

## Leading a “Well-Oiled Machine”

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### Calendar

Aug. 29 – Katie Schneider, Lion's Renovation of Idlewild Park  
Sept. 4 – High Tea Topics  
Sept. 9 -- Board Meeting, Noon, Pam Robinson's Office  
Sept. 11 – Business Meeting, Atlantis  
Sept. 18 – Emily Zimmerman, Medicare Changes

### SITM Meets...

#### Thursdays at Noon

at the Atlantis Casino Resort Spa Second Floor Convention Center  
\$34 plated; \$35 credit/debit.  
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 training they need to achieve economic empowerment.



Empowering Women & Girls

We're off to a wonderful start to our new club year. Co-President Lisa Robinson and I have been so impressed by how well our club is run . . . by members like you! Our committees are humming along, having chosen program dates in June so we could produce a filled-up club calendar on July 1. Committee coordinators are having their first meetings in preparation for the work you'll do this year. We really are a “well-oiled machine”!

Our first big fundraiser is the Queen's High Tea on Saturday, September 27. Last year we sold out, so if you have friends and family who wish to attend, be sure to have them purchase tickets ASAP. The Fundraising Committee does an amazing amount of work to put on this event every year. Thank you to all of them and to members who have donated wine for the wine wagon and items for the raffle baskets. Thanks also to members who've sponsored tables for this event. We hope you all can attend and will enjoy this fun afternoon.

Thank you for attending our luncheon meetings when you can and/or attending via Zoom. Although attendance isn't mandatory, I think it's important to try and attend regularly for

these reasons: (and, yes, this is AI generated!)

- Network with like-minded individuals who share a commitment to improving the lives of women and girls.
- Stay informed about local and global initiatives that align with Soroptimist goals.
- Participate in planning and executing community service projects that make a difference.
- Gain leadership skills through active involvement in discussions and decision-making.
- Share ideas and resources that can enhance your personal and professional development.
- Foster a sense of belonging and support within a dedicated community of volunteers.

Yours in Soroptimist Friendship,  
Marilyn Pearson and Lisa Robinson  
2025-26 SITM Co-Presidents



**SITM's Triumvirate, from left Co-Presidents Lisa Robinson and Marilyn Pearson, with President-Elect Holly Nash.**

## Two New Members Inducted in August



***New member Mabel Sedano, center, was inducted at the August Business Meeting. She is flanked by Membership Committee Co- Coordinators Billie Mendola, left, and Line Cousineau right.***



***New member Juleana Coe, center, was inducted at the August Business Meeting. She is flanked by Membership Committee member Mary Ann McCauley, left, and Co-Coordinator Billie Mendiola, coordinator, at right.***



### Welcome Home Norma

SITM had a surprise “zoomer” join us at the August 21, meeting. Norma Rash served as SITM President from 2011-2012, and is transferring her membership back to SITM from SI/Folsom-El Dorado Hills. Norma is retired from the County of Calaveras County and joined Soroptimist in 1984.

## Prize Possessions Highlight 5<sup>th</sup> Thursday Meeting

Prize possessions are in the eye of the beholder. They can be expensive, or might be worth little monetarily, yet still be priceless, according to the owner.

That point was proven at the 5<sup>th</sup> Thursday meeting on July 31. Diana De Matei asked members to bring to the meeting an item that was special to them and be prepared to explain why.

There were some similarities, as well as some “never would have guessed” items on display. The prize winning items were photos ... wedding photos of self, ... of parents or ... grandparents. There were also photos of living or deceased family members. Jewelry, especially rings were another popular item passed from generation to generation.

Some truly unique items included ...

A quilt carefully stitched by a mother, over the course of two years, for her daughter.

An antique German Beer Stein with a surprise that greets the drinker as you reach the bottom of the stein.

A “sound bowl” for health and healing (or just the fun of playing it).

A mother’s gift of an origami crane that she no longer remembers how to make.

A pocket watch to be worn outside a blazer or jacket pocket.

A set of military “dog tags”.

