

# SITM Update

*Soroptimist International of Truckee Meadows*

**Volume 29• Issue 9**

**March 2024**

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

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## Calendar

- Mar. 18 – Afghan Social, 5 p.m.  
Kay's office
- Mar. 21 – Dr. Mindy Lokshin,  
Chronic Diseases
- Mar. 28 – Parliamentary motion  
Process
- April 4 – Verdi Hydroelectric  
Tour
- April 9 -- Board Meeting, Pam  
Robinson's Office/Zoom
- April 11 – Business Meeting
- April 18 – Membership committee
- April 25 -- Dr. Karen Gedney

## SITM Meets...

### Thursdays at Noon

at the Atlantis Casino Resort Spa  
 Second Floor Convention Center  
 \$31 plated; \$33 buffet lunch  
 RSVP to [info@sitmnmv.org](mailto:info@sitmnmv.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 train-  
 ing they need to achieve economic  
 empowerment.



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## Spring is Bringing Club Projects to Bloom

Has Spring sprung? Maybe not just yet given the crazy weather lately. There is a saying that if March comes in like a lion, it goes out like a lamb! Sure signs of spring are the return of daylight saving time, daffodils and tulips emerging from flower beds, robins everywhere and a flurry of activity within our club.

Our club has "sprung" into action in so many ways. Planning is well underway for Thanks to Youth with tickets and sponsorships available for our event to be held in May. The Women's Scholarships and Awards Committee is busy evaluating the applications for the various scholarships including our new award, The Dee Ann Roberts Memorial Scholarship for an Education Major.

The STEAM committee has been busy introducing the girls at Hunter Lake Elementary to web design. They are learning to use various software systems to design a product or service and then design a website to market it. The Membership Committee is definitely on a roll with two more new members this month! We have added 10 wonderful and dedicated women to our membership since July. WOW!

The Community Outreach Committee has been especially busy with volunteer opportunities at Project 150 and Spread the Word. Members also filled over 200

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*Shown at the District 5 Winter Meeting were District 5 Director Holly Nash and President Kay Dunham. SITM served as host club for the meeting.*

## Welcome to Two New Members



*During the induction ceremony, Membership Co-Coordinator Doris Phelps announced that 10 new members have been inducted this year,*

New members who were inducted at the March Business meeting were joined by, from left: Doris Phelps and Billie Mendiola, who conducted the ceremony; Bev Perkins, sponsor of Rosalie Henry; KaCe Gilbert and her sponsor Jeanne Naccarato.

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treat bags with candy to be given to the kids at Project 150 as Easter gifts.

In the spirit of "Spring" and possible spring cleaning – remember our upcoming garage sale with a potential date of June 2. Soon I will be asking for members to serve on a committee to cover all the necessary details.

It is gratifying to see the impact all of our committees are having both locally and internationally. With our mission of Investing in Dreams by providing educational opportunities, we will continue to change lives for the better.

