

Salty Soroptimist News



President Barbara's Message

Dear Members and Friends,



I hope this message finds you all well and enjoying the beauty of spring. As we embrace the month of May, I want to take a moment to reflect on our recent accomplishments and share some important updates and upcoming opportunities.

First, I would like to sincerely thank everyone who participated in the Plains to Peaks Region Conference. The event was not only informative and enriching but also filled with

camaraderie, inspiration, and meaningful connections. Our time together reminded me of the power we hold as women coming together to support, empower, and uplift others. I'm proud of how our club was represented and deeply grateful for the time and effort each of you dedicated to being part of this gathering.

As we move forward, I am pleased to announce that the Soroptimist Spirit Award nominations are now open. This award is a special honor that recognizes a member who truly exemplifies the heart of Soroptimists—someone who consistently demonstrates leadership, compassion, service, and commitment to our mission of improving the lives of women and girls. I encourage each of you to take a moment to reflect on who among us has inspired you and to consider nominating that individual for this meaningful recognition.

Looking ahead, we are preparing for the installation of our new board, which will take place in June. This is a significant and celebratory moment for our club as we welcome new leadership and thank our outgoing officers for their service. I encourage you to attend this event—it will be an excellent opportunity to connect with fellow members, support our new board, and renew our shared commitment to Soroptimist's vision and goals.

Your continued participation and enthusiasm are what make our club strong and vibrant. Whether you contribute through service projects, attend meetings and events, or share your ideas and feedback, every effort you make is deeply appreciated and contributes to our collective success.

Let us continue to grow together, support one another, and inspire the change we wish to see in our community and beyond.

With heartfelt thanks and appreciation,

Barbara Rosner

Inside this Issue

<i>President's Message</i>	1
<i>April's Club Meeting</i>	2
<i>Club Meeting continued & Upcoming Big Goal project</i>	3
<i>Soroptimist at the UN</i>	4
<i>Soroptimist at the UN continued - with pictures</i>	5
<i>Getting to Know Ann & Stress Management BG</i>	6
<i>Membership Milestones, Birthdays, & Stress Management at the Shellter</i>	7
<i>Region Fall Conference</i>	8
<i>Region Fall Conference</i>	9
<i>Board Meeting Actions & Thank You Volunteers</i>	10
<i>Mark Your Calendars, SI News, & Garden Party</i>	11

Board 2024-2025

Barbara Rosner - *President*
 Carma Ingram - *President Elect*
 Donna Schultz - *Secretary*
 Loretta Peterson - *Treasurer*
 Pat Murdoch - *Treasurer Elect*
 Donna Visco - *Director at Large*
 Rachel Woodhouse - *Delegate*
 Zulie Langarica - *Delegate*



April's Club Meeting - *From minutes by Donna Schultz*

Many SISLC members attended our April club meeting including: Barbara Rosner, Donna Schultz, Jan Crane, Pat Murdoch, Kathy Margaritis, Carma Ingram, Cathy Stevens, Carolyn Roberts, Michelle Jackson, Angela Yarborough, Ann Treacy, Teresa Just, Margy Russotto, Alisha Hancock, Loretta Peterson and guests Maria Mendez Ceron and Natalie Shiozawa from Horizonte Adult Education and Marley. We enjoyed visiting with one another while the presentation was getting set up and food was ordered.

President Barbara welcomed everyone and praised the club members saying that each member has the passion to serve, time to invest, talent to share and is dedicated to the club mission. Some of the superheroes of the club are Kathy Margaritis (DIBI Chair), Michelle Jackson (DIBI), Cathy Stevens (Sunshine Chair), Rita Offrett (Fundraising) and Donna Visco (Membership Chair). Barbara went on to announce the fundraising successes and challenges of the **Fall Fundraiser** totaling \$1,685 with the online auction. The **Spring Fundraiser** was a success with 130 people attending. The silent auction brought in \$6,340 and donations were \$4,400. People commented that the event was a lot of fun. We had multiple sites for checkout, so it was quicker. We made more money on the auction items than last year. The food was mediocre, and we need to grow our crowd next year.

