



SOROPTIMIST®
Investing in Dreams

SITM Update

Soroptimist International of Truckee Meadows

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August 2021

www.sitmnev.org

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Calendar

- Aug. 26 – Katie Freeman, EDAWN
 Aug. 26 – Bead’s of Strength 5 p.m., President Valerie’s home
 Sept. 2 – Pam Russell, WACCS
 Sept. 7 – Board Meeting
 Sept. 9 – Business Meeting
 Sept. 16 – Fundraising BINGO
 Sept. 23 – TBD

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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100th Anniversary Meals Reaches Goal

August 2 should be circled in red on SITM calendars as members reached the 100-day mark in the club’s “100 Meals in 100 Days” prepared and delivered to Hope Springs, bridge housing for the homeless as part of our celebration of Soroptimist’s 100th Anniversary project.

Breakfast, lunch, dinner, snacks expertly prepared, purchased or picked up at local restaurants and delivered ... they have all been a part of the Soroptimist 100th Anniversary project. The “neighbors” at Hope Springs have expressed their appreciation

and thanks for caring about them since March.

The special Soroptimist 100th Anniversary Committee is continuing to deliver meals once a week to Hope Springs, using some of the money donated by members and others in the community.



Celebrating the delivery of the 100th meal at Hope Springs is, from left: Doris Phelps, Jeanne Naccarato and Margie Hermanson.

Mark Thursday, September 30 on your calendar

for the Soroptimist 100th Anniversary program. Also, reserve Thursday, October 7 on your calendar for a program featuring Hope Springs.

Don’t Miss These Celebratory Meetings

Thursday, September 30

Please mark your calendars for a special celebration of the Soroptimist 100th Anniversary. Invite your friends! Guests welcome.

Thursday, October 7

SITM is proud to celebrate our very special partnership in community service on providing “100 Meals in 100 Days” with Hope Springs and Northern Nevada Hopes. ** Cost of this lunch is a one-time \$30. Invite your friends! Guests welcome.

Make lunch reservations weekly by Monday noon prior to the Thursday meeting to info@sitmnev.org.



BRIGHT PAST
BRILLIANT FUTURE



Soroptimist 100th Anniversary Trivia – Test Your Knowledge

(Answers on page 4.)



100 Seconds of soroptimist History A Glimpse Back to 2010

By Bev Perkins

1. Who walked into the Parker-Goddard Secretarial School in Oakland, California in the spring of 1921 looking to start a new women's service club?
2. In what year was Soroptimist International of the Americas (SIA) organized as a federation of clubs?
3. How many federations are under Soroptimist International?
4. What do we call the array of SIA programs that ensure women and girls have access to education and training they need to reach their full potential and live their dreams.
5. What is the purpose of the *Live Your Dream Award* program?
 - a. To promote awareness of women's economic needs to all clubs within SIA.
 - b. To provide grants to support education and training for women in need.
 - c. To provide tools and resources to clubs establishing local *Live Your Dream* programs.
 - d. All of the above.
6. What was the previous name of the Live Your Dream Awards? (Extra points if you can name the one program name before that!)
7. Where will SIA's 47th Biennial Convention (July 20-23, 2022) take place?

Pick Up Your 2022 "Ghosts" Airplane Calendars

SITM's annual sales of the 2022 "Ghosts" calendars are in full swing. Darlene DeLancey can be found at the back table across from Attendance to pick up calendars. She will even deliver. The \$17 per calendar price is still in effect for this year. Darlene has some flyers if you would like one for your office, or post it at your gym, club house, local grocery, Starbucks, etc.

For members not wishing to find buyers for calendars and purchase them instead, your calendars will be distributed to veteran's groups in the area. Proceeds will benefit projects funded by SITM's Service Fund Treasury.

Rather than speaking about a specific project in Soroptimist History, today I want to talk to you about several projects throughout our Soroptimist International of the Americas Federation during an earlier part of this century.

A club in Camino Real Region, in Pico Rivera, California, had an ongoing partnership with a local domestic violence emergency shelter proving crisis counseling and addiction treatment to women and children. Club members shared stories of their own life struggles, offered presentations and answered questions about their own career paths.

SI/EI Centro, in the Desert Coast Region of California, held a Senior Sweetheart Tea honoring senior women in their community, providing transportation and a professional photographer for attendees.

