

# Salty Soroptimist News

## January, 2023



Volume 2, Issue 5



## President's Message

Happy New Year to everyone. I am ever in awe at all the things our club accomplishes and the many activities that we have the opportunity to involve ourselves with. December was especially busy with our completion of our annual Breakfast with Santa event. I'm still feeling the glow of that day. Every time I participate, I realize what big things we accomplish. Our Christmas party was exceptionally fun and we raised some money for our Soroptimist International President's Appeal.

January is a time to think about renewing our goals ... goals for Soroptimist ... goals for family ... and goals for ourselves. I found an article on the internet on personal health goals that I abbreviated for this newsletter. As I was reading it, I realized that for me personally I haven't been very faithful at goal setting of late and yet I have read many books on the subject and spent many years faithful to the process. It helped me renew my thoughts on personal goal setting and put me in the mood to create some new goals for myself.

As for Soroptimist, my goals remain the same. I want to find ways for all of us the "enjoy" the work and the friendship that is possible in participating in this club, and I want our fund raising to be highly successful and profitable. As Anna Nicole Smith once said ... "It takes a lot of money to be me." In the case of Soroptimist our goals aren't to own a fancy dress or attend social parties for self-aggrandizement, but to build up our club funds so that we can successfully perform the projects that we are committed to. We're promoting the Winspire trip through February 18<sup>th</sup> and then will start planning for our Spring fund raiser shortly after that. It takes a lot of money to be Soroptimist!

We're doing two Dream It Be It projects in January, which are an opportunity to invite potential members to come and participate. Kym Wells is putting together a fabulous program using the DIBI curriculum to be presented at Horizonte and Granite on January 19 and 20.

Thank you to everyone for all that you do, and thank you for taking time out of your personal life to participate and contribute to improving the lives of women and girls.

*Carma Ingram, President, SI of Salt Lake*

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

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SOROPTIMIST®  
Investing in Dreams

## ***Donate to Win a Fabulous Vacation for Two!***

Your \$50 donation gives you one ticket; your \$100 donation gives you three tickets.  
**Enter TODAY at [sislc.org](http://sislc.org) Drawing to be held February 18.**

### Set Sail in Bar Harbor

Windjammer 2-hour sailing trip, 3-night stay at the Inn on Mount Desert

This Experience Includes:

- 2 people
- 3-night stay in a standard room at The Inn on Mount Desert
- Daily breakfast for 2
- 2-hour Windjammer sailing trip
- Winspire booking & concierge service

**winspire**

### SET SAIL IN BAR HARBOR

Bar Harbor is known as the gateway to Acadia National Park, one of America's favorite parks, and is situated on Mount Desert Island right on the gorgeous Frenchman's Bay. Here you will find Cadillac Mountain, the highest point on the eastern seaboard, where you can often see the country's first sunrise. Bar Harbor is beloved by visitors for so many reasons, from the endless outdoor activities to award-winning dining and accommodations.

**2 PEOPLE**

**3 NIGHTS AT THE INN ON MOUNT DESERT, BAR HARBOR**

**THIS EXPERIENCE INCLUDES:**

- DAILY BREAKFAST
- 2-HOUR WINDJAMMER SAILING TRIP
- WINSPIRE BOOKING + CONCIERGE SERVICE

Bar Harbor is known as the gateway to Acadia National Park, one of America's favorite parks, and is situated on Mount Desert Island (it's pronounced "dessert" because it truly is a treat) right on the gorgeous Frenchman's Bay. Here you will find Cadillac Mountain, the highest point on the eastern seaboard, where you can often see the country's first sunrise. Bar Harbor is beloved by visitors for so many reasons – from the endless outdoor activities to award-winning dining and accommodations – and it is routinely on national "best of" lists, including as one of America's Favorite Towns.

#### **The Inn on Mount Desert**

Enjoy a 3-night stay in a standard inn room including daily breakfast for two. The Inn on Mount Desert offers modern amenities in a historical setting on tree-lined Mount Desert Street in the heart of Bar Harbor. Relax on the front porch, enjoy a game of bocce in the garden, and walk to the waterfront less than 10 minutes from the hotel.

#### **Windjammer Sailing Trip**

Enjoy a leisurely sail for 2 people along Frenchman Bay that includes narration about historical and geographical points of interest. View wildlife including eagles, seals, and porpoises. Experience beautiful views of Acadia National Park from the water. Sail among the

Porcupine Islands of Frenchman Bay, enjoy a picnic or just relax on our spacious decks. Beverage Service with wine, beer, and soft drinks with live music offered on Afternoon and Sunset Trip.

