



SOROPTIMIST®
Investing in Dreams

SITM Update

Soroptimist International of Truckee Meadows

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December 2019

www.sitmnev.org

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Calendar

- Dec. 26 -- DARK
 Jan. 2 – DARK
 Jan. 9 – Holly McIntyre, Red Cross
 Jan. 14 -- Board Meeting, Pam Robinson’s Office at Noon
 Jan. 16 – Business Meeting
 Jan. 23 – Gary Aldax, The Stanford Center for Again
 Jan. 30 – Live Your Dream Recipient

SITM Meets...

Thursdays at Noon
 at the Atlantis Casino Resort Spa Second Floor Convention Center \$25 for lunch.
 RSVP to sitruckeemeadows@hotmail.com no later than noon on the Monday at 5:00pm before the Thursday meeting.

Soroptimist Is:

a global volunteer organization that provides women and girls with access to the education and training they need to achieve economic empowerment.



“What Do You Want For The Holidays?”

For most of us, I’ll bet the number one answer is to spend quality time with our family and friends away from the work day commitments. I’ll add something I think most would hope for as well---“to be thought of.”

The year- end holidays that we celebrate in various forms around the world are a natural time to stop and value people who are important to us. Too often, we make shopping for gifts a chore as we rush from store to store (or stay up late trying to negotiate a last minute online delivery), checking the names off a never ending list that has been on our minds since Thanksgiving.

But let’s not lose the true point of gift-giving. Each present is an affirmation between you and another person. It doesn’t have to be expensive. People mostly want to be noticed, considered, and valued. To know, “I am thinking of you”. All of us do this for close family, friends, and co-workers. But how can we let other people know we appreciate them? I think in most cases, the more random the association the greater the impact.

While in the drive through line at say Starbucks, how many of you have said to the barista, “Please let me buy the coffee for the car/jeep behind me”? I

have done this many times and sure enough have had it done for me. How about the garbage collector or the paper delivery person? Or, perhaps recognizing someone that assists a member of your family or takes care of grooming your dog.



Last year while in the check out at Walmart, a woman with her child holding a small car toy, was trying her best to count her purchases and her money. She didn’t have enough...and the little boy was so still and quite. Perhaps this has happened to them before. Then the checker asked “what can you put back”. She looks at her small load of diapers, formula, fruit and odds and ends.” She just shrugged and started to pull the diapers back. I caught the eye of the checker and quickly said, “I will pay for it all”. She understood and then the woman with the small boy, looked at me. I said, “Please allow me to do this for you”.

Giving can be contagious. All of these acts have profound effects. It is truly the act of kindness and being thought of that is the greatest gift you can give anyone. May you be blessed with your giving and receiving this holiday season.

In Soroptimist friendship,
 Penney M. Leezy, President

Holiday Social, Book Drive and Goodie Sale

It’s all happening Thursday, December 19

- A Holiday Social – Dress glitzy, or wear your “ugly sweater” to the meeting.
- Bring your children’s books for the Washoe County School District.
- Donate your favorite baked sweets for the Holiday Auction.

See page 2 for more details.

Three Different Ways to Celebrate the Holidays December 19



It's time for sweets, dressing and donations at the December 19 meeting.

It's the Season for Sweets, so save a few of your "sweet calories" for our bake sale made by your fellow SITM members. Remember to bring your favorite treats to our Holiday Auction Bake Sale and Social. Donate whole plates or individual packages of goodies for people and pets. We had so much fun last year, let's do it again.

The Hospitality Committee will be collecting books appropriate for donation to the Washoe County School District. Don't forget to bring them on Thursday.

The committee is also suggesting members "dress glitzy" for the luncheon. Or, if you want to wear your "ugly sweater", please do! See you Thursday!



Get Prepared for the New Year Become Red Cross Ready on January 9

By Annette Friedlander

Start off the New Year by attending SITM's first program meeting of the New Year on January 9, featuring Holly McIntyre, a volunteer with the Northern Nevada Chapter of the American Red Cross. Holly is the Disaster Program Manager's volunteer partner.



Holly McIntyre from the Red Cross.

