
March 2010-Salty Soroptimist News

Soroptimist of Salt Lake

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President Nancy's Message



March is a month I anticipate and enjoy. It heralds in spring. Often my crocus are piercing through snow at the edges of my garden and purple violets bloom, even primroses in yellow, red and orange. Early in the month comes my husband's birthday, March 4th. We either make an Indian curry dinner of lamb or beef along with chicken biryani and popadums served with mint green iced Grasshopper Cake, or we go on vacation to celebrate. And now for me, for us, March is SISL fund-raising month!

March is Women's History Month and March 8th is International Women's Day. I love this day and love even more to celebrate it. Its roots are entangled in workers and women's rights movements. After celebrating on various days, the United Nations established the day of celebration as March 8th.

While on my husband's birthday trip to Hawaii, I had time to read and chose "Three cups of Tea," the Greg Mortensen story of building schools for women and children in Pakistan. What a great read! Briefly, Mortensen grew up in a missionary household in Africa and climbed Mt. Kilimanjaro at age 12. He had a little sister Christa who suffered from acute meningitis and died at a young age. To honor her he attempted to climb K2 in the Himalayas she had made, but he failed in his climb, getting lost in a snowstorm and ended up in the impoverished Karakoram Mountain village of Korphe, which is so secluded it wasn't even marked on maps.

The village chief served him tea as he recovered, saying, "Here (in Pakistan and Afganistan), we drink three cups of tea to do business; the first you are a stranger, the second you become a friend, and the third, you join our family and for our family we do anything, even die." For the kindness shown to him, Mortensen vowed to return and create what the villagers said they needed most, a school. He returned and built not one but, as of 2009, over eighty-one schools right in the home territory of the growing Taliban.

In Korphe, during inauguration of the first school, two local women, Hawa and Sakina, requested a center for women

where they could gather to talk and sew and "get away from their husbands." Thus was born the Korphe Women's Vocational Center where old rich traditions of sewing and weaving were revived. Mortensen said, "Hawa's idea was such an easy way to empower women that I decided from that day forward to put in vocational centers wherever we built schools."

As in "Half the Sky" which really followed "Three cups of Tea," some suggestions are given for those inspired by the book and Mortensen's work. Paraphrased, some are:

1. Visit www.threecupsoftea.com. Buy books through this website and 7 percent of book purchases will go to a girls scholarship fund in Pakistan and Afghanistan.
2. Check if the book is in your library. If not, ask to have it added and encourage family and friends in other states to do the same. As of late 2006 only 1,100 out of 8,400 U.S. Public libraries had it and some had backlogs of waiting readers.
3. Write a book review for Amazon.com, Barnes & Noble, Borders or a blog to help create buzz, also with local book sellers.
4. Ask book editors

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Mission and Core Purpose

- *To improve the rights of women and girls, in local communities and throughout the world*

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(newspaper, radio, TV, bloggers) locally to review the book.

5. Get local schools involved with Pennies for Peace to get local kids to make a difference, one penny at a time. See www.penniesforpeace.org.

6. Make tax-deductible contributions to Mortensen's non-profit, Central Asia Institute at www.ikat.org, especially if you want to help girls. It costs them \$1.00 per month for one child's education in Pakistan or Afghanistan, a penny to buy a pencil, and an average of \$1.00 a day to pay a teacher's salary. A

little goes a long way!

If you haven't read this book, please get it, borrow mine or whatever, and read it. There are children's versions, buy one for the kids in your family or your school.

Getting back to the month at hand, March, I can't wait to see you at our fund raiser on March 13th. Bring your friends to celebrate with us. Interestingly, a 1911 Campaign for women's rights was known as "Bread and Roses." It's a little early for roses but not primroses, so think ROSES and let's make this

fund raising opportunity a success! **Realize Opportunities and Success Everywhere with Soroptimists.**



Programs—Horizonte

Sonia Thomas was our presenter at Horizonte Young Parents in March. Our Presentation was on the Chinese principles of Feng Shui.



Every environment generates a physical, emotional response. Your choices can encourage or slow you down. Our surroundings either relax you or energize you. You affect the environment and the environment affects you back. You are energy forces. Everything from position, color, shape, texture, affects your energy level.

How comfortable are you sitting in your chair? Do you feel supported? Protected? Comfortable? Get a sense of how far around you your energy extends. Now pick up a doorway, how your vision of things changes.

