



SOROPTIMIST

Best for Women®

SOROPTIMIST INTERNATIONAL
OF TAHOE SIERRA

Enhancing the lives of women and children
in our community and the world."

Join us every Thursday at the
Senior Center 7:30 - 8:30 AM



Contact us at: sitahoesierra@gmail.com

Visit us at: www.sitahoesierra.org

Our Programs

Dec. 15
Christmas-SITS Style!

**We are on break
until January 12!**

Jan. 12
January Business
Meeting

Jan. 19
Cheryl and Tom
Millham, Lake Tahoe
Wildlife Center

Jan. 26
Featured SITS
Member and Extended
Happy Dollars!

**Join our efforts and
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Evening Sponsor for
2017!**

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Are you an AMAZON shopper?

Do your holiday shopping
(and shopping all year!)
through our AmazonSmile
Portal [here](#) and Amazon
donates to Soroptimist
International of Tahoe Sierra.



Good day!

President Shelly opened today's meeting and Teddi shared her invocation.

We welcomed several **guests** today: Officer Loehr, Vicky Pennington, Donna Walker, Lauren Thomaselli, Jean Williams, and our Pat Olivera. We loved seeing all of you today!

Our thoughts of Sunshine go out to our gals Lydia and Doris. Hope to see you both very soon.

Today's speaker was Meghan Burk. She's a vibrant woman with much on her resume. For many of us we are used to seeing her on the television and in print as well as hearing her on the radio. She's the host of [Tahoe Life](#) and is the Communication Director for

[Getaway Reno/Tahoe](#). She's big on the outdoors and began calling Tahoe home just 7 years ago. This incredibly busy and successful woman has all the right stuff going but she came to a point in her life that she discovered that her life wasn't

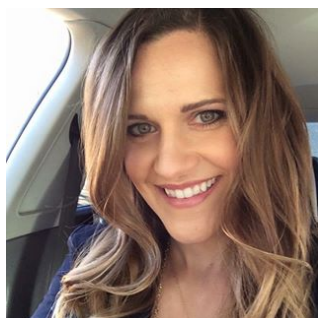
completely full.

Her direction for inner fulfillment came about when she met [John Cefalu, founder of Health 2 Humanity](#). On John's first trip to Kenya

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2012, he was astounded to see the multitude of problems that were caused by lack of proper hygiene. He knew something could be done and it just wouldn't be about soap. John spoke to our club when he first began this project and it is amazing what he and the hard working volunteers have developed since then. Meghan finally took that trip to Uganda this past summer to see just what John was talking about and her life hasn't been the

same since.

**Mountain Resort
Television**



Health 2 Humanity Global (H2H) is a Non-Profit Organization that provides entrepreneurship education (creating soap businesses) for high-school students who have huge dreams with very few options due to their circumstances. Over the past 3 years, H2H has helped start 12 soap businesses in Kenya, Uganda, and Ghana. All of them are still in business today; providing jobs for families while increasing community hygiene. Its the goal of H2H to continue to provide entrepreneurship education to help start business around the world.

Soap is such as common element that most of us don't give it a lot of thought, but did you know these facts?



- 1.4 million deaths can be prevented each year by hand washing with soap.
- Children under five who wash with soap can reduce their risk of pneumonia by 46%
- Hand washing with soap can reduce diarrhea morbidity by 44%
- The World Bank has estimated that hygiene is the most cost-effective health intervention available
- Hand washing by birth attendants before delivery reduces mortality rates by 19%

**Thinking of becoming involved in our community?
Check out us out!**



Laurie at LakeTahoeTV

The mission of H2H is to see preventable diseases eradicated. They believe that all people deserve to have equal access to lifesaving solutions. Through the development of entrepreneurs in low-hygiene countries, H2H has seen hygienic disparities addressed. In 3 nations they operate, there has been a decrease in illness rates by 22%. That's amazing.

Online publication from Soroptimist International of the Americas

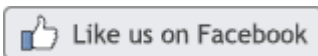
Best For Women

Monthly Summary from SIA

Their successful model believes "If you give a man a fish, you feed him for a day; but if teach a man how to fish, he will eat for a life time". H2H believes entrepreneurship education is the first step in creating change that lasts in struggling communities around the world. Through the making of soap, individuals are using locally sustained ingredients, creating jobs in their areas, and running their own businesses. Pretty amazing progress from that original trip that Mr. Cefalu took just a few years ago.



It seems during the holiday times we all give more to deserving organizations around the world, but H2H is about seeing jobs created, skills developed, and #NoMoreDirtyHands in their "Fight



Quick Links

[Soroptimist International of Tahoe Sierra](#)

[Soroptimist International of South Lake Tahoe](#)

[Soroptimist International of the Americas](#)

[Soroptimist International Sierra Nevada Region](#)

Soroptimist provides white papers on various topics relevant to women that can help those who wish to become more educated about issues facing today's women, or learn what can be done to provide direct assistance to women in need. To read the abstracts [click here.](#)

2016-2017 Board of Directors

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Against Giving." They, like other successful programs, truly understand that in order for something to sustain itself, it needs to be owned and operated by the people you are trying to help. Health to Humanity Global aims to see entrepreneurs developed around the world in order to give all people equal hygienic and career opportunities.

