



SOROPTIMIST®
Investing in Dreams

SITM Update

Soroptimist International of Truckee Meadows

Volume 26 • Issue 4

October 2020

www.sitmnev.org

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Calendar

- Oct. 15 – Nevada State Senator Julia Ratti
- Oct. 22 – WCSO Superintendent Kristen McNeill
- Oct. 29 – Hospitality Committee Surprise
- Nov. 5 – STEAM program
- Nov. 10 -- Board Meeting at Ana Nadimi’s home
- Nov. 12 – Business Meeting
- Nov. 19 – Susan Horst, District 5 Director
- Nov. 26 – DARK for Thanksgiving

Prior to each meeting President Millie sends a link to join the meeting via Zoom, if you would like to attend that way.

SITM Meets...

Thursdays at Noon

at the Atlantis Casino Resort Spa Second Floor Convention Center \$25 for lunch.

RSVP to info@sitmnev.org no later than noon on the Monday 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.



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Founders Day, Stars, and Awards

October 3rd is an important milestone for every Soroptimist. It marks the day that Soroptimist was founded 99 years ago. During my years as a member of SITM we have upon occasion designated one of our October meetings to celebrate the founding of Soroptimist by a group of women in Oakland, California. We didn’t forget it this year. We’ve just been busy – and that’s all good. But now I’d like to take a moment to reflect a bit on being a Soroptimist and what our founders dreamed of on that fateful day many years ago.

The name Soroptimist was coined from the Latin “soro” meaning sister, and “optima” meaning best or optimist. And so, Soroptimist is perhaps best

interpreted as “the best for women.”

In 1921, the first Soroptimist club, Alameda County, was formed in California with over 80 business and professional women from in and around the city of Oakland. With Violet Richardson as the first President, back then the first club, which changed its name to SI/Oakland in 1928, met weekly, debating service projects and hearing speakers on various worldwide issues that would broaden members’ horizons.

Sounds a lot like who we are today at SITM, doesn’t it?

Take a moment now to reflect on your
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President Millie prepares to conduct the October Board Meeting in person at Treasurer Ana Nadimi’s home and on Zoom.

Thank you, Ana, for the use of your beautiful home.

Don’t Miss These Upcoming Meetings



Thursday, October 15

Julia Ratti
Nevada State Senator District 13

Thursday, October 22

Dr. Kristen McNeill
Superintendent,
Washoe County School District



Thursday, October 29, 2020

The Hospitality Committee has a surprise for members. Be prepared to wear a costume and/or fun hat.



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own relationship to Soroptimist, as we recognize Founders Day this month and anticipate our 100th Anniversary next fall. What does being a Soroptimist mean to you?

Something our District 5 Director Susan Horst shared with the district club presidents recently has resonated with me. These words were penned in 1939 by a British Soroptimist.



At the October Business Meeting, President Millie presented Margie Hermanson with an orchid for her work on the previous week's Candidate Forum; and an orchid to Faye I Andersen for her work as last year's Public Awareness Coordinator.



“Two things are clear to us in the midst of the bewilderment and distress of these present days. One is that, as a band of women whose aim is the furthering of international understanding, we must stick together and keep in active working order our Soroptimist organisation, the value of which is greater than ever before. The other is that when we emerge from this nightmare and the struggle is over we must be stronger than ever to see that all our influence is cast on the side of a just and lasting peace.”

I know that we are not in the midst of a World War with bombs falling around us. But these words could have been written today in the midst of the pandemic and ever widening ideological and political differences.

Even so, we come together as sisters and optimists to fight for **gender equality**, so that women and girls can live free from discrimination; fight for **empowerment**, that women and girls can be free to act in their own best interest; fight for **education**, so that women and girls can lead full and productive lives through access to education; and fight for **diversity and fellowship**, so that women from varied backgrounds and perspectives can work together to improve the lives of women and girls.

I am more proud than ever to be a Soroptimist and a member of SI/Truckee Meadows. And my pride was bolstered this past weekend by the incredible turnout of Truckee Meadows members at our annual Fall District Meeting – this year via Zoom. Sixteen of us showed up – 25% of our club, two more than attended last year's “in person” conference. Taking into account the number of SITM members who are life members and/or, as I like to think, dues paying “members in spirit,” the percentage of our club that showed up on Saturday was closer to 40%. “Showing up” is a significant attribute of our club – we can be counted on to be there, roll up our sleeves, and get to work wherever we're needed.



