



# SITM Update

Soroptimist International of Truckee Meadows

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February 2018

[www.sitmnev.org](http://www.sitmnev.org)

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## Calendar

- Feb. 15 – Dream It. Be It.
- Feb. 22 – Race to the Finish with Service
- March 1 – Ruby Award Honoree
- March 6 Board Meeting
- March 8 – Business Meeting, 5:30 p.m., Bristlecone Family Resources
- March 15 – IGU Feature Nepal Trip, Pledge Drive
- March 22 – Finance & Governance

## SITM Meets...

**Thursdays at Noon**  
 at the Atlantis Casino Resort Spa  
 Second Floor Convention Center  
 \$20 for lunch  
 RSVP to [sitmtruckeemeadows@hotmail.com](mailto:sitmtruckeemeadows@hotmail.com) no later than noon on the Tuesday before the Thursday meeting.

### Soroptimist Is:

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



## Celebrating a Month of Gratitude



*Making a Difference Co-Coordinator  
 Jeanne Naccarato and Jennifer Burnitt  
 with President Rikki Hensley-Ricker, held  
 January 31 at the Atlantis.*

Over the last few weeks I have seen you all do what this club does best-give back to our community for the betterment of women and girls. We have awarded a scholarship to a deserving re-entry woman, we have

hosted another successful year of Making a Difference for Women, and we have passed bylaws to ensure the structure of our club reflects the size and needs of our members. I want to thank each and every one of you for all that you do and contribute to SI Truckee Meadows - an incredible club.

A special thank you to those of you that spearheaded the committees, official or ad hoc; and to those of you that served on those committees. And another thank you to all of you who show up and ask “How can I help?”. It takes us all to do the amazing work we do, and I’m grateful that all of us do the work that is needed. Even though this is the month of love and valentines, for me it is a month of gratitude.

Your’s in appreciation,  
 President Rikki

## Mark your calendars for March 1 for the Ruby Award Presentation

The Human Rights/Status of Women Committee is delighted to announce that Lt. Col. (Ret.) Charley Wyatt Smith has been selected to receive SITM’s 2017-18 Ruby Award. Charley is being honored for her accomplishments, passion and dedication to improving the lives of women who have served in the military, both in our state and across the nation. Please join us in celebrating her success!



**The Soroptimist Ruby Award:**  
 For Women Helping Women



Lieutenant Colonel (Retired) Sharlee “Charley” Wyatt Smith.

## Don't Miss Monica & Steve's IGU Program March 15

Monica House and Steve Friedlander will be telling their stories and showing photos from their trip to Thulipokhari, Nepal on Thursday, March 15. Don't miss it, and bring a guest.

Last fall they visited SITM's hostel/dormitory in Nepal and will share news of our scholarship girls and results from our micro-lending programs.

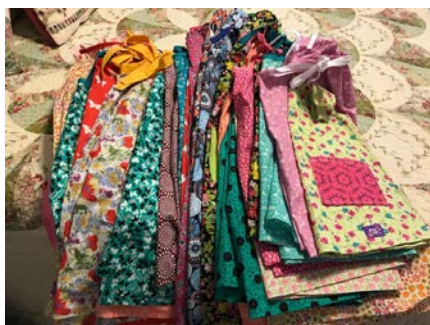
*Monica and Steve are served a typical Nepali meal while visiting the village of Thulipokhari.*



## Dress a Girl Update

SITM members, family and friends have completed 123 dresses, with panties in the pocket and labels on the dresses. The dresses range in size from size 2-to-12 and all of them are appropriately secured in their Ziplock bags ready for delivery. Way to go ladies! Thanks to all of those sewing, donating fabric/materials or cash, or just plain moral support.

DAG Coordinator Penney Leezy reports she has been given additional cute material, if anyone wishes to keep sewing. She can accept dresses through April 12 when Sierra Nevada Region Governor Vicki Watson will be making a count prior to the Region Conference, April 27-29.



*Just a few of the 123+ dresses sewn for Dress a Girl Around the World.*



*Dot Watts outlines February Happy Dollars.*

## Sierra Nevada Stitchers – February Happy Dollars

Volunteer quilters who provide handmade quilts, stuffed toys and baby items for the clients of numerous local women's, children's family services agencies. The funds purchase fabric, thread and batting. Last year the group donated 292 quilts. 16 afghans, 67 receiving blankets, 49 hats and 77 soft toys; in addition to 50 quilts, pillow cases and soft toys to Washoe County Adoption Services. Dot Watts, Marilyn Pearson and Jan Bogikes are all members of the group.

