

Salty Soroptimist News



President Carma's Message



Well ... here we go again! It's the end of a year and the start of a new year. Although we are taking a short break for the summer, we are already busy planning for the 2025-2026 year of activities and program work.

The theme that I picked for my Presidency this year is:

Dream Big for Women and Girls

I wanted to reflect on the things that we do using the Dream Big theme that is already used by

Soroptimist. When Soroptimists come together with a common mission, share their commitment and become involved in activities focused on the needs of women and girls, something magical happens. Women and girls are able to live their dreams, take control of their lives, and live according to their own values. Our dreams mean something to the women and girls we serve and I am so grateful to be part of this magic.

We have some really big things already in the planning for this year. Starting on Wednesday, August 13th we will hold a planning retreat at Pat Murdoch's clubhouse. Please write this on your calendar and come prepared to share your ideas and sign up for committees. On Friday, September 12th we have reserved Winchester Park for a Bingo night fundraiser. This fund raiser will include food and drinks, silent auction and some really fun Bingo games. Because this fund raiser starts so early in the year, we will be doing planning throughout the summer so we're ready to go and kick off this night of fun.

Remember ... you are all dreamers who work to make dreams come true for women and girls in our community and throughout the world. I am excited to be President again this year and look forward to working with all of you.

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*

Summer Picnic, Installation, and Inductions!

By - Carma Ingram

On June 12th we experienced a beautiful summer night with food and flowers. The energy of the evening was one of fun and friendship.



It was a beautiful meeting where President Barbara acknowledged and thanked her 2024-25 board and program chairs with flowers and thanks.

Then President Barbara made a beautiful presentation to our two **"Spirit of Soroptimist Award"** recipients, Michelle Jackson and Kathy Margaritis. Both Michelle and Kathy are newer members and have gone above and beyond to promote our Dream It be It agenda, Fund Raising and the Newsletter. Both have done so much that we gave this special award to each of them with a great big "thank you" for all they have done.



Loretta Peterson conducted the **installation of our new board** with flowers and a journal with President Carma's theme of "Dream Big" on the cover. Each person on our new board was able to attend and participate in our installation ceremony. It was really fun to have so many members of our club attending the meeting welcoming and acknowledging our new board.



Next we were able to **induct three new members**. Donna Visco conducted the induction ceremony and we inducted Bianca Atilano (formerly of the Latina club), Jen Fox (photographer who has donated already to our fund raiser with a photography package), and Illary Rosner (Barbara's sweet daughter who attends all of our meetings with her mom).

The whole evening was so very fun and we had 17 ladies attending, so a successful moment in time sharing our mutual goals and friendship!



New Member Induction conducted by Donna Visco: Bianca Atilano, Jen Fox, Illary Rosner

Picnic Finale... Thank You Barbara! *By - Carma Ingram*

Our final activity of the evening was a special gift and **thank you to Barbara** for all that she accomplished this past year in the capacity of president. President Carma thanked Barbara for all that she has done for our club, for her commitment, kindness, and dedication to helping women and girls in our community and throughout the world. The gift that we shared with Barbara was a beautiful glass art hummingbird hand crafted by one of our former members, Cali Letts. Barbara loved the hummingbird gift and it had a very personal meaning to her. Thanks to all who joined us for a fun night.



New 2025-2026 Board Members

Soroptimist Superheroes! *By - Donna Visco, Director at Large*

In every organization, there are individuals whose behind-the-scenes contributions make all the difference. In our club, we are fortunate to have such **graceful hearts**—women whose humility, generosity, and quiet dedication strengthen the soul of our club. I wanted to shout out and appreciate the following women as our Soroptimist Superhero!

Julia Vernon ensures our American Express grant information is meticulously maintained, helping us secure essential support year after year. She also plays a key role in coordinating American Express volunteers for our events making sure we always have the helping hands we need.

Cathy Stevens brings warmth and connection through her handwritten birthday cards and heartfelt messages. Her thoughtfulness reminds every member that they are seen, appreciated, and lovingly remembered.

Jan Crane, in addition to her commitment to our **Live Your Dream Awards**, lends her creative touch to our fundraising efforts by wrapping auction items with beauty and care. Her attention to detail adds value, making every basket feel truly special and meaningful.

To these women and the many others who give so generously; we offer our heartfelt thanks. Their quiet strength, unwavering support, and selfless spirit embody the very best of Soroptimist.

With deep gratitude to our amazing members!





Leading Through Change and Challenge –Summarized KM

This keynote presentation by **Libby Gill** focused on leadership, change management, and personal growth. She started out showing a picture of the boys in the hospital that were rescued from the cave in Thailand. The rescuers said all they had to work with was HOPE.

What People Want from Leaders: Stability, trust, compassion, and hope are essential qualities for effective leadership (*source: Gallup*). The Old English word for hope is Hopian meaning ‘to leap forward with expectation’. We have to believe that change is possible. Here are some key points she emphasized:

Set more goals

Set more ambitious goals

Have more success reaching goals

More satisfaction and less stress

1. Growth Mindset - Adopt a growth mindset, emphasize learning, effort (set goals), and embrace challenges. Don’t accept the limitations of a fixed mindset. Work with your group toward positive changes.