A nurse’s cap with stripes indicating graduation from Nursing School.

A halter from a favorite rodeo horse.



## Soroptimist Development Retreat “Superstar Dream” Theme

Thirteen SITM members attended all or part of this year's Soroptimist Development Retreat (SDR) on August 16 & 17. This annual gathering of the members of the Sierra Nevada Region is intended to train new club officers, as well as provide information from the region, federation and international to all members. There are also a limited number of personal interest workshops open to all.

“It's about working together as a team for our clubs, districts and regions,” according to SNR Governor Stacey Sawyer. The “Super Star Dream Team” theme, came with designated colors for districts. Our own District 5, was assigned the color pink.

The reporting on this year's SDR is brought to you from several members.

SDR Workshops and Activities  
By Bev Perkins, SITM Secretary



**SITM Super Heroes from left, Kay Dunham, Holly Nash, Jeanne Naccarato and Billie Mendiola.**

I attended specifically to learn how to be a Secretary. I thoroughly enjoyed the very informative Secretary presentation by SNR Roster Coordinator Felicia Quinlan and SNR Secretary Maureen Mason, and especially appreciated the handout from Roberts Rules of Order. We also played a game which showed the importance of being a good Secretary, which is a scary thought. This is a new position for me, so I want to be sure I get everything right. I highly recommend this workshop for members considering the club Secretary position.

A special highlight of the day on Saturday was Membership Chair Holly Nash in costume as Wonder Woman (our theme for the event was superheroes). Many attendees wore capes, but Holly, as usual, went above and beyond.

We also had four first-time attendees: Lisa George, Billie Mendiola, Mary Ann McCauley, and Mabel Sedano (who brought her afghan to work on during lulls!).

SI Placerville opened a “time capsule” envelope placed in a safe deposit box on August 16, 1985, which contained several club documents from chartering to the date of the encapsulation.

We had two speakers from SIA, one giving the basic SIA talk. This year it was announcing the implementation of a member code of conduct, instructing us to 1) use words correctly; 2) use influence as a model; and 3) use our talents boldly. Basically, she told us to use our (superhero) powers for good. Sunday's talk was about the UN gathering and encouraging members to apply to attend.

### First Impressions from a New Member By Mabel Sedano

The conference was wonderful from a first timer's point of view. My favorite workshop was the fundraising workshop because I learned about so many tips and tricks on how to hold successful fundraisers. This was especially relevant to me because, as a classroom teacher, I can apply what I learned to my profession.



**First time attendees, from left, Mabel Sedano, Mary Ann McCauley, Billie Mendiola and Lisa George.**

**Continued on page 4**

Continued from page 3**SIA Federation Programs Explained  
By Kay Dunham**

The Marketplace was much smaller as was the attendance at the event. The first afternoon workshops covered President, Secretary and Treasurer plus the UpLiftHER initiative. The purpose of this newer initiative was explained. It is intended to be more of an enhancement to current programs and must contain an education component if clubs want it counted in the Big Goal initiative, to invest in the dreams of half a million women and girls through access to reach education. Second group of workshops were Hosting a District Meeting, Live Your Dream, Personal Well Being and Parliamentary Procedure. I did the Well Being one. Okay idea but seemed more of a "filler" than useful.

Ilesha Brown from SIA was a pretty good speaker with the same message of Big Goal etc.

Sunday I went to the Big Goal workshop. Everything must have an education component and must be direct to women and girls. Holly and Sue Chambers did the second workshop on Membership recruitment. Lots of ideas from clubs about their methods.

SDR definitely needs a refresh with very low attendance. I volunteered to serve on a committee (if formed) to examine how to merge SDR into the regular Region Conference. That wouldn't happen until after next year but something needs to be done.

**Comments from a Seasoned Member  
By Carmela Cipollina**

Saturdays lectures were disorganized. The first one, everything the presenter said was disproved by someone in the audience. I was so confused. The second workshop was about health and was more a description of what the presenter did as a job rather than give ideas to the audience. Sunday's workshops were much better.

