

# Salty Soroptimist News

## April 2021

Volume 1, Issue 9



### President's Message

It is hard for me to believe that we are only two months away from the close of the 2020-2021 club year.

ship. What an inspiration she is in her ability to persevere despite all the challenges she faces. I am so proud of her!

*Teresa Just ,  
President  
SI Salt Lake*

**Investing in  
Dreams**

*Hand to Hand*



*Heart to Heart*

I am so very proud of you, our members, for your continued dedication and passion for the Soroptimist mission. Because of you, we were able to continue our programs despite the challenges and restrictions of the pandemic.

Later in the newsletter, you will read an essay from an amazing young lady who has applied for the Dream It Be It scholar-

As we prepare to renew our membership, I hope her story reminds you why you became a Soroptimist. We have an amazing opportunity to be a positive role model for these young ladies.

We are Soroptimist. Helping Women and Girls Live their Dreams.

I proudly serve!

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



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Editor: Gay Houchens  
gay.houch@yahoo.com

*April Showers Bring Spring Flowers*



# RMR Spring Conference

April 23-24, 2021—Via Zoom

By Kelly Holtman



Fridays session was an overview of the organization, the founding and current state. Reports were given on the amount of money raised by each club and where the funds were allocated. We also saw the videos of the most recent award winners. It is very touching to hear in their own words the challenges and obstacles faced by these women, along with their gratitude at receiving these awards.

Saturday's session focused on building and maintaining club membership. This seems to be the biggest challenge for the organization as a whole. The limitations of in-person meetings due to Covid seemed to cause a lack of interest for every club. The first discussion of the conference focused on ways to build membership. It was suggested that each club set clear goals, such as stating a specific number of members each would like to add as opposed to a blanket unmeasurable goal of "adding new members". Additionally, each club needs to ensure they are clearly defining the value that Soroptimist brings not only into the lives of the award and outreach recipients, but also the value to each member. Each club was encourage to find networking events to attend to meet new people, such as chamber of commerce events. It was also suggested the club hire a guest speaker and inviting the public to attend.

The next discussion focused on the Big Goal project of raising \$15M and increasing access to education. Many clubs have asked that smaller projects be counted toward the Big Goal project, and Soroptimist agreed calling these smaller projects "Big Goal Accelerator Projects". In order to qualify, however, the project must meet certain criteria: (a) work only with women who have obstacles to overcome; (b) provide education; (c) help the women work toward economic empowerment; (d) must be reported to SIA. Awareness campaigns that do not meet these criteria will not qualify. Service projects such as handing out provisions to women in a homeless shelter would not qualify. The definition of an obstacle in this regard is defined, in part, as living in poverty, teen pregnancy, racism, single parent, or having been in the foster care system.



The next discussion surrounded various events and fundraisers held by the club. A few clubs wrote letters to previous donors stating that in-person events were cancelled but donations were still being accepted. Another club embroidered towels and sold them to the public. Still others raised money by decorating and selling Christmas Trees and hosting on-line auctions.



The last discussion was on public awareness. Clubs were urged to post on social media at least once per week, and to use hashtags which help to make sure posts are seen by the public. Clubs were urged to keep the posts professional looking, cropping out unnecessary backgrounds and ensuring that the volume, if applicable, was of a high quality. The use of tools such as canva.com were discussed.

Finally, the keynote speaker, Connie Miller, spoke to us about branding, leadership and success. She stated that how you "show up" is your brand and your image. Your brand is not just a logo. Personal branding is affected by time management, and a lack of time management can ruin your brand. Identify "brand killers", those things that trigger you in a negative way. Be the one to offer solutions, not just identify the problems. Allow your true honest character to speak for you and bring truth to every conversation. Learn more from her book "Don't Sabotage Your Career".



Thursday, April 15, 2021.

This event was given in a zoom format due to Covid-19 restrictions placed by SIA.

Presented by LaToya Hopkins

Carma & Rita attended in person.

## *Rising Above Obstacles*

This group of 6 young ladies especially enjoyed the interactive skits that were part of the lesson.

Thanks to LaToya and Donna for their commitment to teaching these classes.

### *Obstacle: Low Self-Esteem and Poor Body Image*

- Many women and girls are held back by negative body image. In a recent US survey, 97% of respondents experienced an "I hate my body" thought over the course of one day.
- Low self-esteem and poor body image → decreases concentration, decreases performance on mental activities (mathematics, reasoning, etc.)
- Takeaway: disrupted mental performance can be an obstacle to girls' educational or career success.