# ***Soroptimists Making a Difference***

*By Pat Murdoch*

Not only did our wonderful Salt Lake members hold a successful Breakfast with Santa, we



supported several other charities with our excess donations. We assisted in making over 250 Christmas stockings for the women in the King Women's Resource Center in Salt Lake with the candy left over from the

event. The stockings were given out to the ladies on Christmas Eve by the staff at the center.

They woke up to filled stockings on their beds on Christmas morning.



The toys left over and some mother's gifts went to the Liberty Community Center in Salt Lake that serves low-income families. They were overjoyed because they just don't get a lot of donated toys to give to the children served.

Another act of selfless giving was by some of our members was at Kay Ruiz's funeral. I mentioned that a family with four children had

just arrived at Liberty Center from Afghanistan with no warm clothing and trying to get shelter. Several of those special ladies presented me with almost \$200 in cash to give to this family. Just with a mention!

Our goodness and generous giving go so far with our wonderful club members. The BWS event candy and gifts touched so many people at the event and then spread continuing joy to so many others in our community.

Thank you so much for your love and kindness.

## ***People Helping People 2023 Service Project***

*By Angela Yarborough*

This is a new year that brings us another opportunity to demonstrate the values expressed in the Soroptimist pledge, specifically the Dignity of Service. The club has decided to support People Helping People (PHP) as one of our service projects for 2023. PHP should sound familiar to you since we supported this organization last year.

For those of you that need a refresher or are new to our club, People Helping People (PHP) is a local grassroots 503c non-profit Employment Program that is dedicated to helping low-income women and single moms reach their full potential in the workplace. What makes them unique is their long term one-one approach—PHP is not primarily focused on women getting jobs. Their goal is to help women develop tools, knowledge, and self-confidence to compete for better jobs, seek raises and promotions and eventually earn an adequate income (PHP of Salt Lake website).

According to the World Economic Forum, women earn \$.52 to every \$1 earned by men.

PHP clients who advance through all four phases of the program become successfully employed and self-sufficient. To encourage the women as they progress through the program phases, the graduates are recognized and celebrated with award ceremonies. During these award ceremonies, the women are given personal care items and cleaning products to help ease their financial burden. Soroptimist would like to support these women by supplying PHP with the personal care items and cleaning products.



One of the goals for PHP this year is to provide the women with purses in addition to the personal care and cleaning products. The idea is to place the personal care products inside of the purses – a nice touch. These purses are to be used as an everyday purse. Depending on where you grew up, a purse is synonymous to a handbag, bag, or pocketbook.

PHP has Awards programs at various times during the year. We plan to support their June program. An early estimate of the June graduates is around thirty. We hope to have more concrete numbers and a detailed list of items next month. As you run into bargains around town, keep the PHP ladies in mind. Just like last year, we plan to collect specific items each month so that we are well prepared by the June date. We look forward to supporting the PHP women in the journey to become economically empowered.

Bring a new purse to our January 18th Program luncheon to kick off this project or deliver to Carma Ingram at any time.

## ***We Believed in Her Dream...***

We were delighted to hear from Tracy LaVelle, a participant in our Dream Believers program. Tracy writes:

*This is Tracy LaVelle, a winner from the Soroptimist Live Your Dream Award in 2021. I just wanted to let you know that I graduated from Joyce University in August of this year with an Associate of Science in Nursing. I passed the NCLEX licensure exam and am now a registered nurse and am employed as an RN with St. Mark's hospital in Midvale. I work in the Ortho/Neuro/Surgical Trauma unit. I can finally be self-reliant and have financial security as a single mother. I can now support my family and have a career that has endless possibilities. Thank you for everything.*

### **Congratulations, Tracy!**



## ***Heartfelt Thanks...***

*Thank you to all Soroptimists who contributed  
and worked endlessly to make our  
Breakfast with Santa such a great event this year!*



## ***January Dream It – Be It***

*By Kym Wells*



In January we will be visiting Horizonte and Granite Connections to cover managing stress and overcoming obstacles. We will be at Horizonte on January 19th from 9:00am-11:00 am and will provide a light breakfast for the girls. We will be at Granite on the 20th from 11:00am-1:00pm with lunch included.

We will have Rian Jensen, a licensed social worker, present to the girls first. Rian is a Licensed Clinical Social Worker who specializes in positive behavior change and the management of challenging behavior. She is a graduate of BYU and attended graduate school at the University of Utah. Rian has worked as a social worker, trainer, therapist and evaluator for over 25 years. She also has a private therapy and assessment practice in Sandy. Rian is married and the mother of 3 young adults.