President Kay Dunham

### Field Trip

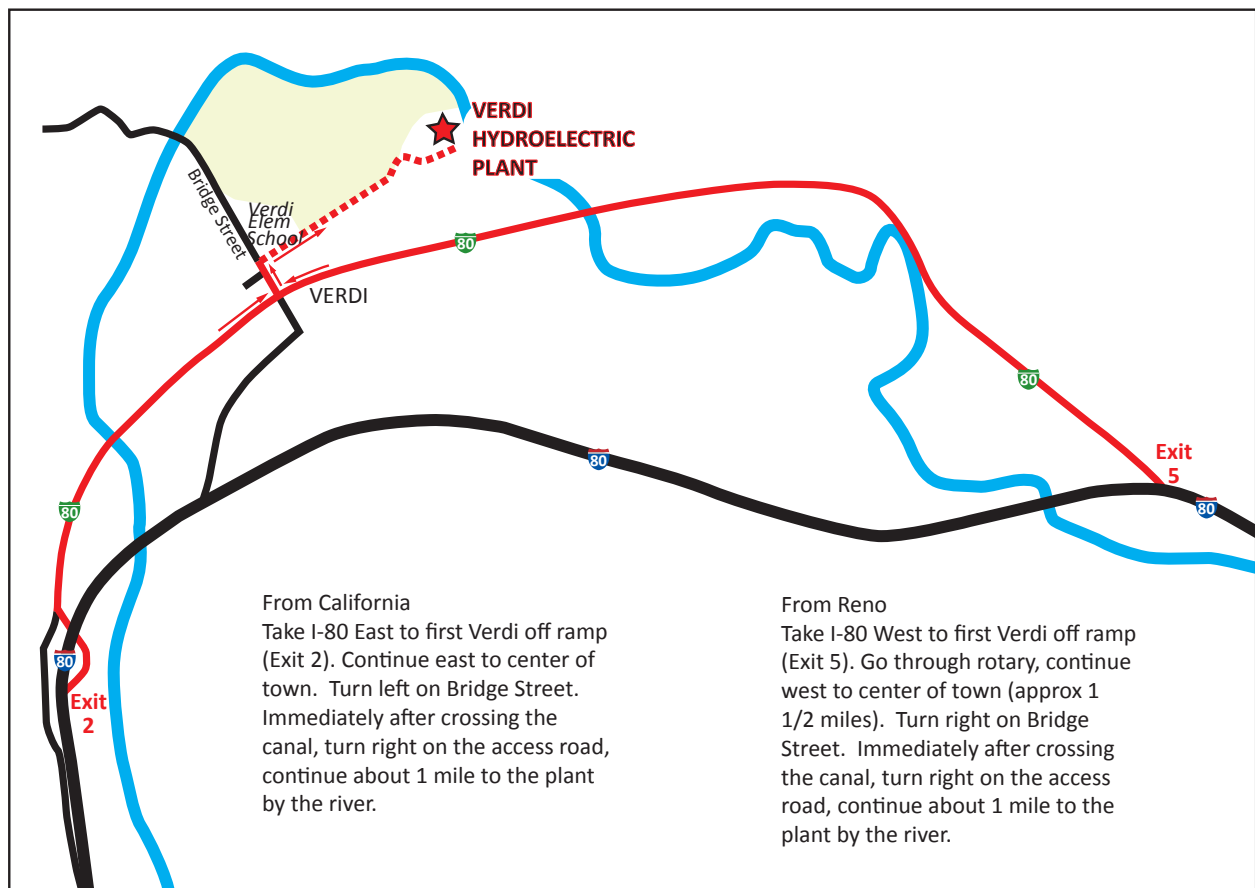
## SITM Members to Tour Verdi Hydroelectric Plant

Now is the time to sign up for the April 4 field trip to the Truckee Meadows Water Authority's Verdi Hydroelectric Plant on the Truckee River. There will be no lunch at the Atlantis that day.

Reserve your attendance now using a sign-up sheet circulating at meetings. The \$20 cost covers a boxed lunch from "Nothing to It Culinary Center", with choice of turkey brie, Santa Fe chicken, Albacore tuna or Portabella

mushroom. Contact Cindy Burk at 775-232-7231 for lunch sandwich selections and to be added to the attendance list. Make checks payable to SITM.

Members attending the tour are asked to arrive at the plant site by 11 a.m. There is plenty of parking, but those touring must sign TMWA's liability waiver. The tour will begin at 11:30 a.m. Wear comfortable clothes and flat shoes. There will be a bit of walking.



## SITM Honors Five Live Your Dream Award Recipients

By Pam Robinson, Women's Scholarships and Awards Co-Coordinator



*SITM's own Ana Chacon spoke at the meeting. She was a former scholarship recipient.*

This year marks the 51<sup>st</sup> anniversary of the SIA Live Your Dream awards. SITM recognized five amazing women as Live Your Dream Award recipients at the February 15 luncheon.

The Live Your Dream Award is intended for women who are the primary financial support of themselves and their dependents, have a financial need, and are enrolled or accepted into a vocational/skills

training program or an undergraduate degree. Our club has disbursed over \$60,000 to 46 women since 1998 as part of this program. We were fortunate to receive a generous grant from the Helen Close Foundation and a donation from one of our own members, and we awarded \$5,000.

