



SITM Update

Soroptimist International of Truckee Meadows

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November 2017

www.sitmnev.org

In this issue

- 1 – President's Message, Fundraising Raffles
- 2 – Important Club Notes
- 3 – Dream It, Be It
- 4 – Member Feature Kristina Garcia-Mentzer
- 5-6 – Halloween Social
- 7 – SI President's Appeal, Ruby Award
- 8 – Dress A Girl Sewing Party
- 9 – Board/Business Recap
- 10 – Staff Box, Did You Know

Calendar

- November 16 – Hospitality plus SITM Raffle
- November 23 – DARK, No Meeting
- November 30 – Carina Black, Northern Nevada International Center
- December 7 – SI President's Appeal
- December 12 – Board meeting, 5:30 p.m., Bristlecone Family Resources
- December 14– Business Meeting
- December 18 – Education-Youth Gift Wrapping, Artists Co-Op, 5:30 p.m.
- December 21 & 28 – DARK
- January 4 – Making a Difference for Women Kick Off

SITM Meets...

Thursdays at Noon

at the Atlantis Casino Resort Spa Second Floor Convention Center \$20 for lunch

RSVP to sitmtruckeemeadows@hotmail.com no later than noon on the Tuesday before the Thursday meeting.

Soroptimist Is:

a global volunteer organization working to improve the lives of women and girls through programs leading to social and economic empowerment.



www.sitmnev.org

Time Flies as SITM Projects Soar

I can hardly believe that it is already time for family football games, warm apple cider, and crocheting blankets on blustery autumn nights. My how the time has already flown by, and it's the fifth month of my presidency.

The club is in the throes of activity- Dream It, Be It has already had activities at the school with the girls; Dress A Girl has really taken off and completed dresses are flowing into the club; and the organizational meetings led by Doris Phelps will assemble for a second time this coming week.

As a recent FaceBook post by a member pointed out, this club of women

gives enormously. With compassion, time, and money, Soroptimist International of Truckee Meadows makes every effort to fully embrace our mission - to affect the lives of women and girls, both locally and globally. I think I can speak for many, if not all of our members, when I say that it is awe-inspiring working with the ladies of SITM.



The next five months will be busy, gift wrapping and angel tree are right around the corner, Making A Difference for Women is not too far behind, and before we know it, Live Your Dream award luncheon will be here. I am looking forward to seeing the impact our club makes with every project and event.

Yours in Soroptimism,
Rikki

Get Those 50/50 Raffle Tickets Sold

Time is running out to get your 50/50 raffle tickets sold and the money and stubs turned in to Fundraising Co-Coordinator Penney Leezy and Barbara Atwell. Members are asked to sell tickets for \$10 each or three tickets for \$25. Penney and Barbara have packets of 15 or 21 tickets available for sale. The winning ticket will be drawn at the December 14 meeting and the owner will receive 50% of the total amount raised. The goal is to sell \$10,000 worth of tickets and the club will split the proceeds with the winner. Last year's winning ticket-holder pocketed \$3,060.



Soroptimist International of Truckee Meadows 319 Soroptimist International of Truckee Meadows 319 Soroptimist International of Truckee Meadows 319

Raffle Ticket Drawing to be held on Thursday, December 14th, 2017 12:30 PM Make checks payable to SITM Winner need not be present to win Cash Grand Prize 50 / 50 RAFFLE \$10 Per Ticket or 3 for \$25

Fundraising Raffle

Thursday, Nov. 16, Noon

Beat the Pre-Holiday Blues With a Red Hot Raffle!!



DON'T MISS IT!!

Important Club Notes and Announcements

Can You Be an Angel this Christmas?



At the November 16 meeting the Education-Youth Committee will have the names of 25 underprivileged students at Hunter Lake Elementary School in need of some holiday cheer. Members are asked to take a name, shop and purchase a gift for that student. No need to wrap. A wrapping party is scheduled for Monday, December 18 at the Artist Co-Op of Reno, 627 Mill Street.

Only Six Calendars Left

If you need a Christmas present, or you missed one of your customers this year, Air Race Coordinator Kay Dunham has six of the "Ghosts" vintage airplane calendars left. They are \$17 each.



Don't Crochet? Donate Yarn



If you are crocheting afghans for the Volunteers of America Family Shelter, a great big thank you. If you don't crochet, but would still like to participate, you can donate yarn,

or money to buy yarn. The recommendation is Red Heart Knitted Worsted yarn. Solid skeins are 7 ounces; variegated skeins are a little smaller (5 ounces).

