



SOROPTIMIST®
Investing in Dreams

SITM Update

Soroptimist International of Truckee Meadows

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December 2021

www.sitmnev.org

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Calendar

- Dec. 16 – Holiday Social and Goodie Sale
- Dec. 23 – DARK for Christmas
- Dec. 30 – DARK for New Year’s Eve
- Jan. 6 – Nevada Youth Empowerment
- Jan. 11 -- Board Meeting, Zoom at Noon
- Jan. 13 -- Business Meeting
- Jan. 20 – Human Trafficking, Holly Nash
- Jan. 27 – STEM Committee

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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SITM Members’and Friends’ Generosity Brightens the Holidays for ...

“Neighbors” combating homelessness Children in Transition and their families Disadvantaged women and children



Thanksgiving Dinner with all the trimmings was provided to Hope Springs “neighbors” prior to the holiday.



New shoes, socks and hats were donated to the Women and Children’s Center of the Sierra.



Multiple Christmas gifts were donated to 39 children and 21 families at Hunter Lake Elementary School.



Twenty-one families are receiving baskets full of holiday goodies.



The 100th Anniversary Committee is providing gift-filled Christmas stockings and Christmas dinner for the “neighbors” currently living at Hope Springs.

See pages 3 thru 6 for more details.

Happy Holidays to all!

I hope your all have an incredible holiday season as we wrap up our year.



It’s been my first six months as your president and I am halfway through! I have thoroughly enjoyed it and learned so much. New friendships and continually growing on the ones I have had the last 10 years.

We have accomplished so much since July and the list continues. There is always something to do or handle. Never

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a boring moment! I love to see how the membership takes cares of others, not only in our community but for each member. We have had some rough roads this year with coming out of COVID and loss of a few members. Let's cherish the relationships we had and have in front of us and grow the ones that are becoming friends.

Immediate Past President Millie's theme "You've Got a Friend", is not only for last year but for every year. After all, we have one commonality in Soroptimist to help others and we need to always remember to help others in our membership as well. The last few weeks we have attended two members celebration of life or funeral. Both were incredible women. As I was there, I saw many people who I had met before and many of our members. They came together to honor these ladies. What I loved most about these two ladies is their genuine love for others. They didn't flaunt how much THEY personally did. Very unassuming yet a big impact on the things they did. They did not take the glory in whatever they did. They did not try to put the focus on them. They were exemplary. What role models!

At this time, I wanted to share some leadership qualities. They are really not only for leaders but everyone. They apply for anyone, working or not. We can use these qualities in our daily walk. It does not matter a person's age or profession. All of us are not just employees or VPs of some company, yet we are leaders in our community. We get things done to make an impact. Read some of the leadership qualities and apply them to your daily work or family.

Empowers others. Encourage or motivate others.

Focus on growth. Use constructive criticism. Train others without fear or threat.

Communicate effectively. Ask for

feedback and listen before speaking.

Show high emotional intelligence. Consider others feelings. Respond to conflict rather than react.

Possess problem solving skills. Back your advice with data or experience.

Be respectful of others. Adopt a positive attitude and communicate with others regardless of position.

Prioritize personal development. Develop new skills and collaborations with others.

Encourage strategic thinking. Look for ways to keep moving forward.

Actively listen. Ask questions before you speak your mind.

Delegate work. Foster time management and give honest feedback.

Take accountability. Own up to things that could have gone better.

Show deep passion for your work. Your knowledge, passion

and teamwork are what make you a leader.

Be a visionary. Facilitate, imagine and motivate.

Use good words. Choose carefully to uplift another not tear down.

Care about others. Success is defined by the team not by the leaders themselves.

Stay up to date. Dedicate time to learn something new.

As we come to the close of 2021 let's remember the things we have learned and have done well. The other stuff? How can we do better? We are making the road for future Soroptimists to follow. Let's choose our steps careful and with passion. Let's remember that as we continue making an impact on 2022!

Wishing you a wonderful holiday season filled with love and perseverance for 2022. I will see you in 2022!

President Valerie

Don't Forget ...

Holiday Goodie Auction and Sale



Show off your baking/cooking talents and bring Holiday Goodies for auction to the Holiday Social



Thursday, December 16, Noon

Whole plates or individual packages of goodies for people and pets.

100th Anniversary Project Winding Down

By Margie Hermanson

SITM's 100th Anniversary Committee (aka Hope Springs 100 (+) meals project) has been very busy the past few months. After finishing the goal of providing 100 meals in 100 days we kept going by continuing to deliver a meal every Monday. This will continue until the end of December.

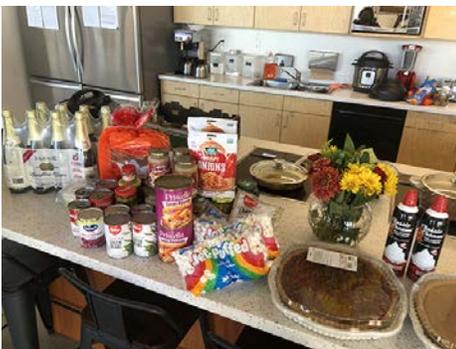
Over Thanksgiving we provided everything from turkey to pie for a wonderful meal. Members purchased a 24-pound turkey, pumpkin pie, gravy, potatoes, beans, sweet potatoes, rolls, cranberry sauce, whipped cream and more with the generous donations that have been received from members and friends.