These "Bars of Hope" are amazing products and they are now sold world wide. Their soap contains ingredients such as Palm Oil, Coconut Oil, Castor Oil, and Shea Butter. They also infuse African botanicals that contain a lot of nutrients, antioxidants, vitamins and omegas that deliver nutrition to your skin. You can purchase the soap locally at [Gaialicious](#) and [BioSpirit](#). Stop on by and pick several up for gift giving or better yet, visit their website for year round purchasing at www.h2hsoap.com.

Thank you Meghan for your information today! We hope to see you again!

Next week is our SITS Christmas Party and induction of new members! Members are asked to bring 2 wrapped gifts (approx. \$5/each or something nice you snag from home) for our Mr. and Mrs. Wright story. 2 gifts to help cover our many guests and our lovely Junior S girls who will be celebrating with us. Joanne S. has the sign up sheet for our big pot luck so ring her up if you did not get on the list today. We will also be inducting three new members. See! There is a Santa Claus!

SITS Specific

Reminder.....you don't have to be a SITS member to donate and participate!

[Christmas Cheer](#)..... **HELP NEEDED!!!!** This year's Christmas Cheer will be at TWO locations St. Theresa for food and at Christmas Cheer for toys. Distribution is on Thurs/Friday, Dec. 22nd and 23rd from 10 - 4 PM. Because of this **MORE HELP** is needed than in past years. **SET UP** is going to be more labor intensive so please contact Christmas Cheer to let them know if you can assist asap!

Set up is Wednesday, Dec. 21. They will need assistance in taking food from Christmas Cheer to St. Theresa at noon. Then set up at St. Theresa will begin at 1 PM. Simultaneously, toy set up will begin at Christmas Cheer at 1 PM. They need lots of people!!!

If you regularly provide a check to this organization, perhaps consider doing it **sooner rather than later**. [Here's their Facebook page.](#) and you can phone them at (530) 542-4934.

[Zawadisha Update](#): Last night several of us attended the Zawadisha Open House at the home of Wendy and Kerry David. The astonishing Jen Gurecki updated us on the huge accomplishments that have occurred this year. Jen began this concept 12 years ago and it's amazing to know that during her first year she provided loan assistance to 9 women. This past year they are up to over 1,100. There is so much to know about this program that you just need to sit down with a cup of coffee and read about it [here](#). Visit their fundraising page at <http://bit.ly/womempower>. If you'd like to learn more about how to become an impact investor or guarantor in

Delegate 1-Year
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Irene Morris
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Lucille Holmlund
Kathy Southern
Joanne Shope
Irene Radford
Terry Kunibe
Doris Groelz
Wendy David
Pat Papp
Lydia Rogers
Trudy Mills
Cookie Rork
Diane Imbach

Zawadisha, or about their upcoming trips to Kenya, contact Jen directly at jen@zawadisha.org or 530.416.5682. #investinwomen



A special fund has been established with Soroptimist International of Tahoe Sierra in the name of **John Nemes**. John was a long-time elementary school teacher in the Lake Tahoe Unified School District who passed away recently. More than anything, John encouraged children to read by not only teaching reading but by giving away many books. We are hoping to have funds enough to expand our Summer Reading Program to two books (instead of one) to send home with all children in grades K - 3 on the South Shore. If you would like to contribute please send checks to: SITS, P.O. Box 18727, South Lake Tahoe, CA, 96151.

Junior S

Junior S is an opportunity for our middle school young ladies to learn leadership skills and how to best serve their community. Advisor, Karin Holmes and club mentors, Jackie Nelson and Nancy Muller meet with these gals on Wednesday and Thursday of each week. If you'd like to be inspired, simply join them!

Here's what the girls are up to this week!



This week in Jr. S we turned in permission slips for the Soroptimist breakfast, got new permission slips to go Friday to buy food for the baskets for 6 STMS families, and finished making the food lists.
Submitted by, Abigail Yanez .

Thought of the day

Things done for yourself are gone when you are gone, but things done for others remain as your legacy.
Kalu Ndukwe Kalu

Non-SITS Information

Tahoe is a place of so much fun and opportunities to get involved!

Toys needed! Our California Highway Patrol is collecting toys for this year's Chips for Kids drive. Bring a new unwrapped toy by their office at 2063 Hopi out in Meyers. It's another great way to support our kids in the community!



Optimist Christmas Tree Lot - NOW OPEN FOR BUSINESS!!



