

# Salty Soroptimist News

## May, 2022

Volume 1, Issue 9



**SOROPTIMIST®**  
**Investing in Dreams**

*Celebrating the past ~ Creating the future  
Where women and girls thrive, and dreams really do come true*

## President's Message

What a great month we have had! Our Dream It, Be It event was a huge success. I was so proud to see all the girls truly engaged the entire time. I know we had an impact on their lives. Our presenters were phenomenal. A huge shout out to Donna Visco who facilitated and to Carma Ingram, Dream It, Be It Chair for all their hard work.

I was thrilled to attend our first combined Peaks to Plains region conference. I was so proud of our Salt Lake Club's attendance. We had ten members attend which was more than any other single club. Attending conference together strengthened the bond of friendship and stoked the flame of our passion for all things Soroptimist. Plus, we had a lot of fun. There were many wonderful things about conference, but my personal favorites were:

☆ Legends among us. Fun fact, Joan Cromer, past president of SIA is in our region and attended. She is such an inspiration. Also attending, Michelle Burnett, new SIA Executive Director and CEO.

☆ Memorial Service for Marilyn Tang and Jodi Arave. We had a few laughs and we shed a few tears as we took time to remember the impact Marilyn and Jodi had on our lives and on Soroptimist at large.

☆ Surprise birthday party for Cheri and me. Gifts, cards, food, decorations, party hats, blowers, and, of course, CAKE.

☆ My installation to the office of District II Director. It is such an honor to be chosen to be on the region board for 2022-2024.

We still have many exciting plans for the coming months. Read the newsletters and watch your email for updates. Can't wait to see you again.

*Carolyn Roberts, President, SI of Salt Lake*

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# ***Peaks to Plains Region Hosts First Ever Spring Conference***

*By Angela Yarbrough*



Angela Yarbrough

The 82<sup>nd</sup> Annual Rocky Mountain Region and 107<sup>th</sup> Annual North Central Region Spring Conference was a blended success. It is official – we are now the Peaks to Plains Region. The combined Rocky Mountain and North Central regions converged in the Cheyenne, Wyoming Little America Hotel on April 29-30. Excitement was in the air and this conference did not disappoint.

The Conference began with the traditional Opening Ceremonies some of which were traditions that I had not practiced in over two years. (I am not ashamed to admit that I might have stumbled over a few words between the Pledge of Allegiance and the National Anthem.)

After the Opening Ceremonies, we quickly got down to business. Timekeepers and Pages were appointed, there was a Roll Call of Clubs, approval of Conference Minutes and Treasurer's Reports as well as recognition of First Time District Conference attendees and the recognition of the long-standing members. In addition, there was also the adoption of Transitional By-Laws and the Adoption of the Budget for the 2022-2024 Biennium. A highlight for me was the participation in the voting for the Region Board during which our very own President Carolyn was elected to become the District II Director! Congratulations Carolyn!!

Another highlight for the first day of the Conference was the ACE (Adverse childhood experiences) training. We learned that these traumatic childhood experiences occur most often in children between 0-17 years of age. These life changing traumas can occur when children experience violence, abuse, or neglect. ACE is not limited to these few, there are so many more. I was surprised to learn that ACEs are linked to chronic health problems, mental illness, and substance use problems in adolescence and adulthood. ACEs can also negatively impact education, job opportunities, and earning potential. The training on ACEs was relevant to us as Soroptimist because we work with a population of women and girls that may have or are currently experiencing ACEs and are living with or experiencing the side effects. We learned that ACEs are preventable and that we should work to strengthen economic supports to families, promote social norms that protect against violence and adversity, teach skills, and connect the impacted youth to caring adults and activities that lessen immediate and long-term harms. For more information, you can watch a Ted Talk by Nadine Burke Harris on ACE. [Nadine Burke Harris: How childhood trauma affects health across a lifetime | TED Talk](#)



That evening the Salt Lake Club enjoyed dinner at a local restaurant and birthday celebrations for Cheri Richardson and Carolyn Roberts.



On the Second day of the Conference, we were provided with details on the [Dream Big Campaign](#) and watched presentations from the winners of the Live Your Dream Awards. A highlight during the second day was listening to our very own Carma Ingram share our clubs Dream It, Be It experience.

Another highlight was a presentation on Human Trafficking by Ashleigh S. Chapman. It was surprising to hear that Human Trafficking is happening under our noses and we are just not aware of it. Ashleigh was a USA Today's Women of the Year honoree from Wyoming. She leads several organizations dedicated to preventing trafficking. Her organizations include [Altus Solutions](#), powers solutions to end trafficking; the [Alliance for Freedom, Restoration and Justice](#), a non-profit that's connected more than 10,000 anti-trafficking advocates across the world; and [Justice U](#), an online learning platform where people can learn the basics of how to identify human trafficking. You can go to the Justice U website to learn more about Human Trafficking and how to prevent it.

There were so many wonderful presentations and informational updates, but I do not have space to mention them all. Thank you to everyone that contributed to make this Convention fun and productive. Thank you for allowing us to be your delegates.

## ***Thoughts on Spring Conference***

*By Carma Ingram*



Carma shares our Dream It - Be It project with the conference.