**Outlining the United Nation's Commission on the Status of Women (CSW)  
By Jeanne Naccarato**

The Commission on the Status of Women (CSW) Speaker, Tana Elizondo, spoke about the importance of critical thinking development in girls. The need to see other women and then themselves in male dominated roles as Police and Fire Commissioners, doctors, lawyers, engineers. Mentors are essential to

the process of girls developing these critical thinking skills, as a form of advocacy. Advocacy begins the journey of a clear purpose and direction.

There's no perfect path to your dream. It's the path you set for yourself and they are all different, as reflected in our Dream programs.

Soroptimist leadership trains the next leaders of our organization. Mentoring is essential here too.

The UN CSW is a member-ed process aimed at strengthening and ensuring that it advances gender equality and the rights and empowerment of all women and girls.

**Fundraising and Google Workshops  
By Jeanne Naccarato**

Fundraising: a good review and some helpful insights into fundraising, but mostly covered what we already do in planning our Tea and Thanks to Youth. I didn't care for making little cutesy cards to send to donors. It might work for personal friends, but for corporate donations, we still need to stick to our donation letter highlighting how the money will be used and with tax deduction information included.

Danielle Kennedy's presentation on Google was fabulous, as always. Apparently she's working with Pam Sutton to get our website as a Google site and to create all the bells and whistles needed to ditch ZOOM and move forward with the free applications Google offers.

*Carmela  
Cipollini is  
having an  
arm wrestle  
with Wonder  
Woman Holly.*





## **Soroptimist International of the Americas Sierra Nevada Region District 5 Fall Meeting “Fall Into Service”**

Saturday, September 20, 2025  
9 a.m. to 2:30 p.m.

Lakeshore Room of the Lakeland Village  
3535 Lake Tahoe Blvd., South Lake Tahoe, CA 96150  
Enter off Hwy 50, turning either left or right driving to parking areas  
closest to Lake Tahoe. The Lakeshore Room is lakeside in the center of the complex.

Co-Hosted by SI South Lake Tahoe and SI Tahoe Sierra  
A Friday Night “Meet and Greet” from 5-7 p.m. with no host bar and appetizer menu will be held at The Idle

Join other District 5 clubs for a fun-filled day with activities and messages from Governor Stacey, our Federation Chairs, guest speaker and Club Presidents. The guest speaker will be Andrea Drew, an inspirational speaker from Conspire, an organization which offers women leaders in the Tahoe Basin and sister communities valuable professional tools and networking opportunities to drive positive impact.

A Market Place will be available for shopping with local artisans during breaks!

**Registration is \$40 and includes a continental breakfast, a Mexican buffet lunch and dessert.**  
Register at [www.soroptimistsnr.org](http://www.soroptimistsnr.org) for District 5 Fall Meeting.

## **STEAM Classes Return to Hunter Lake**

Why are there so few girls studying in classes involving Science, Technology, Engineering, Arts and Math (STEAM)? That’s the question posed to members at the August 14 meeting by Debbie Richards, STEAM Committee Coordinator. Fewer girls pursuing these fields, of course, means fewer professional women occupying these jobs.

The after-school program is conducted twice a month with third, fourth and fifth grade girls at Hunter Lake Elementary School.

Debbie called out some of the obstacles discouraging girls from studying in these fields. Girls don’t have adequate role models to see careers in these fields are possible. Often, there is no one encouraging girls to pursue these fields. Even women who work in STEAM professions often do not receive the recognition that is bestowed upon their male counterparts.

She also touched on “unconscious bias” from teachers, parents and others who, maybe unintentionally, steer boys toward and reward them for excelling in these fields, while steering girls to

other courses of study or pursuits.

The committee has outlined an ambitious curriculum for this year. Deb has plans for speakers to meet and work with the girls on a host of projects including studying the workings of prosthetics, performing science experiments, including creating electric lights.

Debbie is seeking members or friends who have backgrounds in medicine, teachers, artists and other technical professionals to speak to the girls and conduct demonstrations. Contact her if you are interested.