She talked about the elements of wood, fire, air, metal and water. Everything is connected. Fire people, for example have a lot of energy but sometimes get too many things in their life to finish. Fire people may need to add water to calm them and help them get focused. Fire energy helps you to expand and keeps you open to new ideas. It pushes you to share your gift to the world. Fire colors are red, yellow and purple. Air energy is your grounding force giving a sense of safety and security. Air energy moves slowly and allows you to be at peace. Metal is the mental power; the energy of the mind -- left brain intellect and right brain creative. Metal colors are silver, gray and white. Water has two aspects -- still water and moving water. Water helps you to release and let go when something no longer serves you. It is also the flow of money and abundance. Water colors are blue, black and white. Mirrors are also a water element. Water represents money, flow, and creates the feeling of constantly moving. Wood is the personal growth energy and takes you beyond where you have been.

Sonia told a story about cleaning the clutter in a Mexican restaurant in Provo who was about to close their doors. They painted the restaurant with yellow, cleaned and cleared out clutter. That restaurant went from almost no customers to full with lines waiting and was voted

by Sonia Thomas

"We shape our dwellings, and afterwards, our dwellings shape us!"

- Winston Churchill -

best Mexican restaurant in Utah by Salt Lake Magazine.



Sonia Thomas & Kathy Williams, Horizonte

Thank you to Sonia for her great presentation. Our presenter on Tuesday, March 23rd will be Janis Nash presenting on "How to Handle Money." Come at 9:15 a.m. to listen to Janis! The address is 1234 South Main, SLC.

Violet Richardson Award Winner

by Pat Murdoch

SI SLC celebrated our Violet Richardson winner at our February meeting. Brooke Larsen from Highland High is our winner this year. Brooke has volunteered at many organizations in Salt Lake but her dedication at Youth Making a Difference reflects her dedication to humanitarian efforts. YMAD works to create youth leaders that will make a positive difference in their community. She spent ten months in leadership training at YMAD and spent ten days in Baruiapur, India partnering with Nishta Organization working to bring education to girls to better the lives of



women. The group she traveled with not only paid their own way but gathered and shipped nearly 10 tons of humanitarian aid. The training and education in this poverty stricken village helps to end early marriage and abuse, provide resources for prostitutes and their children and to grannies thrown out of their homes. The Salt Lake group spent time with the villagers, took the girls to a museum in Kolkata - the first time the girls had left their village. Brooke presented a video she created on her trip to India with the volunteers and children. The happy smiles, laughter

and singing reflected the love these Indian people felt towards the youth volunteers.

Brooke is now designing her own local service project designed around helping children and the environment. She's looking at a possible food co-op for low income families and creating field trips for low income children to learn about the natural areas surrounding Salt Lake. YMAD has college internship programs to travel to India and Brooke wants to take part in this next year. She hopes to help the villagers sustain themselves during the months they cannot farm.

She is an outstanding young lady. She devotes so much of her time in the area of service to children because she believes they are the carriers of future generations. Her family and friends joined Brooke at dinner and the presentation. Our club presented Brooke with a VR certificate, lovely flowers and \$500 to use as she wishes. We are very proud of Brooke and hope someday she becomes a Soroptimist.

Margaret Embleton Award

by Carma Ingram

Victoria Gee presented awards to our two darling young women from Glendale Middle School for improvement in their school lives. This award is named for our long time member Margaret Embleton who passed away some years



who have improved in attendance and citizenship. We were honored to have Etna Kero, a seventh grader, who has really turned around her life this year, getting great grades and being involved in school. We also honored

The Margaret Rebecca Embleton Award will be used as a reward and acknowledgement for Junior High School at-risk females who have improved their attendance and citizenship.



Etna Kero



Chantel Trujillo

ago. Margaret left a legacy in Soroptimist. She wanted to recognize young at-risk females

Chantel Trujillo, who is in the 8th Grade at Glendale Middle School. Chantel has worked

hard to improve her attitude and her grades at school. We loved hearing from both of these girls and were happy to award them with the Margaret Embleton Award along with a \$50 gift certificate.

Thanks to Vikki for working with the counselors at Glendale to find these two deserving young women!

Welcome New Members

by Carma Ingram



We were so excited and honored to induct three new members into our club at our last Program Meeting. Our three new members are Noemi Balay, Loretta Peterson, and Lynette Sieger. These three new members were brought to us by Gabrielle McAfee, who has worked all year to bring new people with fresh ideas to our club. Thank you Gaby for your hard work in recruiting new members.

Noemi Balay works for Rehab Care in Salt Lake City. Rehab Care is a leading national provider of post-acute services, managing rehabilitation programs in partnership with

over 1,250 hospitals and skilled nursing facilities in 41 states. They also own and operate 34 rehabilitation and long-term acute care hospitals throughout the U.S.



Noemi Balay

Loretta Peterson works for Premier, Inc. as a project manager in the healthcare industry, and she works from home.

Lynette Sieger works for Sundance Catalog and was just accepted into a program a NYU.