Carma Ingram presented the 2025-2026 Board from the nominating committee that include the following:

President:	Carma Ingram
President Elect:	Jan Crane with Loretta Peterson (as alternate)
Treasurer:	Pat Murdoch
Treasurer Elect:	Donna Schultz
Director at Large:	Donna Visco
Secretary:	Michelle Jackson
Delegate:	Cathy Stevens
Delegate:	Kathy Margaritis
Past President:	Barbara Rosner



2025-2026
Board
2025-2026



April's Club Meeting Continued

Kathy Margaritis and Pat Murdoch gave reports on the impact of the **Dream It Be It and Big Goal programs**. Dream It Be It had 6 workshops in 2025 with training for about 128 girls. The sessions were at Granite Connections High School and Roosevelt Continuation School (8th graders). Some of the topics included vision boards, goal setting, values clarification and setbacks, and a Career Day with speakers working in a variety of fields. These DIBI classes are completed for the year.

The club has been doing two separate service projects that qualify as Big Goal projects. One is at the Women's Resource Center and the other at the Youth-to- Adult program at Horizonte. The training uses some of the DIBI curriculum but is geared more towards the different needs of the women we are servicing. By the end of May, we plan to complete 9 workshops with 140 women who have gone through the trainings.

We then heard from Natalie (teacher) and Maria (Adult Ed. Coordinator) from Horizonte Adult Education about how the girls have enjoyed the classes. They both had strong stories of resilience from when they attended the teen parent program at Horizonte and how Soroptimist impacted their lives. Not only did they participate in DIBI classes and mentoring, Maria benefitted from book grants and tuition help. They both expressed appreciation for our Soroptimist club and many of the members who had blessed their lives. They have both advanced in their careers and are completing education.

Barbara thanked everyone for attending and adjourned the meeting.



Please Join Us: Upcoming Big Goal Projects

Providing guidance, training, and resources to prepare girls and women overcoming obstacles to attain education and career success.

May classes:

- **Horizonte Rose Park: Friday, May 16**, our fifth session with special career speakers including Patty Shay (Career Counselor). **Arrive at 10:30 a.m.** (class 11-12:40). Address: 1400 W Goodwin Ave., SLC, Northwest back door, ring the bell.

It's a rewarding experience mentoring these girls and women during an important time of life's transitions!



Soroptimist at the United Nations

Commission on the Status of Women *By– Carolyn Roberts*

Since becoming a Soroptimist and discovering that we have representation at the United Nations, I have been curious about Soroptimist International's role in influencing global policies. My dream of seeing the United Nations in action came true in March when I had the privilege of attending the 69th session of the Commission on the Status of Women (CSW69) at the United Nations in New York City, accompanied by Peaks to Plains Region Governor Harriet Beck.

Soroptimist International – General Consultive Status

The Commission on the Status of Women is just one of many important conferences conducted by the United Nations. Soroptimist International is among the 6500 non-governmental organizations (NGOs) authorized to engage in United Nations meetings, each to a different extent. Soroptimist International holds General Consultive Status, the highest level of engagement. Only 2% of all participating NGOs have this distinction and authority. With this status, Soroptimist International has significant influence across numerous United Nations initiatives by engaging in debates, delivering oral presentations, and submitting written statements.

CSW69

The conference was held for two weeks in March with over 100 different meetings and sessions held each day. There were over 5000 people registered with 148 Soroptimist delegates. The Soroptimist delegates were visiting from over 30 different countries.

Harriet and I attended CSW69 as delegates, allowing us to access meetings despite not being official representatives. Various countries, organizations, and advocacy groups worked together to sponsor over 100 different sessions each day. Soroptimist International collaborated on an impressive 15 events. Navigating the choices was one of our biggest challenges, given the excessive number of meetings and the limited time available. We managed to participate in four meetings per day.

