

Salty Soroptimist News

February 2019

Volume 1, Issue 7



President's Message

As February comes to an end and March arrives with lots of changing weather.....the first day of Spring, basketball, our Spring fundraiser, daylight savings time and St. Patrick's Day. Did I mention our Spring fundraiser? That's right. This is where we raise funds so that we can continue helping women and girls with our Breakfast with Santa, Live Your Dream awards, Dream It Be It, college textbooks and other projects on both local and international level.

*Our Spring fundraiser will be **Saturday, March 2nd from 7 until 10 pm at Caputo's downtown.** It will be a Wine and Cheese tasting event with Live music, Dancing and Silent auction. This is the one party that you don't want to*

miss this year. Sign up today to attend at sislc.org. Bring family and friends to the event as well. If you aren't able to attend, consider donating. You can do this on our website as well by clicking on the "Donate to Help" tab along the top of the home page.

Our next business meeting will be on Wednesday, March 27th at Carma Ingram's house. Bring a pot luck item to share and a couple of magazines as we will work on a Dream Board for our club to take to the Rocky Mountain Region Spring Conference—April 26th-28th.

I want to thank Donna Smith, Carma Ingram, Jan Crane and Vicky Gee for putting together our Awards Banquet this month. The awards

are how we assist these well deserving girls and women in our community who are working to further their education. The banquet was a special way to recognize and support them. Thank you, ladies, for a great job with our banquet!

Donna Schultz
President, SI Salt



What's New.....

Awards Luncheon	2
Awards Luncheon	3
After-Hours	4
Nominations	4
Wine, Chocolate & Cheese	5
Children of Peace	5
Dream It Be It	6
Soroptimist Corner	7
Calendars	8

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*Soroptimist International
of Salt Lake
Chartered
November 19, 1931*



Soroptimist International Salt Lake Awards Luncheon—February 9, 2019

Live Your Dream Awards.....



1st Place—Nichole Rodrique

Nichole is attending nursing school at Fortis College and will graduate in March. Nichole is divorced with two children. Her young daughter was a victim of sexual abuse and was trying to deal with it on her own, which caused grave mental consequences for her daughter. Since Nichole became aware of the situation the family has stepped in to provide the love and support she needs to get through this. Nichole even had to step away from school for a time to stabilize the situation. When she graduates she hopes to work as a hospice nurse.

2nd Place—Lauren Johnson

Lauren has three children and ended an abusive marriage. She is in her first semester at Ameritech College. Getting the call from Soroptimist about her Live Your Dream Award gave her one more clue that she is going in the right direction. Going back to school has also been a great example for her children.



3rd Place—Randi Mitchell

Randi has five children and recently ended a verbally and mentally abusive marriage. She said that bruises go away but words never do. She needed to go to school to get a job that could support her family. She is attending nursing school through Ameritech College and will graduate in 2020. She stresses to her children how important it is to go to school and get an education.

Michele Sorenson—Last years Live Your Dream Award Winner

Michele was asked to update our club on her progress since receiving the award last year. Michele spoke of the difficulties she was going through personally when she received the call last year. That call gave her hope for the future. She thanked the Soroptimist of Salt Lake for being a positive influence in her life. She said that Soroptimists were always there for her. She said that everybody has a story, a trial, a bump in the road. But we all need to remember that there is still light at the end of the tunnel. Her schooling is ongoing and she is planning a wedding for Next Week.



On Saturday, February 9th we shared a fabulous Awards Luncheon with awardees, their families, guests and Soroptimists.

The luncheon program included a presentation by Vicky Gee to three girls from Glendale Middle School. The award we give to these middle school girls is called the Margaret Embleton Award. Margaret was a member of Soroptimist into her 90's. The three young ladies received this award for academics, citizenship and overall hard work in their school environment. They were chosen by their teachers, counselors, and administrators to win this award. The award gives these girls self confidence and the luncheon setting in which they were honored gives them a bigger picture to the outside world and possibilities for their own future.

The award winners were – ***Ashlie Carias Rodriquez – 6th Grade**

***Omi Johnson – 7th Grade**

***Mary Tuiono – 8th Grade**

Congratulations to these beautiful young ladies for their hard work in school. Vikkie Gee explained how deserving each girl is of this award and how proud all the school administration is of them. Each of them was also represented with loving families attending to see them receive their special award.



Kaili-Barnes Black

Carma Ingram introduced Kali who has been a recipient of our College Books Program. She graduated in 2014 from Granite High School and met with the Soroptimists in the Young Parent Program where we meet once a month and provide life skills, motivation and goal setting Training. Kaili spoke and talked about the positive influence the Soroptimists had on her in this program. It has been a great help to receive assistance with books.

