



Salty Soroptimist News

President Carma's Message



It is my honor to greet you all as the new President of Soroptimist of Salt Lake City for this coming year. At our installation I introduced my theme ...

Dream Big for Women and Girls

I picked this theme because we are working with so many women and girls that have lived through dark times and dark experiences. As Soroptimists working with these women and girls, we have the opportunity to Dream Big and share our light giving them a brighter perspective. Light peeks through all the old broken

doors of dysfunction and, eventually, illuminates even the darkest corners of all that is. **"The future belongs to those who believe in the beauty of their dreams."** Eleanor Roosevelt

My biggest thing I want to accomplish is to allow us to work together as a team getting to know one another better in the process, make a difference in the lives of the women and girls we have an opportunity to serve, and have fun creating dreams that we believe in.

On September 12th we have our first fundraiser of the year, which should just be a really fun night of food, drinks, friends, and BINGO. We selected Winchester Park which has a nice playground area for parents who bring young children and will accommodate 100 people. So, encourage all your friends and family to attend. Look for an upcoming zoom meeting where you can log on and see what you can do to help. We will have a silent auction at this event and Bingo prizes. If you have something between \$10-\$15 to donate as a Bingo prize or a Silent Auction item, please let me know.

On October 4th we have District I & II meeting to attend, which will be held in Boise, Idaho. If you are unable to attend in person, there will be a virtual meeting on October 18th. We always learn a lot a District Meeting and at Conference, so I encourage you to plan to attend.

I'm looking forward to working with all of you in the many capacities that you have already committed to, as well as, other miscellaneous things that come up as we move through our year.

Carma Ingram

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Board 2024-2025

Carma Ingram - *President*
 Jan Crane - *President Elect*
 Michelle Jackson - *Secretary*
 Pat Murdoch - *Treasurer*
 Donna Schultz - *Treasurer Elect*
 Donna Visco - *Director at Large*
 Cathy Stevens - *Delegate*
 Kathy Margaritis - *Delegate*
 Barbara Rosner - *Past President*

August Member Retreat Fun! *By - Carma Ingram*

We had a fabulous get-together on Wednesday, August 13th at our member retreat with 18 ladies in attendance to kick off our 2025-2026 year. We accomplished so much in a short period of time. Everyone brought some fabulous food to share, which gave us a chance to visit and catch up after taking a summer break. Jan started the meeting with a fun activity where each person present brought something that represented them in their life and told about it. Such a fun way to get to know people and background information that we may not have known.

President Carma welcomed the ladies and started the presentation with a calendar for the year. Important dates to remember for our club activity are as follows:

Date	Activity	Time
Friday, September 12	Fund Raiser at the Park – Bingo Night	6:00 – 9:00 pm
Saturday, October 4	District I & II Meeting, Boise (in person)	
Saturday, October 18	District I & II Meeting (virtual)	
Wednesday, November 19	Thankfulness Dinner, Pat's Clubhouse, 550 E 5300 S	6:00 – 8:00 pm
Saturday, December 6	Breakfast with Santa, 464 W. Germania	9:00 am-12:00 pm
Wednesday, December 17	Christmas Party, Cheri's Clubhouse	6:30 – 9:00 pm
Wednesday, January 14	Program Meeting	6:00 – 8:00 pm
Saturday, February 21	Live Your Dream Awards Luncheon	11:30 – 2:00 pm
Wednesday, March 18	Program Meeting	6:00 – 8:00 pm
Friday, April 17	Spring Fundraiser, Murray Armory	6:00 – 9:00 pm
Friday-Saturday, Apr 24-25	Spring Conf. P2P Region - Minneapolis	---
Wednesday, June 17	Summer Picnic and Board Installation	6:00 – 8:00 pm

Each of our program chairs took an opportunity to discuss our programs and upcoming requests to fulfill the needs of each program. Donna Visco talked about membership and the need to not only bring in new members but to engage existing members; Jan Crane talked about the Live Your Dream Program and the great service we do for these women financially and emotionally; and Kathy Margaritis and Kym Wells talked about our upcoming plans with Granite Connection High School for Dream It Be It. Then Kathy discussed staying with our Horizonte Adult Education ladies for the Big Goal Accelerator project and other ideas were also presented. Rachel Woodhouse did a great review of our Breakfast with Santa annual event and encouraged everyone to sign up for participation. Cathy Stevens and Rita Offrett then talked about our two upcoming fundraisers ... Bingo in the Park on September 12th and our 3rd Annual Trivia Night on April 17th. We are all excited to kick off our year with so many activities. If you want to participate in any of the upcoming events and are uncertain where to start, please contact President Carma and she will get you connected. ***We want this year to be the best year yet and are excited to make it happen!***

OUR PILLARS



SOROPTIMIST®
Investing in Dreams



Service & Programs

Deliver Service and Programs that unlock economic empowerment for women and girls through education.