Following Rian's presentation, Lisa Smiley, a certified Yoga instructor, will teach the girls some basics yoga for relaxation. We welcome all members to come support our Dream It – Be It participants.

## ***Live Your Dream Awards***

**Every year, Soroptimist distributes more than \$2.8 million in education awards to about 1,700 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.

The deadline for Live Your Dream applications was November 15th. Our Live Your Dream committee, Barbara Rosner, Pam Bennion, Margy Russotto and judges have been working hard since then to finalize our selections for the Live Your Dream awards that our club will be giving.

Our club received 14 applications; of that group 10 of the ladies applying qualified for an award. In February we will be honoring **10 women!** Our club has the funds available to provide 10 Live Your Dream Awards. We are giving one \$2,500 award, two \$2,000 awards and seven \$1,000 awards totaling \$13,500. We are so excited to honor these women! We have already contacted each of the women and mailed their checks.

On **February 25<sup>th</sup> at the Willow Creek Country Club**, we will have the opportunity to honor each of these ladies and provide them with a certificate. Mark your calendars for this wonderful event. This is always our most emotional and gratifying meeting that we hold each year.

# Soroptimist Christmas Party

By Jan Crane

December 14<sup>th</sup> saw the Soroptimists gather for our annual Christmas Party! This year we were graciously hosted by Kym Wells at her beautiful Draper home where there was plenty of room for everyone to gather around the buffet and enjoy a feast of Christmas. Ham, rolls, salads, appetizers, desserts, yummy soup and even those delicious funeral potatoes.



Georgia

Our dear Soroptimist from the Sacramento club, Georgia Presnell was also there- as gorgeous and spry as ever at 103!

The gift exchange was fun with favorites changing hands several times. In the end, everyone went home with something perfect. If you missed it- do plan to attend next year; it's such a nice way to relax and enjoy each other's company.



Jan presenting the President's Appeal

Here is a requested Christmas cookie recipe that was one of the night's hits for your enjoyment (good all year round!)

## Gingerbread Crinkle Cookies

*Unexpected flavors with lemon and cardamom*



Whisk together and set aside:

2 ½ c flour  
1 ½ t ginger  
1 ½ t cinnamon  
½ t cardamom  
1 t baking soda  
½ t salt

Mix together until light and fluffy:

¾ c butter, room temp  
1/3 c sugar  
1/3 c packed brown sugar

Add and mix until well blended:

1 egg yolk 4-5 t lemon zest  
1 ½ t vanilla

Add and mix in:

½ c dark molasses  
¼- ½ c chopped candied ginger

Now add the flour mixture in increments to just Combine. You can refrigerate the dough at this stage. When ready, roll small balls of dough liberally in powdered or granulated sugar.

Bake at 475 degrees for 10-12 minutes until puffy and cracked. Don't overbake or they won't be soft!

# Christmas Party –



Ann, Pat, and Donna



Carma



Carolyn and Margy

## Gifts and Fun!



Margy



Loretta and Kristina



Pat and Jan

## Upcoming Events

January 9	• Board Meeting 6:00 pm, Carma's house/selection of Nominating Committee
January 18	• Luncheon/Program Meeting at Red Lobster 11:30 am
January 19	• Dream It - Be It Horizonte 9:00 - 11:00 am
January 20	• Dream It - Be It Granite 11:00 am - 1:00 pm
January 26	• Utah Trafficking in Persons Conference - details to follow via email
February 1	• Live Your Dream Award Transmittal due to District
February 6	• Board Meeting 6:00 pm, Carma's house
February 6	• Newsletter deadline
February 25	• Live Your Dream Awards Luncheon, 11:30 am, Willow Creek Country Club

## Happy Birthday



AMY CAPUTO - JANUARY 23  
 JAN CRANE - FEBRUARY 5  
 RITA OFFRETT - FEBRUARY 7



## Remembering Kay Ruiz

**May 14, 1945 – December 14, 2022**

*By Carma Ingram*



Kay was a loving, beautiful person who would help anyone. She loved spending time with her family, going to the cabin, visits with her grandkids and great grandkids, traveling and being a longtime member of the Soroptimist organization. She also enjoyed going to the Shakespeare Festival and Hale Theatre, riding her horse, oil painting, playing BINGO and watching NFL Football!