What it takes to make an afghan ...

2 skeins each of 2 different complimentary solid colors OR
2 skeins of solid color and 3 skeins of a complimentary variegated color.

Making a Difference Needs Your Chatzkes

If you have chatzkes to include in this year's Skills Training Seminar goodie bags, see Jeanne Naccarato. The committee will prepare 50 bags for attendees, but if you don't have exactly 50, they will mix-and-match. Suggested



items are pens, notepads, markers, hand sanitizer and snacks. The date for Making a Difference for Women is Wednesday, January 31.

The Region is Seeking Conference Sponsors



If you have contacts with a company that would be willing to sponsor an event, a meal or a cocktail reception at next April's Sierra Nevada Region Conference, give that name to District Director Sarah Carrasco. In order to offset costs to members, SNR is looking for sponsors for the April 27-29 conference in Reno at the Atlantis.

SITM Members contribute to PODS for Pads Drive

The Alchemist Theatre and Northern Nevada HOPES have partnered together for PODS for Pads to supply hygiene pads for school-aged girls who cannot afford them. Their goal was to fill an 8x8 storage POD during the month of October with feminine products for local school girls in need.

Thanks to the generosity of SITM members, a total of 850 pads were contributed for a combined worth of approximately \$300. Thank you Chris Fegert for organizing the drive.



Members rounding up the collection of pads for local school girls were, from left: Chris Fegert, Scarlet Ewy, Amanda Strong, Jo Ann Roberts, Paula Ringkob, Carmela Cipollina, Teresa Mentzer, Jeanne Naccarato and Kristina Garcia-Mentzer.

Dream It Be It Emphasizes STEM Education

The Dream It Be It Committee held their first meeting to an overflow roomful of girls at the Hunter Lake Elementary School on October 18. After introductions, the girls were put to work designing a t-shirt that will be printed for their members.

The committee launched their first STEM (Science, Technology, Engineering and Math) exercise with the girls at their second meeting. Working in teams, the girls built "lunar landers". The teams were each given a small collection of index cards, marshmallows, rubber bands, straws, masking tape, a plastic bag, and a small cup which became the module to carry the small marshmallow astronauts.

If you attended the August 3 regular meeting, you may recall tables of members were challenged with the same exercise. The committee didn't say if the girls' "lunar landers" were more successful than what the members constructed.

"Dream It, Be It: Career Support for Girls" is a program of Soroptimist International of the Americas designed to help girls grow up to be strong, successful, happy adults. It provides girls with access to professional role models, career education and the resources to live their dreams.

SITM chose girls in elementary school because it is known that girls beyond that age are not likely to follow STEM education and careers unless they have technical opportunities and professional role models.

DIBI Going Strong, But Needs Volunteers

It's almost standing room only at Hunter Lake Elementary School when it's time for the monthly Dream It Be It meeting with the girls. Because of the stellar interest in STEM education, more SITM members are needed to help conduct the meetings, work with the girls and be positive role models. If you have time you can donate to the girls, contact Co-Coordinators Kay Dunham or Patty Mamola for school district requirement.



Kay Dunham and Marlys Pryor, at the front of the classroom, assist girls with constructing their projects.



Jeanne Nacarrato and Patty Mamola, at the front of the classroom are ready to jump in with engineering advice.



Members of the DIBI Committee showing off their t-shirts created by Kay Dunham, are from left: Patty Mamola, Kay, Jeanne Nacarrato and Pam Robinson. Marlys Pryor was behind the camera.



Member Feature**Being a Soroptimist is a Natural for Kristina Garcia-Mentzer**

By Faye I. Andersen

Calling someone a “born Soroptimist” might be a cliché, but for new member Kristina Garcia-Mentzer, it happens to be true. More precisely, Kristina couldn’t help being “born into Soroptimist” with parents, Soroptimist Teresa Mentzer and Soroptimister Stan Mentzer.

*Kristina with her father Stan.*

Kristina grew up going to Soroptimist meetings with her mother. She tagged along to deliver Christmas gifts for seniors. She worked at the Reno Air Races. Any given evening there could be a group of Soroptimists holding a committee meeting at her home. Or, Soroptimists may be wrapping Christmas packages on the dining

room table. Let’s not forget, twice a year Kristina could walk out her front door and into a Soroptimist garage sale. (Teresa and Stan live next door to Judge Connie Steinheimer and Jeff Ostomel’s home where the semi-annual sales have been staged.)

