

Speeding Through the Second Half of the Club Year

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Calendar

- April 14 -- Project 150, 1-3 p.m.
- April 17 -- Completion of March's 5th Thursday Event
- April 23 -- SI/Sierra Reno Nepal Luncheon, National Auto Museum
- April 24 -- Scrapbook Committee
- May 1 -- Committee Sign Ups
- May 8 -- Thanks to Youth
- May 13 -- Board Meeting, Pam Robinson's Office/Zoom
- May 15 -- Business Meeting

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.



It's April already and I have two more Board Meetings as your President. I cannot believe how quickly the time has gone. Seems



The Easter Bunny's helpers Niki Ewing, President Jeanne Naccarato and Diana DeMatei.

only yesterday I was starting as your President-Elect, let alone your President for this year. I still say being President of SITM is the most rewarding and best job you will ever have. Everyone is supportive, caring, and positive. Adding 10 new members this year has been a fabulous accomplishment by our membership committee. Our new members are involved and adding their ideas and excitement to the committees they sit on. Diana's 5th Thursday events have given us all an opportunity to learn more about new members and each other. I cannot even begin to express my appreciation for the energy that our club continues to generate in all things Soroptimist.

The Easter Candy Bag meeting created 200 Easter Candy Bags for Project 150 students who would normally go without an Easter recognition. The Feminine Hygiene drive for Project 150 is also coming along nicely. SITM's support of Project 150, whether volunteering on the second Monday of the month or our assistance with individual need based requests, provides students served by Project 150 a much-needed acknowledgement that someone in the community cares and wants them to be successful.

Now as we approach our busiest season as Soroptimist, the calendar is full of upcoming events. Thanks To Youth Kickoff was held March 6 and the event is coming up on May 8. It promises to be spectacular as usual. The committee has been working hard to identify recipients.

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President-Elects Marilyn Pearson and Lisa Robinson want you to select your committees for next year at the May 1 meeting.

Continued from page 1

Special thanks to Pam Sutton for the beautiful ticket and postcard designs. Thanks To Youth offers SITM an opportunity to invite family, friends, and neighbors to see the fulfillment of what we accomplish in the community with our younger community members with our scholarships for trade/vocational schools and our Unsung Heroes.

Many thanks to Presidents-Elect Marilyn and Lisa for their informative "What Committee Fits You" presentation. Just in time for Committee Signups coming May 1st. Here's an opportunity to sign up or Co-Coordinate any of our numerous committees and events. If you have an interest in Co-Coordinating, but

feel you lack enough experience or knowledge, team up with a seasoned Coordinator to Co-Coordinate and learn what goes into that committee or event. We have committees and events to suit every passion and interest.

I'm currently working on the applications for the Jo Ann Roberts and Dee Ann Roberts Educational Scholarship Award. The applicants all have worthy attributes and needs, but narrowing the candidates to the worthiest and most deserved will be a challenging task. Mark your calendar for the June 5 Women's Scholarship Event and be sure to invite family, friends, and neighbors to observe firsthand the culmination of the scholarship process in offering academic support to these exceptional women. Enjoy the Spring weather and remember your sunscreen.

Congratulations to the 2025-2026 Elected Officers

Congratulations and thank you to all of the members who agreed to serve in their respective offices for the 2025-2026 Club Year. The following were elected to their offices by the membership at the April Business Meeting.

Co-Presidents -- Marilyn Pearson and Lisa Robinson
 President-Elect – Holly Nash
 Vice President – Programs – Mary Ann McCauley
 Vice President – Membership – Billie Mendiola
 Secretary – Bev Perkins
 Treasurer – Service Fund – Cynthia Tashiro Cramer
 Treasurer- General Fund – Pam Robinson
 Delegate – Debbie Richards
 Director – Jeanne Naccarato

A special thank you to Nominating Committee Coordinator Diana DeMatei, and members Kay Dunham and Margie Hermanson for your diligent and dedicated work to compile this slate of officers.



