
June 2010-Salty Soroptimist News

Soroptimist of Salt Lake

President Nancy's Message

I was thrilled this weekend to see the first summer roses blooming in my garden, deep red American Beauty, sweet Double Delight in red and white, orange and yellow shrub roses, and orange/yellow/red Jacob's Coat.



They portend a beautiful summer but also represent a good ending to a beautiful year serving as your president under my theme of ROSES. Also in full bloom was my lavender Dwarf Korean Lilac, so sweet smelling I had to linger as I pulled out the invading grass growing beneath. This lilac is less than two feet tall but the fragrance is so sweet it permeates the whole corner of my patio, much as the larger Mock Orange will do in a week or two in another area right outside my patio doors.

Maybe that's how we as a Soroptimist Club are. We are small in number but we fill a huge spot in the arena for helping women and girls in Salt Lake County. For example, I felt very proud as I watched the young Horizonte single mom graduates walk up to receive their certificates from Carma, Janis, and Thurl Bailey. Thurl advised them that just as a Swiss border guard once asked

him, "Where did you come from? What are you doing here? Where are you going?" So, these young women need to understand their own answers to these questions and set goals in order to be successful in life. These single moms will in turn influence their children and their family and friends. They will be leaders and we have shown them the way.

I felt that same Soroptimist pride as Kay Ruiz presented a complimentary laptop from SIA and Jackson Hewitt to our WOA recipient, Alexis Hopkins, at our May meeting. The laptop is a small thing, relatively speaking, but just think of its potential impact. It will help Alexis in her studies, she can do homework anywhere! She can inspire her daughter Lily to study hard and also get her education. With that laptop Alexis can do good publicity for other non-profits as is her goal. The laptop is small but its potential reach is huge. Thus

you can see our club's impact spreading over to touch other people's lives here in this Valley.

We have had a small beginning in the awareness, advocacy, and action goals given to us by our SI Association. We have been educating ourselves about the troublesome SI Objective 2 in our program focus, "End human trafficking and all forms of violence against women." Not an easy job, but I think we can all feel better informed about this issue now than we did at the beginning of his year.

Rita got Salt Lake County Mayor Peter Corroon to sign a Proclamation for International Women's Day on March 8th. In addition to our Horizonte Single Moms and Salt Lake County Juvenile Observation Center programs for young women, we gathered personal hygiene items for the Volunteers of America Women's Center. We helped women refugees by purchasing items they made and sell at one of our meetings. This year we also honored Brook Larsen from Highland High as our Violet Richardson Award Winner for a student in our community who has gone above and beyond in volunteer work. Brooke also was the pick for District II at Regional Conference.

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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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President Nancy's Message *continued from page 1*

Three of our members attended a dinner at my house in May for visitors from non-profit agencies in Vietnam and I attended many meetings involved with international visitors through the Utah Council for Citizen Diplomacy, raising the issues of trafficking, violence against women, and educational opportunities for women. We did a lot of outreach, including our booth at Expo Mujer, resulting in two new members, Ana Maria Fereday and Barbara Rosner.

We mostly met our very aggressive goals for the year set at our retreat. Goal one – Raise/net \$15,000 in fund raising. We came very close to \$14,000 and exceeded the goal if we count our monthly drawings and donations, which is pretty good in a tight economy! Goal two – Increase our membership to 50 or as I thought it was, 15 new members. We got at least half way there. Not bad when we had such a high goal. Goal three – six media mentions. We did it, actually we garnered seven! All-out success. I think we can feel proud of these accomplishments, all met with your dedication and hard work.



We also tried to support our sister Clubs nearby and were successful in sending members to both Ogden and Bountiful events, as well as at the District meeting in Nampa and the Region Conference in Cody. We hosted visits from our Rocky Mountain Regional Governor Barbara Lewis and our District Director, Rebecca Mason. No need to remind you of the success of Breakfast with Santa. It won the Celebrating Success Award for us at Cody and will be showcased in San Francisco at table top booth some of our members are designing.

Congratulations on the great teamwork that made this success.

Our programs focused on our Soroptimist International Goals, including the Katrina disaster and violence against women, showing effects on children and how music can be a tool to treat victims. We gave out awards to show our support of women and girls working to improve their lives. WOA and the Jeanne Award totaled \$6,000 plus the laptop. We also presented the Ruby Award to a local nurse doing international neo-natal care and then followed up with a work party at Barbara Reeves stuffing plastic bags with personal care items for women in Kenya.

It's a lot, isn't it? We had fun along the way, too, and got to know each other better. You were a joy to work with and I look forward to a long-term association with all of you. Thanks for a great year! Thank you for your love, support and friendship. Think ROSES always, savor their smells, and enjoy your own gardens.

Juvenile Observation & Assessment *by Cheri Richardson*



A full house – 8 girls – joined us on May 13 for our final session with the Girls Observation and Assessment program. Vickie Page brought photo frames for the girls to decorate, and Jodi Arave brought her world-famous chocolate chip cookies for all to enjoy. Soroptimists in attendance were Nancy Mitchell, Cathy Stevens, Val Iorg, Lisa Richardson, and Cheri Richardson.

