

Salty Soroptimist News

April 2019

Volume 1, Issue 9



President's Message

The Rocky Mountain Region Spring Conference was held April 26-28 in Salt Lake City. If you were not able to attend, you missed out on an engaging and inspiring weekend.

During the Conference, we learned about fund-raising, membership, leadership and our Dream Programs: Live Your Dream and Dream It Be It. You can find out more about the Conference throughout this newsletter.

Thank you to Loretta Peterson, chair of our Spring Conference Committee, members of the committee and club members for their help in making sure the Conference ran smoothly.

*We could not have done it without everyone's help. You ladies are the **Best!***

Our last Dream It Be It session of the year will be at Granite Connection High School on Wednesday, May 10th at 11:45 am. There will be a panel of women in the following professions to discuss their careers and answer questions from the girls:

Entrepreneurship, Nursing, Social Work, Criminal Justice, Interior Design and Hair Styling. Hope you can attend this month.

Our monthly meeting will be Wednesday, May 15th at 6:00 pm at Café Madrid. Two of the

girls from our Dream It Be It program will be recognized during the meeting. They will both receive a scholarship from our club at their graduation later in the month.

Plan to attend this meeting so we can support and honor these girls as they begin to further their education.

Enjoy the rest of the Newsletter.

Donna Schultz
President,
SI Salt Lake City



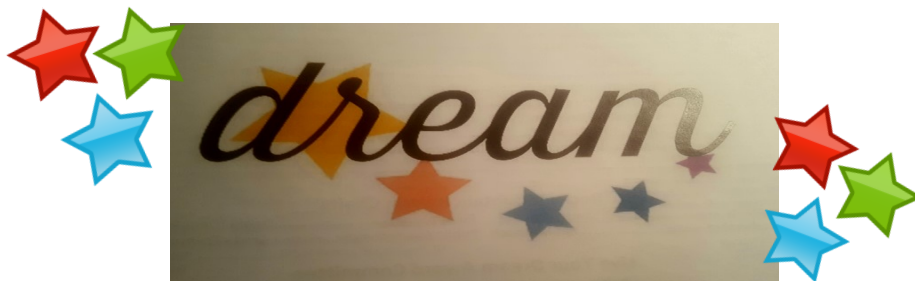
SOROPTIMIST
Best for Women®

*Soroptimist International
of Salt Lake City
Chartered
November 19, 1937*

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Editor: Gay Houchens
gay.houch@yahoo.com



We Can Do This!

Article by Teresa Just

RMR Spring Conference

My favorite thing about attending the RMR Conference is the time spent with friends and meeting new people who share the same passion. We all laughed and cried together. I am so proud to be part of this organization.

Robin Davis, SIA Board Director, spoke about SIA 2021-2031 Big Goal: *Invest in the dreams of half a million women and girls through access to education.*

Pat Murdoch, RMR Membership Chair presented *The Diamond Campaign: Shining Our Way to the 2nd Century....* this will be a multi-year campaign to strengthen our organization's membership base. Goals for all clubs and regions:

- Overall net change in membership of -1% or better.

- Add new members representing 13% or more.
- Terminated members represent 15% or fewer.

In addition, we seek to charter **100** new clubs by SIA's 100th Anniversary. All regions should charter more than one new club.

Governor Rita announced that RMR is presently chartering a new club, Treasure Valley, ID. They are also actively working toward chartering a club in Cedar City, Utah.

During the Conference, clubs shared information about their Live Your Dream and Dream It Be It programs.

The RMR Live Your Dream award winners, from each of the four Districts, spoke to us during a special lunch program.

These are such strong and capable women who have overcome many challenges in their lives and are on

their way to reaching their personal goals and enabling the dreams of their children.

This one presentation will renew anyone's passion for this organization. To witness "first hand" the impact of Live Your Dream Education Awards, is amazing.

We are truly changing the lives of these women, their children and their future grandchildren.

If you were unable to attend, please Do Not miss another Conference.



SOROPTIMIST
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79th Annual Soroptimist International Rocky Mountain Region Conference April 26th—28th, 2019 Salt Lake City, Utah

Governor Rita



By Carma Ingram



We began our Regional Conference with some great comments by the Mayor of Salt Lake City, Jackie Biskupski.

She said the work we are doing is happening all over the world. Leaders are saying women need to take the lead. Women must be leading these conversations, especially with a focus on education. She advised that women tend to wait for the perfect time to move up or to make change. There is never a perfect time to get into the game. We can't wait any longer to lead. Gratitude alone won't create leadership opportunities for women. We need to rise up ... we deserve better. When women succeed, we all succeed. Thank you for going above and beyond to help

women rise. Our responsibility is to share all with the world around. Please do not wait... Continue to do the work that is helping lift others up. Timing is everything, but please know there is no perfect time. The world can no longer wait for women to lead.