2. Why We Resist Change: Resistance stems from our biological hardwiring, habitual behaviors, fear of judgment, ineffective communication, and discomfort with challenging others. Remember that failure is an opportunity to grow.

3. Respectful Disagreements Will Occur: There are strategies for constructive dialogue that foster collaboration and mutual understanding. Ask leaders for advice on how you can best contribute to the group.

4. Together We Can Create a “Lift As You Climb” Culture: Soroptimist has outlasted many corporations from 1921 by working together on a common mission.

Change Management Framework:

- **Why is change necessary?** Define reasons, benefits, and consequences of inaction.
- **How to prepare for change?** Identify barriers and positive/negative impacts.
- **Roadmap for change:** Engage change agents, define actions, and roll out planned communications.
- **Have cultural alignment:** Provide training, reward positive behavior, and model hope.
- **Measure success:** Use metrics, adjust as needed, and **Celebrate Achievements!**

ASK YOURSELF -

“Hope sees the invisible, feels the intangible, and achieves the impossible.”

- Helen Keller



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**LEADERSHIP
SUPERPOWER?**

Put word or phrase in the chat.



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Soroptimist Leadership Round Table

On June 24th the Soroptimist held their third annual Leadership Round Table training. The training's purpose was to build others up and help people grow leadership skills to expand our world influence, personally and collectively as Soroptimists.

There were several speakers that addressed aspects needed to be a great leader and organization. The first keynote speaker was Libby Gill, a leadership expert that worked with several large corporations and is an author of six books. Her remarks inspired hope and helped us to have a growth mindset toward the future (summary on page 4).

SIA Board Member, Peggy Gentile-Vanmeter is leader of the **Code of Conduct Implementation** Task Force. They have surveyed members who terminated their membership and found that the main issues centered around members not feeling included, being unwelcomed, and having conflicts when expressing ideas. Harassment and bullying are never to be allowed in Soroptimist. One idea she suggested was for a member to ask to be put on the agenda to bring up new ideas/proposals that she would like to have considered. SIA will be launching a "Code of Conduct" agreement soon that they will have members sign.

Michelle Strawser, SIA Treasurer, spoke concerning making sure we are good stewards of our **club finances** and the importance of our finances supporting our mission. She encouraged caution in decision making and always keeping a 3-6 month reserve in the bank. Michelle emphasized being specific in our 'ask' of what the funds will be used for so that they can be tracked accurately. The Treasurer is an important role as well as the checks and balances that clubs have in place.

Stephanie Smith, Past SIA President, elaborated on the many **traits a president has** as she inspires members to be fully engaged in our work. What is the 'why' behind the projects that we choose? The president helps foster others leadership development and leads our mission forward. The president commits to personal growth as she exercises skills in leadership, communication, management, and technology. Delegation is key. She recommended <https://blog.soroptimist.org/>.

Melanie Kenny concluded the evening with a presentation on **Better Meetings** for All. She reiterated that each person should be respected and the importance of hearing people's viewpoints. Establishing "Rules of Order" and distributing them at meetings can help with that, as well as having an agenda, and a timekeeper.

I saved the PowerPoint (some with notes) presentations for all of these if anyone is interested in them. I enjoyed it and would recommend you attend in the future.

*Summarized by
Kathy Margaritis*

Getting to Know YOU!



Margy Russotto –Longtime Member & Supporter

I was born in Great Falls, Montana but my family moved to SLC when I was 5 so this is the place (*pun there, SLC natives will get it*) I call home. My sister, her son and his 5 kids, and my dad are still here in SLC and I spend lots of time with them. My two brothers and a niece live in California so I visit there often too.

I'm currently employed by a company based out of California that is a Third Party Administrator for Health Care Claims. My area of expertise is EDI (Electronic Data Interchange), basically a standardized way to send data electronically. I work remotely so it is very convenient for when I spend time at my dad's and my brothers, just need my laptop and an internet connection and I'm all set.

I joined Soroptimist in 1994 as I loved the mission and the international aspect of the organization. I visited our sister Soroptimist Club in Matsumoto, Japan and that was a lovely experience. Through Soroptimist I have met and made several lifetime friends. Pamela Bennion was SI Salt Lake's President when I joined, and we are besties! We have traveled the world together, Greece, Turkey, Spain, Costa Rica. And our most recent road trip to Vegas to visit with Andrea Sachs a Soroptimist from Germany that visited the Rocky Mtn Region (now Peaks to Plains) about 8 years ago.



New Member- Jen Fox

Hello! I'm excited to meet everyone!

I'm a boutique photographer, storyteller, and memory-keeper based in Utah County. I specialize in creating fine-art portraits that celebrate children, families, and the everyday magic of connection. My work centers around the belief that every child deserves to see themselves on the walls of their home... loved, honored, and remembered.