Members of a club in the Eastern Canada Region put together birthing kits for Haitian women to help provide needed materials for safer deliveries for both mothers and babies.

A club in the North Atlantic Region from Philadelphia, partnered with a local hospital to provide new clothing for victims of sexual assault.

Members of SI/Great Hartford, Connecticut in the North Eastern Region, provided mentoring and social activities to women at local a shelter in Hartford.

SI/Woodland, in our own Sierra Nevada Region, held an annual Live Your Dream hike for girls aged 12-18. Club members and teens visited Muir Woods National Park, where they were educated about self-defense, healthy eating habits and safe dating. The event included a five-mile hike to a beach and an opportunity for the teens to practice self-defense moves.

Obviously, this is just a small outlook at the many great accomplishments of Soroptimists worldwide over the last 100 years.



Update on the Thulipokhari, Nepal Dormitory

By Monica House, IGU Coordinator

Namaskar everyone! Some members have been asking where we are with the Nepal project and the possibility of building a new dormitory. As of right now we are still in the preliminary stages of this potential new project and it may be some time before we have more information. But here is what I have so far.

Sadly, most of Nepal is still in lockdown after being affected by a second wave of Covid 19. Our liaison Shyam says schools, economic activities and businesses are still mostly closed while their government works on getting the vaccine to their people. Shyam and his wife Pratima are fortunate to be one of the few (approx. 3% of the population) who have received the vaccine so they decided to visit their village Kaiya and our village Thulipokhari during lockdown. I am pleased to report that to date both villages have been mildly affected and our scholarship recipients are safely home with their families.

While they were in Thulipokhari they also visited with our Campus Chief Hari and he told them the villagers wish to build a new dormitory instead of renovating the existing one. As some of you may recall, at IGU's March program, we showed pictures of the current condition of the dormitory we helped build in 2000-2001. Though our dormitory has held up amazingly well over the past 20 years it is now starting to deteriorate and is in need of significant repairs and improvements. Or we need to look into building a new one. There are cracks in the walls and cement floors, no heat, no running water, no bathrooms (only one of the 3 latrines outside work), and the dormitory is in need of many repairs.

Hari assured them they will fund the labor and that they even picked out land on the northern side of our current dormitory if a new dormitory is built. Hari also let them know they wish to run a few technical courses (agricultural, veterinary, and health related) to provide better career opportunities for our girls.

As mentioned before, we are still in the very preliminary stages about expanding our Nepal project and I will continue to update everyone as we get more information. For now, let's keep positive thoughts that our friends in Nepal stay safe and healthy.



The kitchen area in the dormitory showing cracks in the floor and walls.



The girls' dormitory in Thulipokhari. If a new dormitory is to be built, the desired location is just north of its current sight. (To the right of this photo.)

Don't Miss the August 29 Meeting

Katie Romanko-Freeman is the speaker for the August 29 meeting, presented by the Public Awareness Committee. Katie is the Manager of Entrepreneurial Development at the Economic Development Authority of Western Nevada. Prior to EDAWN, she worked as a reporter/anchor for KAME-TV and as a Key Account Executive for the USA Today Network.

Katie is President of the Reno-Tahoe American Marketing Association, member of the UNR Reynolds School of Journalism Dean's Advisory Board and on the marketing committee for the Downtown Reno Partnership. Katie and her husband Matt own two locations of Sierra Mattress Company, in Reno, and love how the area embraces and supports locally owned businesses. In her spare time, she enjoys running with her husky, cooking and interior decorating.



WACCS Update Featured September 2

Pam Russell, Executive Director of the Women & Children's Center of the Sierra (WACCS) will join us for the September 2 meeting. WACCS helps women escape poverty in order to provide a better life for themselves and their families. Founded in 2008, WACCS is a 501c3 nonprofit with a philosophy to provide women with a hand up, and a way out, not simply a hand out.

WACCS provides a variety of services and community connections to access English as a Second Language (ESL) courses, high school equivalency courses, employment preparation and job search assistance, crisis intervention and free child care when they participate in advancement classes. Women participating in these programs can access WACCS diaper bank for their children.

Donate Diapers Throughout the Month of September



At the August Board and Business Meetings, the membership approved a request to hold a diaper drive throughout the month of September to benefit the Women & Children's Center of the Sierra (WACCS).

Members interested in donating diapers should bring them to the Thursday meetings. They may also be dropped off at Doris Phelps' home in Reno or Faye Andersen's home in Sparks. All sizes, one through six are needed.