## Celebrating February Birthdays



*Celebrating birthdays at the February Business Meeting, were from left: Lynne Catrow, Gayle Kmetovicz, Millie Mitchell and Anna McArdle.*

**Member Feature - Jessica Coggins****This Damsel Says Every Person Should Be Protected**

By Faye I. Andersen

Ser-en-dip-i-ty: the faculty or phenomenon of finding valuable or agreeable things not sought for. (Merriam-Webster)

Serendipitous events or circumstances have happened to all of us -- making a desirable discovery by accident. That's a little like what happened to member Jessica Coggins when she decided to join Damsel in Defense, "Because I wanted to stay home with my kids," she says.

That was six years ago. "Damsel gives me that opportunity," according to Jessica.

That is what triggered the serendipitous effect of her decision. "I fell in love with the fact that I can save so many lives and help women and children all over the U.S.," she said.

Today she is an Independent Damsel Director. She teaches women and girls how to defend themselves and their families with Damsel in Defense. In October she presented an evening seminar for SITM members at Jennifer Burnitt's home. During the seminar, Jessica discussed personal safety techniques unique to women. She also demonstrated the use of various personal safety products that she had on hand for sale to interested buyers. Jessica generously donated 100% of her commission from sales that evening to SITM's Service Fund.

Jessica is not too far from her roots. Making her home in Reno since September 2016, she grew up and attended schools in Cameron Park, California. "My husband Travis had the opportunity to transfer, but he didn't want to come," Jessica said. "I pretty much convinced him that it would be an amazing opportunity for our Damsel business."

At the time there were no Damsel Pros in the area and Jessica knew that if they moved to the area, they could change that, and they did. As a result, she has earned them multiple trips through Damsel including Las Vegas, Mexico and Hawaii. She recently did a photo shoot for

the new Damsel Catalog, [Securityonthego.net](http://Securityonthego.net)

"I am so thankful we made the decision to move," she said. "I have spread the mission to Educate, Equip and Empower so now more women and children have the tools they need to protect themselves and that makes us very happy."

Besides her Damsel work, Jessica is busy with Trinity aged 8, and Treyton, aged 6, she says. "I spend lots of my hours each week in their classrooms. Trinity is an amazing swimmer and Treyton is an awesome basketball player," speaking like a Soroptimist Mom.

Additionally, she says Travis is a very supportive husband. "I have an amazing husband who is my biggest fan. He supports me 100% in everything I do. We have been married nine years and I'm not sure what I would do without him!"

Jessica's first encounter with Soroptimist was a few years ago, when she was invited to speak to one of the Yuba City clubs. Jennifer Burnitt introduced her to SITM and then became her sponsor. Jessica was inducted into membership in July 2017. "I am absolutely in love with the Dress

a Girl project. I think that is so important to protect girls everywhere," she said.

So once again, Jessica has a new serendipitous experience, striving to protect girls, but this time doing it by sewing dresses.



*Travis and Jessica Coggins were featured in the new Damsel Catalog, [Securityonthego.net](http://Securityonthego.net)*



*Treyton and Trinity Coggins.*

## Liza Coronado Awarded Live Your Dream

By Pam Robinson, Co-Coordinator, Education-Women Committee

The Education Women Committee was proud to award Liza (pronounced Leeza) Coronado the 2018 SITM Live Your Dream award at our meeting on January 25. Liza is currently attending Career College of Northern Nevada in their pharmacy technician program. She is almost finished with her course work and will be doing her externship soon.

Liza has overcome some incredible personal challenges. Her 16-year-old daughter was the light of her life, and they were very close. Tragically, two and one-half years ago she was killed by a drunk driver. Liza had a terrible time

dealing with this, stopped going to church, went into a deep depression and thought about ending her life. Her husband had an equally difficult time, began abusing alcohol and became angry and violent.



Lizaa Coronado is SITM's 2017-18 Live Your Dream Recipient.

Liza was forced to leave their home with her two young sons, now ages 12 and 7 and moved in with her sister. She sought professional help and gradually has gotten her life back together. Liza decided to go back to school and start a new life and enrolled at Career College. She is

doing well and looks forward to new job opportunities. She wants her boys to know that she has done her best to give them a good life and show them how much she loves them. Because of them, she was able to start her life over after hitting bottom and wants them to be proud of her. Liza attended our Making a Difference for Women event, and it was a privilege to get to know her better.

Soroptimist International of the Americas has been empowering women through access to education since 1972 through the Live Your Dream program, having disbursed more than \$25 million to more than tens of thousands of women who have overcome life challenges. SITM has helped 30 women with nearly \$35,000 in awards since 1998. Liza's application has been forwarded to Sierra Nevada Region for their consideration as well.

