

What a joy it is to be a member of SITM!!

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Calendar

Dec. 25 --DARK, Christmas
Jan. 1 -- DARK, New Year's
Jan. 8 -- Committee Updates
Jan. 13 -- Board Meeting, Kay Dunham's Office
Jan. 15 -- Business Meeting
Jan. 22 -- STEAM Committee
Jan. 29 -- 5th Thursday

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 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.



As we turn the corner on a new year, I want to thank you for all that you have accomplished in 2025 and look forward to an awesome 2026!

At this point, we also find ourselves at the halfway mark of the club year.

What I have seen in 2025 is a vibrant, lively club of women who are bringing new ideas to our club: With new suggestions as well as revamping the current ones to make us more effective and better prepared for our mission.

There is a feeling of building each other up rather than tearing each other down. The phrase we have heard is "Uplift Her". It fits us in so many ways.

There is a new, often unspoken show of respect for each other. It doesn't mean we always agree but we find a kind, respectful way to disagree. Having honest, sometimes difficult conversations and discussions happen with the intent of making SITM a greater and stronger club.

I see friendships growing as we get to know our newer members better. I have seen members extending the gift of belonging to Soroptimist more than before.

Every committee is working in sync to accomplish goals and move us forward. This is a reminder of how our Soroptimist system guides us with a great framework and yet allows us to discover our own club identity.

As a half-way mark of our year, at the January 8, 2026 meeting we will hear from each of our committee chairpersons with updates on accomplishments and plans. I am always excited to hear the developments that are in the works as well and what each committee has already accomplished.

This is an opportunity to reflect on what we have accomplished and a push to look forward and finish this year's job.

If you miss the January 8, 2026 meeting, I encourage you to listen to the recording that will come out as a part of the Friday digest of that week.

Thank you again for all that you do! This SITM Club is one I am very proud to call my home club because of each one of you!

President-Elect Holly Nash



Co-President Lisa Robinson and Marilyn Pearson with President-Elect Holly Nash.

Christmas Candy and Holiday Greetings for Project 150

SITM members experienced an unusual “first” at the December 4 meeting. Being close to the holidays, the Atlantis was packed with parties. We were asked to move to the unusual place of the Atlantis Skybridge, which connects to the Reno-Sparks Convention Center. Yes, it was different, but members enjoyed the buffet and the two-way, both west and east, views from the skybridge.

Led by Community Outreach Co-Coordinator Diana DeMatei and Niki Ewing, the real program for the meeting was the assembly of Christmas candy bags for the teens at Project 150. Members were asked to bring bags of candy, which were then mixed and distributed to tables of waiting members. The total number of bags produced was 175. Total donation amount is yet to be calculated.



Diligently bagging candy were, from left, Mary Ann Mc Cauley, Eileen Fuller, Mary Eklund, Liza Chapen and Lisa George.



Working on their candy bags, from left, Millie Mitchell, Vicki Shultz, Georgia Flambers, Gayle Kmetovicz, Doris Pheps, Debera Thomas and Holly Nash.



Holly Nash and Jeanne Naccarato celebrate with Santa hats.



Diana DeMatei distributing the bulk candy.



Almost done, from left, Carmela Cipollina, Jane Knipmeyer, Cathy Zelinski, Kay Dunham, Line Cousineau and Mary Ferris Loukas



Showing off their finish work were from left, Pam Robinson, Dot Watts, Bev Perkins, Barbara Foss and Annette Friendlander.

A Costume Contest with a Gift for Veterans



**A visit from Holly
"Marilyn Monroe"**

It is the State of Nevada's Birthday. It is the day for the celebration of Halloween. And it's the day SITM members have fun wearing costumes, making mischief, plus completing a service project for the Veteran's Guest House.

A costume contest and "fashion show" let members show off their creativity. The winner was Carmela Cipollina, portraying the Bride of Frankenstein. Runner up was Line Cousineau dressed as a nun.

Members took time out to complete some table assignments to decorate plastic pumpkins with stickers and ribbons then fill them with candy. They were taken to the Veteran's Guest House where vets are able to stay when they come to Reno/Sparks for medical



Jeanne Naccarato & Cindy Burk.



Lisa George & Kay Dunham



Andrea Caldwell and Bev Perkins.



Vicki Schultz and Dot Watts.



Laurie Goodman



Checking attendance, just like in school, are Line Cousineau and Annette Friedlander.



Eve Johnson & Margie

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Co-Presidents Marilyn & Lisa



Pam Rbinson & Mechanic Cynthia Tashiro Cramer



The winner was Carmela "Bride of Frankenstein" Cipollina. Runner Up was



The decorated pumpkins were greatly appreciated by the staff at the Veteran's Guest House.