Marayma Morales Alvarez received our first place award, and her application was forwarded to Sierra Nevada Region for further consideration. Marayma is currently enrolled at Truckee Meadows Community College and will earn her associates degree at the end of spring semester. She plans on then transferring to UNR where she will pursue a degree in social work. She was inspired in her goal by a social worker in her own life. When she was in foster care, which she describes as the worst time of her life, she had a social worker who she states was the most understanding, reasonable, person that she could always count on. Marayma currently works part time as an assistant to the advocate who works with foster youth in the college. She is a single mother to three children, ages 11, 3, and 32



*Marayma Morales Alvarez*

Starting college as an older student was quite a challenge for Jasmin Maraldo. Jasmin had to retake some basic classes and applied for the Radiology



*Jasmin Maraldo with Pam Robinson*

further specialize in MRI. She also wants to give her children a home of their own and a better life than she can offer them now. Jasmin will graduate from TMCC this spring and was also a former recipient of SITM's Dreams Moving Forward scholarship.

Dlonra Pasao is the single mother of two daughters, ages 3 and 11. Her first daughter was born when Dlonra was in the 10th grade. Needless to say, graduating from high school was extremely difficult for her, but she managed to do it. Her goal of attending a university right after high school did not work out, so she transitioned to community college and for the past 11

years she has been chipping away at earning credits toward her associates degree. She currently has a 4.0 GPA. Dlonra's goal is to become a social worker. She is currently working for the school district as a college and career center facilitator and genuinely enjoys the work. She would like to eventually be able to specialize in working with high schoolers, specifically the teen parent demographic.

Romina Mendez is the single mother of a three-year-old daughter. She was born and raised in the Philippines where her family experienced many hardships and poverty. As the eldest child in the family, she realized early on that she would not be able to ask her parents for help with any higher education. The birth of her daughter



*Dlonra Pasao with Pam Robinson*

Technology degree program in 2021. She was not accepted initially but persevered and was approved upon her second application. She has been attending classes full time and working 12-hour shifts on the weekends as a CNA at Renown. She dreams of a time when she can complete her training and perhaps

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only intensified her desire for a better life, and she felt sure that education was the answer to her dreams. She applied to TMCC where she is pursuing a degree in engineering. Romina plans to transfer to UNR and earn a bachelors degree in electrical engineering.



*Romina Mendez*

Our final Live Your Dream recipient was Ashley Hastings.

Ashley is also a former SITM Dreams Moving Forward scholarship recipient. At that time, she had just started working on a double major at UNR in criminal justice and political science. She now has only two semesters to go and should graduate in December 2024. She currently holds a GPA of 4.0 and wants to go to law school. In addition to being a student, Ashley also works approximately 35 hours a week and is a single

mother to three children, ages 8, 4, and 3. It is her children and her desire to give them a future full of opportunity that keeps her motivated. In her own words she wants to "show my children the power of education, the value of hard work, and the significance of never giving up".

Our speaker this year was our own SITM member, Ana Chacon. Ana received the Soroptimist Live Your Dream award from SI Reno in 2016 and received a Dreams Moving Forward scholarship from SITM that same year. She is a realtor with Better Homes and Gardens Drakulich Realty and the proud mother of two wonderful children. She shared words of encouragement and spent time with our recipients.



*Ashley Hastings*

The Live Your Dream Program has been recognized for its effectiveness and long-term impact, and our club is honored to have recognized these five women.

## 2024-2025 State of Club Officers Announced

At the March Board and Business Meetings, the Nominating Committee announced the slate of officers willing to stand for election, to be voted at the April Business Meeting. Biographies on each will be provided by the Nominating Committee.

Congratulations and thanks go to members who are standing for election to office for the 2024-2025 Club Year. They are:

President-Elect – Pam Robinson  
 Vice President – Program – Dot Watts  
 Vice President – Membership – Linda Walker  
 Secretary – Debbie Handke  
 Treasurer – General Fund – Susan Ervin  
 Delegate – Billie Mendiola

The positions of President, Director and Treasurer – Service Fund are completing their terms of service.

A big thank you to Nominating Committee Coordinator Diana DeMatei, and members Marilyn Pearson and Mary Ann McCauley for your diligent and dedicated work to compile this slate of officers.

Since none of the offices are contested, the election will take place by voice vote at the April Business meeting. However, if you would like a paper ballot to mail in, contact Diana DeMatei.



## Nepal Project and Dormitory Update Luncheon April 24

SI/Truckee Meadows has proudly supported our girls' dormitory project in Thulipokhari, Nepal for more than 20 years. Our club raised thousands of dollars, provided hundreds of scholarships, initiated construction of the first dormitory, and now the new dormitory. SITM continues to support education and housing for the young women through our financial aid and has received international recognition for our project and long-term commitment to Removing Barriers to Education in Thulipokhari.