Educated women and girls have the opportunity, choice and power to make healthy decisions for themselves and families.



Philanthropy

To increase our investment in the dreams of women and girls, we must continue to raise funding.

Funding increases the number of women and girls we serve.

Diversifying our Fundraising is our focus.



Public Awareness

While Sorooptimist has helped countless women and girls around the world live their dreams, we are still the world's best kept secret.

Sharing our unified message and actions that support our mission help us sustain and grow our club.



Membership

Our incredible and talented members are the key to the SLC Club's success.

Focus is on growing Club membership and engaging & recognizing our existing members.

Donna Visco

DREAM BIG!

SERVICE & PROGRAM COMMITTEES



Provide career support for high school girls enrolled in Granite Connection High and Horizonte Adult Education (Big Goal).



Understand and promote SIA's strategy to increase engagement and participation in the LYDAs



Friday, Sept. 12th
Bingo Night
Winchester Park

Friday, April 17th
Trivia Night
Murray Armory



Our Year End
Main Event!

When: Dec 6th '2025
Where: LDS Church
464 W. Germania
Ave, Murray

Donna Visco

DREAM BIG!

Fall Fundraiser Alert- Bingo at the Park!

Please spread the word about our fun Bingo Night fundraiser to all your family, friends and co-workers. These fundraisers help us earn money for our DREAM programs that change women and girls' lives.

People can register on our website and/or donate if they're unable to attend. We'll provide dinner and soft drinks for those who register for 20 dollars (children under 10 are free to attend). **All players** (including children) will pay \$5 for each Bingo card they play on. Prizes will be given. **Please donate prizes and gift cards around a \$10 value and donate Silent Auction items** (notify Carma, Rita or Cathy what you'll be donating).

Join us for lots of fun and to create memories while raising funds for LYD scholarship awards.



The poster features a dark blue brick wall background. At the top left is the Soroptimist logo, a stylized 'S' inside a square. To its right, the word 'SOROPTIMIST' is written in a serif font. In the center, three overlapping bingo cards in purple, blue, and orange are shown, each with several red 'X' marks. A yellow starburst graphic in the top right corner contains the text '\$20 EVENT \$ 5 PER CARD'. To the right of the bingo cards, a text box states 'Children under 10 will be admitted for FREE.' The words 'BINGO NIGHT' are written in large, bold, white letters with a green outline. Below this, the text 'A fundraiser for a great cause! Help us support women and girls in our community with education and scholarships.' is displayed. The date 'FRIDAY, SEPT. 12 TH' is written in green. The location 'Winchester Park (1200 W. Winchester St., Murray)' is listed. The event times '6:00 pm Dinner & Soft drinks • Games: 6:30 pm - 9:00 pm' are provided. The text 'GAMES | PRIZES | FOOD' is written in green. At the bottom, the website 'For More Information : www.sisl.org' is listed.

SOROPTIMIST®

**\$20 EVENT
\$ 5 PER
CARD**

Children under 10 will be admitted for FREE.

BINGO NIGHT

A fundraiser for a great cause! Help us support women and girls in our community with education and scholarships.

FRIDAY, SEPT. 12 TH

Winchester Park (1200 W. Winchester St., Murray)

6:00 pm Dinner & Soft drinks • Games: 6:30 pm - 9:00 pm

GAMES | PRIZES | FOOD

For More Information : www.sisl.org

Live Your Dream Award Applications Open for 25-26

The Live Your Dream application portal is now open. The [Live Your Dream Awards](#) offers [three levels](#) of cash awards. [Eligible applicants](#) can submit their application between **August 1 - November 15**.

Ultimately, a *Live Your Dream Awards* recipient has the potential to receive up to \$16,000 to help offset tuition costs, purchase books, get transportation, or find reliable childcare. She can worry less about how to pay her bills and focus on achieving her education dreams. **Do you know a woman who meets this criteria? Please share this flyer.** *Please collect 10-15 items that would be fun for the girls' swag bags.*

READY TO BEGIN *a new life?*

live
YOUR
dream
education & training awards for women®

The Soroptimist *Live Your Dream: Education & Training Awards for Women* program has been helping women around the world since 1972. This program provides cash grants to women who are working to better their lives through additional schooling and skills training.

You are eligible to apply if you:

- ☐ are a woman with primary financial responsibility for yourself and your dependents
- ☐ are attending an undergraduate degree program or a vocational skills training program
- ☐ have financial need



Scan the QR code to apply or contact:



Soroptimist International of Salt Lake City

Name: Jan Crane

Email: joyfulheartjan@gmail.com

Phone: 810-870-1222

Online:

Club Application Deadline: Nov 15th

Amount of Club Award: \$1000-\$1500

Notes: This cash award can be used for tuition, child care, books, transportation or other

needs to help you achieve your educational goals. Apply today!