The other thing that made me proud last Saturday, October 3rd, was witnessing SITM being recognized over all 55 clubs in the Region for our Public Awareness Programs. We were honored with the overall 5-Star Award for Public Awareness, and first place awards for our newsletter and social media efforts in 2019-2020. Congratulations to all the committee members for their creativity, strategic thinking, and doing what needed to be done. I'm not necessarily big on awards, and I don't really believe that's why we do what we do, yet it is validating to be recognized every now and then. Many thanks to Faye I. Andersen for leading the charge, and to committee members Jeanne Naccarato, Kim Coulter Davis, Cinammon Davies, Pam Sutton, Vivian Ruiz, and Jo Ann Roberts (newsletter). Congratulations also to immediate past president, Penney Leezy, as this all happened on her watch.

A star has been defined as a great mass which produces energy or someone who is preeminent in a particular field. Aren't Soroptimists a great mass of women with tremendous energy? Aren't we preeminent in a particular field – women helping other women and girls to achieve their dreams? I think so, and I think we are all “sister” stars.

Happy Founders Day!

Millie Mitchell, President

With many thanks to Susan Horst, District 5 Director, and the Soroptimist International website.

What a TEAse of a Party

In the midst of a pandemic, what better way to have some fun than to host a TEAse Party.

Ladies in hats -- pretty hats, funny hats, outrageous hats -- were greeted with a fancifully decorated room at the Atlantis with balloons, elegant tea sets, candelabras and a wild assortment of tea cups. A rotating "loop" of photos from last year's high tea was shown on the overhead screens.

Unable to reprise the very successful "We're MAD as a HATTER" High Tea held last September, due to public gathering limitations, the Fundraising Committee decided to host a TEAse Party at the September 24 meeting.

A lunch fit for a tea was served beginning with gazpacho soup, a chicken walnut and grape salad or kale and quinoa salad, with petit fours for dessert, all accompanied by specialty teas.

Members and guests attending in person and on Zoom were challenged by Fundraising Co-Coordinator Darlene DeLancey (dressed as the Queen of Hearts) with a quiz of "tea facts". Winners of the quiz were Valerie Hahn and Eileen Fuller.

Winners of the hat contest were Carmela Cipollina and Mary Long, from SI/Washoe County. Winners of the hat and quiz contests were awarded \$25 gift certificates to The Stone House Café in Reno, donated by Michelle Christie (Eve Johnson's daughter).

Fundraising Co-Coordinator Linda Walker, ably assisted by Jeanne Naccarato (dressed as the White Rabbit) conducted the raffle of 18 door prizes.

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Photos Compliments
of Penney Leezy



Continued from page 3

Thank You Door Prize Donors

Darlene DeLancey	Jan Bogikes
Doris Phelps	
Millie Mitchell	Penney Leezy
Davidson's Organic Tea	

Congratulations Winners

Laury Macauley	Grace Macauley
Harmony Hobbs	Jeanne Naccarato
Deb Thomas	Jo Ann Roberts
Pam Robinson	Penney Leezy
Paula Ringkob	Bev Perkins
Patty Downs	Judy Simpson
Carmela Cipollina	Pattie Robnett
Doris Phelps	Holly Nash



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Look for These Upcoming Dates

The Fundraising Committee is working on plans for a Valentine-themed online auction for January 28 – February 7, 2021. Stand by for more information and how you can be of help.



District 5 Fall Meeting**“Founder’s Day: Where Dreams Begin”**

Excerpted from Delegate Angela Owings’ Report



District 5 Director Susan Horst conducting the Fall District meeting.

District 5 Director Susan Horst hosted her first Fall District Meeting of the biennium via Zoom on October 3, opening with a celebration of the 100th anniversary of the founding of Soroptimist. SITM President Millie Mitchell was joined by 15 SITM members for the 2-1/2 hour meeting.

President Millie welcomed first-time attendees.

Social Media Category, plus was named the overall winner of the Five Star Public Awareness Awards.

