, the day officially celebrated as Founders Day.

Today there are approximately 75,500 Soroptimists in 130 countries and territories support community-based and global projects benefiting women and girls.

Happy 37th Birthday SITM - Chartered October 23, 1978