### *Obstacle: Physical and/or Sexual Violence*

- 35% of women around the world experience intimate partner violence or non-partner sexual violence.
- The effects of this violence can continue in the workplace. 75% of domestic violence victims report that their abuser continues to threaten them during the work day.

### *Obstacle: Bullying and Peer Pressure*

- Bullying is an increasingly widespread concern in school communities. About 70.6% of US teens have seen bullying occurring in their schools.
- Girl-to-girl bullying just as common as male bullying.
- Bullying often has serious consequences on its victims.
- ⇒ Victims can experience more stress, lower self-esteem, greater social anxiety, and reduced overall personal, social, and academic wellness.
- ⇒ Victims have a higher risk of mental health issues and lower attendance rates....more likely to drop out of school than non-victims.
- These consequences can inhibit girls' educational and career development.

### *Obstacle: Family Obligations*

- Traditionally, women have been seen as caregivers (responsible for raising children, managing household.)

These gender roles can hinder women's career development. In Japan, 60% of women do not return to the workforce after the birth of their first child.....The "motherhood penalty".

### *Obstacle: Sexual Harassment*

- Sexual harassment. "Unwelcome sexual advances, requests for sexual favors, and other verbal/physical harassment of a sexual nature, including making offensive comments about women or men in general."
- Sexual harassment is underreported.
- Victims of sexual harassment (men and women) experience harmful psychological effects.
- ⇒ Includes humiliation, loss of self-esteem, increased isolation, increased work/school absenteeism, and low productivity.



## Dream It, Be It!

By Beatriz Gomez

In my teenage years, I learned to be independent. In 2016 I was separated from my mother, because she was deported to Mexico. I was sent to live with my aunt for 2 years. While I was with my aunt, I became pregnant. I had to learn fast to become a young mother at 15 to a baby that had severe medical problems. I had to quit school and take care of my baby full-time because I had to monitor all of her equipment and give her medicine all through the day. She needed constant help for 8 months, until she passed away. In December 2018 my aunt put my sister and I in state custody, but my sister had to be separated from me so she could find a foster family that was a better fit for her. We are still in state custody today. Shortly after I went to state custody, I started high school. I worked really hard to catch up on my credits and now in my senior year I have begun working on my CNA certificate also. I hope in the future I can work in the medical field while going to college. I have been accepted to Salt Lake Community College and hope to transfer to the University of Utah to study medicine and become an OBGYN. Receiving the scholarship would give me much needed financial support. Soon I won't be in the foster care system anymore, and I will be completely on my own. This scholarship will help to lift me up, and give me an incredible start to beginning my education to become an OBGYN.

Working to become a CNA, I realize that I want to serve elderly adults and people and help them feel worthwhile and happy. I want to work as a CNA, then a Medical Assistant while in college, then become an OBGYN. The reason I want to be an OBGYN is because I want to help women. I want to deliver babies and help young moms, especially teen moms. Working at a hospital as a professional, I would like to talk to and listen to women about their experience of becoming a mother. I think this career is supportive and can help mothers who are struggling.

Women sometimes need another woman to work through all the thoughts, feelings, options, questions and sometimes they don't have anyone to talk to. I want to be that person.

I also want to become a foster parent. Fostering is a huge role, because children in foster care sometimes don't know what it is like to have a family. For me, I didn't have my mom around during hard times, so I know the importance of having a loving and caring example of a foster family. I would like to advocate for young people in foster care and out of foster care.

From my personal experience, my sister and I have had dramatically different stories while being in foster care. I hope to inspire people to know that even though we all come from different paths and circumstances that there is hope. I want to accomplish these things and help others realize their worth and know that even after the most ugly days, good days come.

When I was taking care of my baby in 2018, I missed a whole year of school, I never thought that I would be able to go back to school and even finish my high school diploma. Now, I have an opportunity to go to college and realize a bigger dream. If I receive the scholarship, it will help me achieve my greater dreams. Having the moral support and cheerleading from my foster family and friends has meant a great deal to me because life has been hard and I was by myself. I couldn't have done it without the help of many people. Aside from the support from the foster care program, I feel that this Soroptimist Organization can help me create great things in my life.





## MONTHLY MEMBER SPOTLIGHT

### Cathy Stevens

I was born on November 19, 1951 in Salt Lake City at the LDS Hospital. My parents had only been married a year and my father was attending the University of Utah. After two years my father transferred to BYU where we lived until he graduated and was accepted to dental school in Cleveland, Ohio. By then I had a little brother and my sister Becky was born in Cleveland. After graduation my father had an opportunity to do his Internship in the US Army. My parents thought the traveling would be a great experience for our family.

