



**SOROPTIMIST®**  
Investing in Dreams

# SITM Update

*Soroptimist International of Truckee Meadows*

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November 2022

[www.sitmnev.org](http://www.sitmnev.org)

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## Calendar

- Nov. 17 – Membership Committee
- Nov. 24 – DARK for Thanksgiving
- Dec. 1—Holiday Bake Sale
- Dec. 6 – Board Meeting, noon, Zoom
- Dec. 8 – Business Meeting
- Dec. 15 – IGU Pledge Drive and Nepal Update
- Dec.22 – Holiday Social
- Dec. 29 – DARK for Christmas
- Jan. 5 – DARK for New Year’s

### SITM Meets...

#### Thursdays at Noon

at the Atlantis Casino Resort Spa  
Second Floor Convention Center  
\$28 for lunch.

RSVP to [info@sitmnv.org](mailto:info@sitmnv.org) no later than noon on the Sunday 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.



[www.sitmnev.org](http://www.sitmnev.org)

## SITM Members Embark on the Giving Season

November is an important month at SITM, because we embark on the holiday season of incredible work and giving by our club.

We just had a great kickoff for the 2022 Angel Tree Project by the Education Youth Committee, where we got to hear speakers from Hunter Lake Elementary School. Those inspiring women reminded us how hard the young students were hit by the COVID pandemic and how much



our gifts can impact their lives during these challenging days of healing. By the end of the meeting, most of the Angel Tree children were already chosen, and our members were gathering together to make sure that each child and family would

be provided with appropriate and delightful gifts.

The IGU Nepal Committee will be putting on a program on December 15 to report on the amazing progress of the new dormitory building and renovation and to raise additional funds for that work. We all look forward to hearing the update on this inspiring and exciting program.

The Community Outreach Committee will be hosting its first crochet night this upcoming week and have been organizing the current diaper and essentials drive for the Women and Children’s Center of the Sierra. All of this work provides much needed help to local families during the holiday winter months.

I heartily thank all of our members for their continued and extensive work for our community during these joyful but difficult times.

President Laury Macauley

## Mark Your Calendars for an Afghan Social

The Community Outreach Committee will be hosting the return of the “Afghan Social”

on Wednesday, November 16, at 5:30 p.m. at Kay Dunham’s office, First Wall Street Financial Advisers, 190 W. Huffaker Lane, Suite 405 in Reno. Beginners and advanced crocheters welcome. If you haven’t already “raised your hand” and let Bev Perkins know

that you are a beginner, please contact here. The committee will have the correct crochet hook and yarn waiting for you to get started.



If you don’t crochet, but would like to contribute, the committee will accept yarn for others to

crochet. The committee will be making a decision on the recipient of the Afghans in the future.

## New Member Cindy Baines is No Stranger to Volunteerism

By Pam Robinson



*Cindy with her sponsor Amanda Bean*

Cindy is very active in Living Stones Church, counseling young women and helping in the church nursery. She is considered the “baby whisperer”!

Raised in Central Illinois and the daughter of a minister, her family moved around the state quite a bit and Cindy went to three different high schools. At the last move, she met her husband, Mark, where he was working at a grocery store. He had been dating one of the checkers, and after they broke up, Cindy and Mark got together and have been together ever since. They’ve been married 45 years.

Cindy and Mark have two daughters, Tara and Rachael, both married to pastors. Tara and her husband met in college, and she introduced her husband’s best friend to Rachael. There were two weddings in 13 months. Each family has two daughters, ages 13, 14, 15, and 16. A few years after Tara and Rachael moved to Reno, where their husbands are from, Cindy and Mark decided it was time to move here, too. Tara and Rachael’s husbands were instrumental in starting Living Stones Church, but both families have now moved away. Tara lives in Yuba City and Rachel in Burbank, CA.

The year they moved here – 2006 – was full of challenges. Just as they were ready to move, Mark, having been offered a great job here, Cindy was diagnosed with breast cancer. She had her surgery and radiation in Illinois and finished up her chemo in Reno. It all worked out, and they bought their home in 2010. Mark, who is a hydraulic mechanic for NV Energy, is looking to retire fairly soon.

Cindy has been in sales all her life – she sold greeting cards in the neighborhood when she was a child, and ultimately sold Tupperware and other products over the years. She enjoys vendor events, parties, pampering sessions, and sharing her knowledge. She is currently a

Diamond Director for Jordan Essentials and has been with them for 21 years. Jordan Essentials wellness products help ease stress, pain, and fatigue, and soothe muscles, among other benefits. Cindy says it’s so important to know what’s on your skin and loves her job.

