

Salty Soroptimist News

March 2020

Volume 1, Issue 7



President's Message

It is weird not having anything to do but my job.

"how am I going to get everything done?"

with access to the education and training they need to achieve economic empowerment.

I am fortunate to work from home. We are Soroptimists, we are not used to downtime like this.

You might be feeling uncertain or even scared but we will get through this. It takes more than a virus and an earthquake to stop us!

In the meantime, be hopeful, kind to others and stay positive.

Take advantage! Learn something new...read a book, go for a scenic drive, etc.

Our events are up in the air for the moment. But our mission hasn't changed.

And most of all stay healthy!

*Loretta Peterson
President,
SI Salt Lake City*

Fortunately this downtime won't last long, and we will be back to wondering,

We will find a way to continue to provide women and girls



*Soroptimist International
of Salt Lake City
Chartered
November 12, 1931*

Together We Are Stronger



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Editor: Gay Houchens
gay.hooch@yahoo.com



AWARDS CEREMONY

Saturday, February 29, 2020

Gardner Village

The many in attendance were family and friends of the Live Your Dream award recipients, judges from the Salt Lake community, as well as Soroptimist from the District Level, and Soroptimist guests.

All in attendance were excited to celebrate and honor the Live Your Dream Award recipients. They are proud of what these ladies have accomplished and were pleased to learn about their aspirations for the future.

President, Loretta Peterson welcomed everyone and a delightful luncheon followed.

Chair person, Donna Smith then presented the Live Your Dream Awards to three very deserving women.



President, Loretta Peterson



Chair, Donna Smith

To Be eligible to receive the Live Your Dream Award:

- They are women with primary financial responsibility for themselves and their dependents.
- They are attending an undergraduate degree program or a vocational skills training program.
- They have a financial need.

There were many applications for these awards. Judges were selected from the community and are not members of Soroptimist. They reviewed in detail all the applications. It was very difficult to make a selection from so many deserving individuals for these awards.



The Live Your Dream awards begins at the Local Club Level. The first place recipient goes on to the District Level. The applicant is then reviewed along with all the other club's award recipients in the District. One applicant is then selected to go on to the Region Level, where they are considered to receive a cash award.

live
YOUR
dream
education & training awards for women



Rebekah Louder
First Place Award
\$2,500.00



Suzanne Freeman
Second Place Award
\$2,000.00



Amy Rasmuson
Third Place Award
\$1,500.00

After each recipient received their certificate and cash award, they shared their experiences of how they were able to turn their lives around after facing much difficulty and challenges in their lives. They are committed to improving their educational skills and are now empowered to reach their full potential. Each of them shared their aspirations for their future and how the awards will help them to reach their educational goals and enable them to attain their personal & family goals. They shared how their commitment is having an impact on their families and improving their lives.



We are proud of what these ladies have accomplished and are pleased to be of support to them.



Carly Chavira—Winner of Jeanne’s Happy Heart Award of \$1500

Jeanne was Jan Crane’s mother and Marilyn Tang’s sister. She was a Soroptimist for many years and she had a “happy heart”. Jeanne has passed but her family honors her memory by presenting a check to one of our Live Your Dream applicants.



SOROPTIMIST NOMINEES FOR BOARD OF DIRECTORS 2020-2021



Teresa Just

I am thrilled to again have the opportunity to lead this amazing club as President for 2020-21. I have been a member since 2010 and have served as Treasurer, President Elect, President and Past President, as well as serving on various committees. I view my Soroptimist Sisters as part of my family



Carolyn Roberts

I am pleased to be considered for President-Elect. I have been a member since 2014. I joined the club because I could identify with the women we serve, having had experienced traumatic life changes myself. I have served as Membership Chair, Treasurer-Elect, Treasurer, Delegate, as well as serving on various committees. I am so grateful to be a part of this organization and look forward to serving.



Loretta Peterson

I'd like to be considered to hold the position of Treasurer for the 2020-21 club year. It is an honor to serve as President this year and I look forward to continuing as a Board Member. I have been a member of the club since 2010 and have also served as club Secretary & President-Elect. The work our club does to support women and girls in our community is important and impactful and it makes me happy to be a part of it.



Janis Nash

I am honored to be nominated as Treasurer-Elect. I have previously served as President, Treasurer, Program Chair as well as serving on many other committees. I am currently the District II Director for the Rocky Mountain Region. I have participated in Local, State, Region, National & International Soroptimist meetings and Conferences. My heart has been with Soroptimist since I joined in 1992.



**SOROPTIMIST NOMINEES FOR
BOARD OF DIRECTORS 2020-2021**



Carma Ingram

I would be happy to provide the service to our club as Secretary . I have served in this capacity before, as well as, President, Director at Large and Delegate. I have been a member of Soroptimist since 2003 and have had the opportunity to work with so many wonderful women who are committed to helping women and girls live their dreams.