Women participating in WACCS educational, job training and placement programs can access the diaper bank for their children.

Soroptimist 100th Anniversary Trivia Answers

(Questions on page 2)

1. Stuart Morrow, an Oakland businessman and Rotary Club organizer
2. 1928
3. Five -- Soroptimist International of the Americas, Soroptimist International of Europe, Soroptimist International of Great Britain & Ireland, Soroptimist International of the South West Pacific and Soroptimist International of African Federation (the newest federation to be established).
4. Soroptimist Dream Programs
5. d. All of the above.
6. Women's Opportunity Awards. Bonus points for Training Awards Program (TAP).
7. Seoul, South Korea

Accentuating the Good and Good Work, Even During Trying Times



In my spare time of being a mom, a Realtor and SITM President, I watch the news closely, both local news and around the world. I cuddle up with my Bubba and iPad every night to get debriefed. It is so important to be informed of what is going on in our world. It is important to see the news for both the bad things, plus look for the good. My heart breaks for all during our world's difficult times.

Locally we deal with the Dixie and Caldor Fires and how it affects us with the smoke and our loved ones losing all they have. The Dixie Fire has taken a few of our members' homes in Quincy and my brother has been evacuated due to the Caldor Fire in Pollock Pines. I am confident everyone has a story of someone they know impacted by these fires.

COVID numbers are increasing all around with the new Delta Virus strain. People are still getting their shots, or being shammed for not. Of course, toilet paper hoarding is happening again.

Most recent is the situation in Afghanistan with the Taliban take over. Thousands of Americans are trying to flee along with Afghanistan citizens who helped the USA and our allies for 20 years to keep that country safe.

This is a great time to remember and celebrate World Humanitarian Day and think of others. Thank you to

Doris Phelps, for sharing this with me so I could share it as our thought for the day last week. August 19 is World Humanitarian Day, as designated by the United Nations. This is an international day dedicated to recognizing humanitarian personnel and those (others) who have lost their lives working for humanitarian causes. Some pertinent quotes include:

"No one is safe until everyone is safe"
Ursula von der Leyen, President of the European Commission

"The question shouldn't be what we ought to do but what we can do."
Rory Stewart, British academic, diplomat, author, politician and Senior Fellow at Yale University's Jackson Institute for Global Issues

Humanitarian Day is so vital to recognize all those working to save lives and human dignity. It reminds me of the work Soroptimists have done and continue to do.

Founded in 1921, Soroptimist International is a global volunteer movement with a network of around 72,000 club members in 121 countries. Advocating for human rights and gender equality, at the heart of Soroptimist International's advocacy is its work across seven UN Centers, where our UN representatives ensure that the voices of women and girls are heard. Our membership work on grassroots projects that help women and girls achieve their individual and collective potential, realize aspirations, and have an equal voice in communities worldwide.

Now, we are celebrating the 100th Anniversary of Soroptimist. That's a century of Soroptimists transforming the lives of women and girls around the world - and that is something worth celebrating!

We have so much to celebrate. You are invited to join in the celebrations. Get your ticket now for the SI 100 Virtual Birthday Event! Join me! <https://100.soroptimistinternational.org/si100>

Join SITM's Anniversary Celebration on September 30 for lunch. We will see the incredible work we have done in our community and beyond during those years. On October 7 we will be celebrating the awe-inspiring service project we have done for Hope Springs in honor of our 100 years. I encourage all to come and share this with the community around us. Everyone is invited to both lunches. Bring your friends, family, and co-workers.

My thoughts and prayers for our military, local law enforcement, fire fighters, first responders and loved ones, those that need immediate help. Let's all be part of a solution rather than feel sorry for ourselves and let down. We continue to MOVE FORWARD MAKING AN IMPACT. I look forward to seeing everyone at our celebrations for Soroptimist's 100th Anniversary!

President
Valerie Hahn

Thursday, September 16, 2021

The FUNdraising Committee has a FUN game for members and guests while raising a little cash for the Service Fund.

Prizes will be presented to winners. Don't miss it.



Local Entrepreneur, Community Philanthropist featured on July 22

Jenifer Rose, local entrepreneur and community philanthropist, is best known for her ownership of Community Office Solutions, providing office supplies and equipment, with a portion of store profits being donated to local nonprofits.