For fun, Cindy enjoys reading, writing, piano, crochet, and crafts. She and Mark are night owls and can often be found watching movies on Netflix. They also love to travel. She loves helping others and is excited to be a member of SITM.

## Services for Women with Substance Use Disorders

STEP2 provides gender-specific long-term treatment services for substance use disorders, domestic violence intervention and education, and trauma services.

Shannon Jensen, COO of Step 2, was our October 20 speaker, explaining the services and support they provide women on their journey to fight addiction and achieve sobriety.



*Shannon Jensen*

Step 2 is a one-year-long program that focuses long-term treatment services for substance use disorders, domestic violence intervention and education, and trauma services. It includes residential inpatient services at their 20-bed residential facility, outpatient services and transitional housing. According to Shannon, about 85% of their clients entering

this first phase have experienced domestic violence, many times it is generational.

Following 2-3 months, clients are eligible to apply for transitional housing at one of the 26 Lighthouse units on the Step 2 Campus.

Wraparound services also include case management, medical care referrals and coordination, childcare assistance, parenting education, transportation assistance, domestic violence advocacy and education, as well as on-site mental health assessment therapy and medication assistance.

When a woman is ready to leave Step 2, she is clean and sober. Shannon says 80 percent are gainfully employed, have housing and have learned life skills that allow her to break free from addictions.

## Update on New Nepal Dormitory Construction

By Monica House, IGU/Nepal Coordinator

The IGU Committee is happy to report that the Village of Thulipokhari, Nepal immediately got to work preparing the land for the new girls' dormitory after receiving Soroptimist's first installment in the amount of \$14,000 or 1,789,401 rupees. They've already completed the construction of a new access road that will be used to bring in supplies and materials for the building. The village has also been working hard to level the ground on the northern side of the current dormitory, where the new structure is going to be built.

This is just the beginning of what Past SI President Sharon Fisher referred to as "sequel 2" of our international project.

Sharon said, "It's such a heartwarming project that's made such an impact on one of the poorest countries in the world. It just shows what a little bit of money can do to lift these women and girls up and in SITM's case an entire village has been lifted up."

To learn more about



Man clears brush from the new dormitory site.

SITM's Nepal International project, please join the IGU Committee for their program on December 15, where you will meet some of our scholarship recipients and see pictures of the new dormitory under construction. This will be a great meeting to invite guests to attend in person or via Zoom.

Our Pledge Drive has also been moved from Spring 2023 to the fall/winter 2022 this SITM calendar year so members, family and friends will have the opportunity to pledge their support for a girls' scholarship, or to help towards funding the new dormitory. See the flyer attached to this newsletter.



Ground being cleared to the north of the original dormitory.

## Holiday Goodie Auction and Sale

Thursday, December 1, Noon

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



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



We had so much FUN last year, let's do it AGAIN!

## Angel Tree Project Off and Running

The Education/Youth Committee represented by Judge Connie Steinheimer, Teresa Mentzer and Shirley George have distributed to willing members, tags to adopt for Christmas, 28 children and their siblings, encompassing 12 families at Hunter Lake Elementary School. These are needy “children in transition”, who live in motels, mobile homes and shelters in the 4<sup>th</sup> Street corridor.”

Instruction sheets, included descriptions of each child’s “wants, needs, and something fun”. If you didn’t get the chance to select a child, check with Teresa to see if there are needs to “fill in” with some gifts, or for items for the families.

**Turn in all gifts with the angel tags attached by December 8. Save the date to join a Monday evening, December 12 wrapping party to get the presents ready for delivery to the school by December 19.**



Organizing the Angel Tree Project again this year are, from left, Teresa Mentzer, Judge Connie Steinheimer and Shirley George.

## Hunter Lake Principal Joins SITM for the Angel Tree Project



Principal Amanda McWilliams

Amanda McWilliams, Principal of Hunter Lake Elementary School, and Amanda Manna, School Counselor were on hand at the November 4 kick-off of the Angel Tree Project. SITM

adopted the project in 2016 when the principal came to speak about the students at her school.

Hunter Lake has the second most students who come from the 4<sup>th</sup> Street Motel corridor of weekly motels. Sixty-five percent of the school’s students are on free lunch, making it a “challenged school” in the Washoe County School District.

Principal Amanda relayed several stories describing (anonymously, of course) some of the problems, trials and challenges of her students. The worst being difficulties when schools closed due to Covid, that impacted entire families. Job losses, housing losses, loss of loved ones, teachers afraid to return to school, all contributed to an already difficult task of teaching students at school that are often tired, hungry, cold and insecure.

But Amanda has an undaunting spirit fostered during her 25 years in teaching, with an “unwavering belief that kids CAN learn, despite their circumstances.”