As Christmas is just around the corner, committee members will purchase ham dinners which will be delivered on December 22. Dessert (the most IMPORTANT part) will also be included. We have a shopping date set to pick out goodies and necessities for some darling stockings to give each "neighbor". They will also be delivered with the food.

It has been a very exciting time and so much fun for the committee. Each person has brought a bit of themselves to this project. The project is scheduled to end December 31 and I know we will all miss it.

SAVE the date.....MARCH 3, 2022 at our regular Thursday meeting for a TOTAL recap of the Hope Springs Project.

Your Dedicated Committee: Margie Hermanson, Coordinator, Valerie Hahn, Jeanne Naccarato, Bev Perkins, Holly Nash, Penney Leezy, Chris Fegert, Doris Phelps, Laury Macauley, Sarah Carrasco.



Just a few of the fixin's for Thanksgiving dinner.



Doris Phelps preparing homemade cranberry sauce for Hope Springs.



Members of the 100th Anniversary Committee delivering a festive and delicious Thanksgiving dinner to the "neighbors" at Hope Springs. From left are: Margie Hermanson, President Valerie Hahn, Chris Fegert, Doris Phelps, Bev Perkins, Holly Nash, Laury Macauley and Jeanne Naccarato. Standing in the back is Hope Springs Operations Manager Josh MacMullen



After completing 100 meals in 100 days, committee members have continued to provide one meal a week every Monday.

Looking Forward to New Shoes for Christmas

Following a successful diaper drive which collected more than 3,300 diapers this fall for the Women and Children’s Center of the Sierra (WACCS), Dot Watts, Co-Coordinator and the Hospitality Committee researched what else might help

WACCS. In November, they made a motion, agreed to by the membership, to launch a drive for members and friends to donate children’s new shoes and socks. The donations replace the member gift exchange at the December 16 Holiday Social.

participated and donated to this holiday project.



Pam Russell collecting the donated shoes, boots and socks.

According to Pam Russell, WACCS Executive Director, toy donations for the children are always appreciated, but disadvantaged women and families with young children struggle to provide adequate-fitting shoes.

Spear-heading the announcements each week, Dot collected from members and friends, seven pairs of boots, 22 pairs of shoes and 200 pairs of socks, totaling just short of \$1,000 in value. Dot’s son also donated children’s hats that he designed and manufactured.



Pam Russell displaying one of the children’s boots and hats.

Thank you to all the members who

How to Live an Ageless Lifestyle With Nutrition and Strength Training

The Empowerment for Women Committee presented a unique program on December 2. Instead of highlighting a Soroptimist project empowering women and girls, this program was aimed at empowering Soroptimist members. Patty Downs introduced our speaker Dr. Maria Christina Sheehan, who spoke about living an ageless lifestyle.

can find much of her free information, tips and videos on her website at www.drmariachristina.com. Of course, she’s also available for personal one-on-one training sessions.

After a 40-year career in education, Dr. Maria Christina, retired as President of Truckee Meadows Community College. Approaching her 70’s, she soon had that proverbial “ah ha” moment, reflecting on her lifestyle and her age. That was the impetus that launched her into a new line of work to benefit herself and other women. She lost 20 pounds and began strength training. Today, she is a health fitness coach and certified personal trainer guiding women “of a certain age” to stay healthy and maintain a healthy weight, through both nutrition and strength training.



Dr. Maria Christina Sheehan



Patty Downs

To illustrate that strength training doesn’t have to be scary, Patty demonstrated some simple, repetitive arm movements using 2-pound weights that she learned from her own experience with Dr. Maria Christina.

So, if you struggle to lift that heavy suitcase on your next trip, help is available. Dr. Maria Christina has a website, Instagram, Facebook page and You tube Channel. You

A Note of Thanks for Happy Dollars

SITM received the following handwritten note from Sharon Chamberlain, CEO of Northern Nevada Hopes, in thanks for our \$500 October Happy Dollars.

Dear SITM,

Thank you very much for the extremely generous donation! Know this makes a huge impact in the lives of our most vulnerable patients. We are so grateful for your continued support of HOPES and Hope Springs.

Angel Tree Project Brightens the Holidays Again This Year

Thirty-nine children, along with their 21 families will have a brighter Christmas to look forward to this year, thanks to SITM members and friends.

The children are all part of the Children in Transition (CIT) at Hunter Lake Elementary School.



Faye Andersen and Jo Ann Roberts boxing their gifts.

They are designated as CIT because they do not have permanent

housing, and instead live in motels, shelters, or other nonpermanent accommodations.

SITM members were asked this year to select a student, or share a student, and plan to budget \$100 to cover each child's gifts including a total of four categories: something to read, something to wear, something you need and something for fun.

