

In this issue

- 1 – President’s Message, New Member Induction
- 2 – New Member Lisa Robinson, Ceec Abrahams Award, Iranian Culture Event
- 3 -- Women’s Scholarships, Weekly Speakers
- 4 -- CSW68 at UN, Nepal Update
- 5 – TTY, Verdi Hydro Tour
- 6 – Board Business Recap
- 7 -- Staff Box, Did You Know

Calendar

- April 15 – Spread the Word Volunteering, 1-3 p.m.
- April 18 – Membership Committee
- April 22 – Crochet Night, Kay Dunham’s office, 5 p.m.
- April 24 – SI/Sierra Reno Nepal Update Luncheon, Harrah’s Auto Museum, 11:30 a.m.
- April 25 – Dr. Karen Gedney
- May 2 – Dr. Letitia Anderson
- May 7 -- Board Meeting, Pam Robinson’s Office/Zoom
- May 9 – Business Meeting
- May 16 – Thanks to Youth

SITM Meets...

Thursdays at Noon

at the Atlantis Casino Resort Spa Second Floor Convention Center \$31 plated; \$33 buffet lunch RSVP to info@sitmnev.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

Marching Ahead With Springtime Projects

April has arrived with more unsettled weather and the hope of some warmer days soon! We are all very busy with the upcoming events that are so important to our club! Election of Officers for the 2024-25 Club Year occur in April. We will have a wonderful new board made up of committed, experienced and upbeat members to help President Jeanne guide the club in the upcoming year. Thanks to Youth plans are in full swing with recipients chosen, speaker selected, raffle prizes solicited and ticket sales booming. Women’s Education is in the process of selecting our new scholarship recipients. Our new scholarship fund for an Education Major has received several qualified applicants! This is an exciting new opportunity to honor Dee Ann Roberts’ lifetime of being an educator by helping fund the journey of other aspiring teachers.

There are several more opportunities to volunteer this spring by helping at Spread the Word, Crochet night to make

afghans for Project 150, and early planning for our club “garage” sale.

I am always inspired by the willingness of our membership to step up as volunteers for all of these amazing events as well as a willingness to step up as an office holder for the coming year. Our club has grown tremendously this year with the addition of 11 – yes 11- new members. These women are enthusiastic about our mission and without exception, have volunteered for office or committee work.

As our club year moves to the end of its term, I am reminded of how grateful I am for the support and the spirit of volunteerism exhibited by each and every member all year long. We remain dynamic, growing, changing and inspiring.

President Kay



Welcome New Member Lisa Robinson



New member Lisa Robinson was inducted at the April Business Meeting, sponsored by Carmela Cipollina. Lisa is the 11th new member inducted this year. Pictured from left are: Billie Mendiola, Membership Committee, Carmela, Lisa and Doris Phelps, Co-Coordinator of Membership.

Welcome to Our 11th New Member This Year -- Lisa Robinson!

By Doris Phelps, Membership Co-Coordinator

SITM had the pleasure of inducting Lisa Robinson as a new member on April 11.



Lisa is sponsored by Carmela Cipollina.

Lisa was born in New York City in a borough near the United Nations building and, when she was five years old, the family moved to Orange County in southern California. She attended school there until the family moved to Chicago when Lisa was in junior high and she

graduated from high school there. Lisa, her husband and family moved to Reno in 1979, returned to Southern California for a while and settled at last in Reno in 2013.

Lisa is retired from a rewarding career in pastoral administrative work at several churches. She currently attends Our Lady of the Snows where she met Carmela. Lisa is married to John and they have son Patrick who has 5 children; one of her stepdaughters has 6 children and the other is a flight attendant, no children. In addition to her grandchildren, Lisa is an avid reader and walker. She enjoys the wetlands area pathway in Damonte Ranch. She loves socializing and says the friendliness of SITM is a major reason she has joined.

The Woman Behind the Ceec Abrahams Award

Each year the Membership Committee solicits nominations of a member to receive the annual Ceec Abrahams Award for Soroptimist Service. It is presented to a member of SITM who has gone above and beyond the call of duty in her support of the club and its activities.



Cecelia P. Abrahams

This annual honor is named for Ceec Abrahams, a founding member of SITM. What Ceec lacked in stature (at only 4' 11" tall), she made up for it with a room-sized heart and enthusiasm for Soroptimist. She always encouraged members and clubs to accept new challenges

and to be the best at whatever we did. Before joining SITM, Ceec served as President of SI/Reno, Parliamentarian for the Sierra Nevada Region, and Federation Laws & Resolutions Coordinator for SI of the Americas.