Rita Offrett

I would be pleased to serve as Director-At-Large. I have been a Soroptimist since 1993 and have served as President, Secretary, Membership Chair, Live Your Dream Chair & many other committees . For the past year and a half I have served as Region Governor. I love Soroptimist and the mission of supporting women and girls Live their Dreams!



Zulie Gamez

I would be honored to serve as Delegate. I feel very happy to be a member of Soroptimist International of Salt Lake for the past four years. I have participated as Public Relations Chair in the past. It has been a great experience learning to observe the achievements of women and girls through education programs like "Dream It Be It".



Kelly Hoffman

I look forward to serving as Delegate. I joined Soroptimist International of Salt Lake because I believe strongly in its mission. This is an organization that sponsors programs that lead to the social and economic empowerment of women.

Thursday, March 12th , 2020



Dream It Be It— “Putting Your Dreams Into Action”

Our two presenters for March were: Katie Thomas, CMHC-Intern, and Jasmine Weiss, BSW. They work at the James Mason Centers for Recovery, a day treatment center for adolescents.

The presentation began with coping with anxiety and skills to help with that anxiety. We all express how we feel with “Hot Dog Words” – FINE, GOOD, OKAY, BAD, GREAT

F: Feelings **I:** I’m **N:** Not **E:** Expressing

Try to use other words that are not words that can describe a “hot dog”. Use words like these to deal with emotions: BEAUTIFUL, POSITIVE, WORTHY, AGREEABLE, SAD.
 ARGUMENTATIVE. MAD.

They talked to the girls about the five senses (Hear, See, Taste, Smell, and Touch). Each girl voiced the things they find comforting and touching about each of the five senses. We had a great interaction with the girls sharing their feelings about how good things in those categories made them feel, which allowed them to get a boost of energy and happiness in the moment. They were asked who felt like they have the skills to manage their emotions. They were handed out “crisis cards” they can use during the day to write down things to help them develop coping skills to deal with crisis.

A handout with 99 different coping skills was given to them that they could read and circle. This gave them ideas of different activities they could do to help them cope. They were told to list the coping skills they selected on one side of the “crisis card.” On the other side of the card they were told to list resources and support system— people that could also help them.

The instructors gave them names such as the U of U crisis line and some phone apps they could use to de-escalate some crisis situations. Also mentioned was finding a mantra they could use to help them in stressful situations. A few of the responses from the girls included “It’s OK, “you got this!”, “It’s not hard” and “I just make it hard.” They encouraged all the girls to create a mantra and also say nice things to themselves. They were encouraged to continue saying nice things to themselves. Many of the girls had a difficult time thinking of nice things to say. They were reminded that saying negative things about themselves does not help.

Every single girl engaged in this activity and were told they are resilient. They ended with applying some scented oils to their wrists or neck that were meant to calm them and make them feel good. The Soroptimists’ that attended included Pat Murdoch, Carolyn Roberts and Carma Ingram. Next month we have Angela Larson coming to talk to the girls about financial credit.

Carma Ingram/Pat Murdoch

**THIS EVENT HAS BEEN POSTPONED
POSSIBLE RE-SCHEDULE DATE OF MAY 30th**



**SOROPTIMIST
OF SALT LAKE**
ANNUAL FUNDRAISER

*Wine, cheese &
chocolate tasting*

**SATURDAY
APRIL 25TH, 2020
7:00 - 10:00 PM**

CAPUTO'S

**314 W BROADWAY
SALT LAKE CITY, UT 84101**

\$90 per guest
Please register by April 19th
SISLC.ORG

HORS D'OEUVRES + OPPORTUNITY DRAWING + SILENT AUCTION

FUNDRAISER DETAILS

- \$90 ticket includes wine glass
- Invite family & friends & post on social media.
- We need Silent Auction Items. Each item valued at \$50 or more. Notify Carma or Amy of the items you will provide.

STILL CONTINUING

- **OPPORTUNITY DRAWING**
This a 5 night Cancun Vacation for two. Includes air fare, deluxe king lagoon view room and daily breakfast at the beautiful Weston Resort & Spa Cancun. We will announce the winner at the fundraiser. You do not have to be present to win. Tickets are \$35 or 3 for \$100
- Tickets can be purchased on our website. Or call Cathy Stevens.

All moneys over \$3200 will go to the Club. This event will support all of our local programs that benefit women and their families.

Breakfast with Santa / Live Your Dream / Dream It Be It

ROCKY MOUNTAIN REGION SOROPTIBLAST

DATES TO REMEMBER

July 1, 2020

Soroptimists Celebrating
Success entries due to Teresa
Eicher

Email: teresaeicher@gmail.com
18 Peaks Lane
Cody, WY 82414

July 20 – 25, 2020

46th Biennial SIA Convention
Bellevue, Washington

March 18, 2020

Dear Rocky Mountain Region
Soroptimist Members,



SOROPTIMIST®
Investing in Dreams

It is with sadness I send this email to tell our Region members we will NOT be holding Rocky Mountain Region Spring Conference in Cheyenne, Wyoming May 1-3. As you all know the CDC has asked that citizens not hold meetings with 50 or more people in attendance until mid-May, at this time.

