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Calendar

- July 24-27 – SIA 48th Biennial Convention
- July 25 – Beads of Strength
- Aug. 1 – TBD
- Aug/. 8 – DARK for Hot August Nights
- Aug.13 -- Board Meeting, Pam Robinson's Office/Zoom
- Aug. 15 – Business Meeting
- Aug. 17-18 – Soroptimist Development Retreat

SITM Meets...

Thursdays at Noon

at the Atlantis Casino Resort Spa Second Floor Convention Center
\$33 plated; \$35 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

New Year, New Leadership Underway!

A new SITM club year, full of new friends, new opportunities, and many new adventures. As your president, I'm looking forward to all of the above and then some! We've already started the year on a high note with the TEAse kickoff from last week. It was a resounding success, hosted by the multi-talented TEAse Committee. Lovely Tea hats worn or purchased from Labels to wear, Tea Bingo with prizes, and several tables and ticket packages sold. I don't think it could have been any more successful.

In September I hope to have another club retreat to discuss where we've been, where we are, where we're going and much of everything in between. I hope you'll be able to participate. I plan to send out a quick questionnaire to seek input on your ideas, opinions, and concerns for the coming year and beyond. I also believe we need to relook at our strategic plan and adjust and/or fine-tune it to our present status. Doris Phelps and Mary Ann McCauley have graciously volunteered to lead that ad hoc committee.

I am excited as we continue our work in the community and around the world to be fortunate enough to have a fabulous Board and the enthusiasm and participation of our club members, especially some of our new members who have jumped right in to support our work. The Soroptimist Development Retreat is coming up in August and I hope many of you will be able to attend. Next week I am off to Bellevue for the SIA 48th Biennial Convention

with Director Kay, Diana, and Carmella. Rest assured we will return with photos and stories of our key learnings and adventures.



Director Kay has set the bar high during her presidential year with renewed energies, enthusiasm, and membership. My plan is to continue in that vein of success and to build upon it with the help of all members.

Looking forward to Soroptimist adventures, opportunities, and successes in the coming club year.

With a grateful heart in Soroptimism, President Jeanne



New member Debbie Richards, with her sponsor Kay Dunham, followed by Line Cousineau, sponsored by Billie Mendiola.

SITM Celebrates New Year and New Officers



President Jeanne Naccarato, center, is flanked by Margie Hermanson, the Installing Officer and Kay Dunham, Immediate Past President .

The start of a new Club Year, begins with the installation of new officers. On June 28, President Jeanne Naccarato and the officers were installed into the offices for which they were elected by Installing Officer Margie

Hermanson. As a lifelong educator, Jeanne's theme this year is Education is the Heart of Empowerment.

Margie began the installation proclaiming Soroptimists' big hearts. She presented each officer with a small bag of essentials to help them fulfill their duties, including a pencil for education, chocolate for a happy heart and a power bar so they would always have power.

Parliamentarian, Doris Phelps

The heart of procedure.

Delegate, Billie Mendiola

The heart of new knowledge.

Director, Kay Dunham

The heart of history.

Treasurer/General Fund, Susan Ervin

The heart of finance.

Treasurer/Service Fund, Cindy Burk

The heart of finance.

Secretary, Debbie Handke

The heart of records.

VP/Program, Dot Watts

The heart of community.

VP/Membership, Linda Walker

The heart of recruiting and retaining.

President-Elect, Pam Robinson

The heart of future leadership.

President, Jeanne Naccarato

The heart of our club.



Jeanne's husband Drew, daughter Emily and grand-daughters Maddie and Eleanor were all on hand for the installation.



The 2024-2025 SITM Board.

Following the presentation, President Jeanne said, "It's my great pleasure to be your President." She continued by saying she's grateful the club's committees are fully-stocked with coordinators." She also thanked her family in attendance "for always having my back and supporting what I do."

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Speaking of her theme, Jeanne said, "Teaching is what makes us strong. With education we can do anything." She also concluded with what she called an African Proverb. "If you give a man an education, he is educated. But if you give a woman an education, her family is educated and so is her nation."