## Former Soroptimist Scholarship Awardees Speak at LYD Luncheon

By Pam Robinson, Co-Coordinator, Education-Women Committee

Two former Soroptimist scholarship awardees, who are sisters, spoke at our Live Your Dream awards luncheon.

Emma Garcia received a scholarship several years ago from another Soroptimist club and is now in her final year at UNR School of Medicine. She hopes to do her residency in psychiatry here in Reno and continue her work in our community.

Emma's sister, America Davis, received a Thanks to Youth scholarship several years ago and shared with us that her mother was the most proud of that particular award. America earned a Bachelor of Science degree in neuroscience from UNR and hopes to attend graduate school in the future. She is currently

employed at Immunize Nevada, a local nonprofit.

It was inspiring to hear how the support of Soroptimist helped these two young women who are the first in their family to graduate from college. During their presentations it was obvious just how close they are to each other. They are so close that they both began training on a team for the Reno Tahoe Odyssey Relay Run Adventure. And both America and Emma knit with SITM member Sarah Carrasco and 10 other women every Saturday at Whole Foods!



President Rikki with LYD speaker Emma Garcia, LYD recipient Liza Coronado and speaker America Davis.

# We're More Alike Than Different ... Mostly

By Faye I. Andersen and Niki Ewing

The Membership Committee, Co-Coordinated by Kay Dunham and Patty Mamola, presented the January 11 meeting with a "Getting to Know You" exercise. The committee mixed up the table seating and posed three questions for members to answer and discuss, thus "getting to know one another".

If you were not available to attend, or even if you did attend, you might want to refresh your memory. The results show we are more alike than different, in a lot of ways, except when we're not.

### Goals for the New Year personally or for the club

At the start of the New Year, it's not hard to guess the most popular goals set for ourselves. Health was the winning topic, with members expressing goals to exercise more, eat healthy, get healthy and lose some pounds. But there was also an attitude adjustment expressed by members who want to strive for more kindness, patience, compassion and positive attitudes. Yes there were also a few more personal goals about wanting to travel, go camping, stay on budget, get organized, streamline and simplify our lives and spend more time with family and friends.



When it comes to the club, the goals were mostly about MORE. Goals ranging from personal to group goals included: volunteering more, making more dresses, making more meetings, raising more money, becoming more involved in club activities, having the club get more involved with the Dream It. Be It. project, plus retain our members and have more awareness of the club's activities.



### List 5 things we have in common:

If you noticed we were all women, you've hit on the number one thing we all have in common. Thank you Captain Obvious. We're also all Soroptimists. Another tough one to find commonality (just kidding!). We don't all have husbands, but



they are pretty common. One table took it a step further to declare multiple husbands, with 13 counted among the table of eight members. They were being humorous. Most of us have pets. Just tell a pet story at Happy Dollars and you'll be followed by a half dozen more. Most all members have kids and/or grandkids; carry purses, as well as cell phones and credit cards.



On a more serious note, members found philanthropy as a familiar commonality among members of SITM, along with being focused on service, liking to volunteer and wanting to make a difference in our community. And this one, you probably did not know: ..... our members are all 39 or under and holding.



### Why do I value my Soroptimist membership:

We like each other. It's the fun, the fellowship and camaraderie of working together, helping women and giving back to the community. Also, mentioned were the meetings and programs can be uplifting and there are leadership opportunities within the club. We also get to know each other and support each other. There's a diversity valued by club members in professions, ages, life-stories and circumstances.



To top it off, the value of membership included enjoying a delicious lunch out on Thursdays, especially enjoying those tempting deserts. Ah hem ladies, go back and read that first line of goals for the New Year about healthy living. Oh well, it's only once a week, right!



# Making a Difference: An Impactful Success

By Jeanne Naccarato, Co-Coordinator

The 11th annual Making A Difference For Women (MDFW) event demonstrated, once again, the impact Soroptimist International of Truckee Meadows has on the unemployed and underemployed women of our community. Twenty-nine women from six local agencies, three agency representatives, and

on “focused attention and proper implementation”, and instruction on consumer credit with priority on personal credit history knowledge and avoiding the pitfalls of pay day loans.



Darlene DeLancey checks in with event registrars Anna McArdle and Dot Watts

We also included a few surprises during the day. The first surprise came at the end of the fashion show as each attendee received two scarves, graciously donated by our own Linda Walker.