Kay worked at AT&T with Cheri Richardson's mom, Jodi Arave, who introduced her to Soroptimist. A number of our Soroptimists who knew Kay and traveled with her to various International, District and Regional meetings took time to write their memories, which were shared at Kay's Funeral on December 21<sup>st</sup>.

Cheri remembers inducting Kay into the club in 1987. Rita remembers that Kay was instrumental in planning a trip to Australia in July of 2003 for 6 Soroptimists for an International Convention. She willingly shared her time-share with those traveling to stay in.

Janis remembers Kay ... *We had many fun and precious moments together. All of these moments add up to many years of joy and friendship. We had so many laughs and even a few cries. I remember sitting in Kay's kitchen in her beautiful home and I told her I am writing lyrics to an Anthem for Soroptimist. I was stuck and I sang to her what I had. She immediately said she had the missing piece and there it was! Anthem complete.*

Pam remembers ... *Kay and I created a lot of memories together and laughed a lot. In addition to being a Soroptimist member, Kay loved live theater and music, she had season tickets to the Capitol Theater and shared the experience by inviting friends to go with her. For years Kay took friends and family to the performances, we visited movie theaters, concerts, and took road trips to Cedar City for the Shakespeare Festival.*

It was an honor for many of us to work with Kay in Soroptimist over the years.

## ***Creating Healthy New Year's Resolutions and Keeping Them***



By Carma Ingram

It's a new year ... welcome 2023! I found a great article on the internet written by Jeanna Smiley, which I have shortened, to help us kick off the new year and make it a success. Everyone has their own ideas of what they want to accomplish in the coming year. This article addresses the fact that so many of us start with goals and don't follow through. Hopefully we are all gearing up for an

amazing new year and cheers to all of you who set goals and keep them!

**1-New Year's Resolution Success Rates** – Adults who make at least one resolution each year most commonly aspire to health management goals such as losing weight, starting or increasing exercise, and stopping tobacco use. Research indicates less than half of those who set New Year's goals continue to maintain them past the end of June. This minority discovers and implements ways to succeed at setting and attaining their goals. They prove that it is possible to overcome challenges, setbacks and apathy to make long-lasting changes for better health.

**2-The Comfort of "Now"** – With resolutions, the desire for improvement has to motivate us more than the pleasure or ease of the moment. We must be willing to forfeit the comfort of "now" to reach toward a new way of living.



**3-High Hopes or False Hopes** – Impractical expectations regarding the time and resource requirements, as well as the consequences of change – known as false hope syndrome – can also derail the best intentions.

**4-Doctors' Resolution Suggestions** – Can't decide on a resolution? The AMA released a list of resolutions that could help us make significant improvements to our health. This group of physicians encourages Americans to:

- increase physical activity,
- understand your blood pressure readings,
- learn about your type 2 diabetes risk,
- cut back on processed foods,
- take medications exactly as prescribed and do not share them,
- nix nicotine and tobacco,
- drink alcohol moderately or not at all, and
- manage stress.

**5-Make SMART Resolutions** – Undertaking positive changes for your health begins with how you think. The first step is acknowledging that you want or need to treat your body differently. Next, you will want to set clearly defined resolutions, turn your hopes into tangible SMART strategies: ones that are **Specific, Measurable, Attainable, Realistic, and Time-bound**.



**6-Take It Easy** – Minor, incremental adjustments are more likely to lead to sustained progress than drastic dietary and lifestyle overhauls. Twenty minutes of walking in place daily is more practical for a beginner to commit to than one hour of intense Zumba three times a week.

**7-Rally Support** – Make family and friends aware of your resolutions for better health. Those who truly care about you will encourage you to avoid temptations and hold you accountable.

**8-Be Flexible** – A hardline ultimatum to break long-held habits may not hold up long. Replacing unhealthful habits with new ones takes time, and you may lapse. Every day – even every hour – is a chance to begin anew, to continue toward better health or get back on track if you have skipped a day at the gym or snuck a few cookies. Any time of the year is ideal for enhancing your well-being, so it is never too late to get started or start again.

**9-Discover your "Why"** – Knowing the reasons behind your goals is as important as the goals themselves. Ask yourself why your health resolutions matter to you. Do you want to lose weight to have knee surgery? Do you want to exercise to fit into a special outfit? Remembering your "why" will help keep you encouraged to stay the course for healthier living.



**10-Enjoy Your Journey** – Healthy living is a continuous goal. Pursuing and maintaining wellness should reduce, not add, stress to your life. Do whatever you need to make the journey fun, whether it's sharing your progress online, choosing hiking over the treadmill or planning celebrations when you reach your milestones.