As a matter of fact, SITM’s garage sales are her favorite Soroptimist project, because they bring her lasting memories. One year during the sale Kristina and Jocelyn, Connie’s youngest daughter, began selling doughnuts to early morning shoppers.

“We were inspired by the Soroptimists raising money to build a dormitory for girls in Nepal, we wanted to raise money to build a club house,” she said. Their sales prowess netted a whopping \$34 that morning. “We were so excited that we went to Home Depot to see if we could buy the lumber to build a club house,” she said. “Of course that amount would only buy a couple of sticks. But it made us appreciate how hard the Soroptimists had to work to raise the money to build a dormitory.”

“When I was 13, I asked my Mom if I could be a Soroptimist,” she said. “I finally made it.”

Soroptimist wasn’t the only life Kristina was “born into”. That would describe her role as an insurance professional. For many years Teresa and Stan owned and operated Mentzer Insurance Associates. Kristina chuckled, “I was discussing liability at the dinner table when I was five.”

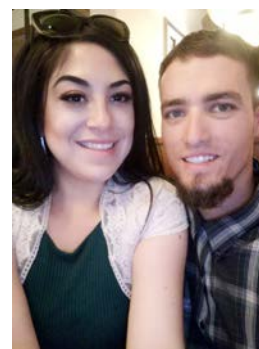
So her entrée into the insurance business was a natural too. “I always wanted to be my Mom and Dad all wrapped up into one.” She admits she loves the insurance business. She describes her current office, as her “dream job” that she has had her eyes on ever since her parents starting thinking about retirement.

“We deal with our customers when they are going through some of the hardest, most frustrating times of their lives. We are their advocate and their voice in many ways, which makes me feel I’m in the right place doing the right thing,” she said.

No stranger to volunteering, Kristina has been active with the Food Bank of Northern Nevada, Awaken, and professionally involved with the Nevada Center for Entrepreneurship and Technology (NCET) and the Chamber of Commerce. She would like to someday follow in her mother’s footsteps with the Community Foundation of Western Nevada.

*Daughters Ellie, 4 and Juni, 1 1/2.*

Kristina is a native Renoite and attended local schools. She is the mother of two daughters, Ellie, aged four and Juniper (Juni), aged one-and-one-half. The exciting news, if you haven’t already heard it, is she became engaged to her fiancé Justin Mason over the Nevada Day weekend.

*Kristina and fiancé Justin Mason.*

As a young working mother and newly engaged, it is tough to keep up with all of it, but Kristina says Soroptimist remains her number one priority when it comes to her volunteer time.

Costumes and Witches Hats Top Halloween Social

It happens every year. Costumes and witches' hats filled the room at the October 26 meeting for the annual Halloween Social, hosted by the Hospitality Committee. An added exercise this year kicked off the luncheon with a challenging Purse Scavenger Hunt. Members and guests were asked to search for 69 different items in their purses. Ranging from the useful to the truly unique, those items included toothbrushes, pocket knives, flash drives, a whistle and much more.



Marilyn Pearson and her colorful witch's hat.



That's Jeanne Naccarato under that ferocious cat head.

Corralling 29 of the 69 items in her purse was Pam Robinson. Runners up with 28 items were Jeanne Naccarato and Liza Chapen.

Then came time to judge the costumes with rounds of applause. New member Darlene Delancey wore the winning costume, which she made herself at the age of 14, as part of a scouting program. (Darlene deserved the prize for being able to still fit into the costume.)



The "other good witch" Dot Watts.



Paula Ringkob with extraordinary witch hat.



Linda Lamke, the "good witch" and Jo Ann Roberts with her "red hat".



Event organizers Diana Dillon and Margie Hermanson

Continued from page 5



Darlene Delancey in her award-winning costume with "convict" Kay Dunham.



Millie Mitchell and her sparkling witch's hat.



Darlene Delancey in her award-winning costume.



Kristina Garcia-Mentzer and Teresa Mentzer checking the list of items during the Purse Scavenger Hunt.



Admitting they carry a lot of "stuff" in their purses were, from left, Jeanne Naccarato, Liza Chapen, Margie Hermanson from the Hospitality Committee, and the "winner" Pam Robinson.



The competition for best costume or hat.

SI President's Appeal 2017-2019 Women Water & Leadership

By Doris Phelps, Human Rights/Status of Women Committee

On July 29, 2017 Mariet Verhoef-Cohen was inaugurated as the Soroptimist International President for the 2017 – 2019 biennium.