One of Holly's roles is the Readiness Program. Red Cross offers the Ready Rating Program to small and medium sized organizations as a preparedness tool for managing in times of disasters. Along with speaking about Ready Rating, she will also be presenting BE RED CROSS READY. Her presentation will teach all of us how to be prepared for any emergency.

Holly is originally from northern California and came to Reno four years ago. She is a Navy Vet, mother of three children, and a grandmother of two. She has been with the Red Cross for a year and a half and truly enjoys helping people.

Make it a point to start the New Year RED CROSS READY!

Save the Date

Learn About The Stanford Center for Aging on January 23

By Doris Phelps

Gary Aldax, Coordinator of Operations and Services for The Sanford Center for Aging, will be the speaker at the January 23 meeting. The meeting is presented by the Empowerment for Women Committee.

Gary and The Sanford Center for Aging are both well-known in the Reno-Sparks area for their work with seniors. One of their 2019 in-depth studies was on transportation concerns and social engagement in Washoe County. Adequate transportation is a concern for seniors who want to "age in place."



Gary Aldax from The Stanford Center for Aging

The center works closely with many non-profits in our area and uses many volunteers in their Senior Outreach Services (SOS) Program.

SIA Convention Early Registration Deadline Approaches

The deadline for early registration for the Soroptimist International of the Americas 46th Biennial Convention is January 15. The early convention fee is \$550. The fee increases to \$625 until May 15; then the fee increases to \$675.

SIA's Biennial Convention will be held July 22-25, 2020 in Bellevue, Washington. Details can be found on the SIA website at: <https://www.soroptimist.org/SIAConv2020.html>. Or, on Facebook: www.facebook.com/SIAConv2020/

Beads of Strength Delivered to RENOWN Infusion Center

Tapping into their creative juices, SITM members tested their skills (and eyesight) to craft beaded bracelets for “Beads of Strength” in November. Members craft and supply the bracelets to the RENOWN Infusion Center. Cancer patients who complete their chemotherapy are given the opportunity to mark their achievement by selecting a bracelet. In addition, Coordinator Bev Perkins and her sister crafted beaded keychains for the men completing their therapy.

Thanks to everyone’s artistry, 39 bracelets and 16 keychains were delivered to the Infusion Center.



President Penney’s friend Beth Sharp, concentrates on her beading.



A tableful of beaders, from left Margie Hermanson, Liza Chapen, Ana Nadimi, Pam Sutton, Deb Thomas, Paula Ringkob and Piper Mullen.



Bev Perkins checks in with Kim Coulter-Davis and Kay Dunham on their beading progress.



Ana Nadimi with her near finished bracelet.



Eve Johnson and Darlene DeLancey are hard at work on their bracelets.



Patty Downs with her bracelet creation.

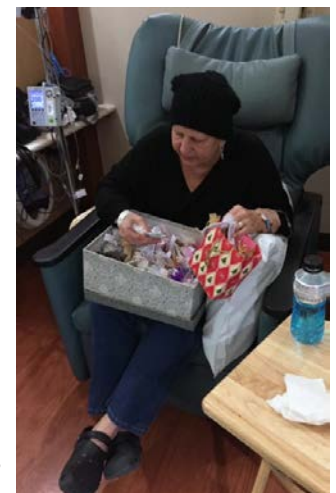


Margie Hermanson displays the box of bracelets and keychains delivered to one of the nurses at the RENOWN Infusion Center.



Linda Lamke and Barbara Atwell show off their finished bracelets.

Cindy, from Elko, and an Infusion Center “graduate”, selects one of the bracelets. Margie said it was a special moment to be able to help Cindy pick out a bracelet, because she was so excited to be done with her treatments.



More than 200 Afghans Delivered for the Holiday Season

Over the past year, SITM members and friends crocheted 200 afghans that were delivered in November to the Needy and Senior Ministry at Our Lady of the Snows Parish in Reno. Way to go ladies!! The afghans are delivered with priority given to seniors and families during the holidays.



Niki Ewing and Diana DeMatei are joined by Sister Carmen, front and Sister Carol with boxes of afghans.