My passion for preserving memories stems from a personal experience: in my early thirties, I lost nearly all my memories due to childhood trauma. Faces stayed with me, but names, life experiences, and the little moments... were gone. Slowly, I began recovering memories through scrapbooks and printed images my mom had saved. But the years we stored only digitally? Lost forever. That realization shaped my mission: to help families preserve their most meaningful moments in heirloom-quality artwork: so no one is ever forgotten.

Soroptimist

Membership MILESTONES

Janis Nash	33 Years	7/01/1992
Margy Russotto	32 years	7/01/1993
Carma Ingram	22 years	7/07/2003
Kathy Margaritis	2 years	7/03/2023
Michelle Jackson	2 years	7/14/2023
Rachel Woodhouse	2 years	7/31/2023
Donna Visco	10 years	8/20/2015
Cathy Stevens	16 years	8/22/2009

July & August Birthdays

7/09 –Angela Yarborough

7/20 –Julia Vernon

7/23 - Pamela Bennion

7/25 –Margy Russotto

8/05– Barbara Rosner

**Happy
Birthday!**



Soroptimist, Rachel Woodhouse's daughter, has the lead in the play Freaky Friday, which plays from July 31st to August 4th. I'd like to attend. **Anyone wanting to join me let me know and I'll get tickets for a group.** Let me know what date works best for you. <https://www.ticketleap.events/tickets/bluffdale-arts-advisory-board/freaky-friday> From Carma



Jen Fox –continued

Before photography, I taught second grade for nine years. I've created training manuals, facilitated school-based interventions, and supported students with diverse needs in both classroom and one-on-one settings. I still find joy in teaching and uplifting others, which is one of the reasons I was drawn to Soroptimist.

To me, Soroptimist is about community, impact, and heart-centered action. I love being surrounded by women who lead with purpose and service. Whether I'm photographing to raise funds for causes like Courage Reins Equine Therapy, mentoring a high school senior, or participating in one of our club's service projects, I'm always looking for ways to use my voice and my gifts to make a difference.

When I'm not working or volunteering, you'll usually find me dreaming up themed photo experiences, chasing sunsets with my camera, or spending time with my family. I'm so honored to be part of this vibrant group of women making the world a better place, one life at a time.

LET'S MAKE JEN FEEL WELCOME TO OUR CLUB!

When an overworked mother and her teenage daughter magically swap bodies, they have just one day to put things right again. Freaky Friday, a new musical based on the celebrated novel by Mary Rodgers and the hit Disney films, is a heartfelt, comedic, and unexpectedly emotional update on an American classic.

FALL Fundraiser

Get ready to spread the word about our fun Bingo Night fundraiser. Let's recruit family, friends, and co-workers to help earn funds for our DREAM programs.

Point people to our website to register and/or donate if they're unable to attend.

We'll provide dinner and soft drinks for those signed up for the event (\$ 20). Players pay \$5 for each card they play on. Prizes will be given. Join us for lots of fun and to create memories.



A poster for a Bingo Night fundraiser. At the top left is the Soroptimist logo (a stylized 'S' in a square). To its right is the word 'SOROPTIMIST' in a serif font. In the top right corner, a yellow starburst contains the text '\$20 EVENT \$5 PER CARD'. The center of the poster features three overlapping bingo cards in purple, blue, and orange, each with several red 'X' marks. Below the cards, the words 'BINGO NIGHT' are written in large, bold, yellow-green letters with a black outline. The background is a dark blue brick wall. Below the title, the text reads: 'A fundraiser for a great cause! Help us support women and girls in our community with education and scholarships.' followed by 'FRIDAY, SEPT. 12 TH' in yellow. Below that is the location 'Winchester Park (1200 W. Winchester St., Murray)' and the event details '6:00 pm Dinner & Soft drinks • Games: 6:30 pm - 9:00 pm'. At the bottom, it says 'GAMES | PRIZES | FOOD' in yellow and 'For More Information : www.sisl.org'.

SOROPTIMIST

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

Thank You Soroptimist Volunteers!



Woo Hoo, we surpassed our 23-24 Year total by nearly 1000 hours in 2024-2025! Thanks to all members that have been working hard. Please track and report your hours.

July/August Calendar & SI SLC Member News

Mark Your Calendars

- 8/04-Board Meeting, 6:00-7:00 pm, Carma's house,
702 W Clover Crest Dr., Murray & Zoom
- 8/13 –Member Retreat, 6:00– 8:00 pm, Pat's Clubhouse
- 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
- 10/3-4 - District I & II Meeting, Boise, ID
- 4/24 or 5/1/26 - Spring Region Conference, Twin Cities
- 7/22-7/25/26 - Biennial SIA Convention,
Incheon, South Korea



Soroptimist Headquarters presents Trauma-Informed Practices Webinar

Do you want to learn how to best support program participants who have endured trauma on their path to education and empowerment?

Join us for our trauma-informed practices webinar on **Wednesday, July 30, at 6 p.m. (MST)**. Featuring Felicia Luo, MSED, MPhilEd, LPC, Assistant Clinical Director, Senior Psychotherapist, & Consultant, Mango Tree Counseling and Consulting and others.

[Register Now](#)

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