The sessions covered a myriad of subjects. Topics ranged from child marriage and the impact of artificial intelligence on women, to the fight against female genital mutilation and gender-based violence. Other sessions highlighted trafficked migrant workers and celebrated a story of three Extra-ordinary women. All meetings were thought-provoking and included a call to action. If you are interested in attending as a Soroptimist delegate in the future, you can apply to Soroptimist International of the Americas in the fall. There is no registration fee, but all expenses are the responsibility of the individual. If you would like to learn more, seek me out.



Soroptimist at the United Nations Commission on the Status of Women

By– Carolyn Roberts

Highlights

I'm grateful for this incredible experience and would love to share more about it. If asked to name three highlights of my trip, I would say the following.

Diversity – I loved seeing the diversity of ethnicities and social norms reflected in the languages spoken and the colorful cultural attire.

Energy – It was electrifying to be surrounded by passionate, like-minded people from all over the world and to feel the energy of their commitment to elevate the status of women everywhere.

Interaction with Leadership - Perhaps most inspiring of all was the chance to associate with Soroptimist International's leadership. I had the privilege of meeting Soroptimist International President Siew Yong Gnanalingam multiple times, as she delivered powerful speeches and participated in panels. We also interacted with other leaders such as Sue Riney, Dawn Marie Lemonds, Michelle Burnett, Ginger Cole, and Leigh Ellwood-Brown. I met two of the official SI representatives.



Sabine Reiman, Soroptimist International of Europe President-Elect; Carolyn Roberts, Peaks to Plains District II Director; Siew Yong Gnanalingam, Soroptimist International President; Leigh Ellwood Brown, Soroptimist International Director of Advocacy; Harriet Beck, Peaks to Plains Governor

“ Perhaps most inspiring of all was the chance to associate with Soroptimist International's leadership.”



Getting to Know YOU!

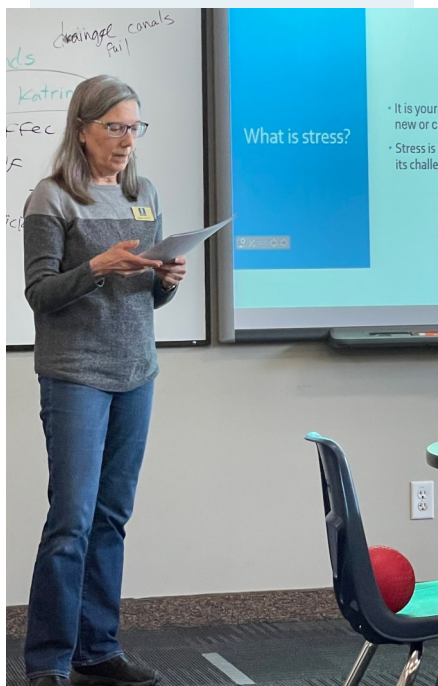


I have 3 dogs in my household along with a husband, brother, son, and daughter. I love to read, either on my iPad, iPhone or a book, and you'll always find me with an unsweetened iced tea or sparkling water. I believe in kindness to others, but still work on being kind to myself. I've been in Human Resources for over 30 years and still love my job. I've been a member of Soroptimist for over three years. I love the mission, but it has been such an honor getting to hang out with this groups of accomplished, kind, and generous women that makes being a member extraordinary.

Stress Management for Horizonte Students & Us!

On Friday, April 18th we had our 4th Big Goal class with 12 students at Horizonte Youth-to-Adult program. The girls were very engaged with the interesting presentation that Donna Schultz had prepared which included journal writing prompts and chair yoga stretches. The short breathing and meditation that Carma Ingram taught, was the final stress release piece. It was so helpful to listen to this great lesson about recognizing stress symptoms and practicing techniques to manage our stress. Additionally, Michelle Jackson taught the girls about creating resumes using action verbs, writing cover letters, and interview techniques. Most of the girls have had jobs (or do) and seemed to understand the importance of putting themselves out there professionally. Kathy Margaritis assisted with encouraging the girls at their tables, but mostly enjoyed the exercises for stress release.