From left: Pam Robinson, Holly Nash, Jeanne Naccarato, Billie Mendiola, Lisa Robinson, Mary Ann McCauley, Marilyn Pearson and Bev Perkins. Missing from the photo were Debbie Richards; and Cynthia Tashiro Cramer was on Zoom.

Parking Lot Sale Needs You

Time to collect those unwanted treasures around the house to donate to SITM's May 17 Parking Lot Sale. President Kay Dunham has graciously arranged for us to use the parking lot of her business complex -- the Sierra Pines Professional Plaza at 190 W. Huffaker Lane in Reno.

Your donations can be dropped off on Friday evening May 16. Plus, members are needed Friday night to help sort and arrange the items for sale. Workers are needed throughout the day on Saturday.



*Debbie Richards
 Delegate*



*Cynthia Tashiro Cramer
 Treasurer Service Fund*

Member Feature

Getting to Know our Co-President Lisa Robinson

By Liza Chapen



Lisa Robinson

SITM was triple-blessed when Carmela Cipollina invited Lisa Robinson to be her guest in March of last year. First, we got a new member to help expand our club membership; second, we got a new member who immediately started participating in our club projects with energy and enthusiasm; third, we got a co-president for our 2025-2026 club year!

From her very first visit to SITM,



Daughters Denise and Vicki

Lisa says she felt drawn in because she could feel the kindness, warmth, sense of camaraderie and caring - the attributes that are a hallmark of SITM -- and she wanted to be a part of this club that serves the marginalized community, particularly women and children. After many years of service in churches, both in California and Nevada, she had been looking for an opportunity to volunteer in the secular world. She feels that SITM has been a gift to her because she recognizes what an amazing group of women we are, part of a committed and consistent team.



Granddaughter Eva.

Lisa was born in New York City, where she lived until she was four. After that, her childhood family lived in many different parts of Southern California, moving approximately every two years because of her father's advancing career.

In Lisa's 20s, she worked at St. Mary's here in Reno as a Unit Clerk Coordinator, keeping track of patients for the hospital. For the next 30 years she worked for three different large churches in Reno and California. Her jobs always included pastoral

responsibilities.

In her spare time, Lisa is part of the Women's Auxiliary at Our Lady of Snows where she assists whenever and wherever she is needed. She also belongs to an organization called Motus Dei - Latin for Move of God -- which meets several times a month and works mostly with church leaders who may be experiencing some burnout or who just want a deeper relationship with God.



Son Patrick and grandsons Christopher and Michael.

Lisa has a biological son and two stepdaughters whom she says are daughters of her heart. Her

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Faithful companion Bailee.

son has five children and one of her stepdaughters has six children. I think Lisa might win the prize for the most grandchildren! Eleven!

Always desiring to serve, Lisa has recently gone back to work part-time working two 12-hour shifts each week at Renown Medical Center as a Patient Safety Assistant providing a watchful eye for patients who are unable to care for themselves and may harm themselves or others.

When Lisa had been a member for just seven months, she stepped up and accepted the job of Co-President with Marilyn Pearson for the 2025-2026 club year! She is very excited about this coming club year and is enjoying getting together regularly with Marilyn to work out details for our next club year. She said it's just "so fun" to be working with Marilyn.

In truth, SITM has been multi-blessed with Lisa as a member. She invited her sister-in-law, Laurie Goodman, to join our club, and since then, Laurie has invited her friend Catherine Zelinski to join! Our club grows and flourishes thanks to Lisa's commitment!

Welcome to SITM Lisa. We are so glad you have chosen us.

A Reminder: Thanks to Youth is May 8

The Thanks to Youth Committee reminds members to try to sell tickets, and plan to invite your friends, co-workers or relatives to attend the upcoming luncheon on May.8. Turn in ticket money, or unsold tickets to Vicki Schultz or Cindy Burk. Tables of 8 and sponsorships are also still available.