SITM was also recognized by SIA for Club Giving; our “efforts to increase SIA’s collective impact”; participation in the Live Your Dream and Dream It, Be It Career Support for Girls programs.

Reports of SNR’s Federation Chairs

SIA Federation Membership Chair for SNR Emily Ziser gave suggestions for members and clubs to continue member communications via Zoom with virtual cooking classes, social hours and fundraising. She suggested “drive-bys” to the homes of members having birthdays, or using snail mail to keep in touch with members.

SIA Federation Public Awareness Chair Tracey Edwards encouraged members to be “brand warriors” by staying consistent with Soroptimist branding. Connect with Soroptimist social media pages and use the share function.

SIA Federation Program Chair Lisa Fitzgerald encouraged clubs to continue programs virtually, especially Live Your Dream Awards and Dream It, Be It events, even if it means supporting another club’s program.

Governor’s Report of Region & Federation News

SNR Governor Sarah Carrasco provided updates on current and upcoming events. The overall theme, “Courage and Curiosity”, echoed international remarks of fostering service using virtual tools to move forward with our mission.

- She urged continuation of clubs using Zoom for meetings and other functions.
- SIA is considering eight amendments to the bylaws to accommodate changes to Roberts Rules of Order.
- Club voting will be done electronically with instructions sent to Presidents and Treasurers.
- A “Club Roadmap for Success” is available on the SIA and SNR Websites.
- A likely global decline in membership of 15% is expected due to the pandemic.
- Being proactive to grow clubs and sustain membership will be critical to the SIA “Big Goal” to invest in the dreams of a half million women and girls in the 2021-2031 decade.
- SNR is looking for volunteers to charter the first virtual club.
- Clubs are being challenged to add one more Live Your Dream Award.

SNR Governor-Elect Lisa Fitzgerald encouraged clubs to support the Dream It, Be It programs, even if they join in another club’s program, reminding us the “girls with dreams become women with vision”.

SITM Sweeps Five Star Public Awareness Award

Immediate Past SNR Governor Lane Parks presented region awards that would normally have been presented at the annual conference, had it not been cancelled. For the Public Awareness Star Awards, SITM was presented a first place in the Newsletter Category and first in the

A Word About Online Fundraising Raffles

Treasurer Sheron Box reminded members that fundraising raffles online are illegal, but she has suggestions on how to hold raffles in a legal manner. She also has Soroptimist pins and other Soroptimist supply items for sale.

A Twist on President’s Reports

In lieu of the usual President’s Reports of club activities, Director Susan asked the Presidents to provide information that would promote Soroptimist by explaining why each was a member and why someone should join Soroptimist.



President Millie and Immediate Past President Penney display certificates from some of the awards presented to SITM at the District 5 Fall meeting.

Superior Attendance for Biennial Candidates Forum

The October 5 Candidates Forum was our highest attended meeting for the 2020-2021 Club Year. A total of 35 attended the meeting at the Atlantis, including 10 candidates or their representatives and four guests. A total of 28 joined the meeting on Zoom, including 11 members.

Pam Sutton and Margie Hermanson tag-teamed duties welcoming and introducing candidates. Angela Owings acted as the Master Zoom Wrangler ensuring candidates speaking had the spotlight, whether in-person or on Zoom.

Each candidate was given three minutes to speak about why they were running for office and why they would be the best candidate for the job. Eight candidates addressed the meeting in person and 13 spoke from Zoom. Candidates for three Nevada State Assembly offices, the Washoe County School Board, Reno and Sparks City Council Wards spoke.

Several of the candidates expressed great appreciation to SITM for hosting the Candidates Forum. Due to the pandemic there have been few opportunities for them to meet with voters. Several of those attending in person said that it was their first opportunity to meet with a gathering of voters. SITM members were appreciative of their commitment to meet with us.

Thanks to Pam and Margie for inviting candidates and making arrangements for members and guests to attend in-person and on Zoom. Thanks to Angela for masterfully “controlling” the meeting alternating between in-person speakers and those on Zoom. Special thanks to the AV Staff at Atlantis for their assistance in working out “last minute bugs” to make it possible.