It's rewarding to attend Spring Conference and walk away with new ideas, new perspectives, new friends, and new experiences. Ten members of our club traveled to Cheyenne, Wyoming to participate in the annual Spring Conference. Members attending included Carolyn Roberts, Rita Offrett, Pat Murdoch, Barbara Rosner, Carma Ingram, Jan Crane, Cheri Richardson, Angela Yarborough, Loretta Peterson, and Teresa Just. In addition to meeting with all the members that we know from Districts I, II, III and IV, we also met new members that are joining our Peaks to Plains Region and will now be Districts V and VI.

While we are complaining about the drought and no snow in Utah, our Minnesota members were talking about snow and 6-foot-deep permafrost. On Friday night, our club went out to dinner and finished up with a surprise birthday party for Cheri and Carolyn, which was really fun! On Saturday night they introduced the incoming board, which included our new District II Director, Carolyn Roberts. The weekend was really fun and informative. I enjoyed all the speakers and felt a renewed connection to Soroptimist International of the Americas and all the good work each of the clubs is doing.



Cheri honoring Jodi Arave at Memorial Service



Jan honoring Marilyn Tang at Memorial Service



Carolyn being inducted as District II Director by Federation Guest Jackie DeMartini

## ***Save the Date: Garden Party Fundraiser***



Spring is here! This Garden party will feature food and drink, live music, and a silent auction, all to raise funds for our mission of empowering women and girls through education. Please join us!



## ***Qualified Charitable Distribution***

- **OR how you can donate to Soroptimist tax-free**
- **OR what was Jackie DeMartini talking about at Conference, anyway?**

*By Cheri Richardson*

Some of us are at (or are approaching) the age where we must take [Required Minimum Distributions](#) from our IRAs or 401Ks. Yes, this is the deal we made with the IRS all those years ago when we were allowed to contribute to these accounts pre-tax. As many of you know, the Tax Cuts and Jobs Act of 2017 increased the Standard Deduction to the point that many taxpayers can no longer deduct charitable contributions. The Qualified Charitable Distribution is a way to make a donation to Soroptimist (disclaimer: this strategy can be used for any charity or church) and not pay income tax on the contribution.

Two key points:

1. You cannot touch the money. It must be sent directly to the charity by your broker or custodian.
2. You have to keep track of how much was sent to charity. The tax forms you will receive will not have a special code to tell your preparer it was a Qualified Charitable Distribution.

Consult your accountant/tax preparer for details on how the Qualified Charitable can work for you.

## ***Dream It – Be It: Goal Setting and Career Workshop***

*By Carma Ingram*

On April 12<sup>th</sup> we held a one-day Goal Setting and Career Workshop at Granite Connections High

School. We had a number of our members there to assist and participate with the girls. Donna Visco was the lead presenter. Attending were Carma Ingram, Kym Wells, Rita Offrett, Loretta Peterson, Carolyn Roberts and Pat Murdoch.

The material presented was based on several of the Soroptimist Dream It Be It modules, which included



Discovering Your Dreams and Creating Achievable Goals. The girls were able to create a Dream Board and finish the day with actual goal setting.

We had Aura Gutierrez, one of our former Horizonte Young Parents, come and speak to the girls about her life experiences and how she had come from being a high school parent to now working for Horizonte as an administrative assistant and owning her own home. Much of what Aura talked about was relatable to these young women in high school. Carma gave a presentation on What Message You Would Most Want to Instill in Young Girls. The day included a lunch for everyone. We got a lot of positive feedback from the girls attending. Here are a few of their comments:

I loved this!!! This was great. I enjoyed every

moment. These ladies are wonderful and should do this for every high school!!

I really liked this little session about women and goal setting because there were many experiences and stories to be told. I related to Aura quite a bit when she said she felt for her mama regardless.

100% recommend this activity. Very motivational and realistic talkers. All the women are lovely.

You guys were extremely inspirational and have given me a new outlook on my future and life.

This taught me that goals/dreams can always be accomplished. I enjoyed every bit of it. I'd do this again and after today I will remember this. It showed me that my goals can happen.



Donna Visco, President Carolyn Roberts, Carma Ingram, Loretta Peterson, Rita Offrett, Pat Murdoch, Kym Wells at the Dream It - Be It Workshop

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

## ***Upcoming Events***

May 4 May 4 May 18 May 19 Jun 1 Jun 1 Jun 6 Jun 15 Jun 23 Jun 30 Jul 1	<ul style="list-style-type: none"> <li>• Board Meeting 5:30</li> <li>• Newsletter Deadline</li> <li>• Program Meeting: People Helping People service project – assemble buckets</li> <li>• SIA Civility Training</li> <li>• Board Meeting 5:30 pm</li> <li>• Newsletter Deadline</li> <li>• Georgia Presnell 103<sup>rd</sup> birthday party</li> <li>• Installation of new officers</li> <li>• Spring Garden Party Fundraiser</li> <li>• Membership Dues Deadline</li> <li>• Celebrating Success Deadline</li> </ul>
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## ***Happy Birthday***



KYMBERLY WELLS – MAY 9  
 DONNA VISCO – MAY 27



[Soroptimists believe in the power of dreaming big.](#) That’s why we’ve set a goal through our Dream Big Campaign of investing in the dreams of half a million women and girls.

That’s four times the number of women and girls we currently reach. It’s a big, audacious goal. But no more audacious than the courage and resolve of the women and girls our Dream Programs will impact.