Dedicated members are shown here at one of the Afghan Socials at Diana DeMatei's office, where crochet lessons, techniques and camaraderie are shared. From left are Kay Dunham (with Lucy), Bev Perkins, Jo Ann Lessly and Kim Coulter-Davis.

Hunter Lake STEM Girls Learn About the Field of Research



Hard at work on their assignment.

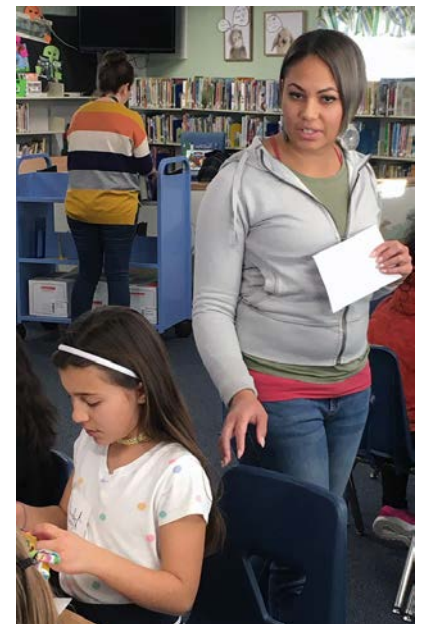
SITM's Dream It. Be It. Committee hosted Tara Langus, a Ph.D. student at UNR specializing in STEM education, to meet the girls in the Hunter Lake Elementary School program. Tara is a current SITM Dreams Moving Forward scholarship recipient.

Tara shared with them her story of how she got interested in science.

While she was working in Costa Rica, she was exposed to a butterfly garden at the hospital there. Tara brought several cases of butterflies to show the girls too, and gave them a lesson about butterflies as well. Since she was in Costa Rica, she has traveled to many other countries studying insects.



Tara Langus explains her research work and her STEM education at UNR.



Tara Langus checks the girls' work in drawing their idea of a researcher.

Tara concluded her presentation by asking the girls to draw their idea of what a researcher is, and they talked about the various types of researchers.

Giving Thanks with a Pre-Thanksgiving Social



Eve Johnson, right and Debbie Handke

Members gathered the week before Thanksgiving at the home of Ana Nadimi for a potluck and evening social. It was a time of friendship and camaraderie and being thankful for our fellow Soroptimists and our families.



Members gather in the kitchen, of course.



The living room was another favorite gathering spot.

From left, Bev Perkins, Eve Johnson, Jean Neddenriep and Margie Hermanson enjoying the evening.



Liza Chapen talked about the meaning of the word "gratitude" and recited several appropriate quotes on the subject.



Jeanne Naccarato and Eileen Fuller chatting after dinner.



Contemplative after dinner were, from left, Jo Ann Lessly, Mary Beth Roselli and Angela Owings.



Enjoying the camaraderie, from left, President Penney Leezy, Patte Robnett, Niki Ewing, Laury Macauley, Margie Hermanson and Eve Johnson.

Human Rights Day with a Focus on Water

The Empowerment for Women Committee presented the December 5 meeting celebrating United Nations' December 10th Human Rights Day with a recap of Soroptimist International Presidents' Appeals and speaker John Hester from the Tahoe Regional Planning Agency (TRPA).

Committee Co-Coordinator Doris Phelps recapped Soroptimist International President Mariet Verhoef-Cohen's 2017-2019 President's Appeal, "Women, Water and Leadership" which raised £405,000 (\$520,000) for water projects benefiting woman in Kenya, Malaysia, Bulgaria and Indonesia.



Empowerment for Women Co-Coordinator Paula Ringkob

Co-Coordinator Paula Ringkob recapped SI President Sharon Fisher's 2019-2021 Appeal, "The Road to Equality". It will focus on issues already the focus of much of the SI advocacy work, such as child marriage, eliminating Female Genital Mutilation/ Circumcision (FGM/C), the rights of older women, human trafficking, migration and domestic violence.



Speaker John Hester with Empowerment for Women Co-Coordinator Doris Phelps.

In keeping with a water theme, John Hester, COO and Deputy Executive Officer for TRPA, gave a history of Lake Tahoe and the harmful effects of logging in the 1800's and the building boom in the 1950s and 1960s. The TRPA was formed in 1969 by Nevada Governor Paul Laxalt and California Governor Ronald Reagan through a bi-state compact between the two states which was ratified by the U.S. Congress. The agency is mandated to protect the environment of the Lake Tahoe Basin through land-use regulations.