Angie Taylor
School Trustee District E



Craig Wesner
School Trustee District G



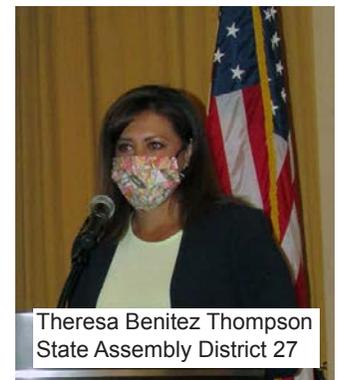
Donald Abbott
Sparks City Council Ward 1



Jeff Church
School Trustee District A



Paul Anderson
Sparks City Council Ward 3



Theresa Benitez Thompson
State Assembly District 27



Quentin Smith
Sparks City Council Ward 3



J.D. Drakulich
Reno City Council Ward 1

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Candidates Joining Us Via Zoom



Vance Alm
State Assembly District 16

Photos copied from candidates official websites



Natha Anderson
State Assembly District 30



Skip Daly
State Assembly District 31



Jill Dickman
State Assembly District 31



Scott Kelley
School Trustee District A



Mathew Montognese
School Trustee District E



Diane Nicolet
School Trustee District G



Jenny Brekhus
Reno City Council Ward 1



Ruth "Rudy" Leon
Reno City Council Ward 3



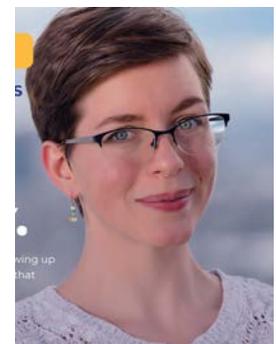
Darla Fink
Reno City Council Ward 5



Neoma Jardon
Reno City Council Ward 5



Devon Reese
Sparks City Council Ward 1



Wendy Stolyarov
Sparks City Council Ward 1

Exploring Zoom “Tips & Tricks” and Staying Calm During the Pandemic



Membership Committee Co-Coordinator Marilyn Pearson on Zoom offering “tips and tricks”.

At the September 17 meeting, the Membership Committee offered a mini-tutorial on the use of Zoom “tips and tricks”; as well as some mini-therapy tips to keep ourselves calm during this pandemic.

Speaking from home on Zoom Co-Coordinator Marilyn Pearson launched a tour of how Zoom works; why use Zoom; all the features

available on Zoom to show yourself on Zoom; adjust volume; mute/unmute; chat with other participants of the group; install a background; even use filters to visually enhance your own appearance on Zoom. She was ably assisted by Co-Coordinator Angela Owings, who helped facilitate the meeting as one of our “Zoom Wranglers”.

Doris Phelps recalled the article “7 Leadership Principles in the Time of Coronavirus” which appeared in the August issue of the SITM Update. While not really a therapy session, Doris asked members to answer three “Calm” questions.



Here’s a compilation of members’ answers provided by Doris Phelps

First, what is the one thing that makes you feel comforted, restores your sense of balance or brightens your day right now?

Several members mentioned going for a walk at favorite locations, especially walking with their dog, playing with their dog, sitting outside enjoying the flowers, or working out.

Reading a good book and napping with my dog.

Quiet activities like listening to music; knitting; baking; eating.

Spending time with family in person or virtual visits, playing games, sharing a smile with another, sharing welcoming and friendly greetings with others.



Doris Phelps imparted some lessons about remaining calm during the pandemic.

What are you doing now (or plan to do soon) to model and encourage a sense of reassurance for your customers, employees, colleagues or friends?

Continue to exhibit a calm demeanor – no panic, no alarm; sending positive feelings of “we will be okay”; provide a fun, caring environment; be available to talk; stay connected with phone, Facetime, cards, Zoom, distance gathering, email.

Staying calm, letting others know I care, acknowledging the prolonged strain of COVID-19 and the smoke together; calling friends especially if I have not talked to or seen them for a while; keep in touch – lots of texting, stay in touch and express my interest, love, commitment, etc.

Give clients alternatives in terms of being in person or on Zoom or phone – all options are available and acceptable.

Assuring family to stay safe, wear masks, wash hands, etc.

Was there an idea you heard from today’s discussion that you will want to take away with you?