She was also very grateful to SITM members, families and friends who generously purchase gifts for the kids, their siblings and families during the holidays. “It lets them know they are not forgotten,” she said.

**Hunter Lake Elementary School was honored in 2020 as a Department of Education, National Blue-Ribbon School Award.**

The program recognizes public and private elementary, middle, and high schools based on their overall academic excellence or their progress in closing achievement gaps among student subgroups, demonstrating that all students can achieve to high levels.



## A Halloween Social to Celebrate the Season

Black and orange were the colors of the day at the October 27 meeting, sponsored by the Hospitality Committee. It was a chance to play some fun games and visit with table mates during lunch. Costumes were optional, but a prize was awarded to Deb Thomas, who is always very clever in assembling her costumes.



Two of the club's favorite witches, Linda Walker and Darlene DeLancey.



Liza Chapen and Pam Sutton show off their beautiful fall attire.



Members of the Hospitality Committee who handled arrangements for a fun social, from left: Debbie Handke, Patte Robnett, Margie Hermanson, Annette Friedlander and Holly Nash.



Who is that masked member?



Even on the "fun days", there's still work to be done. New member Nicole Du Pont gets a tutorial from Bev Perkins on procedures for the Attendance table.

## District 5 Fall Meeting Delegate's Report

By Delegate Bev Perkins

The District 5 Fall Meeting was preceded Friday night, October 28, with a social gathering hosted by SI/Quincy, plus attendance at a local "Follies Show" staged by the local college and featuring some prominent community members including Soroptimist.

### Governor Lisa's Organization Explanation and SIA Convention Review



*SITM's own District 5 Director Holly Nash*

Nine members attended the Saturday meeting at the Elks Lodge in Quincy. Presiding was SITM's own District 5 Director Holly Nash. Governor Lisa Fitzgerald began the day with a discussion about the structure of our organization from club to region

to federation to international. She also provided a review of the virtual SIA Federation Convention and the Governor's Roundtable, which she had attended via Zoom. She noted that the Federation's goal is to give more awards rather than larger ones.

Small group discussions were focused on potential use of funds to reach more women locally in order to, in turn, get more grants from our Federation.

### SIA's Goals and Objective

Susan Horst, Federation Program Chair, presented SIA's goals and objectives, and the strategy to reach them. She encouraged us to communicate our successes to



*SITM attendees at the District 5 Fall meeting, were, from left: District director Holly Nash, President Laury Macauley, President-Elect Sarah Carrasco, Valerie Hahn (in back) and Jo Ann Roberts, (in front), Kay Dunham, Bev Perkins, Millie Mitchell and Faye I. Andersen.*

other clubs, region and federation, and reminded us that having former recipients speak at events provides members with encouragement to continue our projects. She also gave us a challenge from SIA: our Big Goal target is to increase each of our programs by at least 10%.

### Reminders on Engaging Members and a New Soroptimist Club in Sparks

Trudy Mills, Federation Membership Chair, then reminded us that we can recruit new members but will not retain them unless we engage them. We should challenge our members with responsibility, training, and consistent information; provide quality and engaging experiences; and give members kudos for successes (such as a ROSE) and recognition of volunteering. Suggestions given to prevent members leaving a club were a member code of conduct (to keep things civil); engagement in all programs; and attempts to regain lapsed members. She announced that we are getting a new club in our area, in Sparks, and evidently Truckee Meadows is the sponsoring club (yea!).



*SITM was honored by Soroptimist international of the Americas with a Certificate of Appreciation for participating in SIA programs. Pictured from left: President Denise Morris, SI/Truckee Donner; President Laury Macauley, SI/Truckee Meadows; President Paula Peterson, SI/Tahoe Sierra; Co-President Mara Beatty, SI/Quincy; President Christine Wells, SI/Washoe County; President-Elect Katelin O'Keefe, SI/Fallon.*

### SIA's Monthly Giving Program

Kim Sayer, Fundraising Chair, gave a presentation on the benefits of monthly giving to SIA, and encouraged us to talk to a current donor, look online or ask Kim directly (phone number 530-570-7724) for details. The SIA website can provide the impact of monthly giving, which is substantial (or the region website at [fundraising@soroptimistsnr.org](mailto:fundraising@soroptimistsnr.org) or [bmaiss@msn.com](mailto:bmaiss@msn.com)).

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### Public Awareness Program Online

Public Awareness Chair Babette Maiss spoke about raising our global profile, noting that everything we do at the club level must be unified and consistent to increase our Soroptimist brand recognition. Babette has a presentation from the Soroptimist Development Retreat on the region website which we can access. A cheat-sheet for wading through the SIA website is available on the region website, which should help us to access all the resources from SIA.