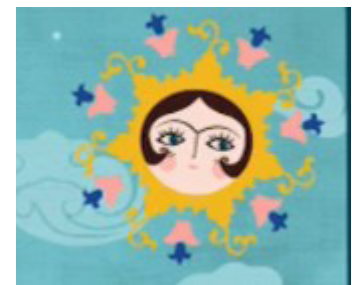
At the time of her passing in October 1983, SITM was planning a surprise celebration to commemorate her 25 years in Soroptimist. Then President Laurie Chappelle established this award to celebrate Ceec's life. Each year since 1985 a silver bowl has been presented to the member who most emulates Ceec's exemplary life and contribution to Soroptimism.

This award is intended to recognize an SITM member who has contributed her time and resources to our club,

to Soroptimist as a whole, and to the community in the spirit of Ceec Abrahams. While many of our members devote a significant amount of time and energy to the club, we are looking to present this award to an "every member", one of those women who is there when you need her, a member you can depend upon to do whatever she has committed to do, and a role model for other members.

Please see Membership Committee Co-Coordinator Doris Phelps for a nomination form, or go to the SITM website at sitmnv.org and the form will be in the Members Section. This award will be presented at the Year in Review meeting on June 20, 2024.

Iranian Culture on Display at April 18 Event



Last fall, Ana Nadimi hosted a delicious and profitable Iranian dinner at her home for members. She has passed along information about "A Celebration of Iranian culture, tradition and history" event planned for Thursday, April 18 from 4-7 p.m. on the UNR Campus. See the attached flyer for more information.

Dreams Moving Forward Recipients to be Honored June 6

By Pam Robinson, Women’s Scholarships & Award Committee Co-Coordinator

Our annual Dreams Moving Forward scholarship luncheon will be held Thursday, June 6. This year we are honoring one graduate and seven undergraduate students who are majoring in everything from social work and nursing to welding and automotive science. We are also honoring one graduate and two undergraduate education students with our inaugural DeeAnn Roberts Dreams Moving Forward scholarship. The women are truly inspirational!



Women’s Scholarships and Award Committee

received and interviewing the candidates. We are granting a total of \$37,000 in scholarships - \$25,000 for our regular program and \$12,000 for our new education program. We have invited one of our former scholarship winners to speak at the luncheon, and this is a wonderful luncheon to

invite guests. Most of our recipients

will join us in person with perhaps one or two others on Zoom. We are also looking forward to having Sierra Nevada Region Board members join us for our special luncheon.

Mark your calendars for this special event, June 6.

The Women’s Scholarships & Awards Committee spent many hours reviewing the 38 applications

Help for Parkinson’s Disease Patients in Northern Nevada

Over 5,000 people in northern Nevada live with Parkinson’s disease, according to Dr. Mindy Lokshin, MD, MSPH, with the Parkinson Support Center of Northern Nevada. At the March 21 meeting, Dr. Lokshin made a very informative presentation about the disease and the center, which is a nonprofit dedicated to providing access to care, education, and social assistance to patients and families affected by Parkinson’s Disease in northern Nevada.



Dr. Mindy Lokshin

Founded in 2021, they are a small group of volunteers dedicated to supporting those with Parkinson’s disease, their family and community. They seek to help improve lives and forge connections.

Parkinson’s Disease is a chronic, progressive neurological disorder resulting from the loss of brain cells that produce dopamine, a neurochemical controlling motor functions. An 80% loss of the dopamine-producing cells results in slowness of movement, tremor, and rigidity. As the disease progresses, other symptoms such as poor posture, balance instability, and difficulty with speech and swallowing may occur.

There is no cure for Parkinson’s Disease, but there are treatments to reduce symptoms of the disease that include dopamine replacement. Lifestyle modifications and therapies also help, like exercise, use of vitamins and supplements, even relaxation practices like yoga and meditation.

Operating with Parliamentary Procedure

Most business meetings of assemblies, organizations, government bodies, even Soroptimists operate on the principles of Parliamentary Procedure. As such, SITM’s Parliamentarian Diana DeMatei, conducted a presentation on the use of Robert’s Rules of Order to efficiently organize and proceed with any issue or entire meeting. Topics included: When to make a motion; How to make a motion; How to amend a motion; and proper voting. Each table was given a hypothetical situation requiring the use of motions and asked to correctly craft the appropriate wording to cover the situation. Now that you know, let’s hear those motions.

Diana DeMatei, Parliamentarian



Gender Equality and Empowerment Focus at CSW68

The 68th annual Commission on the Status of Women (CSW68), the UN's largest annual gathering on gender equality and women's empowerment, was held March 11-22, 2024 under the priority theme, "Accelerating the achievement of gender equality and the empowerment of all women and girls by addressing poverty and strengthening institutions and financing with a gender perspective".