Try to keep things in perspective, like remembering that the people in California have it so much worse with the fires in their area

Remember the “15 seconds to do nothing”. It helps to center and provide a mini-meditation.

We will leave you with this thought: The real things haven’t changed. It is still best to be honest and truthful; to make the most of what we have; to be happy with simple pleasures; and have courage when things go wrong. Laura Ingalls Wilder, American writer (1867-1957).



Membership Co-Coordinator (and Zoom Wrangler) Angela Owings keeping the meeting moving on Zoom and in person.

October Board & Business Recap

By Faye I. Andersen

District 5 Fall Meeting Well Attended by SITM

Fifteen members and President Millie Mitchell attended the October 3 District 5 Fall Meeting via Zoom. The meeting featured an update on region and federation activities by SNR Governor Sarah Carrasco. The Federation Chairs for Program, Membership and Public Awareness gave reports. The SNR Treasurer issued a reminder about clubs pursuing online raffles.

At the meeting, SITM was presented with some Sierra Nevada Region and SIA Federation Awards and recognitions. SITM Delegate Angela Owings' complete report can be found on page 8.

There Are a Few Calendars Left For Sale

On behalf of the Fundraising Committee, Doris Phelps reported on the progress of 2021 "Ghosts" vintage airplane calendars. Of the 140 calendars the club obtained from photographer Phillip Makanna, only 14 remain in stock and are available for sale. Angie Ruyak is the top seller by purchasing a whole box (40 calendars) to distribute to some of Infinity Hospice Care's clients. Members who checked out calendars should remit cash and checks to Doris when sold or return the calendars. Members can also purchase the calendars for donation to local Veteran's groups.

Tax Return Completed and Mailed

Beverly Perkins, CPA, has completed SITM's annual tax return and presented it to President Millie for signing and mailing. According to Bev, she found no anomalies in her review of our Service Fund and General Fund Treasuries. Bev praised last year's and this year's Treasurers for the "best meshing and smooth transition for the tax return from the old to the new club year". Thank you, Bev, for handling our tax return every year.

Dedicated Laptop Purchased for Zoom Duties

In September, the board recommended and the membership approved the purchase of a laptop, not to exceed \$750, suitable to be able to handle our weekly meetings for members who choose to use Zoom to attend the meetings. In quick order President Millie purchased the laptop, had the appropriate software loaded and it was ready in time for our Candidates' Forum meeting. Thank you again "Zoom Wranglers" Pam Sutton, Angela Owings and President Millie Mitchell for making the weekly meeting possible for members who wish to join on Zoom.

Zoom Contract Extended Through June 2021

The board recommended and the membership approved an extension of the club's contract with Zoom to extend

our service through June 2021. Besides the board and weekly meetings, committees are using Zoom for their meetings as well.

"Angel Tree" for Students' Gift Returning Next Month

On a motion from the Education/Youth Committee, the board recommended and the membership approved once again conducting the voluntary "Angel Tree" gift purchases for Children in Transition students at Hunter Lake Elementary School. The committee will work with the school to obtain names of 25 children in need this year. The limit is \$100 per student (broken into two \$50 gift tags). Members are welcome to join with another member to split the costs. Next month the committee will be at a meeting with their "Angel Tree" and tags for members to make their selections.

Donation Approved for Butte County Bear Fire Victims

On the recommendation of the board, the membership approved a donation of \$1,000 from SITM's Service Fund Reserve Funds to Soroptimist International of Chico for their efforts to assist women and girls impacted by the Butte County Bear Fire. SI/Chico is soliciting funds to purchase cards for evacuees to purchase immediate necessities such as underwear, bras, prescriptions and feminine hygiene items. Members may also make a voluntary donation to this cause by October 22 to be bundled with SITM's donation. Send your donation to Service Fund Treasurer Ana Nadimi, with a note in the memo line, "SI/Chico Bear Fire".

Happy Dollars for Care Chest

Happy Dollars in the amount of \$364 were collected in September for Care Chest of Sierra Nevada, which provides medical equipment, supplies, prescription assistance including diabetic supplies, independent living home modifications, liquid nutrition and other vital resources. October Happy Dollars are designated for the Women and Children's Center of the Sierra to support women as they work to move out of poverty and improve their lives.