President Mariet is very enthusiastic about her President's Appeal 2017 – 2019, "Women, Water & Leadership." The culmination of her biennium will be the SI Convention 2019, in Kuala Lumpur. Upon viewing her own plans for the project, she fears that two years will not be enough!

Women, Water & Leadership supports projects that educate, empower and enable women and girls, ensuring they have the capacity, experience and education needed to manage water resources and gain careers in water-related professions.

Annually, four billion people experience severe water scarcity. Additionally, 663 million people lack ready access to improved sources of drinking water (World Water Development Report 2016). Women and girls are disproportionately affected – instead of earning an income or attending school, they are forced to be the primary water carriers for their families.



By uniting the four Soroptimist Federations, "Women, Water & Leadership" seeks to reach the goal of raising £350,000 (approximately \$350,600 U.S.) over two years, empowering at least 500 women to be self-supporting and to enable and educate at least 100 women to move into leadership.

December Happy Dollars will be donated from SITM members to the SI President's Appeal to help more women and their families access safe, clean water as well as prepare for a future in helping solve the world's water resource challenges.

For those who do not know her very well, President Mariet is 62 years old, Dutch with an Indonesian background from her father's side. She is married and has three sons with partners, one of whom is a Soroptimist and two others in the making. They have one granddaughter, two grandsons and their 4th grandchild is due at the end of October. Her Soroptimist leadership career began as Union President of the Netherlands in 2003, then SIE Federation President from 2007 – 2009 and now SI President. In addition, she has been President of Women for Water Partnership since 2014. The two functions go hand in hand and are an added value to each respective organization.

Human Rights/Status of Women Committee Seeking Ruby Award Nominees

By Doris Phelps

Soroptimist International of Truckee Meadows is searching for applicants for its Soroptimist Ruby Award: For Women Helping Women. This award honors women who – through their professional or personal activities – make extraordinary efforts on behalf of women and girls. Women can nominate themselves or other individuals and organizations can nominate a woman in the community.

If you know the name of an outstanding woman, please contact Co-Coordinator Piper Mullen or Jennifer Burnitt. The Committee will follow through to complete the nomination form. Please submit your nominee's information no later than December 8.

Honorees are ordinary women who have worked in extraordinary ways to benefit women and girls. Examples of the type of work honored include: spearheading an effort to open a domestic violence shelter, starting a mentoring programs for at-risk girls, or lobbying an employer to provide on-site child care facilities. The award enables a Soroptimist club to thank these women and encourage others to explore ways to assist women and girls.



The Soroptimist Ruby Award:
For Women Helping Women

Changes Coming to the SIA Website Login Procedure

Soroptimist International of the Americas (SIA) will be upgrading software for our membership database system on December 11. All members and clubs who login to the website on or after December 11 to add new members, make donations, interact with SIA member directories, or any of our tools that are behind the login, will need to change their passwords to at least seven characters, including one letter and one number. These changes are in accordance with requirements for Payment Card Industry (PCI) compliance on websites that interact with credit card companies. We regret any inconvenience this may cause you.

Access Soroptimist International of the Americas at www.soroptimist.org.

A Sewing Party for Dress A Girl

Members gathered November 4 at Jennifer Burnitt's home for a little sewing party for Dress A Girl and some good company. Not too many dresses were sewn, but they did spend time cutting out dress patterns from a bolt of material donated by former member Jan Veys. They also hemmed and sewed side seams for the cutout material. All were brought to the November 9 meeting and members took everything to complete the dresses.

"Dress A Girl Around the World" is the international project selected by Sierra Nevada Region Governor Vicki Watson as her biennial project for 2016-2018. She has encouraged every club to participate in the project, to culminate at the SNR Conference in April 2018.

The IGU Committee is leading SITM's participation in the project. See Vice President-Service Penney Leezy at the Fundraising Table at each regular meeting for materials and supplies, pre-packaged kits with guidelines and any questions. If you don't sew, donations of money will be used to purchase additional materials and supplies.



Jennifer Burnitt in the foreground with Scarlet Ewy in the background trimming some material.



Piper Mullen puts the finishing touches on a dress.



Kay Dunham tackling the ironing of dresses.



Jeanne Naccarato preparing to cut out a pattern for one of the dresses.



Jessica Coggins tries her hand at sewing

A Donation in the Name of Norma Webster

SITM's Dress A Girl project has received a generous donation of \$250 from Paula Anne Smith Dermody in the name of member Norma Webster. The donation will be used to purchase additional material for the dresses, girls' panties to include in the front pockets and the DAG labels. Thank you Paula for such a generous donation.