Soroptimists Leading the Charge

Report reprinted from the SI Global Voices, April 2024



SI President Siew Yong Gnanalingam led nearly 100 Soroptimist International delegates at New York to ensure that the voices of women and girls across the globe are heard. This year's priority theme focuses on accelerating gender equality by addressing poverty via strengthening institutions and financing with a gender perspective.

Our parallel events explored key topics such as gendered poverty, climate change, finances and budgeting to showcase what Soroptimists around the world are doing to help educate, empower and enable women and girls.

SI CSW68 Parallel Event: 'Addressing Gendered Poverty - Best Practices and Lessons Learned'

Our in-person parallel event at CSW68 addressed gendered poverty and attracted many non-Soroptimists as well as Soroptimists from around the world. During the presentation successful projects that had fostered gender equality among marginalized women and girls were showcased.

In her opening remarks, SI President Siew Yong Gnanalingam outlined three key objectives of the

event, to showcase projects from the SI Foundation and Federations that have created a positive impact, highlight the stark realities faced by women and girls experiencing poverty and affirm Soroptimist International's unwavering commitment to driving substantial change globally, and inviting other organizations to join us in collaboration.

Projects created by the SI Foundation and Soroptimist of the Americas (SIA) demonstrated that education is a catalyst for change. Soroptimist International of Europe (SIE) outlined how some of their projects have supported female health, sustainability and advocacy. Soroptimist International of Great Britain and Ireland (SIGBI) used their SI Kathmandu's Goat Project to illustrate how marginalized women can be helped up the socioeconomic ladder through micro financing and fostering entrepreneurship. Other examples of projects from other Federations were also highlighted and the event ended with a presentation from the Youth Forum which offered hope for the future as the next generation of Soroptimists gear up to meet global gendered based challenges.

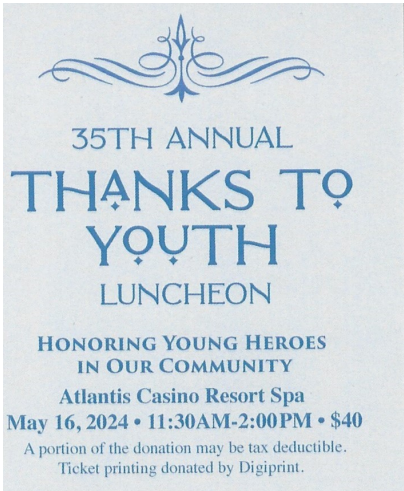


Nepal Project and Dormitory Update Luncheon April 24

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>.

35th Annual Thanks to Youth Set for May 16



Members, it is time to purchase or sell those tickets for the 35th annual Thanks to Youth luncheon on May 16.

The annual event features SITM's "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.

If you have sponsor suggestions, or need more tickets, please see Cindy Burk or Vicki Schultz.

A Cold Field Trip to the Verdi Hydroelectric Plant

COLD was the four-letter word of the day on April 4, during members' field trip to tour the Truckee Meadows Water Authority's Verdi Hydroelectric Plant on the Truckee River.



Our fearless, but cold, leader..

Program organizer Cindy Burk said she had a stern talk with Mother Nature about having good weather for the planned tour and enjoying boxed lunches at an outside "picnic" area. It wasn't meant to be, as the temperatures plunged and outdoor dining was impossible. Thankfully President-Elect Jeanne had a Plan B and offered her home, which was not far from the tour site, as a respite from the weather.

The Verdi Plant is one of three remaining hydroelectric plants still operating on the Truckee River. Built in the late 19th and early 20th centuries, the plants generated electricity that was sent along newly constructed transmission lines to power the mines in Virginia City.

Today, the plants still operate and provide electricity for TMWA to move water to the greater Truckee Meadows area.



Margie Hermanson at the water intake.



Turn of the century gauges..



The hearty tour group.

April Board and Business Recap

by Faye I. Andersen

Entering the fourth quarter of the 2023-2024 Club Year, officers and committees have been busy, inducting new member Lisa Robinson, sponsored by Camilla Cipollina, electing new officers for 2024-2025, interviewing and selecting women's scholarship recipients, plus gearing up for the upcoming Thanks to Youth program and preparing to attend the 48th annual Sierra Nevada Region Conference at the Atlantis.

Congratulations New SITM Officers for 2024-2025

Members officially elected SITM's 2024-2025 Officers at the April Business Meeting.

Congratulations to each of them and please pledge your support to them in the coming year.