A year in the making, President Kay Dunham was presented with a scrapbook by the committee who put it all together as a remembrance of her year.



Past President Georgia Baker-Flambures dropped by for the installation of officers and visiting with Jo Ann Roberts.

Preparing for Soroptimist Development Retreat Aug. 17 & 18

A message from Sierra Nevada Region Governor Stacey Jensen

It's time to SWING For the Fences and Play Ball! Whether you take on a formal leadership position or mentorship position to help others become successful leaders, or even a new or seasoned club member this upcoming weekend is for you!

Join us for the Sierra Nevada Region's Soroptimist Development Retreat on August 17 & 18, 2024, in Reno, Nevada at the Atlantis Casino Resort Hotel.



We will start this fun and interactive retreat on Saturday with a wonderful Ahola themed luncheon. We will also have a series of workshops that club leaders and members alike will find educational as well as inspirational.

Attached to this newsletter is our agenda, presenters and meals, for this amazing opportunity for clubs to educate themselves on all things Soroptimists. We will be bringing you over 15 workshops to choose from, thanks to our SDR Workshop Coordinator Trudy Mills.

I hope that as our SNR Clubs are doing their own planning retreats for the upcoming club year, this is the perfect opportunity to set aside some of your club budget to send your new club officers to SDR. We will be holding our President and President-Elect workshop, a Treasurer Workshop as well as Parliamentary Procedures which is valuable to all club members. But have no fear, we have workshops for every member of your club. If you are new to Soroptimists, this is a perfect opportunity to learn about our Dream Programs, the Big Goal Accelerator Projects and much more.

Access registration at: <https://registration.soroptimistsnr.org/>. The full meal package for the two days is \$235, until August 7, when a late fee is added to total \$270.

Millie Mitchell Honored with Ceec Abrahams Award

Millie Mitchell was honored as SITM's 40th Ceec Abrahams Award recipient with warm congratulatory messages from friends and family and her fellow club members. Millie's friends Shannon Cantwell and Tammy Gray attended the lunch to surprise her. The Membership Committee was delighted to present Millie with the traditional silver bowl filled with a beautiful floral bouquet. She was completely surprised and truly grateful for this well-deserved recognition.



Millie was surprised.

Millie has been an SITM member for about 15 years. She has served as a dedicated leader as club president, board member, committee coordinator and informal advisor to others. She is a member of the Laurel Society. She rarely misses a meeting or club event. Her wry sense of humor, sharp intelligence and sincere caring as a friend also set her apart.

She has shared her expertise in non-profit finance by helping the club streamline its financial reports for all to understand. Her experience in major fundraising helped the club officers navigate a new and successful agreement with the Community Foundation so that our outstanding Nepal girls' education project will continue to flourish. On several occasions, her garage has been filled by donated items for the club. And most recently, Millie has stepped up by taking on the duties of a "Zoom Wrangler" and leading in the preparation of our September High Tea event.



Millie's friends Shannon Cantwell and Tammy Gray attended the lunch to surprise her.



40th Anniversary of the Ceec Abrahams Awards

Past Ceec Abrahamson Award recipients were recognized and presented with "Ceec Abrahams Alumni" pins. President Kay created these badges in the shape of the award's silver bowl.

Current Club members receiving this recognition were:

- | | |
|------------------|----------------|
| Faye I. Andersen | Bev Perkins |
| Cindy Burk | Doris Phelps |
| Diana DeMatei | Paula Ringkob |
| Patty Downs | Jo Ann Roberts |
| Kay Dunham | Pam Robinson |
| Niki Ewing | Vicki Schultz |
| Margie Hermanson | Pam Sutton |
| Jeanne Naccarato | Linda Walker |
| Marilyn Pearson | |

Ceec Abraham was a founding member of SITM. She was active in Soroptimist for 25 years and served in various roles at the local, Region and Federation levels. She was the epitome of a Soroptimist who goes above and beyond with her generous, kind and dedicated support of human rights, especially for the personal, professional, social and economic issues that face women.