The second surprise came at the end of the day when attendees received certificates of attendance and a gold box containing a bracelet made especially for them by the members of SITM. Both gifts were enthusiastically and gratefully received.

one “Live Your Dream” award winner attended. Thirty-nine Soroptimists volunteered during two days of setup, including the committee of eight,

whose planning over several months resulted in a grand event.

The day’s speakers provided attendees practice with their interview skills, goal setting with an emphasis

However, the highlight of the day was our guest speaker, Briana Neben. She represented proof

positive you cannot judge a book by its cover. Making her entrance wearing her crown and sash as the current Miss Douglas County, Briana caused an almost synchronized eye rolling from the attendees.



Linda Walker surprised attendees giving each scarves.



Jo Ann Roberts and Annette Friedlander stuff the bags given to attendees, under the direction of Making a Difference Co-Coordinator Jeanne Naccarato.

As her story of courage and determination unfolded, her audience reacted with tears, empathy, and openness.

Briana commented to several of us, after the event, that even she had been taken by surprise that her story brought forth such acceptance and openness in sharing from the group.

The evaluations received from the attendees revealed the event provided



Pam Robinson offers advice during the Mock Interviews portion of the program.

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them with "Practice to improve my job interviewing skills and gain more confidence."; "New insight to re-pursue my long-term goals."; "Information on finance was helpful because my finances are a mess."; and "I really connected with Briana's story."

In looking over these comments and judging from the reactions of the attendees and their agency representatives during the day, the 11<sup>th</sup> annual Making A Difference For Women exemplified the Soroptimist philosophy of Best For Women. Many thanks to all who contributed time, talent, and treasure to make this event successful.



Job Opportunities in Nevada (JOIN) was one of several vendors representing assistance with employment, educational opportunities and financial literacy.



Briana Neben, Miss Douglas County, shared her life story at lunch and her unlikely ascension with the Miss America Organization.



The event concludes with the popular Clothes Closet and shopping for work appropriate attire.



Eileen Fuller demonstrates the use of a scarf to dress-up an outfit, as Margie Hermanson introduces the Fashion Show models.

## February Board & Business Recap

By Faye I. Andersen

Well past the half-way mark of the Club Year, SITM's committees and members are busy fulfilling their projects or planning for more upcoming activities. It's also time to start thinking about next year's officers.

### Nominating Committee Looking for a Few Good Women

This year's Nominating Committee was empaneled at the February Business Meeting to begin work this month to compile a slate of candidates willing to serve as officers, board members and delegate for the 2018-2019 Club Year. Serving as Coordinator is Diana Dillon, selected by President Rikki Hensley-Ricker; Pam Sutton, selected by the Board; and Valerie Hahn, selected by the membership.

If you are interested in serving in a leadership position for SITM next year (July 2018 – June 2019), please contact the Nominating Committee. Plus, you may nominate someone you think would be great serving SITM, including nominating yourself. The committee will ascertain the willingness of your nominee. The election will take place at the April Business Meeting.

### Are You the Right Woman for One of These Jobs?

Eligible offices seeking nominees include:

President-Elect  
Vice President – Service  
Vice President – Technical  
Secretary  
Treasurer – General Fund (2 year position)  
Delegate

The following officers are completing a multi-year term of office.

President – Jeanne Naccarato  
Treasurer/Service Fund – Lynne Catrow  
Director – Rikki Hensley-Ricker

### Bylaw Amendments Approved to Reduce Board Positions

At the February Business Meeting, the membership considered and approved three amendments to the Club Bylaws which effectively reduce the number of SITM Board members from 12 to nine.

The Organizational Assessment Committee (OA) has been meeting since this fall to address the recommendations from the club's Strategic Planning

process. OA Coordinator Doris Phelps made presentations at the December and January Business Meetings discussing the proposal and presenting the amendments that would reduce the number of board positions by eliminating the positions of Director, 2-years and Alternate Delegate, plus combining the duties of the Corresponding and Recording Secretaries. The board reviewed and recommended the membership approve the amendments.

### Committees Realignment Up for Vote in March

At the January Business Meeting, Doris and Governance committee Member Faye Andersen discussed the committees' work and recommendations on reorganizing the club's committees to align with the club's, region's and federation's strategic plans. Handouts were distributed showing the realignment of the club's committees into four categories: Programs, Membership, Fundraising and Public Awareness. Plus, a handout showing the proposed amendments to the Policies and Procedures to effect the committees' realignment was also distributed. The amendments to the Policies and Procedures will be voted at the March Business Meeting.

Changes to the board and committees are due to become effective in July 2018.