President --- Jeanne Naccarato
 President-Elect – Pam Robinson
 Vice President – Programs – Dot Watts
 Vice President – Membership – Linda Walker
 Secretary – Debbie Handke
 Treasurer – Service Fund – Cindy Burk
 Treasurer – General Fund – Susan Ervin
 Delegate – Billie Mendiola
 Director – Kay Dunham
 The positions of President, Director and Treasurer – Service Fund are completing their terms of service.

A big thank you to Nominating/Elections Committee Coordinator Diana DeMatei, and members Marilyn Pearson and Mary Ann McCauley for your dedication in securing nominations and coordinating the election.

Three motions from Finance/Governance

The Finance/Governance Committee proposed, the board recommended and the membership approved the following motions.

To increase regular member annual dues by \$1 to \$210 (following a \$1 dues increase by SIA).

Reinstating a fee of \$25 for new members, in addition to their annual dues amount to cover new member expense.

To reimburse President Kay for SIA Convention expenses of \$1,200 from the 2023-2024 budget. Clubs also pay a mandatory \$800 convention fee, which covers SIA expenses and only a couple of meal functions.

Appointment of Delegate for SNR Conference

SITM's Delegate Patty Elam will be unable to represent SITM at the SNR Conference, June 7-9 at the Atlantis. In such cases, the board chooses a replacement and Bev

Perkins has agreed to be SITM's Delegate for this year's conference.

New Budgets Approved for 2024-2025

Besides elections, April is the month for the Finance/Governance Committee to submit preliminary budgets for members' review. The F&G Committee and the two Treasurers, Cindy Burk for Service Fund and Linda Walker for General Fund were diligent in preparing these preliminary reports. If you have questions, contact F&G Coordinators Vicki Schultz or Pam Sutton. Members will be asked to approve the budgets at the May Business Meeting.

Money Matters and Donations

This past month, SITM has been bestowed an incredible \$10,000 donation from the Reno Arch Lions Club (connection though Dot Watts' husband Vern); a \$5,000 donation from Pam and Michael Robinson for women's scholarships; a \$1,000 donation from member Gail Plass, as she departs SITM for a move to California. A \$100 donation from former member Meg Price.

A great big thank you to all of these generous donors. Rest assured, SITM will put the donations to good use.

Happy Dollars for March

Happy Dollars for the month of March totaled \$438. 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

None of our April Birthday Ladies were attending the April Business Meeting. However, we wish them a happy and healthy birth-month.



Patty
Mamola
April 1



Niki,
Ewing,
April 9

Gail
Plass
April 2



Scarlet
Ewy
April 10



SITM Update 
 Soroptimist International of Truckee Meadows

President Kay Dunham
kaydunham@yahoo.com
Editor Faye I. Andersen
fandersen@att.net or
 775-358-5149 or 775-432-5822

Soroptimist International of Truckee Meadows
 P.O. Box 20125 • Reno, NV 89515
www.sitmnev.org

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

Contributing to this issue

Kay Dunham	Jeanne Naccarato
Liza Chapen	Diana DeMatei
Jo Ann Roberts	Margie Hermanson
Pam Robinson	Doris Phelps

SITM Board 2023-24

President Kay Dunham	Secretary Debbie Handke
President-Elect Jeanne Naccarato	Treasurer/General Fund Linda Walker
Vice President/Program Pam Robinson	Treasurer/Service Fund Cindy Burk
Vice President/ Membership Dot Watts	Delegate Patty Elam
	Director Margie Hermanson



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®
 Investing in Dreams

Did you know .

#Tech Talks: New Member Portal
 Reprinted from the SIA Newsletter

Starting in June 2024, we will no longer require a Member ID Number. All members will need a unique, valid email address to securely access the NEW! Soroptimist Member Portal.

Q: Why will all members need an email address to access the new member portal?

A: Currently, members use a six-digit Member ID Number (ex: 110987) to access the members only web portal.