September 28

TEAse Sets the Stage For Queen of Hearts High



Fundraising Committee Co-Coordinator Millie Mitchell making a point during the TEAse.

The Queen of Hearts High Tea arrived early at the July 1 SITM regular meeting. Committee Coordinators Millie Mitchell and Deb Thomas led a chorus of Fundraising Committee members dispensing information, giving instructions, distribution tickets and taking table sponsors.

Blythe Anderson, owner of Labels, our fashion show sponsor again this year, was unable to join us so Deb Thomas demonstrated her retail sales skills and sold hats and bags to members. Ten percent of the sales were donated to SITM.



Holly Nash will be collecting items donated for the Silent Auction.

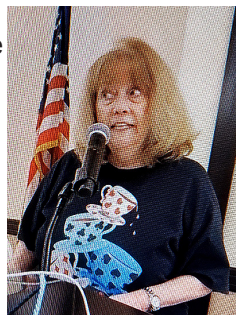
Speaking of Labels, the number of models will be increased to 12 this year. Eight members have already committed to model. If you are interested, see Deb Thomas for details and how to model at the fashion show.

Holly Nash outlined the procedure and paperwork for procuring and registering silent auction items. She included tips on making solicitations for items, including not just "the ask", but explaining the investment a donation makes to our community.

Some specific themed-baskets are being created, if you would like to donate items along these themes of Fall, Halloween and Christmas. Check with Holly Nash for additional themes.

All auction items, big or small, are due to Holly Nash by September 6. She will be collecting at weekly meetings or you can make another arrangement before the deadline.

President Jeanne Naccarato is once again the "wagon mistress" in charge of SITM's (almost) infamous Wine Wagon Raffle. Members are asked to donate a bottle of wine to be included in the wagon. Wine



Linda Walker distributed tickets for sale.

accessories will also be accepted. Bottles of wine are also needed for the Wine Toss game. Bring these to the Thursday meetings or make arrangements with Jeanne.

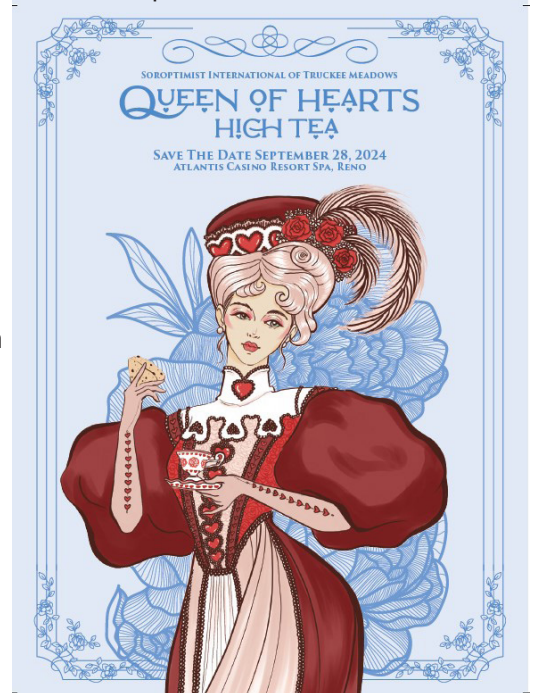
Marilyn Pearson is in charge of the fundraising games to be played prior to the start of the High Tea. The "Unbirthday Cake Walk" is looking for donated baked goods or certificates as prizes for winners. A new game, "Alice in Wonderland Down the Rabbit Hole" is also planned to be added. It involves cookies as prizes.

Each member received four tickets to buy or try to sell. Sales proceeds can be turned over to Linda Walker.

The TEAse was a successful kick-off leading towards this year's High Tea. By the end of the meeting, one Alice in Wonderland sponsorship, and six tables of eight had been purchased, also with five additional members purchasing their four tickets, bringing the total sold to 76 tickets. A total of \$6,400 was collected at the TEAse.

Prizes were awarded to table and ticket purchasers. Darlene DeLancey won the \$25 gift card and Holly Nash won a gift basket.