Proceeds from this luncheon and raffle support next year's Thanks to Youth scholarships and Unsung Heroes stipends.

Soroptimist International of Truckee Meadows
Thanks to Youth
2025 Awards Luncheon
 Celebrating the Youth in our Community
 Thursday, May 8

Education The Heart Of Empowerment

Celebrating Unsung Heroes & Awarding Scholarships for HS Seniors



Seating: 11:30
Program: Noon - 1:30 PM

\$40/Seat

Atlantis Casino Resort Spa
3800 S. Virginia St. Reno, NV

Sponsorship Levels

Gold	\$1500
Silver	\$1000
Bronze	\$ 500

RSVP by April 28

TTY@sitmnv.org
sitmnv.org/TTY2025
501(c)3 nonprofit

Learn More →



Soroptimist is a global volunteer organization working to improve the lives of women and girls through programs leading to social and economic empowerment

Happy Easter to Project 150 Clients

At our April 3 meeting, members brought along bags of wrapped candy, where they joined others in creating 200 individual bags to be given to students at Project 150, in celebration of Easter.

Tablemates joined together to work, critique and comment on the process. Each cellophane bag was adorned with a festive ribbon and a special paper cut-out of a cute bunny, supplied by Kay Dunham, to help seal the bags.

According to Liz McFarland, Executive Director of Project 150, the gift of candies was super popular with the students. Beyond the usual reasons, the students felt like Soroptimists remembered them.



That's one big pile of candy.



Concentrating on the task were, from left, Deb Handke, Eve Johnson, Patte Robnett, and Jeanne Naccarato.



Almost finished, in the foreground is Cynthia Tashiro Cramer, and from left, Doris Phelps and Billie Mendiola.



Vicki Schultz and Eileen Fuller filling bags of candy.



Hard at work, from left: Vicki Schultz, Eileen Fuller, Margie Hermanson and Deb Handke.

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The Easter Bunny got a lot of help from SITM members this year. SITM members filled 200+ bags of candy to hand out to the student clients of Project 150.

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.



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-Coordinators Doris Phelps or Billie Mendiola 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.



SITM Members Attend District 5 Winter Meeting

Excerpted from Delegate Billie Mendiola's Report

The District 5 Winter Meeting was held on March 8 at the Sierra View Library in Reno. Eight of the 10 clubs in District 5 were in attendance. SITM had 14 members attend.

The morning began with a question assigned to each table, followed by reporting the answers.

District 5 Director Susan Horst's welcome and presentation kicked off the meeting with details about the UpLiftHER Project. The goal of this project is to invest in the lives of 500,000 women and girls with access to education throughout a 10-year period between 2021 – 2031. The UpLiftHER project is broken into 3 parts: Live Your Dream, Dream It Be It and Big Goal Accelerator Projects.

Next Susan spoke about the many benefits for the individual clubs to send a representative to the SIA Biennial Convention.

1. Inspiration & Motivation
2. Learning & Development
3. Leadership Tools
4. Personal Development
5. Fun
6. Branding & Publicity
7. Making Connections
8. New Friendships
9. Collective Impact
10. Innovation & Creativity
11. Exposure to Diversity
12. Fresh Perspective

Keynote speaker Mary Louise spoke about Ayurvedic , the science of life and nature.

Ayurveda dates back 5000 years and yoga is a sister science used as a treatment. Its primary goal

is to keep mankind in a state of health and free from disease. This can only be fulfilled through a state of balance.

Ayurveda is a complete medical science which aims at healing disease/imbalance within the body.

There are five elements:

Ether (space), Air (motion), Fire (light/heat), Water (flowing/liquidity), Earth (solid/stable)

Ayurvedic contains multiple elements and attributes. The focus of Ayurveda is to prevent disease by healing imbalances within our bodies through life-style counseling, diet, nutrition, yoga, meditation, cleansing and numerous other therapies.

For an in-depth look at these elements and attributes, see Billie's entire District 5 Report, attached to President Jeanne's April 10 Business Meeting packet.