Social Media 101 Explored at the November 21 Meeting

Like. Follow. Engage. Tag. Hashtag. Reach. Clicks.

Just try to use those terms in a sentence. A sentence that makes some sense anyway. However, those are social media terms that we all learned at the November 21 meeting, thanks to speaker Cinammon Davies. Cinammon is a senior account representative with LocaliQ, the digital marketing arm of Gannett and USA Today.

With a theme of "Keep Social Media Social", Cinammon explained the need to conquer "hearts and minds" as well as build relationships by being social and increasing your social media profile. Digital marketing and online advertising is what Cinammon does for her clients in her "day job".

She's also a volunteer for the Nevada Center for Entrepreneurship (NCET) where she is Vice President of Newsletters, Vice President of Social Media and Corporate Secretary, and was named the 2019 Technology Advocate of the Year for NCET.

Through a series of slides, Cinammon reviewed several social media campaigns that she had created promoting

NCET programs and speakers. She used them as an opportunity to explain the effective use of those terms listed above and how they contribute to getting your message out to your audience.



Cinammon Davies with President Penney Leezy following her presentation on Social Media. President Penney presented her with a beautiful bracelet with a pearl setting.

December Board & Business Recap

By Faye I. Andersen

The December Board and Business Meetings were short on topics this month, but long on discussions.

Seeking Ticket Sales Online

The Board recommended and the membership approved a motion presented by Public Awareness Committee member Pam Sutton to move forward with exploration and implementation of EventBrite, an online ticketing website in order for SITM to sell Thanks to Youth and fundraising event tickets through our website and Facebook. Up for further exploration is adding a "donation" button to our website and Facebook for people wishing to donate to one of SITM's many programs. Watch for more to come on this in the months ahead.

Live Your Dream Judging Changes

Education/Women Committee Co-Coordinator Sarah Carrasco gave an informational presentation at the December Board and Business Meetings regarding judging of Live Your Dream (LYD) applicants. LYD is a Soroptimist International of the Americas (Federation) program that SIA encourages all clubs to participate in by giving scholarships to women heads of households. Members of SITM's Education/Women Committee have always been the judges for this scholarship. However, the committee has decided in their purview as administrators of the scholarship that they will use outside judges in accordance with SIA's recommendation for the LYD Scholarships.

Happy Dollars Benefit Nevada Youth Employment Program (NYEP)

November Happy Dollars in the amount of \$235 were collected for the Nevada Youth Empowerment Program (NYEP), serving homeless, parentless and undereducated youth with basic needs like housing, food and training. Under the policy adopted last club year, any shortfall in Happy Dollars not reaching \$500 minimum is supplemented by the reserve service funds. December Happy Dollars are designated for Soroptimist International President Sharon Fisher's 2019-2021 Appeal, "Road to Equality".

Our Faithful Server Laurie Hayek is Leaving

Laurie Hayek announced she is leaving the Atlantis to begin work at Whitney Peak. She has requested to work Thursdays and special events at the Atlantis like the Region Conference and Soroptimist Development Retreat when we gather for those events. President Penney is circulating a card, if you'd like to sign it and you can make a monetary contribution, if you'd like, as a farewell gift for Laurie.

Membership Updates

Remaining on leave is Anna McArdle until April 22, 2020, due to her move to Florida for health reasons.

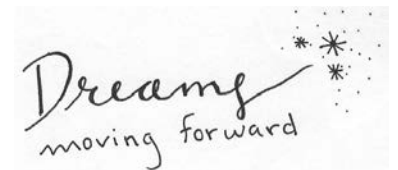


Celebrating their December birthdays with reminiscences of having a birthday so close to Christmas, were from left: Patti Doty, Cindy Burk, Barbara Atwell and Penney Leezy.

Dreams Moving Forward Applications Available

A message from the Education Women Committee, Co-Coordinators Sarah Carrasco and Laury Macauley

The Dreams Moving Forward Scholarship applications are out to all the schools in our community. The Flyer and Application is on the Club's Website at <https://sitmnv.org/scholarships/>. We have undergraduate and graduate scholarships available.