Marilyn Pearson then led a few rousing games of bingo with both "words and descriptions". Besides some laughter and smiles, the game winners were presented with Wine Wagon Raffle tickets.



Marilyn Pearson explained the carnival games occurring before the High Tea.

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Tea Party Etiquette

Research by Holly Nash



Just like the royalty and upper class did in the original tea parties, it is important to use proper etiquette when attending a formal tea party. Here are a few tea party etiquette tips to remember: After sitting down, put your purse on your lap or behind you against the chair back. Unfold napkin and make sure to place it on your lap. If you must leave the table temporarily, place the napkin on your chair. Never blot or wipe your lipstick with a linen or cloth napkin. Lipstick stains rarely come out in the wash.

Never, ever use your napkin as a handkerchief. Please excuse yourself from the table and go to the ladies' room. The hostess will signal the end of the afternoon tea by picking up her napkin. Everyone else will then pick up their napkin by the center and loosely lay to the left of their plate.

Sugar is placed in your teacup first, then thinly sliced lemon. If you like to have milk in your tea, add it after the tea is poured. At one time it was traditional to pour the milk into the cup before the tea. This was done to prevent the glaze on delicate teacups from cracking. We do not have that problem today, so add the milk after the tea so that you can judge how much to use based on the color change. Never use milk and lemon together.

When stirring your tea, be careful not to clink your spoon against the cup. Gently swish the spoon back and forth without touching the sides of the cup. When through stirring, remove the spoon and place it on the saucer behind the teacup and to the right of the handle. Of course, never take a drink of your tea without removing the spoon first, and please never, ever sip from the spoon.

Take small, quiet sips of your tea. Do not blow on the tea if it is too hot. When you are not drinking tea, place the cup on the saucer. If seated at an afternoon tea table, never pick up the saucer. If standing, you may lift the saucer with the cup. It is fine to eat most of the foods with your fingers, taking small bites; however, use a fork when trying to eat messy foods. Scones are a traditional part of proper tea. Split the scone with a knife. Jam or curds is usually placed on the scone and then top off with a dollop of clotted cream. Simply spoon a small amount of jam or curds onto your plate, as well as some of the clotted cream. Spread the jam, curds, and clotted cream onto your scone. Never use the serving spoon for this task.

Be sure to take small bites, since attending a tea is a social occasion and you will want to participate in the conversation without always having a full mouth. Chew and swallow completely before taking a drink of tea, since it is hot and is not meant to wash the food down

Obtaining Perfect Attendance

Sixteen members were honored for a total of 250 years of accumulated Perfect Attendance.

Congratulations to these members who have made the commitment to attend meetings, serve as officers, volunteered for projects throughout the year. SITM has no official attendance policy. We encourage members to attend and volunteer as they are able. In our ceremony for inducting new members, there appears the following line: "Participation is the real price of membership." However, the Perfect Attendance Award is based upon attendance

When Perfect is Less Than Perfect

There are many ways to count Perfect Attendance. Show up every Thursday for lunch, of course. But "make-up meetings" count towards being perfect. Here's how: Attend a monthly SITM Board meeting; attend another club's meeting; attend a district or region meeting or SIA or SI Convention. One make-up is awarded for each day of attendance at these meetings. If you wish to receive a "make up" for any of these meetings, please alert the Attendance Committee. A make-up is awarded for each day of attendance at these meetings.

Each member was presented with a certificate indicating their years of Perfect Attendance.

Debbie Handke 1	Dot Watts 10
Billie Mendiola 1	Margie Hermanson 16
Holly Nash 3	Beverly Perkins 20
Doris Phelps 5	Diana DeMatei 28
Millie Mitchel 5	Kay Dunham 28
Linda Walker 6	Pam Robinson 33
Cindy Burk 8	Faye Andersen 38
Jeanne Naccarato 9	Jo Ann Roberts 39



Members achieving Perfect Attendance were honored at the July Board Meeting with certificates and their badge "dangles".