After lunch we enjoyed a presentation by Mike Flanagan from the Plumas County Fire Council about Living with Fire.

### Nominations Needed for Region Nominating Committee

Governor-Elect Stacy reminded us that this year we are electing members of the Region Nominating Committee, one from each District. Duties of Nominating Committee members are to attend meetings and recommend potential candidates, as well as to work the election at the Region Conference. Nominations for this committee close November 15<sup>th</sup>. Interested members can contact Past Governor Vicki Watson ([vicki.watsonsiw@gamil.com](mailto:vicki.watsonsiw@gamil.com) or 530-383-3604).

### Reminder to Report SOLT Activities

Sue Chambers, SOLT/Evelyn Holland Award Coordinator, gave us a SOLT (Soroptimist Orientation and Leadership Training) report, reminding us that most of our activities are reportable as SOLT, and asked us to record and report our SOLT activities at the end of every year. As an example, she noted that we could report as a SOLT entry that nine of our members went to Quincy for the District Meeting

After closing remarks, the meeting was concluded with the Soroptimist pledge.



District 5 Club attendees at the Fall Meeting.



## SI Dublin Convention 2023 Registration Now Open

*Registration has opened and the hotels are filling up! Poll your members to see who's going; maybe you can share a room.*

*Don't miss this opportunity to see the "Emerald Isle" and meet fellow Soroptimists!*

### Introducing the latest Keynote Speakers and News!

#### Mary Robinson

First woman President of Ireland, former UN High Commissioner for Human Rights, founding member of The Elders, and tireless champion of women's equality.

#### Dame Vera Baird DBE QC

Victims' Commissioner (VC) for England and Wales, appointed Dame Commander of the Order of the British Empire (DBE) for services to women and equality in 2017.

#### Jim Gamble

CEO of the Ineqe Safeguarding Group, recognised as a global authority on safeguarding children.

#### Felisa Tibbitts

Chair in Human Rights Education in the Department of Law, Economics and Governance at Utrecht University, and UNESCO Chair in Human Rights and Higher Education.

#### Suba Umathevan

CEO of Drosos Foundation, and former CEO of Plan International Switzerland.

What's more, our fantastic schedule of social events, tours, and trips across Dublin.

Registration Now Live at [www.sidublin2023.com](http://www.sidublin2023.com)

For all queries, please contact us at [registration@sidublin2023.com](mailto:registration@sidublin2023.com)

## November Board & Business Recap

By Faye I. Andersen

### Date Swaps in December

Celebrate with baked goodies early in December, attend an update on SITM's Nepal project mid-month, and celebrate the holidays before the Christmas break. December dates have shifted a bit, so don't miss these upcoming meetings.

- December 1 – Holiday Goodie Auction and Sale
- December 8 – Business Meeting
- December 15 – Nepal Pledge Drive and Dormitory Update
- December 22 – Hospitality Committee Member Social

### Holiday Goodie Auction and Sale December 1

The Fundraising Committee proposed and the membership approved to hold a Holiday Bake Sale on December 1. Members can bring baked goods to donate and sell if they want. Proceeds will go to the General Fund. Attending members can purchase items if they so choose. If you have questions, contact Co-Coordinator Linda Walker, Jeanne Naccarato or Margie Hermanson,

### Return of the Head Table



The November Business Meeting saw the return of a modified head table for the Business Meeting, with some of the SITM Board members seated up front. During the pandemic, when social distancing was required, the use of the head table was halted in order to provide the required social distancing. That requirement was dropped some time ago and members have returned to seating at tables of eight. Plus, with more members returning to in-person meeting and the addition of new members, the Board decided to implement a smaller head table at the Business Meetings.

### October Happy Dollars for WACCS

Happy Dollars collected in October were \$379 designated for the Women and Children's Center of the Sierra

(WACCS). WACCS is a grassroots nonprofit agency that works with women and their children to solve the many issues resulting from poverty.

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

Happy Dollars for November are designated for DDX3X supporting parents of children diagnosed with DDX3X Syndrome. The DDX3X Foundation supports research, education and treatment programs for the syndrome.

### Celebrating November Birthdays.

Dot Watts (November 4) and Vicki Schultz (November 5) were on hand at the November Business Meeting to celebrate their birthdays. Also celebrating November birthdays were:



Carol Dinneen  
November 17



Jeanne Baxter  
November 21



Jaci Jones  
November 27

## Save the Date - January 25, 2023 Red Cross Earthquake Preparedness Social

Members and guests are invited to join Annette Friedlander and the Red Cross on Wednesday, January 25, 2023, from 5:30 p.m. to 7:30 p.m. for a social and a program on Earthquake Preparedness.