SI/Sierra Reno has chosen to provide additional annual support for scholarships and ongoing operations and is holding a luncheon to raise funds for the girls' scholarships at noon on Wednesday, April 24, 2024 at the National Automobile Museum. Cost of the plated lunch is \$45, and tables for 8 can be purchased for \$1,000. Tickets can be purchased in advance at <https://ticketstripe.com/empower-her2024>.

## 35<sup>th</sup> Annual Thanks to Youth Set for May 16 – Don't miss it!

Put the date May 16 on your calendar. Sell those four tickets the Thanks to Youth Committee gave you, if you can. Invite your friends, family or coworkers to the 35<sup>th</sup> Annual Thanks to Youth Luncheon at the Atlantis. Prepare to meet SITM's 2024 "Unsung Heroes" and scholarship recipients during an inspirational luncheon. The guest speaker will be Amanda Levens, Nevada Women's Basketball Coach.

The Youth Awards Committee will be presenting six youth "Unsung Heroes" with "\$500 grants" that they may designate for a project at their school. They will also receive the usual \$200 "shopping spree" at Target, after the program. The committee has also selected five high school seniors to receive \$2,000 scholarships to pursue vocational and technical careers.

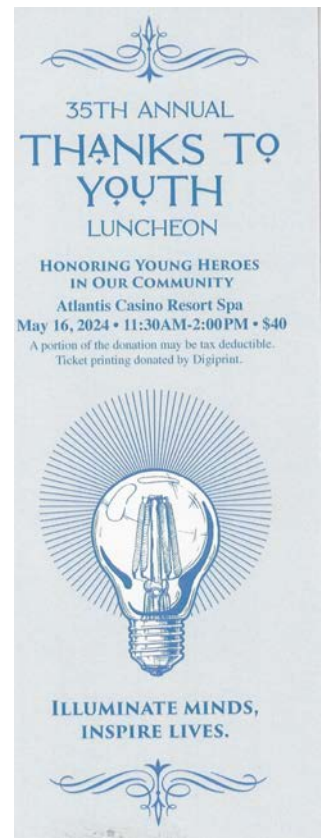
At the TTY Kick-off on February 22, the committee collected \$4,000 in ticket and table sales, with much more to come. Please alert Vicki Schultz or Cindy Burk about the status of your ticket sales by May 2. They make up a seating chart each year, plus they need to inform the Atlantis of numbers for lunch preparation. Once again, John Farahi and the Atlantis are donating the cost of 200

lunches, the room and wait staff to SITM

Individual ticket sales are \$40 each. Table of eight sponsors and overall sponsorship levels are as follows.

High School Level -- \$1,500  
Middle School Level -- \$1,000  
Elementary School Level -- \$500  
Club Member Level -- \$400

All ticket and table sales, plus raffles and other donations will be used to conduct the 2025 Thanks to Youth luncheon.



## Thanks to Youth Kickoff Featured Past Scholarship Recipient

By Eileen Fuller, Youth Awards Co-Coordinator

The Thanks to Youth Kick-off was held at the Atlantis on Thursday, February 22. We were treated with a heartfelt speech by one of our previous scholarship recipients, Ivana Majorca-Guerrero.



*Ivana and Jose at the SITM meeting on February 22.*

Ivana is currently the Sparks High School College and Career Facilitator. She graduated from Sparks High in 2007, and our scholarship was one of 10 she received, having gotten great coaching from a teacher named Mrs. Betz.

Ivana began her college career at Feather River College where she was able to play softball until she was sidelined by an injury. Her unforgettable first year of college

would not have been possible without our scholarship and others. Ivana grew up in a single parent household with two sisters. After her momentous year one, she returned home and went to work in a daycare.

She and husband Jose Espana had three children, AND she continued with her studies as she cared for their children and worked full-time. She got a degree in Early Childhood Education and was promoted to director of the daycare for five years. Jose was already working at Sparks High where he is the boys' varsity soccer coach. After COVID, Ivana was looking for a change and Jose encouraged her to apply for the opening at Sparks High. Now she is fulfilling the same role that her mentor Mrs. Betz did for her all of those years ago!