Amanda Dickson was our Friday Keynote Luncheon Speaker. She said her purpose is to be here to love and to learn. I want to love first and learn second. What I love is laughter and never giving up. I hate to waste time, but I don't think laughter is ever a waste of time. Try giving up complaining for

24 hours. Complaining releases hormones that attack the body. "My purpose is more important than my opinion."

- *Be impeccable with your word
- *Take nothing personally.
- *Make no assumptions.
- *Do the best you can.

Your best is good enough.

Our best friends are soul food and good for our health. We need good friends.

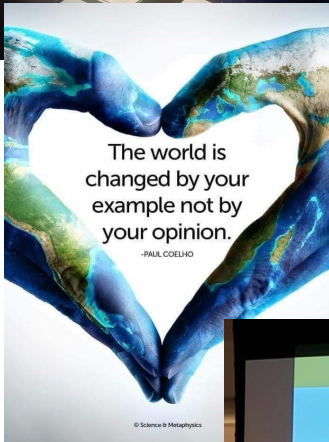
What is our legacy? It is every single person we touch. Remember to Forgive! Forgive yourself and every other person every day!

Amanda closed with saying thank you for inviting her. She said "YOU feed my soul."

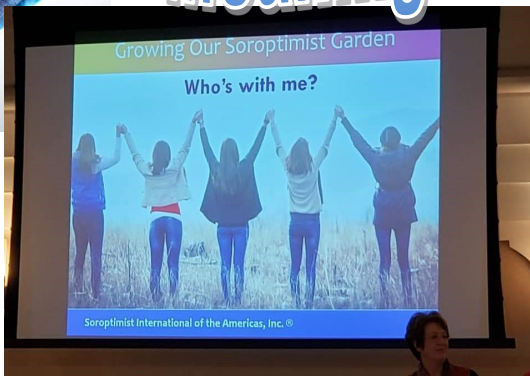
"You and the wonderful Soroptimists are doing something truly important in the world. I want to spend time with you every chance I get!"



Instructional Lessons



Meaningful Information



and Far-Out Good Times





SOROPTIMIST INTERNATIONAL OF SALT LAKE CITY

Incoming Board of Directors 2019-2020



President—Loretta Peterson

I have been a member of the Salt Lake Soroptimist for 10 years and have served as Club Secretary 2017-2018 & President-Elect 2018-2019.

President-Elect—Teresa Just

I have been a member of the Salt Lake Soroptimist since 2010. I served as Treasurer, President-Elect, President and now Past President.

Treasurer—Monica Rudd

I have been a Realtor for 12 years. I love helping others and have a true passion for serving others. Soroptimist is a perfect fit for me.

Treasurer-Elect—Kelly Holtman

I am a new member of Soroptimist and look forward to contributing to the organization. I am a Financial Advisor at Presidio Wealth Management.

Secretary—Rini White

I joined Soroptimist Salt Lake City in 2014. I love what Soroptimist is all about.

Director At Large—Cathy Stevens

I have been a member of the Salt Lake Club for 11 years. I served as President in 2015-16. I currently serve as Fundraising Chair and Director At Large.

Delegate—Carolyn Roberts

I have been a member of the Salt Lake Club for 5 years. I have served as Membership Chair & Treasurer. I have attended International & Federation Conferences.

Delegate—Donna Smith

Since retiring 5 years ago, I have served as President of the Utah Symphony Guild & have been involved in several organizations in the community.

Past-President—Donna Schultz

I joined Soroptimist of Salt Lake City in 2012. I have served as President, Secretary, Director and Delegate. Serving as President this year has provided me with leadership skills and other experiences that will have a positive influence on my life for years to come.



MAKE A DIFFERENCE. VOLUNTEER!

Never underestimate the power of joining together with a group of like-minded individuals to make a difference and change the world.

Become a Soroptimist today!

Improving the lives of women and girls through programs leading to social and economic empowerment.

SOROPTIMIST.ORG



Soroptimist International
Salt Lake City

P.O. Box 571021

Salt Lake City, UT 84157

Email:

sisaltlakecity@soroptimist.net

www.sisl.org

DREAM IT ★ BE IT

CAREER SUPPORT

{for girls}



April Dream It Be It

Andrea Mier of the Latinas Club was our speaker at the April Dream It Be It presentation for the girls at Granite Connections High School. The title of this session was ***“Putting Your Dreams Into Action”***.