***Debbie Richards  
with her  
“robotic hand”.***



## August Board and Business Recap

by Faye I. Andersen

Welcome to new member Juleana Coe, sponsored by Margie Hermanson, who was inducted at the August 21 Business Meeting. Juleana is the owner of Dream Vacations.

Welcome also to Mabel Sedano, sponsored by Line Cousineau. Mabel is a Washoe County classroom teacher.

Welcome to both Juleana and Mabel. We're glad you've joined us.

### Motions Considered and Approved

Several motions were presented at the meeting by committees and members. All were approved by the membership.

Community Outreach Committee was granted approval for the use of members' time and resources to continue their annual programs which include crochet afghans for donation to Project 150, Christmas and Easter candy baskets and other supplies for Project 150.

A motion from Holly Nash on behalf of the Fundraising Committee to reinstate September 4 as a regular luncheon meeting date, so the committee could conduct business related to the Queen of Hearts High Tea.

A motion made by Pam Robinson and Kay Dunham was approved to have a representative from NYEP (Nevada Youth Employment Project) to attend an SITM meeting to offer their fundraising project "Sweet Steps Forward".

Members approved a motion by General Fund Treasurer Pam Robinson to continue the members' policy for awarding one free lunch per calendar year to offset the cost of a missed lunch.

### High Tea Update

An Auction/Raffle update was presented by Holly Nash. If you are soliciting items for auction, or you agreed to supply items for the 30+ raffle baskets, please deliver them to Holly by September 5.

Jeanne Naccarato is still collecting bottles of wine for the wine wagon raffle and wine toss game. Marilyn Peason is seeking cakes, pies and other baked goodies for the Unbirthday Party Cake Walk.

Let Vicki Schultz know if you have or have not sold your tickets to the High Tea. She needs to provide the Atlantis with "the count" and is developing a seating chart.

Coordinator Kay will soon be seeking volunteers for a variety of duties at the High Tea, including set-up and tear-down.

This is SITM's biggest fundraiser. All members (not just from the Fundraising Committee) are needed to help make this event a success.

### Money Matters

Happy Dollars collected in August totaled \$302. A \$5,000 donation was received from the Helen Close foundation as a sponsor for the High Tea and designated for use with the Live Your Dream Award recipients.

A \$500 donation was received from member Meg Price to be split between the High Tea and the Jo Ann & Dee Ann Roberts Memorial Scholarship.

**Celebrating August Birthdays** were, from left. Jane Knipmeyer (August 3) and Annette Friendlander (August 15), far right. They were celebrated and joined by Mary Ann McCauley from the Hospitality committee.



Also celebrating her August birthday was:

Michelle  
McClelland  
August 14



## SITM Update

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### Contributing to this issue

Marilyn Pearson	Kay Dunham
Lisa Robinson	Carmela Cipolinnii
Jeanne Naccarato	Margie Hermanson
Liza Chapen	Mabel Sedano

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

### SITM Board 2023-24

**Co-President**  
Marilyn Pearson  
Lisa Robinson  
**President-Elect**  
Holly Nash  
**Vice President/Program**  
Mary Ann McCauley  
**Vice President/**  
**Membership**  
Billie Mendiola  
**Secretary**  
Bev Perkins

**Treasurer/General Fund**  
Pam Robinson  
**Treasurer/Service Fund**  
Cynthia Tashiro Cramer  
**Delegate**  
Debbie Richards  
**Director**  
Jeanne Naccarato  
**Parliamentarian**  
Doris Phelps



For information about our organization, check out these Soroptimist Websites:

Sierra Nevada Region: [www.soroptimistsnr.org](http://www.soroptimistsnr.org)

Soroptimist International of the Americas: [www.soroptimist.org](http://www.soroptimist.org)

Soroptimist International: [www.soroptimistinternational.org](http://www.soroptimistinternational.org)



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# Sweet Steps Forward

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Contact Marvetta if you have any questions:  
[Marvetta.nyep@gmail.com](mailto:Marvetta.nyep@gmail.com) or 775-895-3203