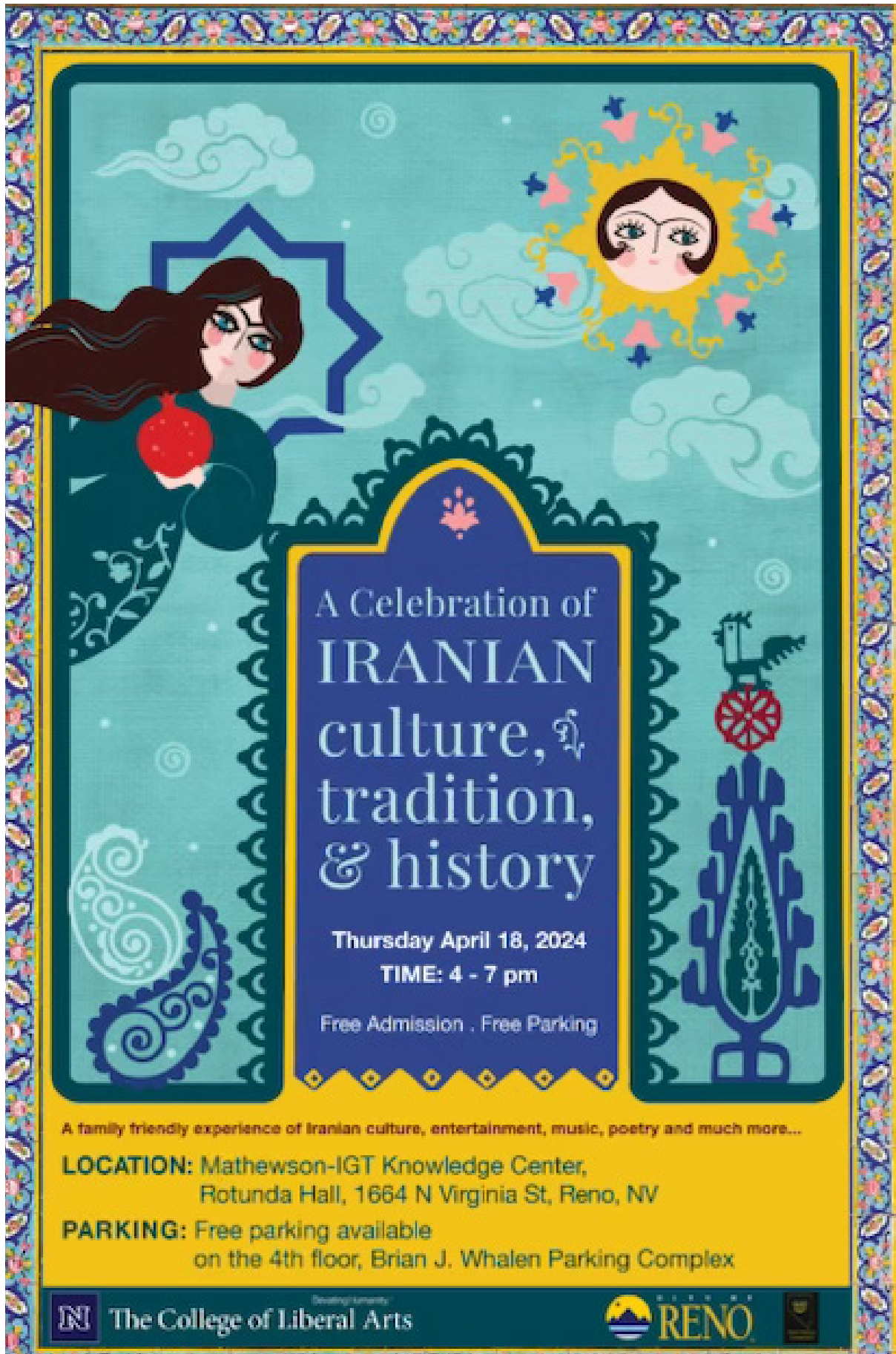
Starting in June 2024, we will no longer require a Member ID Number.


All members will need a unique, valid email address to securely access the NEW! Soroptimist Member Portal. [Learn more!](#)



This summer, we'll be hosting live webinars (**Learning Labs!**) to train club leaders and members on how to navigate the new portal. The first Learning Lab will focus on how to log-in, update your roster and pay club dues in Salesforce.

[Sign up to be the first to hear](#) how tech is taking your member experience to the next level!



A Celebration of
IRANIAN
culture, 
tradition,
& history

Thursday April 18, 2024

TIME: 4 - 7 pm

Free Admission . Free Parking

A family friendly experience of Iranian culture, entertainment, music, poetry and much more...

LOCATION: Mathewson-IGT Knowledge Center,
Rotunda Hall, 1664 N Virginia St, Reno, NV

PARKING: Free parking available
on the 4th floor, Brian J. Whalen Parking Complex

 The College of Liberal Arts

 **RENO**

2024 EmpowerHer Luncheon



OUR REACH IS



INTERNATIONAL

APRIL 24, 2024 - 11:30

NATIONAL AUTOMOBILE MUSEUM



WELCOME TO OUR LIFE-CHANGING PROJECT IN THULIPOKHARI, NEPAL!

**JOIN SOROPTIMIST INTERNATIONAL OF SIERRA RENO AND
SOROPTIMIST INTERNATIONAL OF TRUCKEE MEADOWS**



Visit our website for more information
www.SISierraReno.org