In the afternoon, each club reported on their club meeting schedules, number of members and their current and upcoming projects and events.

SITM members cleaned up on the raffle prizes at the close of the meeting, winning four of five prizes. Proceeds will go towards SI/Washoe County's "Spring Hygiene Drive" for Project 150.

SITM joined SI/Washoe County in collecting feminine hygiene products for the girls at Project 150 asking members to donate items. Suggestions for donations include Always brand Ultra Thin Pads Size 1 thru 5, both with and without wings; Carefree Body Shape Pantliners; or U Kotex Tampons Click Compact, regular or super. Without a supply of these products girls stay home and miss educational instruction. Bring donations to the Thursday meetings through April 17.



April Board and Business Recap

by Faye I. Andersen

New Officers Voted for 2025-2026 Club Year

Congratulations to the members comprising the slate of officers elected by the members at the April Business Meeting to serve during the 2025-2026 Club Year. See page 2 for the complete listing.

Dues to Increase by \$5

Finance and Governance Committee Co-Coordinator Vicki Schultz presented a motion from the committee, approved by the members to increase the cost of club dues by \$5. The additional funds will be used to cover increases in SIA and SI dues and support the club's General fund. There has not been word yet, whether or not there will be an increase in the cost of liability insurance for the club.

May 29 Change of Venue for Lunch

A motion proposed by Vicki Schultz was approved by members to meet for our regular Thursday luncheon on May 29 at the Nevada Museum of Art, followed by a guided tour of the museum. A lunch menu from the Café by Roundabout, will be provided in advance and Vicki will collect lunch orders. The orders will be ready at noon and members can pay for their lunch at that time.

Proposed Budgets Approved for 2025-2026

The Finance Committee presented its proposals for the Service and General Funds for 2025-2026. There are minor tweaks, but the budget is much the same as what we're operating under this year.

Parking Lot Sale Set for May 16 & 17

Don't forget to start saving these saleable treasures you can donate to SITM's Parking Lot Sale on Saturday, May 17 at Kay Dunham's office at 190 Huffaker Lane, suite 405. Set up will be Friday, May 16. Full club participation is needed for Friday, May 16 and Saturday, May 17 sale and clean up-

Thanks to Youth Set for May 15

Last month the Thanks to Youth Committee kicked off their sale of tickets for the annual Thanks to Youth scholarships and Unsung Heroes on Thursday, May 8 at the Atlantis. Members have been asked to sell your tickets each, if possible, or buy one ticket for yourself and attend. Tickets are \$40. Tables of 8 are also available to members for \$400.

Money Matters

March Happy Dollars collected \$1,224, higher than

normal thanks to donations in lieu of flowers for member Jo Ann Roberts, who passed February 2. Happy Dollars are designated for a scholarship in the name of recently deceased member JoAnn Roberts and her daughter Dee Ann Roberts, for a deserving Education Major(s).

Minor Change to Policies and Procedures

Finance and Governance Committee Co-Coordinator Pam Sutton presented a motion from the committee to amend SITM's Policies and Procedures to change the name of the Dream It, Be It STEAM at Hunter Lake Committee to just STEAM. The project for elementary school girls does not comply with SIA's DIBI criteria. Plus, removal of the name of Hunter Lake Elementary allows flexibility if the project moves to a different venue. It was approved by the members.
clean up-

Menstruation Products Drive Ends April 17

This is the last week for members to donate menstruation products as part of a joint drive, in conjunction with SI/ Washoe County with products to be delivered to Project 150. Products collected will be delivered to Project 150. Without a supply of these products girls stay home and miss educational instruction. Bring donations to the meeting this Thursday.

April Birthdays

Catherine Zelinski (April 26) was the only April birthday member in attendance at the April Business Meeting. She's shown here with Membership Committee member Line Cousineau.