The International Day for the Elimination of Violence Against Women - November 25

by Doris Phelps, Co-Coordinator, International Liaison Committee

The United Nations established this date each year to highlight the ongoing issue of violence against women and girls, which is a significant human rights violation. It serves as a reminder of the need for global action to eliminate violence against women in all forms.

UN Initiatives and Campaigns:

UNITE Campaign runs from November 25 to December 10, encompassing 16 days of activism against gender-based violence. Its goals are to galvanize global efforts, calling for accountability and action from decision-makers worldwide.

Data and Awareness: Recent data from UN Women indicates that one woman or girl is killed every 10 minutes by an intimate partner or family member. This alarming statistic underscores the urgency of the issue and mobilizing communities to take action.

Despite the efforts made, violence against women and girls remains a pervasive issue, often underreported due to stigma and fear.

The most recent danger is the rapidly growing occurrence of technology-facilitated violence against women and girls, posing serious threats to their safety and well-being. Technology-facilitated violence against women and girls refers to any act that is committed, assisted, aggravated or amplified by the use of information communication technologies or other digital tools that results in physical, sexual, psychological, social, political or economic harm, or other infringements of rights and freedoms.

Millions of women and girls are affected every year. Studies suggest that between 16 and 58 percent of women have experienced this type of violence across the globe. Sexual harassment and stalking are the most commonly reported forms of digital abuse (sharing intimate photos and revenge porn, social media posts, explicit messages and hate speech, tracking through GPS, for example).

While all women and girls may experience digital

abuse at some point, some groups are at greater risk: young women and girls, women who face multiple forms of discrimination (disabilities, race, migrant women and sexual orientation), and women in political and public life.

How do we address these threats?

Cooperation between governments, the technology sector, women's rights organizations and civil society to strengthen policies to protect women and prevent violence.

Address data gaps to improve understanding of the causes of such violence, the profiles of perpetrators and enhance prevention and response efforts.

Develop and implement laws and regulations with input from survivors and women's organizations.

Hold the tech industry accountable by establishing transparency and standards on digital violence and the use of data across digital platforms

Educate young people, educators and caregivers about digital "citizenship" and ethical use of digital tools to foster a culture of respect

Empower women and girls to participate and lead in the technology sector

The United Nations UN Women is leading efforts by:

- ** Shaping laws and policies through platforms like the Commission on the Status of Women and the UN General Assembly
- ** Supporting feminist movements
- ** Working with men and boys as allies to transform harmful masculinities to foster positive attitudes towards women and girl
- ** Raising public awareness
- ** Building knowledge and gathering data
- ** Building partnerships

SEE United Nations International Day for the Elimination of Violence Against Women for more information and resources.



Discovering and Celebrating Our Diverse Members

What a great way to celebrate SITM's 47th Anniversary, than to discover the similarities and diversity among our members. Diana DeMatei led the members on a discovery tour of personalities with members selecting their "symbol" before knowing the traits of those symbols. There were some fascinating matches, and only a few misses. Which one are you?



CIRCLE (12)

Laurie Goodman, Jane Knipmeyer, Eve Johnson, Cathy Zelinski, Bev Perkins, Billie Mendiola, Liza Chapen, Marilyn Pearson, Mary Eklund, Pam Robinson, Andrea Caldwell, Margie Hermanson

You're a "social butterfly" with lots of compassion and thought for other people. You tune in and convey well and are exceptionally keen about emotions. The Circle is the glue that holds the team or the family together.

Circles are friendly, energetic and generous. They are full of laughter and seem to be relaxed and smile a lot. They're talkative but have soft voices.



TRIANGLE (14)

Carmela Cipollina, Patty Downs, Georgia Baker Flambures, Darlene DeLancey, Barbara Foss, Kay Dunham, Annette Friedlander, Callee (guest Scholarship Recipient), Holly Nash, Betty (Andrea's guest) Pam Sutton, Doris Phelps, Lisa George, Faye I. Andersen

You're a born ruler who's ambitious, confident and decisive. You also like attention and can be interested in politics. Most businesses have traditionally been run by triangles.

Triangle are very stylish. Triangles are easy to train and absorb information like a sponge. They focus on goals and quickly analyze situations.



SQUARE (6)

Line Cousineau, Deb Handke, Patte Robnett, Jeanne Naccarato, Diana DeMatei, Gayle Kmetovicz

You're a sorted out, intelligent and dedicated person who prefers structure and rules. You analyze and calculate answers to problems, rather than trusting your instincts or intuition.