Over the next ten years we moved 4 times, Tacoma & Richland, WA; Marina, CA and Salinas, CA. My father was then transferred to Thailand and because of the start of the Vietnam War it was not safe to take a family, so my mother and four children by then moved back to Provo where we could be close to our grandparents. After returning from Thailand my father decided to leave the Army and set up his dental practice in Provo.

I graduated from Provo High School. I then attended Snow College where I met my first husband. It was a short marriage but I was blessed with two beautiful daughters. Living in Provo at the time, I got a job at the Training School for handicapped children in American Fork.

Five years after my divorce I met the love of my life Kent Stevens. I was then blessed with three more daughters.

Having a love for art and design, and the support of Kent, we opened a custom picture framing store where I worked for 10 years. We closed the store at which time I went to work in an art gallery called Artworks.

In 2000 I decided to start my own business again and with some interior design classes, I opened Stevens Design where I'm still working part time.

In 2008 I was asked to join Salt Lake Council of Women where I served on their board for 6 years and was President in 2011-12. While on the Council I met and served with Marilyn Tang who then invited me to join Soroptimist—I joined in 2011. I loved the Mission and the "Hands-On" service that Soroptimist was all about. Having 5 daughters myself, I felt that I had something to give back to other women and girls. I've loved being a part of such a wonderful organization.

For FUN I teach water fitness classes at the Sports Mall. I also enjoy golf, snow skiing and dance. When things get back to "normal"..... I love going to concerts.



## HAPPY VOLUNTEER WEEK!



It's National Volunteer Week! Whether you've helped mentor a young girl through our Dream It, Be It program, hosted a community fundraiser event, or served as part of our leadership team, doing good comes in many forms—and we recognize and celebrate them all. As a volunteer-driven organization, we want to take the opportunity to recognize the impact of your service and the power of our members to provide transformative opportunities for women and girls.

Thank you for all you do, today and always!

With Gratitude, SIA Headquarters



### Interested in joining our new SOROPTIMIST Rocky Mountain Region ONLINE CLUB?



Spread the Word!  
and Join us!

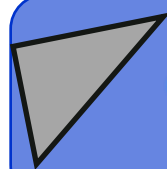
Zoom Informational  
Meet & Greet Meeting,  
with plenty of time for Q&A!  
**tbd - May 2021**

RSVP: [bonnie@alpinemedicalcody.com](mailto:bonnie@alpinemedicalcody.com)



SOROPTIMIST®

Investing in Dreams



# SOROPTIMIST CORNER



SOROPTIMIST®  
Investing in Dreams



*Rocky Mountain Region*

*Soroptimist International of the Americas*

*Soroptimist International*

## LET'S CELEBRATE SIA'S 100TH ANNIVERSARY!

Join us for a two-day virtual event to celebrate our bright past and brilliant future. Get to witness the opening of SIA's historic time capsule; experience a virtual exhibit of our early years; raise a glass to a special anniversary toast and happy hour; hear about our plans to Dream Big for the future; plus share in other social interactions and fun activities with Soroptimists from around the world!



### WHEN:

Day 1: September 25, 7:00 p.m., EST

Day 2: September 26, 7:00 p.m., EST

### WHERE:

Via Zoom

Stay tuned for registration information in the Live Events section of SIA's Celebration in a Box.

Also be sure to follow the SIA Facebook page for more details, using hashtag #Soroptimist100. We look forward to celebrating with you!



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SIA PRESIDENT-ELECT  
Ends April 29, 2021

- Jackie DeMartini, SI/Loomis Basin, CA
- Stephanie Smith, SI Oak Harbor, WA



## May 2021

Saturday	1st	May Day!	
Wednesday	5th	Board Meeting—Virtual	5:30 pm
Sunday	9th	Mother's Day	
Thursday	20th	Dream It Be It—Granite Connections	10:30 am
		Final Session	
Thursday	20th	Program Meeting—Scholarship Awards Ceremony	
Monday	24th	Newsletter Deadline	
Monday	31st	Memorial Day	



Carolyn Roberts	May 1st
Kymberly Wells	May 9th
Donna Visco	May 27th

## Words for Thought...

*"Sometimes the smallest step in the right direction, ends up being the biggest step of your life. Tip toe if you must...but take the step."*

## June 2021

Wednesday	2nd	Board Meeting	5:30 pm
Thursday	20th	Dream It Be It—Granite Connections	10:30 am
		Final Session	
Thursday	17th	Program Meeting	6:30 pm
		Installation of 2021-2022 Officers	
Sunday	20th	Father's Day	
Tuesday	22nd	Newsletter Deadline	