Getting to Know YOU!



Rachel Woodhouse - *Joined 7/31/2023*

Rachel Woodhouse brings her energy, leadership, and passion for empowering others to Soroptimist International SLC. She currently serves as the Director of the Extended Credentialing Services team at CHG Healthcare, where she leads with a focus on building strong relationships, developing talent, and driving results. Outside of her corporate role, Rachel is embarking on an exciting new venture as the co-owner of a Tan Republic tanning salon franchise in Utah, a step that fulfills her dream of becoming a small business owner. A natural connector and problem-solver, she finds joy in seeing people grow, succeed, and discover their own strengths.

Born in Idaho Falls, Idaho, and raised in Kennewick, Washington, Rachel now lives in Saratoga Springs, Utah with her husband, Danny, and their two children, Ellie (16) and Ryker (13). She enjoys reading historical fiction and psychological thrillers, spending time in nature (especially among trees), and traveling, her next big adventure is a trip to Guatemala. Rachel joined Soroptimist International because of its mission to support women in achieving their education and career goals, a cause close to her heart, as she has had several family members find themselves in difficult situations that would have been made better by an organization like SI. She's inspired by the opportunity to collaborate with like-minded women to create meaningful change in the community and is excited to contribute her ideas, time, and enthusiasm to the chapter's ongoing success.



Julia Vernon - *Joined 9/22/2013*

I met Rita in 2009, we worked together at Amex on activities. She invited me to attend Breakfast with Santa; it was my first introduction to Soroptimist.

Being that I became a single mother after my divorce, raising 3 boys under the age of 8 was a hard and humbling experience. I was blessed that I could work to provide for my children. I had 2 jobs to make ends meet, finish my college degree and I found a job that provided me better opportunities. Thus the importance of education that Soroptimist promotes.

I totally understood the predicament the single mothers were facing. I loved the program and the people that worked so hard to provide a nice Christmas to those that needed it, at the end of the year. When Rita invited me to join, I was in! Breakfast with Santa has become my favorite!

Thank you Julia and Rachel for your contributions to our SISLC club!!!

Soroptimist Membership MILESTONES

Donna Visco	10 years	08/20/2015
Cathy Stevens	16 years	08/22/2009
Julia Vernon	12 years	09/22/2013
Ann Treacy	4 years	10/01/2021
Barbara Rosner	4 years	10/01/2021
Carolyn Roberts	11 years	10/06/2014

August, September, and October Birthdays

8/05– Barbara Rosner

8/14– Janis Nash

9/29 –Ann Treacy

9/30– Michelle Jackson

10/1– Loretta Peterson

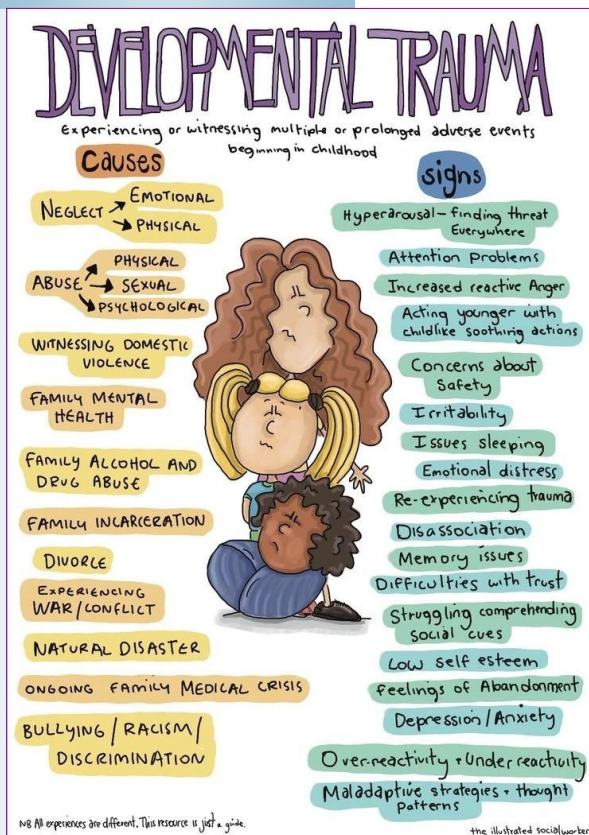


By– Carma Ingram

A group of us, Cheri, Pat, Carma, Rita, and Kathy, attended the play Freaky Friday, where Rachel Woodhouse's daughter, Grace, had the lead. The play was put on by Bluffdale Arts Advisory Board and was such a professional, fantastic play.

Grace Woodhouse played the part of Ellie, the daughter who becomes her mother when they are magically switched for a day. All the players were so very talented but I will say that Grace has a beautiful singing voice and played the part excellently. The play made us laugh throughout and was so fun. Glad we got to attend this delightful production. Congratulations to Grace Woodhouse who just turned 16 in having the lead in this darling production.