Dr. Steve Friedlander, Dr. Elena Geraymovch and the staff at Nevada Retina Associations



Doctors Steve Friedlander and Elena Geraymovch generously donated \$1,200 to provide packages for the children.

pitched in again this year and generously donated \$1,200 to adopt a dozen kids and provide "fill-in" for any missing gifts. Monica House did the shopping for them, Annette Friedlander handled the organization and Carolyn House (Monica's Mom) joined her for a wrapping marathon.

Members from the Education/Youth Committee became

personal shoppers for members and friends who wished to make donations rather than shop themselves. With no group gatherings and no "wrapping party", like in past years, committee members took on the task of wrapping all of the gifts.



Monica House and her Mother Carolyn House, displaying some of their "wrapping prowess" of the packages purchased with money donated by the Nevada Retina Associates.

Baskets for each of the 21 families were shopped and assembled by Dot Watts. They included special holiday treats such as cookies, hot chocolate, holiday napkins, candy kisses and popcorn and a \$25 Walmart gift card.



Gifts for a young girl.

The gifts will be delivered to Hunter Lake Elementary by Monday December 10th, in time for the school break, thus assuring that these children and their families know there are members in the community who wish them a bright and happy holiday.



Jeanne Naccarato with gifts ready for delivery.



Gifts for a young boy.

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Conquering a unique wrapping challenge is Teresa Mentzer.



Answering a girl's wishes is Darlene Delancey.



The 21 family baskets each contained a \$25 gift certificate to Walmart.



Pam Robinson displays her gifts for a child.



Sarah Carrasco donated 5,000 peppermint treats so each child could have their own individual package.



Annette Friedlander and Carolyn House displaying some of their "wrapping prowess".



Shopping for a young girl and a young boy.



Judge Connie Steinheimer and daughter Jocelyn were "personal shoppers" for those who donated money to purchase gifts for the children.

December Board & Business Recap

By Faye I. Andersen

There was an abbreviated December Business Meeting since many members wished to attend the Celebration of Life for member Patti Doty that was held that afternoon.

Hybrid Zoom and In-Person Meetings to Continue

As directed by motion earlier in the year, the Finance & Governance Committee has reviewed the operation and cost of conducting a weekly hybrid meeting with in-person and Zoom attendance. The committee proposed, the board recommended and the membership approved a motion to continue to offer Zoom as an option for attending weekly meetings through the remainder of the 2021-2022 Club Year.

The motion continued to move to cease to charge members a \$10 weekly fee for participating via Zoom. Members have the option to voluntarily make a donation to the General Fund towards defraying the Zoom costs.

Funding Moves from Service to General Funds

Service Fund Treasurer Cindy Burk proposed, the board recommended and the membership approved the move of \$1,532 from the Service Fund Donation Account to the General Fund to cover expenses. The fund was previously used to support a project that the club no longer pursues.

November Happy Dollars Benefited Nevada 211

November Happy Dollars, in the amount of \$344, were collected for Nevada 211, a program of the Nevada Department of Health and Human Services committed to helping Nevadans connect with the services they need. December Happy Dollars are designated for the December 10th Soroptimist International President Maureen Maguire's, "Opening Doors to a Brighter Future", 2021-2023 project.

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

Leave of Absence

The board approved the request for a three-month Leave of Absence for Doris Phelps, from December 1 through the end of February, for personal reasons.

Celebrating December Birthdays

Due to the abbreviated Business Meeting, there was no celebration for four members with December birthdays. Please wish these members a Happy Birthday!



Cindy Burk
December 9



Barbara Atwell
December 12



Penney Leezy
December 25



Holly Nash
December 26

Ghost Calendars Sales a Big Hit!

Going, going, gone!

All 160 Ghost (air race calendars) for this year have been sold with 20 purchased for donation to local veterans organizations. A big thank you to everyone that purchased the calendars and made this annual club signature fundraising event a success once again.



Darlene DeLancey giving one of her many "pitches" to sell calendars.



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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 | Margie Hermanson |
| Valerie Hahn | Jeanne Nacarrato |
| Doris Phelps | Dot Watts |
| Darlene DeLancey | Connie Steinheimer |
| Monica House | |

SITM Board 2021-22

| | |
|---|---|
| President Valerie Hahn | Secretary Kay Dunham |
| President-Elect Laury Macauley | Treasurer/General Fund Linda Walker |
| Vice President/Program Carol Dinneen | Treasurer/Service Fund Cindy Burk |
| Vice President/ Membership Pam Robinson | Delegate 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



SOROPTIMIST®
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Did you know . . .

Celebrating 50 Years of Live You Dream Awards



2022 marks the 50th anniversary of the Live Your Dream Awards. Even though the program has had other names since 1972 – the Training Awards Program (TAP) and the Women’s Opportunity Award (WOA) – the goal to help women create a better life for themselves and their families through access to education and training has always remained the same.



SITM has participated in all of the programs over the years – TAP, WOA and LYD. Since 1996, SITM has disbursed \$35,000 to 34 women through this program.