Now is the time when we ask members to forward this information to everyone, except family members, who are attending college and in need of financial assistance.

See the flyer attached to this newsletter.

SITM is very proud of its scholarship program. Help us get the information on the club's scholarship program out to the community. Tell everyone! February 15, 2020 is the deadline to submit completed applications.

I would also like to have you save the following two dates. We would appreciate members support in attending the scholarship programs.

- Live Your Dream Awards luncheon – January 30, 2020 at noon, at the Atlantis
- Dreams Moving Forward Scholarship luncheon – April 23, 2020 at noon, at the Atlantis

These two luncheons are wonderful events to bring guests. We will provide more details in January.

Fun, Food and Wrapping for “Angel Tree” Children

Again this year, the Education/Youth Committee has been meeting and organizing with the Vice Principal at Hunter Lake Elementary School. The school has a great percentage of Children in Transition, meaning they are living in temporary shelters or motels. The committee created “Angel Tags” with children’s names, clothing size and a requested toy.

This year SITM was given 14 children’s names, within 11 families who needed gifts.

Nineteen SITM members, family and friends showed up on December 12 at Judge Connie Steinheimer’s home for an evening potluck and package wrapping session. A total of 71 gifts were wrapped, with an approximate value of over \$1,000 total.



Finishing dinner from left are: Annette Friedlander, Jo Ann Roberts and Eileen Fuller.

Thank you to all of the members who went solo or doubled-up to research, shop, purchase and wrap up so many gifts. As usual, the potluck meal was overflowing and delicious and the company was even better that evening.



Finishing dinner and ready to go to work are: front row from left, President Penney Leezy, Cindy Burk and Madison Roberts (Jo Ann’s granddaughter). In the top row are Millie Mitchell and Shirley George.



Dot Watts is enjoying dinner before wrapping.



Connie Steinheimer and Monica House.



Monica House corrals the wrapped packages into separate bags for each child or family.



Scarlet Ewy using her wrapping magic.



Cinammon Davies in the foreground and Sarah Carrasco in the background, wrapped some of the larger packages.

SITM Update

Soroptimist International of Truckee Meadows

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Contributing to this issue

| | |
|---------------------|------------------|
| Jo Ann Roberts | Margie Hermanson |
| Penney M. Leezy | Vivian Ruiz |
| Sarah Carrasco | Kay Dunham |
| Jeanne Naccarato | Darlene DeLancy |
| Diana DeMatei | |
| Doris Phelps | |
| Niki Ewing | |
| Annette Friedlander | |
| Pam Robinson | |

Soroptimist International of Truckee Meadows
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www.sitmnev.org

Board Meets monthly on Tuesday
following the first Thursday, noon.
Pam Robinson's office
5335 Kietzke Lane #210, Reno, NV

SITM Board 2019-20

| | |
|-------------------|------------------------|
| President | Treasurer/General Fund |
| Penney M. Leezy | Pam Robinson |
| President – Elect | Treasurer/Service Fund |
| Millie Mitchell | Ana Nadimi |
| VP/Program | Director |
| Chris Fegert | Jeanne Naccarato |
| VP/Membership | Delegate |
| Valerie Hahn | Laury Macauley |
| Secretary | Parliamentarian |
| Linda Walker | Kay Dunham |



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



SOROPTIMIST®
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Did you know . . .

Happy Holidays
from the
Sierra Nevada
Region Officers
and Directors



Scholarships Available from Soroptimist for Students!!

Undergraduate Scholarships

Maximum Amount \$8,000—

Disbursed based on remaining semesters anticipated

Eligible Applicants—

**Women who have interrupted school and are now enrolled in a degree
program**

Graduate Scholarships

Maximum Amount \$6,000—

May be disbursed all at once or over time, depending on circumstances

Eligible Applicants—

Not required to be re-entry students, but preference given

Application and Details—www.sitmnv.org

For more information, contact:

Sarah Carrasco

SI Truckee Meadows

sarah@sarahcarrascolaw.com or (775) 544-2089