Niki Ewing
April 9



Scarlet Ewy
April 10

SITM Update

Soroptimist International of Truckee Meadows

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

Contributing to this issue

Jeanne Naccarato	Diana DeMatei
Liza Chapen	Pam Robinson
Margie Hermanson	Dorus Phelps
Lisa Robinson	

SITM Board 2023-24

President
 Jeanne Naccarato
Co-President-Elects
 Marilyn Pearson
 Lisa Robinson
Vice President/Program
 Dot Watts
Vice President/
Membership
 Linda Walker
Secretary
 Debbie Handke

Treasurer/General Fund
 Pam Robinson (Interim)
Treasurer/Service Fund
 Cindy Burk
Delegate
 Billie 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

SNR Conference is set for June 6-8 at the Atlantis

It's not too early to be thinking about attending all or part of this year's Sierra Nevada Region conference, June 6-8 at the Atlantis.

A link to the Call to Conference was included in the April 1 SNR E-Blast. It contains everything you need to know about the activities, plus a guide to daily meals. There is no registration charge. Just pay for the meals you wish to attend. SITM's delegates are covered by the club. A link to online registration is included in the Call to Conference.

Special SIA visitor this year will be President Ginger Cole. She will be speaking to us on **Thriving Though Change** on Saturday afternoon, and on Saturday evening will be inspiring us with her words of wisdom on **Embracing Change, Celebrating Success and Committing to Inclusivity: A Call to Action for Soroptimists**.

MAKING DREAMS SOAR



Friday night's entertainment will include 'Welcome to Movie Night: Mamma Mia Edition!' Saturday night's speaker will be Jenna McKaye, a human trafficking survivor who started a foundation to engage in a broader advocacy training model. A day-to-day agenda is included in the Call to Conference.

Sunday's Celebration of Life will honor those members who have passed since the last conference, including our own Jo Ann Roberts.

**CEEC ABRAHAMS AWARD NOMINATION
SITM CLUB YEAR 2024-25**

Each year the Ceec Abrahams Award 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. Ceec Abrahams was a founding member of our Club and worked tirelessly to promote the spirit of community and volunteerism. Ceec was a member of Soroptimist from 1958 until 1983. The Award was instituted in her honor. This Award will be presented at the Year in Review meeting on June 19, 2025.

While our officers and committee coordinators volunteer countless hours of their time fulfilling their duties, this Award seeks to recognize an “every member” for her tireless efforts. This is a member who volunteers readily, perhaps without being asked, is always there when you need her, is reliable and responsible, and demonstrates her support of the organization, its mission and its goals.

Please nominate a member who has demonstrated these qualities during the past Club year. You may nominate more than one member. Please use a separate form for each nomination.

Previous Award winners are not eligible for the Award and are listed below:

Faye I. Andersen	Pam Robinson	Norma Rash
Jeanne Baxter	Paula Ringkob	Doris Phelps
Janice Hoke	Diana Dillon DeMatei	Vicki Schultz
Cindy Burk	Michelle Jones	Penney Leezy
Kay Dunham	Jo Ann Roberts	Jean Neddenriep
Connie Steinheimer	Carrie Porter	Margie Hermanson
Bev Perkins	Gayle Baxley	Pam Sutton
Laurie Chappelle	Marilyn Pearson	Jeanne Naccarato
Shirley George	Georgia Baker-Flambures	Linda Walker
Monica House	Patty Downs	Millie Mitchell

Name of Nominee: _____

Nominated by: _____

Reasons you feel this nominee exemplifies the qualities of this Award. (Use the back of this form or submit your nomination on a separate sheet of paper):

Parking Lot Sale

**Sierra Pines Professional Plaza
190 W. Huffaker Lane**

**Saturday
May 17, 2025
7:30 a.m. - 3 p.m.
Multi Family
Soroptimist* Sale**



*Proceeds benefit
Soroptimist educational
and community
projects.

**Contact Kay Dunham
First WallStreet Financial
Advisors #405
775-826-1777
775-560-4374-cell**