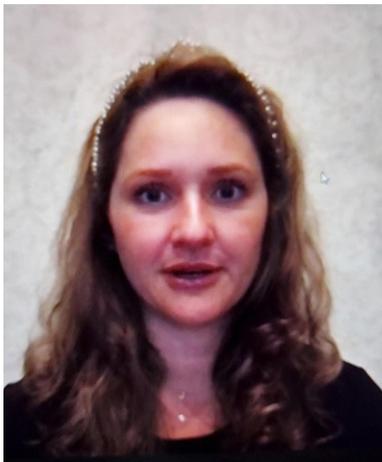
It all started when she recognized the future of computer technologies and launched a business to service the computers of large companies in town. After that she launched

a different kind of business called, "It's Just Lunch", pairing high-end business professionals. That even spawned a local television show.

Today she is helping companies meet their goals for "going green" without impacting their bottom line. Among the recap of her many pursuits, Jenifer discussed business models and challenges, including being willing to make changes as needed, and never forgetting to help out your community.



Learning About DD3X3 Gene Mutations in Children



Chelsey McCarthy, Executive Director of the DD3X3 Foundation gave an eye-opening presentation at the August 12 meeting about the DDX3X gene mutation. These gene mutations primarily impact girls and have been linked to intellectual disabilities, seizures, autism, poor muscle tone and slower physical developments.

Chelsey's program was presented by Vicki Schultz, whose granddaughter has been diagnosed with the DDX3X gene mutation.

The DDX3X Foundation is a nonprofit organization founded in 2015 by two mothers of DDX3X daughters. Their ultimate goal is to find a cure for DDX3X syndrome, including supporting existing research, education and treatment programs. The Foundation's primary functions are research, connecting families and raising awareness.

To date they have assembled an impressive array of pediatricians, neurologists, geneticists, professors, medical centers and research facilities who are interested in researching DDX3X and building awareness. DDX3X Foundation has also created a registry to serve patients, physicians and research communities.

More information can be found at www.ddx3x.org.

Learning the Value of Listening When Others are Speaking

The Membership Committee presented the July 29 meeting by first mixing up the seating arrangements using colorful feathers to designate table assignments. Next, each member was given two minutes to talk about a topic of their selection. After a pause, the remaining members were asked to express what value the speaker was expressing.

The underlying message was to listen carefully when others are speaking, to truly understand what they are saying. Many members expressed their pleasure in being able to get to know their fellow members a little better.



Members of the Membership Committee show off their seating scheme using colorful feathers. From left are: Cinammon Davies, Doris Phelps and Margie Hermanson.

August Board & Business Recap

By Faye I. Andersen

At the August Board and Business Meetings members quickly dispatched a few motions, announcements and it was on to Happy Dollars.

Diaper Drive in September

The board recommended and the membership approved a motion by Faye I. Andersen to conduct a diaper drive during the month of September to benefit the Women and Children's Center of the Sierra (WACCS). Please bring diapers to the weekly meetings, or they can be dropped off at Doris Phelps' home in Reno or Faye's home in Sparks. WACCS is the recipient of our September Happy Dollars.

The Return of Speakers and Guests

Program speakers and members' guests are welcomed back to the weekly in-person meetings on Thursday at the Atlantis beginning August 26.

SITM has filed multiple "declarations" with SIA in order to begin welcoming guests and speakers to our regular meetings through December.

Soroptimist 100th Anniversary Celebration Set for September 30

Mark September 30 on your calendar to celebrate 100 years of Soroptimist service. The special 100th Anniversary Committee has a presentation planned to help us celebrate the history of our organization, as well as SITM's own 44th Anniversary.

"100 Years 100 Meals" Celebration October 7

The board recommended and the membership approved two motions proposed by the special Soroptimist 100th Anniversary Committee. The first was to celebrate our "100 Days 100 meals" for Hope Springs program with a luncheon fundraiser for Hope Springs on October 7, 2021. There will be envelopes on the luncheon tables for donations. Money collected will be used to buy grocery cards by SITM and then given to Hope Springs staff to present to graduates of their program.

The second motion was to increase the weekly luncheon charge to \$30 on October 7, 2021. This one-time lunch fee will cover any service fees charged by QGiv, as it is anticipated that many attendees will purchase tickets online.

Come Prepared to Play Bingo September 16

The board recommended and the membership

approved a motion from the Fundraising Committee to host multiple BINGO games as a fundraiser at the September 16 meeting. More details will be forthcoming from the committee.