Heidi Nelson – The Jeanne's Happy Heart Award

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.

Heidi heard of Soroptimist Salt Lake from attending Breakfast with Santa. She then studied SIA where she saw the Live Your Dream Award and applied. When she received the email from Soroptimist she said she cried all day. This award came just as she was dealing with many financial problems. She said that sometimes you forget that there ARE caring people. She will be attending BYU to study Marketing. She hopes to develop a company that hires single Moms who can work from home and still be available for their families.



Thank You to Everyone who made this Wonderful Afternoon Possible

A special thanks to Donna Smith, Carma Ingram, Jan Crane & Vicky



Every year, Soroptimist distributes more than \$2 million in education grants to about 1,500 women all over the world. Over half of our Live Your Dream Awards recipients are survivors of domestic violence, trafficking or sexual assault. Nearly all of the women and families we serve have overcome enormous obstacles including poverty, teen pregnancy, and drug or alcohol addiction. Live Your Dream Awards recipients may use the cash award to offset any costs associated with their efforts to attain higher education, such as books, childcare, tuition and transportation. Our Club gave 3 cash awards—\$2300, \$2000 and \$1500.



Thank you to everyone who supported our After-Hours "Days for Girls" Service Activity. It was a huge success with 12 ladies attending. The "Days for Girls" Program was extremely grateful for our donation.

Thank you to Nancy Mitchell for hosting the project night and pot-luck.



Its time to submit your nominations for the 2019-2020 SISL Board of Directors

We have the following open positions –

President-Elect, Secretary, Treasurer-Elect, Director at Large, Delegates (2)

Once nominations are received, we will send out an email with the final slate. Voting, if required, will be by email as well.

Being on the Board is a wonderful way to fully understand the Mission of SISL. I know we have members with great ideas and we need you to help make them a reality.

The only qualification is a commitment to make our club successful.

Thank You, Loretta Peterson

Needed—40-50 Silent Auction Items by February 24-28th

WINES, CHOCOLATE & CHEESE TASTING

(plus other delectables)

Live Music & Dancing - Silent Auction

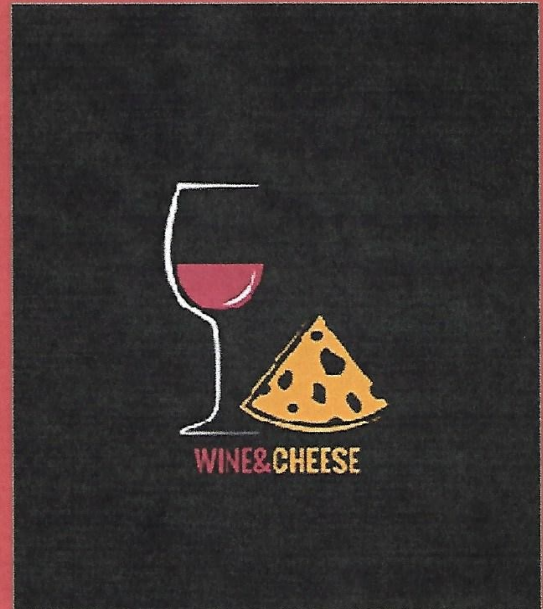
SOROPTIMIST OF SALT LAKE
Programs and Projects Fundraiser

\$60.00 prepaid ** \$65.00 at door / person

SATURDAY, MARCH 2, 2019
7-10 PM

PRE-REGISTER at www.sisl.org
(deadline Feb 23)

CAPUTO'S DOWNTOWN
314 W. BROADWAY, SLC



Children of Peace is a non-profit Humanitarian Organization. The Founder is Binh Rybacki. The organization takes two medical trips a year and another trip to distribute hundreds

of scholarships to the poorest, indigenous children of Vietnam. Children in Vietnam must pay a tuition to attend school from 1st to 12th grade. These children cannot afford to pay for tuition, supplies, books and uniforms. COPI makes it Happen!

Rocky Mountain Region Clubs were asked to provide 600 School Supply Bags for the upcoming March Medical Trip to Vietnam. Thank you to members for bringing their bags to the Awards Luncheon.

We were asked to provide the following supplies in an individual quart size zip lock bag:

- One small spiral notebook (2X3 or 3X5)
- One or two pencils
- Individual pencil sharpener
- Eraser
- Child safe small scissors (round tip)
- A couple of crayons



I was fortunate to be a member of ten medical/scholarship teams serving Vietnam.