July Board and Business Recap

by Faye I. Andersen

As might be expected, the start of a new Club Year can produce a busy time of presenting reports, motions and conducting debates on issues. The July Board and Business Meetings were not the exception, as year-end Treasurers' Reports were filed and members entertained several motions.

Welcome New Members Line and Debbie

Two new members were inducted at the July Business Meeting. We welcome Line Cousineau, sponsored by Billie Mendiola. Line is currently "between successes" and looking forward to participating with SITM.

Debbie Richards owns Deborah Richards Consulting, LLC, a medical device company. She works with doctors and surgeons on the development of devices, plus works to meet the regulations and standards of her clients. Debbie was sponsored by Kay Dunham.

Community Outreach Projects for 2024-2025

A motion by the Community Outreach Committee was recommended and approved by the membership. The motion outlined SITM's annual outreach projects in the 2024-2025 year. Those include: crocheting afghans to be donated; making bracelets for Beads of Strength; volunteering at Spread the Word for book cleaning; volunteering at Project 150 to help their store for high school students, as well as donating Easter Candy for the same students. These are in addition to annual donation drives for school supplies and toiletries. Dates and times will be announced throughout the year.

Buffets Versus Plated Luncheons

A motion from the Board was approved by the membership to suspend weekly buffet lunches at the Atlantis at this time. Issues concerning the increasing costs and quality of the buffet were discussed. Buffet lunches would still be available, if requested by committees for special programs, with 35 days advance notice.

Candidate Forum Coming October 3

The Board recommended and the membership approved a motion from Pam Sutton and Doris Phelps for SITM to host a Candidates Forum on October 3, 2024. Local elections occur every two years and SITM has conducted these forums over the past 20+ years. Soroptimists from SI/Washoe County, SI/Sparks and SI/Sierra Reno will be invited to co-host the event with

us. Candidates for local and state offices will be invited to speak and responsible for covering their price for lunch. A zoom option will be available to candidates only.

Bylaws for Transferring Members

A recommendation from the Membership Committee has been referred to the (Finance &) Governance Committee for inclusion in SITM Bylaws regarding transfer members. SIA Bylaws address members transferring between clubs must provide written confirmation that the member is in good standing. Members may not belong to more than one club.

SITM's Bylaws were silent on transferring members and new language will be added to require that a new member application is completed and approved by the Board, and the transferring member attend an orientation meeting.

Happy Dollars for June 2024

Happy Dollars for the month of June were \$720. Happy Dollars are designated for a scholarship in the name of Dee Ann Roberts, Jo Ann's daughter, for a deserving Education Major(s).

July Birthdays

Four SITM members are celebrating their birthdays in July, three of which attended the July Business Meeting. They are from left: Diana DeMatei (July 18), Jo Ann Roberts (July 9) and Lisa Robinson (July 21).



Eve Johnson
July 24.





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

Contributing to this issue

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

SITM Board 2023-24

President
Jeanne Naccarato
President-Elect
Pam Robinson
Vice President/Program
Dot Watts
Vice President/
Membership
Linda Walker
Secretary
Debbie Handke

Treasurer/General Fund
Susan Ervin
Treasurer/Service Fund
Cindy Burk
Delegate
Billoie Mendiola
Director
Kay Dunham
Parliamentarian
Doris Phelps



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 . . .

A message from SIA about the New Member Portal

As we learn new technology and navigate our New Member Portal, you may find helpful resources on our [#TechTalks Learning Hub](#) featuring FAQs, How-To Guides and Video Demos.

For extremely urgent matters, please call 215-893-9000.

Otherwise, please expect a response within three business days.

Thank you for your patience and grace.