Ivana thanked our club and the Soroptimist organization for providing opportunities to students like she was, those who might not always feel like they are worthy or may not see that college is within their reach. She and her husband plan on attending the Thanks to Youth Luncheon on May 16 to assist in honoring this year's five scholarship winners and six unsung heroes!

## White Elephant Exchange a Big Hit with Members



*Slow Cooker Bible*



*St. Patrick's Gnomes*



*Milk Frother*



*Candle Holders*



*Bath Set*

Legend has it the term "white elephant" was originally used to describe "gifts" made by the King of Siam. When he wanted to punish one of his courtiers, he would gift them with a white elephant, a protected and revered animal, knowing that it would be nightmarishly costly for the animal's upkeep.

White elephant exchanges have more than a century of history among American social groups and auxiliaries. At the turn of the 20<sup>th</sup> century, a newspaper in Scranton, Pennsylvania even reported a woman jokingly brought her husband to the exchange party claiming he was the biggest white elephant she had.

Today's description of a white elephant more likely falls in the categories of useless, unwanted, formerly loved, but no longer. All of the above were on display at the February 29 (5<sup>th</sup> Thursday) meeting. Members brought their white elephant gifts in gift bags for other members to select. When the time was right, the recipient opened the gift, while the gift-giver explained the history and even use for the gift. Many were very functional and useful gifts. Others were humorous ... or at least the story behind them was humorous. There were even a few "head scratchers", prompting members to ask: What is that? What is it used for?

Thanks to Jeanne Naccarato's "Candid Camera" here are some happy white elephant recipients.



*A Game*



*Pringle Pajamas*



*Porch Lantern*



*Home Grown Eggs*



*A Notebook*



*Bird Feeder*



*Jewelry Holder*



*Bath Set*

## District 5 Meeting – What's Your Heart Worth?

Excerpted from Billie Mendiola's Report

SITM acted as the host club for the February 10 District 5 Meeting in Reno. Attendees were welcomed with event materials and goodie bags. Introductions of officers and guests were made by District 5 Director Holly Nash and SITM President Kay Dunham SITM President-Elect Jeanne Naccarato welcomed First Time Attendees. Nine out of the 10 clubs in District 5 were represented. It was a "sold out" event with many "zoomers" attending as well.



*Margie Hermanson and Dot Watts registering attendees.*

Each club president or representative spoke briefly about their current projects and fundraisers. Director Holly also had many "heart" related jokes that she shared throughout the day.

### Self-care Tips to Boost your Mental Health - Holly Nash

Director Holly discussed many mental health issues that affect women today such as depression, anxiety, eating disorders, bipolar disorder and schizophrenia and the variety of symptoms that can go along with these issues. It is also known that women with mental health issues can be affected much differently than men. It is so important to be aware of your mental health and to seek help when needed.

### Chair Yoga – Tica Looper

Tica Looper, a coworker of Pam Robinson and former yoga instructor lead the next session. She discussed the importance of self-care and taking time for ourselves. Tica then led us in a Chair Yoga session incorporating breath and movement to slow down and focus on relaxation.

### Get to the Heart of the Matter – Dr. Rochelle Walsh, RN, DNP, PCCN, CNE

Dr. Walsh from the UNR Orvis School of Nursing has practiced nursing for more than 40 years and currently teaches and cares for patients with cardiac issues.

Dr. Walsh discussed the risk factors that can lead to heart disease and that some risk factors like blood pressure, smoking and diet can be controlled when others like age, family history and hormones are out of our control. She also discussed the personal, interpersonal, institutional and cultural factors that can lead to heart disease and how we can recognize these and use this information to help control the risk factors of heart disease.



Dr. Walsh also

*District Director Holly Nash caught without her high heels.*

discussed all the different symptoms that can be experienced during a heart attack and that women can experience very different symptoms than men experience. Her advice is that if you are experiencing anything out of the ordinary between your nose and belly button that it could be heart



*First Time Attendees. Those attending a District Meeting for the first time included SITM's Mary Ann McCauley, Billie Mendiola, Eve Johnson, Susan Erwin, Debbie Handke and Wendi Dennis.*

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related and that you should get it checked out.

A buffet lunch with a sandwich bar, salad, drinks and huge chocolate chip cookies was served.