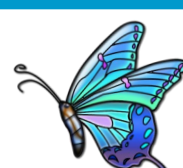
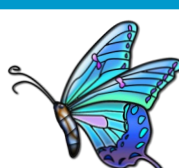
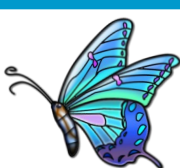
Andrea handed out two sheets of paper for the girls to fill out. The first sheet was entitled ***“Plan of Action”*** and had sections to fill out on My Goal; How I Will Benefit from Achieving My Goal?; and Action Steps with Target Dates.

The second sheet stated ***“Small Tasks I Need to Do This Week”***. What Are Some Possible Obstacles to My Goal? And What Are Some Possible Strategies to Overcome These Obstacles? Each girl in the group took some time to fill out the sheets and then we openly discussed their responses.

Along with the Dream It Be It presentation we received three applications for our DIBI Scholarship Award, which we plan to give to two of the girls. We have a \$750 award and a \$500 award. We will pick the two recipients by the end of April and will attend the graduation event where we will announce their names.

We also plan to invite them to our May meeting with their families and some of the counselors from their school who will take some time to speak about the girls we present the scholarships to.

Our last meeting in May will be the career specialists day where we will plan to have career specialists speak to the girls about their specific careers and the path they took to success.



In Loving Memory

"Suzi" Suzanne Eaquinto



Our member, Suzi Eaquinto passed away on April 13, 2019. Suzi had been a Soroptimist since 2013 and was a member of the Price Club before joining our club when she moved to Salt Lake.

Suzi worked in Nursing for nearly 40 years as a Registered Nurse and Nurse Administrator.

We will remember and miss Suzi.



2019 Breakfast with Santa

Toy and Mom Gift Donations.

Shopko is going out of business and there are some great deals.



I created a new spreadsheet to track the donations. Our members can start logging their donations, now. Please enter the retail value, not what you paid for the item. It is best if we show the retail value for our in-kind donations.

https://docs.google.com/spreadsheets/d/14UDtcLxk5z-ZOxctGjFB9F4oRCRI_xejcLyArx2pXul/edit?usp=sharing

Thank you for your consideration—Teresa Just



SOROPTIMIST CORNER



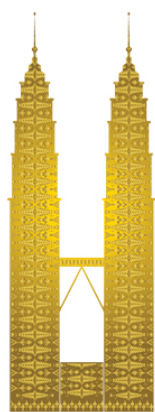
Rocky Mountain Region



*Soroptimist International
of the Americas*



Soroptimist International



**SOROPTIMIST
INTERNATIONAL**

21st International Convention
18-21 July



KUALA LUMPUR 2019
Malaysia Truly Asia



Save the Date!

SIA's 46th Biennial Convention is July 22-25,
2020, in Bellevue, Washington, USA

Convention

Plan to attend SI's 21st International Convention, July 18-21, 2019, in Kuala Lumpur, Malaysia. With its "Soroptimists Enable a Sustainable World—Global Connections, Empowered Women" theme, the convention will offer an interesting and enlightening program, including keynote speakers, interactive workshops and informative presentations. Click [here](#) for additional information. Please note, a conference interpreter for SI general sessions will be provided for each language group with 30 or more attendees.

"The purpose of life is
not to be happy. It is to
be useful, to be
honorable, to be
compassionate, to have
it make some difference
that you have lived and
lived well."

— Ralph Waldo Emerson



May 2019

Wednesday	1st	Board Meeting—Salt Lake County Building	5:30 pm
Friday	10th	Dream It Be It—Salt Lake / Latina Club STEM Career Presenters & End of Year Celebration	11:45 am
Sunday	12th	Mother's Day	
Wednesday	15th	Monthly Meeting—Madrid Café	6:00pm
Monday	25th	Newsletter Deadline	



<i>Carolyn Roberts</i>	<i>1st</i>
<i>Mary C. Clark</i>	<i>8th</i>
<i>Kymberly Wells</i>	<i>9th</i>
<i>Kay Ruiz</i>	<i>14th</i>
<i>Kathryn Blackham</i>	<i>23rd</i>
<i>Donna Visco</i>	<i>27th</i>

Words for Thought.... "Four things You Can't Get Back!"

- 1) The stone after it is thrown.*
- 2) The word after it is said.*
- 3) The occasion after it is missed.*
- 4) The time after it is gone.*

June 2019

Wednesday	5th	Board Meeting—Salt Lake County Building	5:30 pm
Friday	14th	Flag Day	
Wednesday	19th	Monthly Meeting—Madrid Café Honor Past Presidents / Induct New Board of Directors	6:00 pm
Thursday	25th	Newsletter Deadline	