### Human Trafficking Dinner Set for August 23

The Special Committee established to work with the Attorney General's office on their annual fundraising Human Trafficking Dinner has announced the date and place for the dinner has been set for August 23 at the Silver Legacy. According to Coordinator Sarah Carrasco, sponsorships for the dinner are available for \$2,500 and up; tables for 10 are priced at \$700. See Sarah for more information.

### Getting Ready for Thanks to Youth

The Education-Youth Committee is busy judging applications for youth scholarships for graduating high school seniors, and applications for the Unsung Heroes Awards for youth. If you are a member of that committee, contact Co-Coordinator Eileen Fuller or member Teresa Mentzer who have the copies of the applications.

As a reminder, the Thanks to Youth Luncheon will be held May 17 at the Atlantis Hotel Casino Resort Spa. The Thanks to Youth Committee will soon have tickets available for members to sell for the annual luncheon honoring youth.

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**January Happy Dollars for Urban Lotus**

January Happy Dollars in the amount of \$270 were collected for Urban Lotus, empowering at risk and underserved youth and young adults through trauma-informed yoga and meditation practices. February Happy Dollars are designated for Sierra Nevada Stitchers, a group of volunteer quilters who provide handmade quilts, stuffed toys and baby items for the clients of numerous local women’s, children’s family

services agencies.

**Membership News**

Leaves of absence were granted to Jean Neddenriep through March for family health issues. Remaining on leave is Lynn Robins through April for health reasons. The board accepted with regret the resignation of Christy Clark, who has taken on a new job at her bank.

**Working Hard to Implement the Strategic Plan**

The Organizational Assessment (OA) Committee has been working since fall to weigh and implement members suggestions resulting from the development of the club’s Strategic Plan. The committee’s meetings were graciously hosted by member Connie Steinheimer, who has the largest (extending) dining table amongst club members.



*OA Committee members, from left: Governance Co-Coordinator Pam Sutton, Dot Watts, Margie Hermanson, Sarah Carrasco, Connie Steinheimer, Linda Lamke and Jo Ann Roberts. Members of the committee not pictured are Rikki Hensley-Ricker, Jennifer Burnitt and Valerie Hahn.*



*OA Committee members, from left: Faye Andersen, Finance/ Governance Co-Coordinator Vicki Schultz. OA Committee Coordinator Doris Phelps, Diana Dillon, Jeanne Naccarato, Pam Sutton, Dot Watts and Margie Hermanson.*

*Joy Heuer, Executive Director of Girls on the Run-Sierras was the featured speaker at the February 1 meeting. Girls on the Run offers two transformational physical activity-based positive youth development programs: Girls on the Run for 3<sup>rd</sup> – 5<sup>th</sup> grade and Heart & Sole for girls in the 6<sup>th</sup> – 8<sup>th</sup> grade.*



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**Contributing to this issue**

- Jo Ann Roberts
- Rikki Hensley-Ricker
- Niki Ewing
- Doris Phelps
- Monica House
- Pam Robinson
- Jeanne Naccarado
- Jennifer Burnitt
- Penny Leezy
- Jessica Coggins

**SITM Board 2016-17**

- President  
Rikki Hensley-Ricker
- President – Elect  
Jeanne Naccarato
- VP/Technical  
Dot Watts
- VP/Service  
Penney Leezy
- Recording Secretary  
Patty Mamola
- Corresponding Secretary  
Carol Dinneen

Soroptimist International of Truckee Meadows  
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**Board Meets monthly on Tuesday**  
 following the first Thursday, 5:30 p.m.  
 Bristlecone Family Resources  
 704 Mill St., Reno

- Treasurer/General Fund  
Kay Dunham
- Treasurer/Service Fund  
Lynne Catrow
- Director, 2 Years  
Jennifer Burnitt
- Director, 1 Year  
Vivian Ruiz
- Delegate  
Valerie Hahn
- Alternate Delegate  
Margie Hermanson
- 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)



SOROPTIMIST  
 Best for Women

# Did you know . . .

## New SIA website password requirements

SIA headquarters upgraded the software for our membership database system on January 9. In order to login to the website to interact with any of our tools behind the login—including making donations, adding new members, or interacting with SIA member directories—new login procedures are now in place. **All members and clubs must change their passwords to include at least seven characters, including one letter and one number.** This change is in accordance with requirements for PCI compliance on websites that accept credit card transactions. We regret any inconvenience this change may cause you. If you have any questions or problems with the login process, please contact our membership services associates at [siahq@soroptimist.org](mailto:siahq@soroptimist.org) or 215-893-9000.



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