### **Food As Medicine – Letitia Anderson, M.D.**

Dr. Anderson is the Chief of Staff for Sierra Medical Center and is board-certified in cardiovascular disease, internal medicine, echocardiography and nuclear cardiology. She is also the Past Chair of the Food Bank of Northern Nevada and Governor of the American College of Cardiology Nevada Chapter.

Dr. Anderson pointed out that 10 years ago it was discovered that women are at the same risk for heart disease as men. Diet and smoking are big risk factors for heart disease and diabetes. In our underserved communities, food and nutritional insecurity contribute to coronary disease because the people that make up this community do not have access to good, healthy food.

Several local resources we have here in our community to combat food insecurity are the Food Bank of Northern Nevada, Prescription Pantry, and the Oddie Pantry. Dr. Anderson also informed us that the most vulnerable population locally consists of the elderly, women, children and Veterans.

### **Concluding the Day**

A raffle was held to offset any additional expenses associated with the program and the remainder of the funds will go to the SITM Scholarship programs. Ten prizes were awarded.

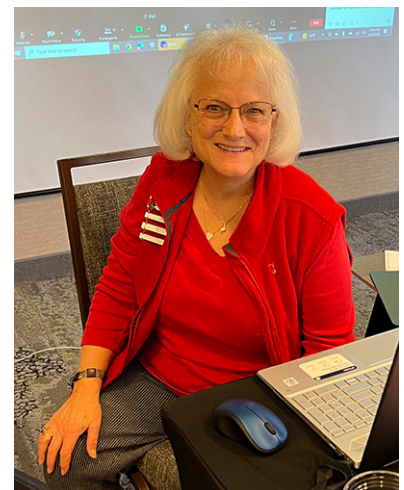
Happy dollars were collected for the Dee Ann Roberts Memorial Scholarship.

The meeting was closed with the Soroptimist Pledge. Thank You to all the SITM members for your donations,

assistance and your work before during and after the District Meeting



*Mary Ann McCauley, right with guest speaker Letitia Anderson, M.D.*



*Performing her "zoom wrangler" duties for the meeting was Millie Mitchell.*



## Easter Candy and Volunteers for Project 150 Students

SITM members undertook a sweet task at the March 7 meeting as they assembled 200 bags of mixed candy for Easter to donate to the students being served by Project 150. Following a buffet lunch, members were focused in their determination to make each bag evenly distributed and properly decorated.

The bags were delivered to Project 150 the following Monday, when members volunteered their time to sort donations, hang and size clothing in preparation for the student shoppers.

The mission of Project 150 is combating potential student drop-outs by providing good-quality clothing ... shirts, pants, dresses, skirts, socks, underwear and shoes. This can help ensure students' success. Shelf-stable food, like snacks and easy-to-prepare meals, along with toiletry items and school supplies are also available.



*Margie Hermanson with no shortage of jeans for the students.*



*The three Easter Bunnies, from left, Niki Ewing and Diana DeMatei, Community Outreach and Advocacy Co-Coordinators, and President Kay Dunham.*

***Whether sorting candy or clothes for Project 150, SITM members pursue their task with diligence.***



*Liza Chapen spent two hours sorting, sizing and categorizing ladies panties.*



## March Board and Business Recap

by Faye I. Andersen

Congratulations and welcome to two new members inducted at the March Business meeting. Kathryn "KaCe" Gilbert, was sponsored by Jeanne Naccarato. KaCe is formerly a CPA and previously a Reno resident and on the Board of the Food Bank of Northern Nevada. After a stint in Las Vegas, she's back and looking to spend more of her time in volunteer efforts. Rosalee Henry was sponsored by Bev Perkins. She is a former SITM member. Rosalee is involved in body work therapies and is a licensed massage therapist.

During the induction ceremony, Membership Co-Coordinator Doris Phelps announced that 10 new members have been inducted this year.

### 2024-2025 Slate of Officers Announced

The Nominating Committee announced the slate of officers willing to stand for election, to be voted at the April Business Meeting. Biographies on each will be provided by the Nominating Committee. Since none of the offices are contested, the election will take place by voice vote at the April Business meeting. However, if you would like a paper ballot to mail in, contact Diana DeMatei.

A big thank you to Nominating Committee Coordinator Diana DeMatei, and members Marilyn Pearson and Mary Ann McCauley for your diligent and dedicated work to compile this slate of officers. See page 4 for the full slate.