Gay Houchens

DREAM IT ★ BE IT CAREER SUPPORT {for girls}

Friday, February 1, 2019—Andrea Mier, President of The Latinas of Salt Lake led the program—*Turning Failures into Success*

There were 10 girls and 6 Soroptimist members present.

Teresa Just, Dream It Be It Mentoring Chair presented the 2018-2019 Scholarship Applications. Soroptimist of Salt Lake will award one \$750 and one \$500 scholarship.

Scholarships will be awarded on the basis of the application quality, essay and participation in Dream It Be It. Deadline is April 5, 2019. Soroptimist of Salt Lake was invited to present the scholarship awards at the Granite Connection High School graduation ceremony.

The topic for the February session was "Turning Failure into Success".

Attendees participated in an exercise where they stood in a circle and connected hands across the circle. They were asked to untangle their arms, without letting go. Although both groups were very close, they were not able to successfully complete the task. Everyone laughed and had fun.

This exercise was used to discuss how we feel when we are stressed and how we cope with stress.

Feedback from the girls was that they learned to laugh and accept the outcome.

"Seven Characteristics of Resilience" handout was provided and discussed as a group.

Seven Characteristics of Resilience

1. **INSIGHT**—Having insight means asking questions of yourself, even when the questions are difficult. If you answer honestly, you can learn and move forward. Having insight helps you understand the problem and how to best solve it. Insight helps you analyze the situation from as many perspectives as you can.
2. **INDEPENDENCE**—Showing independence means keeping a healthy distance between yourself and other people so you can think things through and do what is best for you. It also means knowing how to step away from people who seem to cause trouble or make things worse by their words or actions.
3. **RELATIONSHIPS**—Building relationships means finding connections with people that are healthy for both of you and keeping those relationships growing.
4. **INITIATIVE**—Taking the initiative means taking control of the problem and working to solve it. It means asking questions of yourself and answering them as honestly as you can, so you can move past a sticky situation. Sometimes people who take initiative become the leader in activities and teamwork.
5. **CREATIVITY**—Using creativity requires that you use your imagination or resourcefulness to express your feelings, thoughts and plans in some unique way. Remember that when you make something happen, it shows resiliency of spirit and positive attitude.
6. **HUMOR**—Humor is the ability to find something funny (especially yourself) in a situation, even when things seem really bad. Humor often gives you the perspective needed to relieve tension and make a situation better.
7. **INTEGRITY**—Being a person of integrity means knowing the difference between right and wrong and being willing to choose and stand up for what is right.





Rocky Mountain Region



*Soroptimist International
of the Americas*



Soroptimist International

February is Black History Month



*Honoring
Women of
the United
Nations*

History of International Women's Day

[International Women's Day](#) is celebrated in many countries around the world. It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political. International Women's Day first emerged from the activities of labour movements at the turn of the twentieth century in North America and across Europe.



Since those early years, International Women's Day has assumed a new global dimension for women in developed and developing countries alike. The growing international women's movement, which has been strengthened by four global United Nations women's conferences, has helped make the commemoration a rallying point to build support for women's rights and participation in the political and economic arenas.



*Rocky Mountain
Region*

Spring Conference

April 26-28, 2019



March 2019

Friday	1st	Dream it Be it—Salt Lake Club <i>Balancing Your Stress</i>	11:45 am
Saturday	2nd	Wine, Chocolate & Cheese Tasting Fundraiser Caputo's Downtown	7-10:00 pm
Wednesday	6th	Board Meeting—SL County Building	5:30 pm
Sunday	10th	Daylight Savings Time Begins	
Sunday	17th	St Patrick's Day	
Wednesday	20th	Latina SL Live Your Dream Awards—Café Madrid \$25	6:30pm
Monday	25th	Newsletter Deadline	
Wednesday	27th	After-Hours Business Meeting at Carma Ingram's	6:00 pm



Donna Smith 22nd

*Words for Thought.... "Individually we are one Drop.
But together we are an Ocean."*

April 2019

Wednesday	3rd	Board Meeting—Salt Lake County Building	5:30
Friday	5th	Dream it Be it—Latina Club <i>Putting Your Dreams Into Action</i>	11:45 am
Wednesday	10th	Latina SL Recruitment Dinner—Café Madrid \$25	6:30 pm
Thursday	25th	Newsletter Deadline	
Fri-Sun	26-28th	RMR Spring Conference Double Tree Airport, SLC	

APRIL

National Child Abuse
Prevention Month