November Board & Business Recap and Weekly Events

By Faye I. Andersen

The month of November featured a rather “light” agenda, as most committees have already begun their yearly projects. Yet, the board and membership had a few items to discuss and vote.

Sarah Carrasco Nominate for Governor-Elect

It was recommended by the board and approved by the membership to nominate SITM member Sarah Carrasco for the office of Sierra Nevada Region Governor-Elect. Sarah currently serves as District 5 Director. She will stand for election at the April SNR Conference in Reno.

Making a Difference for Women Set for January 31

The date for Making a Difference for Women is Wednesday, January 31. Co-Coordinator Jeanne Naccarato is seeking member donations of “chatzkes” to fill the goodie bags for approximately 50 attendees at the all-day skills training seminar. Some suggested items are pads of paper or notebooks, hand sanitizer, small snacks. No worries if you don’t have a total of 50 items. The committee will mix and match items.

It’s Tax Time, Even for Nonprofits

Upon recommendation of the board and vote of the membership, Bev Perkins, CPA, will prepare the SITM tax return for the previous year.

Happy Dollars for the Food Bank

A total of \$268.25 in October Happy Dollars were collected for Disability Resources. November Happy Dollars are designated for the Women and Children’s Center of the Sierra.

Membership News

The Board granted leaves of absence for Patti Doty through February for travel; and Lynn Robins through April for health reasons. Remaining on leave is Vivian Ruiz through December for work reasons.



Dot Watts bravely endured her flu shot from Robert Welsh, FNP, nurse practitioner specialist with Nevada Retina Associates. Thanks to Nevada Retina Associates for underwriting the cost of these flu shots for members at the October 19 meeting.



Celebrating November birthdays with Margie’s cookies and song were, from left, Dot Watts, Carol Dinneen and Vicki Shultz.



Sarah Carrasco led the discussion among members at the October 19 meeting presented by the Public Awareness Committee. Seated by committee, the members outlined how the Public Awareness Committee could support their projects or programs throughout the year.



Coordinator of the Economic & Social Development Committee Diana Dillon led the members on a fun “getting –to-know-you” exercise at the November 2 meeting. Each member had to describe three things about themselves that members may not know. The “catch” was one of the three had to be untrue. That set members to guessing about which attribute was a fabrication. Watch for some of those interesting attributes of members to come back to test your memory at a later date.



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Contributing to this issue

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 Doris Phelps
 Margie Hermanson
 Kristina Garcia-Mentzer

SITM Board 2016-17

President
 Rikki Hensley-Ricker
 President – Elect
 Jeanne Naccarato
 VP/Technical
 Dot Watts
 VP/Service
 Penney Leezy
 Recording Secretary
 Patty Mamola
 Corresponding Secretary
 Carol Dinneen

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

Board Meets monthly on Tuesday
 following the first Thursday, 5:30 p.m.
 Bristlecone Family Resources
 704 Mill St., Reno

Treasurer/General Fund
 Kay Dunham
 Treasurer/Service Fund
 Lynne Catrow
 Director, 2 Years
 Jennifer Burnitt
 Director, 1 Year
 Vivian Ruiz
 Delegate
 Valerie Hahn
 Alternate Delegate
 Margie Hermanson
 Parliamentarian
 Doris Phelps



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 . . .

International Day for the Elimination of Violence Against Women

By Doris Phelps, Human Rights/Status of Women Committee

The United Nations General Assembly has designated November 25 as the International Day for the Elimination of Violence Against Women. The premise of the day is to raise awareness of the fact that women around the world are subject to rape, domestic violence and other forms of violence; furthermore, one of the aims of the day is to highlight that the scale and true nature of the issue is often hidden.

- 35% of women and girls globally experience some form of physical and/or sexual violence in their lifetime with up to 7 in 10 women facing this abuse in some countries.

- An estimated 133 million girls and women have experienced some form of female genital mutilation in the 29 African and Middle Eastern countries where the harmful practice is most common.

- Worldwide, more than 700 million women alive today who were married as children (250 million of whom were married before age 15). Girls who marry before the age of 18 are far less likely to complete their education and more likely to experience domestic violence and complications in childbirth.

- In the U.S., 74% of female domestic violence victims stay in violent situations because they lack the financial means to support themselves and their children.

- As Soroptimists, we know that 47% of Live Your Dream Awards recipients are survivors of domestic violence.

Prevention of domestic violence has been an organizational focus of SIA (Soroptimist International of the Americas) since 1994.