

SOROPTIMIST SPOTLIGHT

ISSUE 45, VOLUME 8

FEBRUARY 2016



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CALENDAR

NOTE: EVENING AND MORNING TIMES ARE SHADED IN ORANGE

FEBRUARY

- 2/4 Noon Board Meeting @ TDPUD Conference Room
- 2/6 District 5 Winter Meeting TBD
- 2/11 Noon Business Meeting @ Zano’s
\$15 lunch/\$2 no lunch
- 2/18 Noon Program Meeting @ Zano’s
\$15 lunch/\$2 no lunch

Women’s Hearts Month

Wear red on all Fridays to show our support

MARCH

- 3/3 Noon Board Meeting @ TDPUD Conference Room
- 3/8 *International Women’s Day (IWD)*
- 3/10 Noon Business Meeting @ Zano’s
\$15 lunch/\$2 no lunch
- 3/17 **6-8PM** Celebrating the Best for Women Awards Reception @CAC



A Warm SITD Welcome
To Our Newest Members!

- Ann Delforge*
- Judy Newland*
- Susie Overall*
- Shawna Bauhaus*



Four new members were inducted at SITD’s January Business meeting, bringing our membership total to a healthy and vibrant SIXTY! Our club continues to attract new members for a variety of reasons, one being the energy, enthusiasm and efficiency we show in conducting our business to fulfill the Soroptimist mission. We also encourage positive relationships among members by peppering and paring our work with fun social events. Members are encouraged to attend business and program meetings and stay involved and connected by serving on committees which form the framework of our club. Kudos to current Membership Committee Coordinator, Linnis Jellinek, for her outstanding service.

2015-2016 Officers & Board

President: Francine Tone
President Elect: Leslie Dugger
Recording Secretary: Sue Sage
Correspondence Secretary: Pam English
Treasurer: Nancy Davis
Treasurer-Elect: Constance Ledna
Directors: Linnis Jellinek, Lauren Schaake-Hudson
Delegates: Susan Horst, Cathy Leibow
Parliamentarian: Pati Johnson

SI Truckee Donner Contact Details

Website: www.sitruckeedonner.org
For general questions, please email
info@sitruckeedonner.org
President Francine Tone
sitdfrantone@gmail.com
For newsletter questions and/or feedback, or to subscribe or unsubscribe, please e-mail
85ski@suddenlink.net

Soroptimist International

SI is a worldwide organization for women in management and professions, working through service projects to advance human rights and the status of women.

Soroptimist International (SI)
www.soroptimistinternational.org
Soroptimist Internat'l of the Americas (SIA) www.soroptimist.org
Soroptimist Sierra Nevada Region (SNR)
www.soroptimistsnr.org

February Birthday

2/18 Erika Murphy

*Among the things
 you can give and still keep
 are your word, a smile, and
 a grateful heart.*

-Zig Ziglar

Anniversaries

2005 Nancy Davis
 2007 Lorna Leyton
 2013 Kathie Schwartz

President Francine's Message of the Month

February marks the month for Valentine's Day. And with the heart being at the center of that day (along with big buck boom for flowers, chocolate, cards and jewelry), it does seem appropriate that February would be picked also as Women's Heart Month. One organization (since 2003) has gone so far as to denote the first Friday of each February as "National Wear Red Day" to raise awareness of the risk of heart disease and stroke in women.



As I was learning more about this movement, I noticed something familiar. The Soroptimist AAA was showing up all over the place.

AWARENESS: I just learned that 1 in 3 deaths among women each year is caused by heart disease and stroke – more than all cancer combined. The good news is that we can each reduce these numbers by making simple changes.

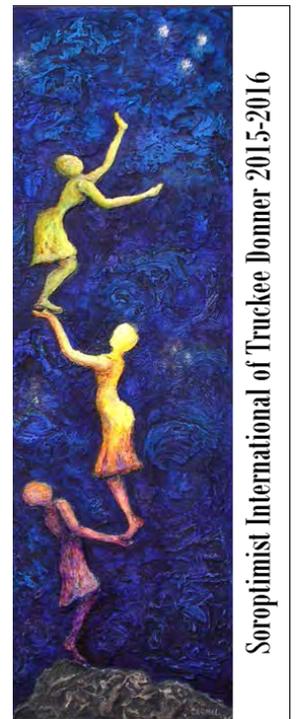
ADVOCACY: The "National Wear Red Day" organization and many others are advocating for change by supporting research and education so that we learn what can be done. I learned that 80% of cardiac events can be prevented with education and lifestyle changes.

ACTION: Ultimately action is required by everyone. In the past decade, women have taken action including losing weight, exercising more, eating better, checking cholesterol levels, talking to doctors to develop hearth health plans and more.

In the past decade, due to AAA, death in women associated with heart disease has decreased by 30 percent. So that's AAA!

What have you done this year to improve your heart health? And while you're thinking about that, remember that when seeking to effect change in our world, the Soroptimist AAA: Awareness | Advocacy | Action is the model to use. It must work, everyone else is using it!