President Nancy presented a check for \$200 to staff members Nikki and Jessica. The staff intends to use the money for art supplies for the girls program.



Programs—Horizonte

by Carma Ingram



seeing Dr. J play basketball on his home black and white TV that he wanted to play basketball. This guided his life choices. He told the Young Parents that during his basketball career he played for 3 years in Italy and some in Greece. He lived in Como, Italy which was 30 miles from Switzerland. He liked to drive to Switzerland and each time he crossed the border, the border patrol would ask the same three questions: “Where have you been?” “Why are you here?” and “Where are you going?”

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May/June is graduation for high schools around our area. This goes for our Horizonte Young Parents. This year they have 9 graduating seniors. We were happy to honor them and the whole Young Parents class with a great speaker and performer, Thurl Bailey! Thurl gave them some insight into his background and some things he has learned over the years. Thurl was born in Washington D.C. and lived in a neighborhood that had some rough people and bad activities going on. He made a decision when he was young, after



right. We really felt blessed having this charming man share his words and his music talent with these young women. The girls all came up to get a photo opportunity with Thurl and some to get his autograph. This may be as close to “celebrity” as any of these young women have ever been in their lives. Our thanks go out to Thurl Bailey for his time and effort and genuine concern for these young women and their lives. Also thanks to Gabrielle, Marilyn, Nancy, Margy, Kay, Cheri and Janis for contributions of food and other goodies for the girls. A special thanks to Janis for arranging this event with Thurl Bailey. It couldn’t have been better!



He reposed these questions to our young parents ... Where have you been ... what is your past and what have you learned? Why are you here ... what is your purpose? Where are you going ... what is your goal and where do you see yourself going? He enhanced his message with a number of songs. He sang *You’ve Got A Friend*, *Cats in the Cradle*, and several songs he wrote himself. One song reflected his mother’s words ... *It’s Going To Be Al-*



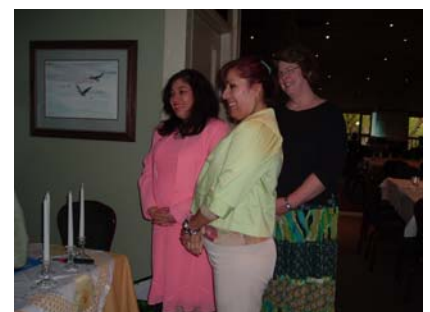
Three New Members Inducted in May

by Cheri Richardson

Membership Chair Marilyn Tang proudly inducted Ana Maria Fereday, Dariece Radford, and Barbara Rosner into membership at our Program Meeting on May 28 at the Cottonwood Country Club.



Ana Maria is the owner Of the Hispanic Yellow Pages and Hispanic Media; Dariece works for American Express, and Barbara is a counselor for Hispanic women in survival skills and achieving goals. We are excited to welcome these talented women into our club.



Katie Johnson Brings Music Therapy to Life

By Cheri Richardson

“How could anyone ever tell you
You are anything less than beautiful?
How could anyone ever tell you
You are less than whole?

How could anyone fail to notice
That your loving is a miracle
And how deeply you’re connected to my
soul?”



Our speaker, Katie Johnson, holds a Bachelor of Arts Music Degree from the Uof U, and is completing her Masters Degree in music therapy at Utah State University. We were pre-

sented an interactive look at how music therapy can be used to treat victims of domestic violence. After a brief introduction to the history of music therapy, Katie walked us through a group therapy session she recently conducted. She walked us through an exercise in identifying where they were in their life journey, shared songs that reinforce negative concepts of women, and shared an exercise in the difference between guilt and shame.

The next exercise she shared with us was writing a “shame message.” The clients in the actual session shared their shame messages with the group; many of them then felt free of the message and were able to destroy it. Katie shared that this was a turning point for one of the women in her session. For the first time, she opened up to the group and shared freely, and while she wasn’t able to destroy her shame message “just yet”, she was on her way to recovery.

Katie shared two musical expressions with us. The first was a song – the words I used to introduce this article – which she played on the guitar and sang while we played bells to the song. She had us join in the song, and with our voices joined with the guitar and the bells, the sound was amazing.

“... music touches us in ways that words and exercises cannot.”

Then she had us emulate a rainstorm, using percussion instruments she had brought with her. (I got to be the thunder.) Again, it was an amazing experience.

Katie told us that music therapy can be used in any “traditional” therapy session, but the music touches us in ways that words and exercises can not.



Salt Lake WOA Winner Gets Laptop by Nancy Mitchell

At our April meeting, SISLC named Alexis Hopkins, a single mom and student at Salt Lake Community College as recipient of the Women's Opportunity Award, presenting her with a check for \$2,000. On May 28th we presented Alexis with a laptop through the generosity of the second largest national accounting firm Jackson Hewitt, which has donated 25 laptops to Soroptimist clubs across the country.