According to Annette, the program and instructor aren't your typical program. Instead, they raise a lot of questions about what YOU will do before, during and after the various stages of an earthquake



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**Board Meets monthly on Tuesday**  
following the first Thursday, noon.

**Contributing to this issue**

Laury Macauley      Pam Robinson  
Liza Chapen        Monica House  
Jo Ann Roberts     Pam Sutton  
Doris Phelps        Holly Nash  
Bev Perkins         Diana DeMatei

**SITM Board 2021-22**

<b>President</b> Laury Macauley	<b>Secretary</b> Kay Dunham
<b>President-Elect</b> Sarah Carrasco	<b>Treasurer/General Fund</b> Linda Walker
<b>Vice President/Program</b> Debera Thomas	<b>Treasurer/Service Fund</b> Cindy Burk
<b>Vice President/ Membership</b> Carol Dinneen	<b>Delegate</b> Bev Perkins
	<b>Director</b> Valerie Hahn



For information about our organization, check out these Soroptimist Websites:  
Sierra Nevada Region: [www.soroptimistsnr.org](http://www.soroptimistsnr.org)  
Soroptimist International of the Americas: [www.soroptimist.org](http://www.soroptimist.org)  
Soroptimist International: [www.soroptimistinternational.org](http://www.soroptimistinternational.org)



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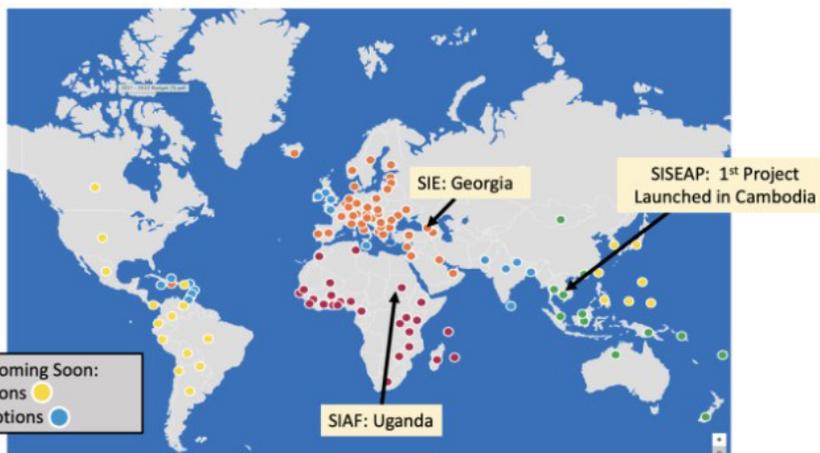
# Did you know . . .

*Opening Doors to a Bright Future*, is the Soroptimist International (SI) President's Appeal, 2021-2023, officially launched on 1 October 2021. Headed by SI President, Maureen Maguire, the Appeal, now part of the broader, recently established Soroptimist International Foundation, unites Soroptimists, Clubs, Unions and the five Federations, with the aim of delivering tangible benefits to some of the world's most marginalised women, girls, and their communities. With plans to establish Appeal projects in each of the five Soroptimist Federations, projects are already taking place in Cambodia and Uganda.



SI President Maurine Maguire

## Soroptimist International President's Appeal Linked to U.N. Human Rights Day, December 10



# Removing the Barriers to Education For Girls in Thulipokhari, Nepal

It began 22 years ago ...  
Providing dormitory housing and tuition for girls



To Date over 2,000 girls have successfully graduated  
**Time for the construction of a Modern, New, Safe Dormitory!**  
with Electricity and Indoor Plumbing!

## Sponsor A Room or Girls' Scholarships

\$2,500 completes a common area for the girls to eat and study

\$2,000 completes a girls bedroom with furnishings, windows and shelves

\$1,500 furnishes a shared bathroom with running water, toilets and showers

\$500 completes a garden rooftop - a safe place for the girls to gather

\$300 funds an annual scholarship for one girl's education, room & meals

All sponsors of \$500 or more receive a plaque designated in their name to hang in the new dormitory



Join Soroptimist International of Truckee Meadows Thursday, December 15 at noon  
at the Atlantis Casino Hotel Spa for an update.

Choice of regular or vegan Cobb Salad, \$28

RSVP to [info@sitmnv.org](mailto:info@sitmnv.org) no later than December 9th. More info at [sitmnv.org](http://sitmnv.org)

To donate contact Monica House: [monicah86@yahoo.com](mailto:monicah86@yahoo.com) or 775-830-0801