Trauma Informed Practices

As we work with women and girls in our Soroptimist activities, we must be aware that many have experienced adverse childhood experiences (ACEs) or even as an adult. People who have experienced ACEs may show signs such as the behaviors listed in the visual, some causes are also listed.

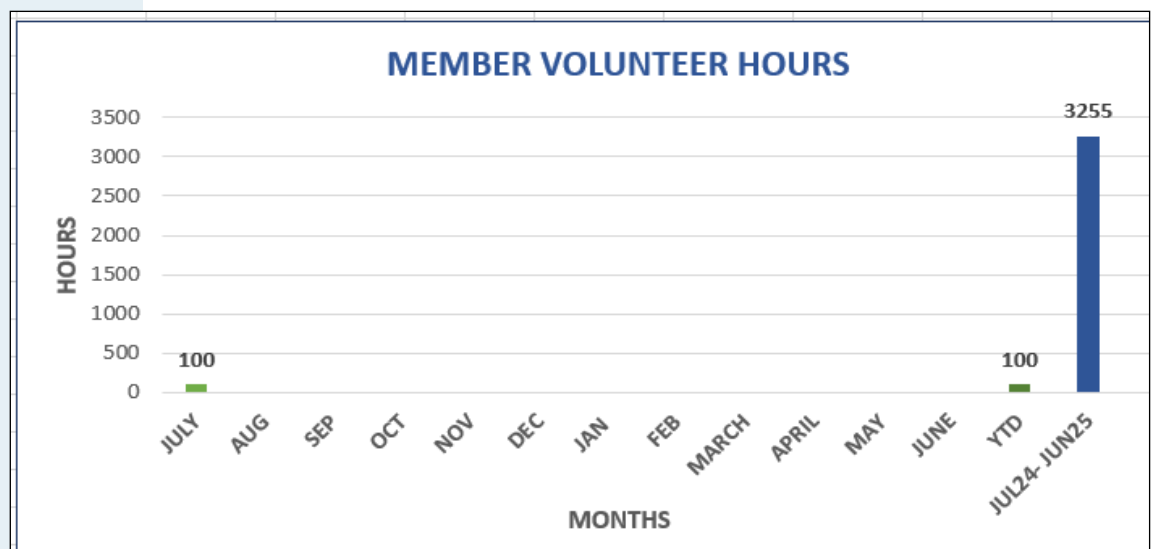
There are many ideas for managing developmental trauma that we can emphasize through our teaching and interactions with women, girls, and each other.

Here are some strategies to help:

- ♦ Seek professional help: Consult with a therapist or counselor who specializes in trauma.
- ♦ Practice self-care: Engage in activities that promote relaxation and stress reduction, such as meditation, yoga, or deep breathing exercises.
- ♦ Build a support network: Surround yourself with people who understand and support you.
- ♦ Develop coping skills: Learn healthy coping mechanisms, such as journaling, creative expression, or mindfulness.
- ♦ Prioritize physical health: Regular exercise, healthy eating, and sufficient sleep can help regulate your mood.

Remember, healing from developmental trauma takes time, patience, and support. Be gentle with yourself and others.

Thank You Soroptimist Member Volunteers!



In 2024-2025 we had a total of 3255 hours surpassing our 23-24 total volunteer hours by nearly 1000! Thanks to all members. Let's get going on our new year of giving. **Please track and report your hours to Pat Murdoch by 8/31.**

August/September Calendar & SI SLC Member

Mark Your Calendars

9/02— Board Meeting, 6:00-7:00 pm, Carma's house,
702 W Clover Crest Dr., Murray & Zoom

9/12 - Fund Raiser in the Park- **Bingo Night**, 6:00 -9:00 pm.
Winchester Park, 1200 W. Winchester St., Murray

October- Dream It Be It and Big Goal, more info to come

10/04 - District I & II Meeting, Boise, ID (*info. emailed 8/20*)

10/06 - Board Meeting, 6:00-7:00 pm, Carma's house,

10/18 - District I & II Virtual Meeting

4/24-25/2026- Spring Region P2P Conference, Minneapolis

7/22-7/25/2026 - SI Convention, Incheon, South Korea

9/30-10/2/2027 - SI Convention, Prague, Czech Republic

DREAM IT ★ BE IT ★
CAREER SUPPORT
{for girls}®

Club Toolkit

A very detailed Toolkit has been created to help clubs to have the best DIBI program ever. There are a few things that center around working with youth and creating a safe environment for them and our club.

Members that signed up to help with DIBI, please watch your email for some information that will be sent in the next week. There are a few requirements that include working with youth training and filling out a consent form that we need to get completed. We're excited to work with you and the girls for this new year!

Soroptimist International of Salt Lake City

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Investing in Dreams