South Lake Tahoe Optimist Club's Annual Tree Lot

now open at the Lake View Commons parking lot. Buy your tree in honor of Ben Kunibe and know that your money is going directly to the youth in our community. They'd also love to have our club volunteer some tree selling time. It's fun! Contact Lynn Haen at (530)545-8667 or (530) 541-4700

[Tahoe Magic](#) needs our support!

South Lake Tahoe is a close knit, mountain community with a diverse population of families working in the tourist and hospitality industry, education and medicine, as well as our small business owners and retired second home owners. For some it is paradise, for others it is "poverty with a view." Tahoe Magic responds with respect and acts to help families that are experiencing a sudden or unexpected crisis. Tahoe Magic assists families in need with one time crisis funding after a referral from one of our partner agencies. A little magic can make all the difference. [Read more here on how your dollars make a difference.](#) Donate on line [here!](#)



El Dorado Co. Library Event

Wednesday, Dec. 14, 6 PM Enjoy a Friends of the Library author's presentation done with a mixed-up Aussie and Brit accent - a [John Hindmarsh](#) special presentation. John writes Science Fiction and Thrillers, sometimes with crossover. He will be sharing his newest books Mark Four, Fracture Lines and Diamond Cut. Join us for an interesting evening with an interesting author.

For the holidays, give the Gift of Life! Tuesday, December 20, South Lake Tahoe Fire Rescue will be hosting a Blood Drive on Tuesday, December 20, 2016 from 9am to 1pm at Fire Station #3 located at 2101 Lake Tahoe Blvd. To schedule an appointment, contact Kim George at (530) 307-9596 or log on to www.BloodHero.com, select "Donate Blood" and enter sponsor code: SLTF.

[Kiwanis Club of Lake Tahoe's](#) Mid-Winter Beach Party and Crab Feed is January 27th. Let's get a SITS table rolling ladies. Karen H has tickets!
[Click here for full details!](#)



The Kiwanis Club of Lake Tahoe
 35th Annual
**Mid-Winter Beach Party
 Crab Feed!**

Friday, January 27th, 6:00 pm
 Harrah's Hotel & Casino

\$40⁰⁰ each - Tickets are Limited
 for RESERVE TABLES call: 530-541-5900
 Advance Ticket Location:
 South Lake Tahoe Beaches, 1205 So Run Blvd CA • 920541-6600

BEACH ATTIRE ENCOURAGED

Silent Auction
 Also provided by A Class Act

MUSIC & DANCING

Follow us on Facebook

Our Business Proudly Supports Kiwanis Mid-Winter Beach Party
 - All proceeds benefit local charitable activities -
 The Kiwanis Club of Lake Tahoe is a 501(c)(3) Corporation (446-2474880)

[Tahoe Arts Project Fundraiser...](#) A \$20 raffle ticket could win you 4 one-day Hopper Tickets to Disneyland/California Adventure! Raffle will be drawn on Feb. 3. You can buy tickets by calling them at 530-542-3632 or [online here](#).

Here's a cool trip planning link for your excursions around South Lake Tahoe

[Tahoe South Trip Planner](#)

Click below for Community Event Information

[Lake Tahoe News](#)

[South Tahoe NOW](#)

[Tahoe Daily Tribune](#)

[Tahoe Mountain News](#)

[Tahoe Arts and Mountain Culture](#)

STAY INVOLVED Year Round

Organizations that benefit you and our community!

- [Christmas Cheer](#)
- [South Lake Tahoe Cancer League](#)
- [Lake Tahoe Wildlife Care's](#)
- [Firefly Yoga](#)
- [Sugar Pine Foundation](#) Here's the December newsletter!
- [Tahoe Heritage Foundation](#)
- [Habitat for Humanity-A Brush With Kindness](#)
- [Calstar](#)
- [Tahoe Magic](#)
- [Zawadisha](#)
- [Tahoe Youth & Family Services](#)
- [Live Violence Free](#)
- [Kellermann Foundation](#) . [Here's their latest newsletter!](#)
- [Tahoe Arts Project](#)
- [Senior Nutritional Services](#)
- [NAMI El Dorado County](#)
- [CASA El Dorado](#)
- [Tahoe Womens Community Fund](#)

[Clubs & Organizations Community Calendar](#)

Tahoe Fire Cameras [here](#).

Keep up on our community at www.tahoefuture.org

"Back To Top"

BIRTHDAY GIRLS



HAPPY BIRTHDAY !

31-December Joy Rogers!

Improve a life, improve the world.

We know that life is busy. We know that people want to be involved. If you are not able to participate in our club at this time but want to be a part of taking action, then donate to our club's Service Fund. We'll put your money to work.

Are you a business looking to sponsor a hard working group of wonderful women to work on your behalf? Contact us! We're the club you've been looking for.

Offer Expires: NEVER! We will always welcome your support.