Square's exhibit hard work, diligence, and perseverance. They seem to move solidly, utilize exact motions, love routine and are worried about details. Squares do a lot of planning and are always prepared.

ZIGZAG (4)

You're an artistic person who is continually considering better approaches to accomplishing something. However, you don't think in a pattern from A to B to C. Rather, you will in general bounce around in your mind, going from A to M to X.

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ZIGZAG (4)

Mary Ann Mc Cauley, Millie Mitchell, Dot Watts, Barbara Atwell

ZigZag's are colorful, sensational and incredibly creative – and they don't care for very organized situations. Zigzags are clever and expressive. They also have extraordinary instincts.



Co-President Marilyn Pearson and President-Elect Holly Nash with SITM's birthday cake, provided by the Atlantis.

SITM's 47th Birthday October 23, 2025

By Faye I. Andersen

Soroptimist International of Truckee Meadows celebrated its 47th birthday October 23. The club was chartered on this day in 1978 with a formal dinner attended by several Sierra Nevada Region officers.

But SITM's history really begins two years earlier when the very large Southwestern Region of Soroptimist was divided into three regions ... Founder Region, Sierra Pacific Region and Sierra Nevada Region. Its geographical size and the great number of clubs proved to be difficult to manage by the small number of region officers. Despite having the same goals and missions, there were differences of opinions about how clubs and regions should operate, and what projects they should adopt. Thus, the Sierra Nevada Region was born.

One of the biggest advocates of the split was Cecilia Abrahams from the Reno Club, the only Soroptimist Club in Reno, at the time. She wanted to mold a club of professional women passionate about providing programs for women, becoming active in current events affecting women, taking a stand on important laws and policies affecting women's lives. Much like the reasoning behind the split into three different regions, Ceec wanted to create a different kind of Soroptimist Club.

On October 23, 1978, at the Harrah's Convention Center, Soroptimist International of Truckee Meadows was sponsored by the Reno Club. SITM chartered with 22 members. The Club President, and today our only remaining charter member was Jaci Jones, principal at Wooster High School. Our first project was to raise money and provide a single \$2,500 scholarship to a woman, head of household (sound familiar?) who was returning to school to pursue her degree. AND, SITM adopted the "radical step" of administering the scholarship directly with the recipient, instead of simply turning the money over to the Scholarships and Prizes Office at the University of Nevada. Women's scholarships are SITM's longest running and most successful service project, which to date has provided 356 undergraduate and 127 graduate student scholarships totaling \$1,322,600

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When 5th Thursday Isn't Always the 5th, but Fun Anyway

Only select months have five Thursdays, and when that happens you can count on a special program that day. A major driver behind those programs has been member



Diana DeMatei sorting out the "squiggles" from the squares.

Diana DeMatei, who has a storehouse of games, competitions, getting to know you scenarios, white elephant and prized possession sharings, even hands-on projects. If you missed them, scroll back to previous pages to see some of these opportunities.

Thank you Diana, and everyone else who contributed to make these fun gatherings.



At this 5th Thursday meeting, Diana DeMatei prepares to plot on the U.S. map where all of our members are from. SITM members covered the map pretty well.

SI Announces Exciting News About the SI Emblem

From the SI Global Voice

We are delighted to share with you a very important decision in our Soroptimist International journey. After thoughtful consideration your Federation Authorized Representatives have agreed that the SI Emblem - the much-loved symbol of who we are - will now shine in Soroptimist blue and white.

The black and white Emblem that was adopted in 2023 will now transition to blue and white, a change that aligns our visual identity with all Federations. This is more than a change of color in the Emblem, it is a powerful statement of our unity.

We listened carefully to the voices of our members worldwide and we responded. With approval from your Federation Authorized Representatives to change the colors we are confident this step strengthens the unity and recognition of Soroptimist International globally.

The updated artwork is now available on our website, ready for you to use.



November Board and Business Recap

by Faye I. Andersen

The focus was on technology at the November Board and Business Meetings.

Our current SITM website is 10 years old and has become technically obsolete. It is extremely limited in functionality and has suffered several catastrophic failures in the last year resulting in costly service fees. The region uses one that is free to nonprofits, DreamHost, which looks promising.

Pam Sutton, representing the Tech Support and Oversight Committee proposed a motion to hire a web designer to develop a new website and install it on a new managed hosting platform. Cost not to exceed \$3,000. The motion was approved by the members.

A second motion from Tech Support sought to implement the use of Google Workspace for Nonprofits, a free suite of business tools that will improve SITM's technical efficiencies and expand our tech capabilities. The motion was approved.