“How will the Women's Opportunity Awards and this laptop impact your ability to live your dreams?” Response from Alexis Hopkins: Not only does the

Women’s Opportunity Award and the new laptop strengthen my ability to live my dreams, it’s helped me to have better dreams at night. No longer do I worry about how I



will be able to afford completing my education, my worries have been replaced with ambition to continue doing the best I can. With the Women’s Opportunity Award and the new laptop I will be able to concentrate on my school work rather than worrying about how I’m going to be able to go to school. Having a laptop easily available will enhance my productivity during school and help me to produce quality professional grade homework that only technology programs can offer. Thank you very much, and please know that your effort and generosity is well received and may it come back to you tenfold!

Cartridges for Kids Helps Children of Peace

Did you know that approximately 822,000 used ink cartridges reach landfills around the world every day?

If you have used ink cartridges, cell phones, PDAs, or laptops--please recycle them through Soroptimist for Children of Peace. Stewart and Associates accept donations. Please spread the word amongst your friends and associates! This project is ongoing—and protects the environment while raising funds for COPI's girls. "Cartridges for Kids" makes

donations, based on the type of product, to SISLC for Children of Peace. Rita Offrett in our club is working out the details to get these donations sent.

The RMR Governor's project for the next two years is "Remaking a Life" through our very own Binh Rybacki's Children of Peace. We are all very excited to help women and girls in Vietnam achieve self-sufficiency.



Soroptimist recycles through Cartridges for Kids to help girls in Vietnam through Loveland based Children of Peace, International. Please know that the girls shown on this card, and many like them, will be helped by your generosity.

New Member Highlight—Barbara Rosner



Tell us a little bit about your family: I've been happily married for 12 years. My husband's name is John. I have two children, a 10 year old boy named J.C. (John Clarence), and a 7 year old girl named Illary (Quechuan name that means New Shiny Dawn). My daughter was diagnosed with Autism when she was 4 years old. Since then I quit my job and dedicated my time to my daughter and my family.

Where have you lived? I'm from Peru; I lived in Peru for 29 years until I got married. After becoming Mrs. Rosner I moved to the U.S.A. and lived in a small town called Elko in Nevada. I moved to Salt Lake City in 2004.

What are your hobbies? I love crafting! I also scrapbook, make cards, love painting with watercolors, I used to do Tole Painting, also

used to be a member of the Stitching Guild. If I can do it with my hands, I go for it!.

Why did you join Soroptimist's? When I learned about the Soroptimists I realized that it would be a great opportunity to help other women. I was abused when I was a child until my 20's. I went to College and got my Degree in Sociology. I worked in two different Non Governmental Organizations which centered in poor areas of Lima, the capital city of Peru, and helped children and teenagers who were abused. I know that becoming a Soroptimist I will continue this labor and help to those who were abused or that need a helping hand.

Favorite Book, movie, music, etc.:

My favorite book is My Childhood (Mi Infancia in Spanish) from Maxim Gorky, I also enjoy Charles Dickens, Wilhelm Ibsen, and modern stories such as Harry Potter. I enjoy most types of music, my favorite are the Peruvian rhythms, classical, opera, Caribbean, Rock and Roll, waltz, country, etc. I like to watch horror movies, comedies, action, love, drama, and those that end with a twist. My favorite TV show is The Golden Girls.

Tell us an interesting story about yourself including something about your career: I call myself a Survivor, because I overcame the

abuse that I lived in my younger years. I decided to follow a career, work hard, have a family and move on with my life. I feel successful for achieving those goals in my life. Right now I'm a Show Host of The Win Online, a web page for women and I have a show called Aprendiendo a Sobrevivir (Learning to Survive), and in that show I share my experiences with other women. The program is in Spanish because I want to reach Hispanic women and let them know that they are not alone and that they can succeed if they want to, with help of course.

Anything else interesting you would like to share? (Most embarrassing moment, I would if I could 'Live My Dream', etc.)

I like to watch horror movies, the classical where there are ghosts, monsters, werewolves, Frankenstein, Dracula, etc. Even though I have seen those movies time after time, I still get scared. Last time when I saw a ghost movie my husband was out of town. The children were asleep and I rented a movie about white noise and ghosts. I turned off the lights to make the movie cine style. When the movie was over I was so scared that I was afraid that something or someone would pull my legs from under the sofa. Since the lights were off, I didn't have enough courage to stand up and turn them on. I had to watch a TV show for about an hour to be able to go (run, actually) to bed. How embarrassing is that?

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*

June Calendar of Events

Friday, June 11th—Board Meeting 11:30 am at Denny's Restaurant on Redwood Road

Tuesday, June 15th—New 2010-2011 Board Meeting, Café Madrid, 2080 East 3900 South, 12:00 noon

Wednesday, June 23rd—Business Meeting, 6:00-7:00 am, Cottonwood Club, 1780 Lakewood Drive

Wednesday, June 23rd—Program Meeting, **Induction of New Board**, 7:00-8:30 pm, Cottonwood Club, 1780 Lakewood Drive

July 7-10—SIA 41st Biennial Convention, San Francisco, CA

Many Happy Returns
Lynette Sieger—June 14
Jodi Arave—June 15
Nancy Mitchell—June 15
Candide Stilwell—June 23
Janette Kozinski—June 24
Victoria Gee—June 28

2009-10 Officers and Board

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