### A Motion for Buffet Lunches

A motion, previously tabled last month due to a lack of information, was brought back to the club for debate this month. The recommendation from the SITM Board was to make effective April 1, 2024, the switch from plated to buffet lunches, at a cost of \$33 (an additional \$1 for credit card payments).

The motion was amended by the membership to include a buffet lunch the first meeting of each month, with the caveat that committees could request additional buffet lunch dates to accommodate special programs. The amended motion was passed by the members.

### Votes for SIA President-Elect

It's time for Soroptimist International of the Americas clubs to vote their ranked preference for the next SIA 2024-2025 President-Elect. It was recommended by the board and approved by the membership for President Kay to submit the following ballot.

#1 Sue Rainey (SI Oak Harbor, Washington, Northwestern Region)

#2 Maria Helena Riquinho dos Santos (SI Porto Alegre Metropolitano, Brazil Region)

#3 Vivian Walczesky (SI/Monroe County, Midwestern Region)

### Happy Dollars for February

Happy Dollars for the month of February totaled \$527. Happy Dollar funds are designated for a scholarship in the name of Dee Ann Roberts, Jo Ann's daughter, for a deserving education major(s).

### Happy Birthday Soroptimists

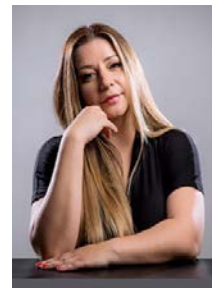


Celebrating their March birthdays at the meeting were, from left, Eve Johnon from the Hospitality Committee conducting the "birthday recognition"; Kay Dunham (March 3); Doris Phelps (March 15); Margie Hermanson (March 30); Jeanne Naccarato (March 28). On zoom was Beth Sharp (March 30).

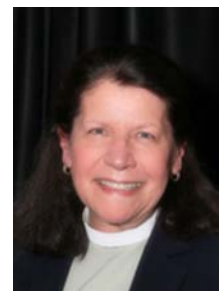
Also celebrating a March Birthday:



Linda Lamke  
(March 6);



Ana Chacon  
(March 19)



Laurie Chappelle  
(March 1)



Patty Downs (March 23)

## **March is Women's History Month**

### **International Women's Day: 11 Essential Items that Were Invented by Women**

By Meridith Clark, New York, The Independent

In honor of International Women's Day - and Women's History Month all throughout March - here's a look at some of the most important things you might not have known were invented by women.

**Birth control pill:** Margaret Sanger spearheaded years of education, research, and funding that went into developing oral contraceptives - what's [commonly known as the birth control pill](#). In 1923, Sanger opened an entirely female-staffed birth control clinic, which would later become the Planned Parenthood Federation of America. As a lifelong advocate for women's reproductive health, she recruited medical expert Gregory Pincus to help her develop a birth control pill.

**Caller ID:** Dr Shirley Ann Jackson is an award-winning theoretical physicist whose work led to several advancements in telecommunications, including caller ID, call waiting, fiber optic cables, and the portable fax machine. She was the first Black woman to receive a doctorate from the Massachusetts Institute of Technology, while *Time Magazine* has called her "perhaps the ultimate role model for women in science".

**Dishwasher:** Josephine Cochran was the inventor of the first commercially successful dishwashing machine. According to the [National Inventors Hall of Fame](#), she was inspired to design a washing device in the late 19th century after finding dishes chipped from hand washing. The original invention featured a set of wire compartments placed inside a wheel, which was laid flat inside a copper boiler. **Refrigerator:** Throughout much of the early 20th century, people relied on ice boxes to keep their perishable foods fresh. That is until Florence Parpart patented the modern electric fridge in 1914. While variations of the refrigerator had been developed before Parpart, some designs used unsafe liquid chemicals that would leak, making it dangerous for homes.

**Medical syringe:** When it comes to advancements in medicine, a nurse named Letitia Mumford Geer changed healthcare forever with the one-handed syringe. In 1896, she filed a patent for the glass syringe, which could be operated with one hand. The design featured a glass barrel with measurements, a rubber plunger that could draw fluids into the syringe, a hook-shaped handle that was easy to grip, and an attachable and disposable needle. **Windshield wiper:** It's a little known fact that the windshield wiper was invented by a young woman named Mary Anderson. In the early 1900s, Anderson conceived her idea of a windshield wiper blade that could be operated from inside a vehicle after witnessing drivers often struggle to see during rainy weather. The design consisted of a level placed inside a car, which controlled a spring-loaded arm with a rubber blade that swung across the windshield.