Members Step Up to Temporary Posts

Margie Hermanson has taken a six-month leave of absence. Husband Bob has some health issues and she needs to be available for him. In the interim, President Valerie has appointed Jo Ann Roberts as acting Parliamentarian in Margie's absence. President Valerie also appointed Dot Watts to coordinate the Hospitality Committee in Margie's absence.

July Happy Dollars Benefit Noah's Animal House

July Happy Dollars, in the amount of \$408, were collected for Noah's Animal House, providing a safe boarding facility for the pets of women seeking shelter from domestic violence. August Happy Dollars are designed for DD3X3 Foundation dedicated to research, education and treatment for this rare gene mutation which affects primarily females.

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

Celebrating August Birthdays

Only two members are celebrating birthdays in August.



Annette Friedlander
August 15



Valerie Hahn
August 30

It pays to tell your friends about Soroptimist. That's exactly what Dot Watts did, and her Wild Women group donated \$100 to SITM's 100 Meals Project. Way to talk it up Dot!



Thank YOU for Happy Dollars from JDRF

Dear SITM:

Thank you so very much for your donation to our local community outreach program. Your donation will help to facilitate our Youth Ambassador activities as well as contribute to sustaining our mentorship program. Both of which help local families and individuals with Type One Diabetes.

Thank you again for your kindness and generosity! Together we will work towards turning Type One to Type None!

Courtney Huth, JDRFNV Staff



From left: Courtney Denise Huth, JDRF Northern Nevada Development Manager, with Eve Johnson and granddaughter Alli Christy.

A Farewell from Jan Bogikes

To SITM Members:

The recent COVID experience has made my husband and I realize the importance of being near family more often. We have made the decision to be together more, travel more and take more time to reflect on our lives and commitments.



It is therefore necessary to reduce our activities to reach these goals. I have made the hard choice to end my membership in Soroptimist. Please know I have enjoyed and cherished my time spent in the Soroptimist family. I know you will achieve great success with your wonderful and caring members.

Jan Bogikes



Together in Motion
47th SOROPTIMIST
 Biennial Convention
 Seoul, South Korea • July 20-23, 2022

Soroptimist International of the Americas
 Federation Convention

Thank You from Eve Johnson and JDRF

On behalf of SITM, \$500 in Happy Dollars was presented to JDRF. This money will stay in the community for JDRF outreach programs to provide help to newly diagnosed Type 1 children with their new challenges. Soroptimists give so generously to many programs in Reno/Sparks, I am so proud to be a part of this organization and to work with these amazing women.

Eve Johnson

100th Anniversary Soroptimist International of the Americas Virtual Celebration!

Day 1 -- September 25 at 7:00 p.m., EST

Day 2 – September 26 @7:00 p.m. EST

to celebrate our bright past and to dream big for our brilliant future. Highlights will include:

- ☐ Opening SIA's historic time capsule
Exhibit of our early years
- ☐ Interactive game show with chance for prizes
Launch of a new SIA video.

Stay tuned for more details about this exciting event! View our [Celebration in a Box](#) for other ways to celebrate. Also, be sure to follow the SIA Facebook page for more details using hashtag #Soroptimist100.



Soroptimist International of Truckee Meadows
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Board Meets monthly on Tuesday
following the first Thursday, noon.

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Contributing to this issue

- | | |
|------------------|-----------------|
| Jo Ann Roberts | Doris Phelps |
| Valerie Hahn | Cinammon Davies |
| Bev Perkins | Eva Johnson |
| Jeanne Nacarrato | Jan Bogikes |
| Monica House | |

SITM Board 2021-22

- | | |
|---|---|
| President
Valerie Hahn | Secretary
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| President-Elect
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Linda Walker |
| Vice President/Program
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Cinammon Davies |
| | Director – Millie Mitchell |



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 . . .

An Invitation to Soroptimist’s 100th Anniversary Celebration

Soroptimists from 83 countries have already registered for the two-day Soroptimist International 100th Virtual Celebration, taking place between 1-3 October 2021. Check out this video invite prepared by Soroptimists and 100th Event Ambassadors. <https://www.youtube.com/watch?v=noT8KN5USvQ&t=1s>

Remember to register your place at the SI 100th Birthday Event:
<https://100.soroptimistinternational.org/si100>