A motion by the Finance & Governance Committee was proposed to move \$20,000 from the Service Fund into two additional CDs with staggered terms to mature as the money is needed to cover Women's Scholarships and Youth Scholarships. The membership approved the motion.

Happy Dollars and Money Matters

Happy Dollars collected in October totaled \$486 for the Jo Ann & Dee Ann Roberts Memorial Scholarship. SITM also received additional donations: \$4,000 from Pam Robinson, for Women's Scholarships; \$1,000 from Meg Price for the Jo Ann and Dee Ann Memorial Scholarships; a \$1,200 anonymous donation. Thank you all for choosing SITM.

November Birthdays

Cindy Burk, from the Hospitality Committee, celebrated members with November Birthdays. From left are Cindy, Lisa George (November 8); Dot Watts (November 4); and Vicki Schultz (November 5).



Missing the celebration were:



Georgia Flambures
November 5



Carol Dinneen
November 17



Jaci Jones
November 27

December Board and Business Recap

by Faye I. Andersen

One of the highlights of the December Business Meeting was the new Membership Minute presented by Line Cousineau. The Membership Committee has been working hard to develop helpful information for new and existing members alike to become more engaged members and enjoy the Soroptimist experience more.

Attached to Co-President Marilyn Pearson's December 12 Friday Digest are copies of their handiwork.

New Member Tip Sheet
New Member Orientation
Soroptimist Members Guide
Which Committee Fits You?

High Tea Final Numbers

High Tea Coordinator Kay Dunham presented the final report of numbers and proceeds for the Queen of Hearts High Tea, held September 29 at the Atlantis. Attendance totaled 175 and net proceeds were \$25,896. A 25% increase over last year's program.

Thank you to every member who bought/sold tickets, volunteered, donated auction and raffle items, dressed up for the occasion. You all made it great.

Funding for the Nepal Project

A motion was presented by the Special Nepal Liaison Committee proposing to send \$7,500 to the Nepal Project in mid-January to provide girls scholarships and a house mother for the dormitory. Vicki Schultz, Coordinator of Finance for the committee, explained the money is part of our agreement to distribute 5% annually from our Nepal Endowment Fund. The motion was approved and the funds will be wired by the Community Foundation of Western Nevada.

Canned Food for the Food Bank of Northern Nevada

The Community Outreach Committee presented a motion for members to voluntarily donate canned soup, stew and chili in January to benefit the Food Bank of Northern Nevada. In the winter months, disadvantaged seniors and families with limited cooking facilities would welcome a "meal in a can" that is easy to heat. The motion was approved.

Happy Dollars and Money Matters

Happy Dollars collected in November totaled \$317 for the Jo Ann & Dee Ann Roberts Memorial Scholarship. SITM also received additional donations: \$4,000 from Pam Robinson,

for Women's Scholarships; \$1,000 from Meg Price for the Jo Ann and Dee Ann Memorial Scholarships; a \$1,2000 anonymous donation. Thank you all for choosing SITM.

December Birthdays

Only one member with a December birthday was on hand to be celebrated, at the Business Meeting. Holly Nash. But we wish the following members with December birthdays to also have happy days too.



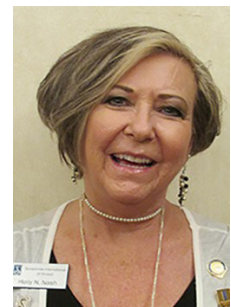
Cindy Burk
December 9



Barbara Atwell
December 12



Penney Leezy
December 25



Holly Nash
December 26

live
YOUR
dream
education & training awards for women®

Don't miss the opportunity to meet and congratulate our award recipients on February 5, 2025

SITM Update

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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

Soroptimist International of the Americas: www.soroptimist.org

Soroptimist International: www.soroptimistinternational.org



SOROPTIMIST®
Investing in Dreams

Celebrating Generosity – Thank You to Our 2024-2025 Donors by SIA President Sue Riney

As we look back at all Soroptimist achieved over the last year, I want to take his opportunity to thank you for your generosity. Through our combined efforts, we are making significant strides towards our goal of investing in dreams of half a million more women and girls by 2031!

Women and girls have dreams -- dreams for a better life. Dreams to live free from violence. Dreams to achieve an education. Dreams to prosper. Dreams to be happy. Together we are making those dreams a reality.

We are so grateful for the investment you made during the 2024-2025 club year. Your collective contributions of over \$1 million made a tremendous impact, including:

- * 2,353 *Live Your Dream Award* recipients
- * \$3.4 million *Live Your Dream Awards* cash program
- * 23,870, *Dream It, Be It* participants
- * 90% of *Dream It, Be It* recipients set achievable goals for their future



Sue Riney