For the safety of all our members and in line with recommendations from the CDC, your Region Board voted to cancel Spring Conference this year. We didn't feel that even

postponing the Spring Conference was appropriate because this ban could continue for several more months and the 2020-2022 Board needs to prepare for their biennium.

With that said, here is some additional information. Club Presidents will be contacted to send in their delegate form immediately so we can still conduct the business of Bylaw changes and voting for the 2020-2022 Board and other business. This will be done electronically with the Region Delegates and will include sufficient time to ask questions, ask for additional nominations from the floor (membership) and go through the usual process of delegates voting - online this time.

Members who have made registration with the hotel in Cheyenne, Little America, should call and cancel those reservations. We will share a little later how you will get your registration fee returned.

Clubs will receive further instructions and information from the Rocky Mountain Board through our Region Soroptiblast or direct emails to Presidents and/or Delegates.

In consideration of the CDC health recommendation, think about other Soroptimist members and those in your community and reach out to them and stay in contact and provide appropriate service where needed. We are resilient women and we will get through this unique situation.



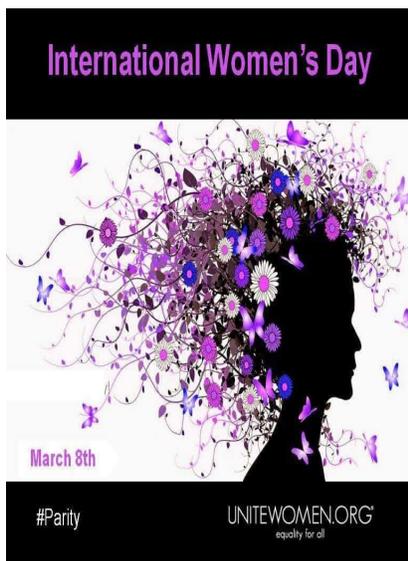


Rocky Mountain Region



SIA Statement Regarding Coronavirus

SIA is taking all developments concerning the coronavirus (Covid-19) very seriously and will continue to closely monitor the situation. We feel strongly that it is our collective responsibility to focus on the facts and to act with common sense and sound judgement, taking the advice of the relevant authorities and scientists. There are no plans to postpone or cancel the 46th Biennial Convention in Bellevue, WA. The health and safety of all our attendees is our highest priority. We will work to ensure the highest possible degree of hygiene, safety and medical care at the convention. Please keep checking this webpage. We'll be updating it regularly in the coming months leading up to the convention.

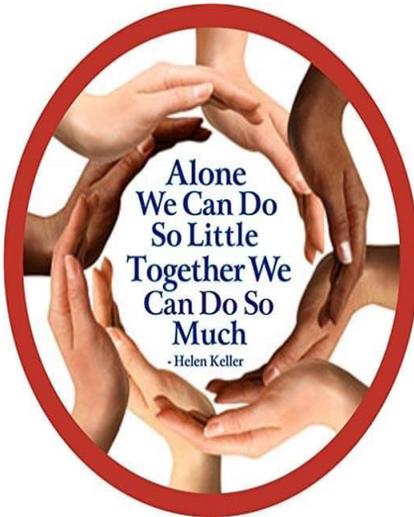


46th Biennial Convention

Bellevue, Washington, USA, July 22-25, 2020

Reach New Heights with SIA in Bellevue! The 46th Biennial Convention will be one for the books. There is so much fun, friendship and learning in store. Plus, be there as we kick off SoroOptimist's 100th Anniversary celebration!

Words for Thought....



April 2020

Wednesday	1st	Board/Business Meeting—SL County Building	5:30 pm
Thursday	9th	Dream It Be It—Granite Connections High School <i>Credit—how it works—Cancelled!!!</i>	10:30 am
Tuesday	21st	Holocaust Remembrance Day	
Sunday	12th	<i>Easter</i>	
Saturday	25th	Spring Fundraiser— <i>“Wine, Cheese & Chocolate”</i> <i>Cancelled!!!</i>	7:00 to 10:00 pm
Tuesday	28th	Newsletter Deadline	



<i>Carolyn Roberts</i>	<i>May 1st</i>
<i>Mary Clark</i>	<i>May 8th</i>
<i>Kimberly Wells</i>	<i>May 9th</i>
<i>Kay Ruiz</i>	<i>May 14th</i>
<i>Katheryn Blackham</i>	<i>May 23rd</i>
<i>Donna Visco</i>	<i>May 27th</i>

May 2020

Fri-Sunday	1st-3rd	80th Rocky Mountain Region Spring Conference Cheyenne, WY—Hosted by District 1 <i>Cancelled!!!</i>	
Wednesday	6th	Board/Business Meeting—SL County Building	5:30 pm
Thursday	14th	Dream It Be It—Granite Connections High School <i>STEM Career Presenters Graduation/Awards –End of year celebration</i>	10:30 am
Wednesday	20th	Dream It Be It Scholarship Program Meeting	6:00 pm
Tuesday	26th	Newsletter Deadline	