Wishing all of you a healthy heart and Happy Valentine's Day.



Soroptimist International of Truckee Donner 2015-2016

Artwork by Linda Carmel ©
www.lindacarmel.com

If you would like to submit an article, photo or information for the "Spotlight", please email 85ski@suddenlink.net. Our submission deadline is the 20th of the month for the following month's issue. We reserve the right to edit material for length and content. Every effort has been made to ensure the accuracy of the information contained within this publication. However, SITD cannot guarantee the accuracy of this information and hereby expressly disclaims any responsibility for errors.

S-Club 2015-16!



This fall the S-Club completed a number of projects. For service, the girls collected over 25 bags of groceries for needy families during Halloween for Project Mana. This project involved two steps: dropping off 70+ shopping bags in four Truckee neighborhoods and then a week later picking them up. The Soroptimist club members did the driving. The S-club also prepared 40 Christmas bags of treats for the pets at the senior apartments and also wrapped hundreds of toys for the Community Christmas project.

For Fundraising, the girls sold over \$600 of See's candy and were able to contribute \$300 for ½ the tuition for a young Cambodian woman's final year of college tuition. The Soroptimists contributed the other ½ of that tuition for JWOC, Journeys within our Community in Cambodia.

For fun and education the girls were given knitting lessons by Soroptimists, Patti Conk, Joan Kreamer and Janet Sanzari. The whole of Sierra High had a jewelry making day to make gifts for their families in December. Our president, Francine Tone, donated an enormous supply of beading material. The pictures included are from Christmas toy wrapping and jewelry making.

For Education, we have a number of speakers coming in the next few months to discuss their careers as a delivery nurse, phlebotomist, chef and real estate sales person.



*Photos and Article
Contributed by Pam English*

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**CELEBRATING
THE BEST
FOR WOMEN**

**MARCH 17, 2016
6 O'CLOCK
IN THE EVENING**

**COMMUNITY
ARTS CENTER**

February Program Meeting

SITD is hosting a lunch **Program Meeting** at noon on Thursday, February 18th at Zano's. President Elect Leslie Dugger has arranged for four community recipients of funding from Soroptimist International of Truckee Donner to speak to the membership about the wonderful impact these organizations have in our community. We will hear from:

- ❖ **Kathy Bender** - Community Christmas
- ❖ **Sarah Deardorff** - Sierra Senior Services
- ❖ **Teresa Crimmens** - Executive Director, Family Resource Center
- ❖ **Angelo Tenorio** - Youth Coordinator, Parks & Rec (Buddy Warner)

With Loving Memory ❖ Jo Boyet ❖ February 7, 1926 – January 2, 2016



Jo retired from PG&E as the Manager of the West Sacramento Office and pulled her trailer up to Truckee every summer where she joined our club as a PT member for the past quarter of a century (her home club is SI/West Sacramento, joined 1978) She participated in all of our summer activities and fundraisers as well as roomed with Lisa Swartz, our club delegate, at Federation Convention held in Hawaii in 2000!! She has always been a strong supporter of our club goals and said this past November during her last Truckee visit at lunch that she wants everyone to know that "SITD has the finest group of women as members, doing really great work in our community as Soroptimists." Pat Callahan stopped by to say hello on her way to play bridge and she reminded us all when we celebrated Jo's 80th and her 70th birthdays at a club meeting at Music in the Park. Thanks to Jo's children David and Janine for driving her up so Jo could visit on a few occasions after she could no longer make the drive. So if you're a Broncos fan or a Carolinas fan, raise a glass of Guinness or Compari on Superbowl Sunday and toast Jo's 90th birthday as she smiles down on us with so much love and interest.

Attending the SIA Convention in Toronto, Canada in 1988, turned out to be more than a special occasion for me; I gained a lifelong irreplaceable friend, although I didn't know it at the time. That particular convention was a workhorse of a session with lots of late night voting, which our delegate Sanny Calandri had to attend (some ladies were in their PJ's). Being on my own I found a group of women up in the balcony to hang out near, who were spiritedly discussing, with great knowledge, the floor activities. Being a Soroptimist for only two years, I learned so much from them- one in particular who answered all my questions with great enthusiasm and made the Soroptimist ideals real and understandable for me. A couple of years later I met Jo Boyet, who turned out to be one of 'those balcony ladies', the One! She was the quintessential Soroptimist – loyal, dedicated to service, attendee at all Conventions and Conferences possible, a teacher, a mentor, a font of information and fun, so much fun. Our club has a Memorial Fund because she encouraged me to initiate it when my mother passed. Our memories of her will continue to inspire in us the spirit of Soroptimist goals for women. Bless you Jo. You are missed.

Joan Hartwell, SITD Past President 1989-90



Photos: July 2000 at SIA Biennial Convention in Honolulu; August 2009 Birthday Party in the Park to celebrate Pat C's 70th and Jo's 80th; November 2015 lunch with Leslie and Lisa in Truckee.



**Love is
Compassion in
Action**



Susan Horst
Editor-in-Chief
85ski@suddenlink.net