The SET Team
SIA's Stakeholder Engagement Team





Soroptimist Development Retreat (SDR)

Developing Diamond Dreams

We hope you will join us for our annual Soroptimist Development Retreat (SDR) Saturday and Sunday, August 17 & 18, 2024 at the Atlantis Hotel & Spa in Reno Nevada. As you can see by the schedule, this event is open and encouraged for all Club Incoming Leaders and all Club Members

SATURDAY, AUGUST 17, 2024

- 10am Registration Open
- 10am Marketplace Open
- Noon Welcome Luncheon—Let's Play Ball!
- 1:30pm Workshops
 - President/President Elect -
 - Treasurer Part 1 -
 - Dream Programs -
 - Travels with SI Past President Sharon
- 2:45pm Workshops
 - Cervical Cancer Elimination
 - Big Goal Accelerator
 - Strategic Planning/Club Roadmap Success
 - How to use GOOGLE Drive & GOOGLE Docs
- 4:00pm Workshop - CANVA—How to use for your Club. ,
- 5:15pm Meet Your District Director & District Clubs
- 5:30pm Cocktail/Social Hour
- 6:30pm Dinner/4 Federation Pillars /District Directors

SUNDAY, AUGUST 18, 2024

- Breakfast On Your Own
- 8am Registration/Marketplace Open
- 9am Workshops
 - Parliamentary Procedures
 - What do you know about Soroptimists
 - STOP Trafficking Awareness
 - Diversity, Equality, Inclusion & Belonging (DEIB)
- 10:15am Workshops
 - Civility for Members & Clubs
 - Big Goal Accelerator
 - Strategic Planning /Club Roadmap Success
 - Club Fundraising & Getting Sponsorships
- Noon BRUNCH -
- 2:00pm Wrap Up



So what are you waiting for? Register today by accessing the [online registration on the SNR website](#) [Click here](#) to book your Atlantis Hotel reservation.

Stacey Jensen
SNR Governor 2024-2026



Illuminate Minds Inspire Lives

Soroptimist International of Truckee Meadows

**2023-2024
YEAR IN REVIEW**

***\$79,855 Donated to the community and Soroptimist projects
3560 Volunteer hours raising funds and supporting community projects***

CONTRIBUTIONS to COMMUNITY

\$ 42,000 in Women's Scholarships

Presented 7 Dreams Moving Forward re-entry women's scholarships; 1 graduate woman scholarship; Plus 5 Live Your Dream Scholarships for women heads of households. New this year were 2 undergraduate and one graduate-level scholarships presented as part of the Dee Ann Roberts, Memorial Scholarship for Education Majors.

\$ 5,852 Education Project for girls in the village of Thullpokhari, Nepal

Donation towards room and board and tuition scholarships for 32 girls to attend school and participate in an end-of-school field trip, plus salaries for dormitory cook and house mother in the newly constructed and modernized dormitory completed this year.

\$ 14,200 in Youth Scholarships and Unsung Hero Recognitions

Scholarships for 5 high school graduates to pursue vocational or technical education; plus 6 "Unsung Heroes" recognition, including a \$500 grant to each recipient's school for a project of their choosing, plus stipend shopping sprees for each recipient.

\$ 10,070 Support of SI, SIA and SNR Plus Donations

Soroptimist International Foundation, Soroptimist International of the Americas Laurel Society; SIA Club Campaign, SIA Founders Pennies, member dues and donations to the Sierra Nevada Region endowment Fund.

\$ 7,733 Club, Committees, Members, Community and In-Kind Donations

Cash and in-kind donations of over 1,000 toiletry items, 400 pairs of women's and men's socks and 200 bags of candy for Project 150, whose mission is to provide clothing and other necessities to keep kids in high school; 150 hand-crocheted afghans donated to Project 150 for the students and their families; 100 bottles of wine donated to the Queen of Hearts High Tea fundraising' 70 Beads of Strength" bracelets and key fobs for oncology patients at Renown Infusion Center.

Sources of Income

- \$42,400—individual and foundation donations to women's scholarships
- \$12,645 Member Happy Dollars and individual donations
- \$19,470 – Queen of Hearts High Tea fundraising (including a \$2,500 grant from the Helen Close Foundation for TTY)
- \$12,368 – Thanks to Youth fundraising
- \$2,865 – Parking Lot (Garage) Sale
- \$4 128 -- Miscellaneous fundraising
- \$7,733 -- In-kind donations

Grand Total \$ 101,609