Welcome to our three new members!!!



Loretta Peterson



Lynette Sieger

Juvenile Observation & Assessment Center

by Vickie Page



Val Iorg and Vickie Page

In February for the JO&A we had Jodi come and show us how she makes her wonderful (the best ever) chocolate chip cookies. It was great. It was a lot of fun to hear how we all

make our cookies so different and what most of us were doing wrong. So I would like to say Thank You very much to Jodi for bringing all of the ingredients and taking the time to show us how to do them right.

We also made Valentines for their families, which the girls always like to do. We would like to invite anyone who is interested in coming to join us. Also if any one has any ideas you would like to share or projects you want to suggest we would love the input.

Our next JO&AC event is Thursday, March 11th. JO&AC is located at 61 W. 3900 South and we meet at 6:00 p.m. Come and join us.

JO&AC is a facility where up to 8 young women have been remanded by the court system for a maximum of 8 weeks observation. After their stay at JO&AC they either go to another facility or are returned to their homes. These are juveniles and everyone that we've met seems to be a good young woman with hope for her future.

Sex Trafficking In America

by Nancy Mitchell

MSNBC carried a special report on Sex Slaves in America on Sunday, February 28. If you missed seeing the film on sex trafficking at the SI Boise Regional Conference, you might want to do a search for this program or others on the topic. Reporters claim an estimated 300,000 teens in the U.S. are forced into prostitution every year. All those missing teen reports? Some end up here in this industry and it appears most often parent's pleas are ignored. Most often police officers are not trained to deal appropriately with these reports and 911 calls.



again in one day alone, many times. Drug dealers are turning to this "renewable" or "on-going resource" in a booming business. Sex slavery is happening in small towns and cities all across America in all kinds of neighborhoods. As one of our focus areas for the year, there are white papers on the SI website as well. Any change begins with education and awareness.

Take the next step, action. Tell your friends.

The Mayor of San Francisco has organized a great fight to combat this growing problem, let's hope other cities follow his lead.

The special pointed out that this is a lucrative business and drug dealers are switching businesses. Unlike drugs which are sold and consumed, young girls can be sold over and over

Rocky Mountain Regional Spring Conference - April 30-May 2, 2010 Cody, Wyoming

Soroptimists Hold The Key
Save the date for the 70th Annual Rocky Mountain Spring Conference!



The [deadline for hotel room registration is March 26th](#)! The Holiday Inn (includes Comfort Inn and the Buffalo Bill Village) has graciously reserved a block of rooms for our group, but only until 5pm on March 26th. Use the code "SOR" when reserving your room.

The Soroptimists of Cody Wyoming are hosting the Annual Spring Conference in 2010. Anyone who has ever attended a Spring Conference has had a great time. We attend classes, receive awards (SLC is a big winner), we visit, and we PARTY! Plan to come and join your sisters for a great time in Cody!

SIA Convention — San Francisco — July 7-10



41st Biennial Convention — July 7-10, 2010
San Francisco, California—Hilton San Francisco, Union Square

Early Registration—May 7th—\$300.00

Register on-line at www.soroptimist.org

Soroptimist of Salt Lake

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*Theme 2009-2010
ROSES: Realize
Opportunities and Service
Everywhere with Soroptimist*

Soroptimist Vision

Be the voluntary service organization chosen by all business and professional women committed to improving the lives of women and girls. We all share our time, talents and financial resources to enrich our communities. Together we will:

- *Improve the lives of women and girls*
- *Help women achieve economic and political equality*
- *Serve as a global voice for women*
- *Provide outstanding leadership development opportunities for women*
- *Enhance world peace and understanding*

March Calendar of Events

Monday, March 8th—
International Women's Day

Thursday, March 11th—*JO&AC Event, 6:00 pm-8:00 pm, 61 W. 3900 South*

Friday, March 12th—*Board Meeting 12:00 noon at Denny's Restaurant on Redwood Road*

Saturday, March 13th—*Annual Fashion Show Fund Raiser, Members arrive by 9:00 am, Event starts at 11:00 am, Sheraton Hotel, 150 W. 500 South, SLC*

Thursday, March 18th—*Deadline Soroptimist Club Grant-SIA HQ*

Tuesday, March 23rd—*Horizonte*

Young Parents Service Presentation, 9:15-10:15 am, 1234 S. Main, SLC.

Thursday, March 25th—*Business Meeting 5:30 pm at Nancy Mitchell's home, 3747 Forest Hills Drive*

Friday, March 26th—*Hotel Registration deadline, Regional Conference in Cody, WY*

Many Happy Returns

Anita Riet—March 7th

Jo Brandt—March 11th

Anne Peterson—March 16th

2009-10 Officers and Board

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