**Circular saw:** Tabitha Babbitt is credited with inventing the first circular saw for use in a saw mill, between 1810 and 1813. Her circular saw improved upon previous designs of the time by attaching a circular blade to a spinning wheel.

**Natural gas furnace:** Much of the central home heating systems we use today can be attributed to Alice H Parker, a Black woman who invented a "heating furnace" powered by natural gas. The [Howard University graduate](#) filed the patent for her heating system invention in 1918. Her design drew cool air into the furnace, then conveyed it through a heat exchanger that delivered warm air through ducts to individual rooms of a house.

**Hairbrush:** Thanks to Lyda Newman, a Black women's rights activist, we're able to brush our hair every day. Her invention of the hairbrush was inspired by her own experience working as a hairdresser in New York City. At the time, most hairbrush bristles were made using animal hair. Instead, she used synthetic fibers, which were stronger and did not break as easily when used on her clients' hair. **Chocolate chip cookie:** While the chocolate chip cookie isn't necessarily an essential invention, Ruth Graves Wakefield's recipe forever changed the way we think about dessert. [As legend goes](#), the American chef and cookbook author initially planned on baking Butter Drop Do cookies in 1930. The only chocolate she had in her kitchen was a Nestlé semi-sweet chocolate bar, so she chopped the bar into bits. To her surprise, the chocolate didn't melt during baking.

**Bras:** Perhaps the most pivotal invention in women's fashion was the bra, patented by American publisher Caresse Crosby. Born Mary Phelps Jacob, she developed the modern backless brassiere when she was just 19 years old, after sewing together two handkerchiefs and a pink ribbon. She secured a patent for the backless brassiere in 1914 and founded the Fashion Form Brassiere Company, where she manufactured the bra. Crosby would go on to sell the patent to Warner Brothers Corset Company for \$1,500, an acquisition that is believed to have earned the company millions.

*Thank you Doris Phelps for finding this interesting celebration of womens' inventions.*

## SITM Update

Soroptimist International of Truckee Meadows

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### Contributing to this issue

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Pam Robinson

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Doris Phelps

Soroptimist International of Truckee Meadows

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**Board Meets monthly on Tuesday**

following the first Thursday, noon.

### SITM Board 2023-24

**President**

Kay Dunham

**President-Elect**

Jeanne Naccarato

**Vice President/Program**

Pam Robinson

**Vice President/**

**Membership**

Dot Watts

**Secretary**

Debbie Handke

**Treasurer/General Fund**

Linda Walker

**Treasurer/Service Fund**

Cindy Burk

**Delegate**

Patty Elam

**Director**

Margie Hermanson



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)



SOROPTIMIST®

Investing in Dreams

## Did you know . . .

## Soroptimist International the Americas 48<sup>th</sup> BIENNIAL CONVENTION

It is time to register for the SIA Convention in Bellevue, Washington, July 24-27. Alaska Air has direct flights. The Convention Hotel is the Hyatt Regency Bellevue. Make your hotel reservation with the Hyatt using the discount code **G-SO48**. Here is the registration link.

<https://web.cvent.com/event/24d67ce3-5437-4ab7-a879-75592379f3ae/summary>

Join us to reach new heights in the heart of the beautiful Pacific Northwest, July 24-27, 2024 for an event like no other! Four full days of exciting opportunities to connect, learn, and celebrate how Soroptimists are transforming the lives of women and girls.

**An event you don't want to miss!**

- ☐ Ignite your passion with inspiring presenters and interactive workshops that promise to broaden your horizons and spark new ideas!
- ☐ Start each morning by joining us on a group walk to breathe in fresh air, connect with fellow Soroptimists, and energize for the rest of the day!
- ☐ Join hands in a meaningful service project, making a positive impact on the lives of local girls.
- ☐ Plus, evening events like the Opening Friendship Reception, the Denim and Diamonds Dance Party, and the Volunteer Recognition Closing Gala are included in the registration fee!

**Secure your spot now, and get ready for the most exciting event of 2024!**