Under the policy adopted last club year, any shortfall in Happy Dollars not reaching \$500 minimum is supplemented by the reserve service funds.

You Can Still Contribute to Happy Dollars

Don't forget there is a "donate button" for Happy Dollars on our website, www.sitmnev.org. Or, you can always mail a check to Service Fund Treasurer Ana Nadimi. Make sure you designate Happy Dollars in the "notes" on your check.

The Pandemic's Impact on Thulipokhari, Nepal and Our Girls' Scholarships

By IGU Coordinator Monica House

We received news from our liaison, Shyam Paudel that our scholarship recipients and the villagers in Thulipokhari are all doing well. He says the rural areas of Nepal have generally not been affected by COVID-19 in terms of number of illnesses. However, the impact of COVID-19 in a country where many people live below the poverty line could have a devastating impact on students long term. As of October 2020, almost all schools and universities are still closed. It is not clear when they will re-open due to lack of technology and training for e-learning solutions. It is estimated that only 13% of schools might be able to run online classes—almost all of which are located in the urban areas.



As part of the micro-lending program, villagers can obtain low-cost loans for the purchase of animals.

started in 2003. As it continues to flourish, everyone in the village remains well-nourished--the crops have been bountiful and animals are continuing to thrive! This fantastic outcome is the direct result of the Soroptimist micro-lending program - something we all can take a modicum of pride in seeing to fruition!



Earlier this year, some of the girls living in the dormitory gathered for a photo.



Shyam says that in-person school learning should resume as soon as possible in areas that have been minimally affected. The longer schools remain closed, the more likely children from low-income parents never return to school when they reopen. Many parents have lost their jobs and the children will now need to work to support their families. There is also the concern that the sudden move to e-learning will likely further widen the inequality gap leaving a large number of students behind in their studies since unlike urban areas, rural areas can barely afford to access the internet.

On a positive note, Shyam said our Campus Chief Hari is ready to open the dormitory and schools in Thulipokhari as soon as the government gives the okay. They are very grateful to Soroptimist for providing the new computers and are hopeful to have our girls' dormitory filled again soon. They also express extreme gratitude for the micro-lending program Soroptimist



Linda Walker and Faye I. Andersen were two of the members celebrating October birthdays at the Business Meeting. Missing the celebration were Jean Neddenriep, Debera Thomas, Denise Rupracht Carmela Cipollina, Norma Webster and Angie Ruyak.



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Board Meets monthly on Tuesday
 following the first Thursday, noon.
 Ana Nadimi's home

Contributing to this issue

- | | |
|------------------|---------------|
| Jo Ann Roberts | Angela Owings |
| Millie Mitchell | Linda Walker |
| Marilyn Pearson | Monica House |
| Pam Sutton | |
| Darlene DeLancey | |
| Penney Leezy | |
| Doris Phelps | |
| Margie Hermanson | |

SITM Board 2020-21

- | | |
|---|--|
| President
Millie Mitchell | Secretary
Paula Ringkob |
| President-Elect
Valerie Hahn | Treasurer/General Fund
Linda Walker |
| Vice President/Program
Laury Macauley | Treasurer/Service Fund --
Ana Nadimi |
| Vice President/
Membership
Patti Doty | Delegate
Angela Owings |
| | Director – Penney M. Leezy |



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



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Did you know . . .

Anyone Interested in Making More Face Masks?

SITM member Patty Downs recently received an urgent plea from Teresa, who is the Director of Medicine/ Telemetry and Float Pool at Northern Nevada Medical Center (NNMC).

She wrote: "I don't have any more masks to give to discharging patients. Adult size would be nice for them. With stress levels high for staff related to school starts and stops, kid masks would be a wonderful surprise for them and may also boost morale a bit. Please let me know if the Soroptimists need any supplies; fabric, thread, elastic. I can provide those items." Teresa

Marilyn Pearson recently donated 77 children's masks to NNMC. In the past week Marilyn, Patti Doty and Sierra Nevada Stitcher Trudy LaRue sewed and donated 164 masks to NNMC (91 adult and 73 children's masks). If anyone is interested in sewing more face masks, contact Marilyn. She's willing to pick up masks directly from members.