Some ideas that were discussed were recognizing the physiological signs when you are becoming anxious or stressed and breathing through those initial moments. Many times stress comes from not being in the present but thinking about the past or fearing for the future. When negative thought come, notice your thoughts without judgement, challenge you thoughts (what is my evidence?), and reframe your thoughts to be more positive and self supportive. It was emphasized how important self care is and the yoga and meditation were examples that they were able to practice. Thank you to the Soroptimist that supported us in sharing these important life skills with these young women.



Soroptimist Membership MILESTONES

Cheri Richardson	23 years	4/23/2002
Donna Schultz	13 years	4/24/2012

No members joined in May or June

May & June Birthdays

5/01 –Carolyn Roberts

5/09– Kymberly Wells

5/27– Donna Visco

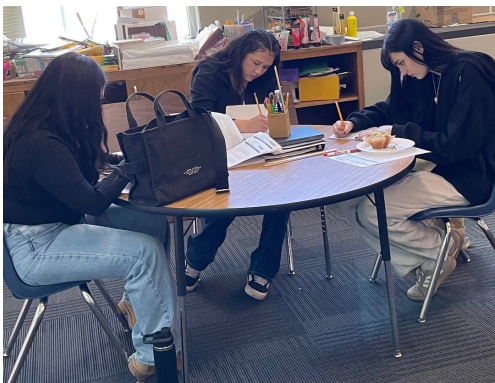
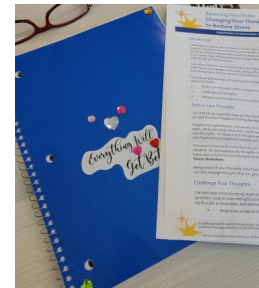
Happy Birthday!



Stress Management for Women's Resource Center – by Jan Crane

Saturday, April 19th was the Women's Resource Big Goal presentation- this time on STRESS! presented by Donna Schultz. Five ladies showed up to learn some coping skills- and boy, do they need those skills in their situation. It was hard to hear some of their stories!

Each woman received a notebook, which they decorated, and some excellent handouts. Donna engaged the group with thoughts on causes of stress and ways to cope. She led them in a few exercises to help alleviate stress, while Carma did a short guided meditation. Jan and Pat were there to assist. The ladies were really warm and friendly and contributed to the discussion, and the Soroptimists enjoyed the interaction, too.



Horizonte girls writing in their journals that Soroptimist provided.



Carma, Donna, Jan, and Pat at Women's Resource Center, Big Goal class.

3rd Peaks to Plains Region Spring Conference

Alternate Delegate Summary by Kathy Margaritis

Fort Collins Colorado treated us to beautiful sunny days and the smell of spring lilacs, when we were able to make it outside to enjoy. The conference was packed full of many knowledgeable speakers, fun connections with members, good meals, and cute goodie baskets to buy. Governor Harriet Beck called the conference to order and started the opening ceremonies. I was impressed by the official nature of our organization and the patriotic pledge and song.



SI SLC club members that attended conference: Kathy, Carolyn, Cheri, Carma, Diane, Loretta, Pat, Ijari, Barbara, and Michelle.

We were then honored to hear from **SIA International Board of Directors member, Melanie Kenny**, from SI of Saskatoon in Saskatchewan, Canada. She spoke of the need to embrace change for growth and to remain relevant in the world. Stressing that we create an inclusive environment within our clubs, she recommended three vital actions:

- 1) Listen actively and hear what is being said.
- 2) Be respectful and treat others with kindness.
- 3) Speak up if you see someone that's being disrespectful, quietly help the person to see the impact of their behavior on others.

Melanie encouraged us to embrace change, celebrate our successes (share our stories), and commit to inclusivity!

Region Pillar Presentations filled the afternoon with many good ideas being presented. **Engagement/Membership**- Combating the Great Membership Decline was presented by Kelly Eissinger. It was noted that volunteering needs to be valued and celebrated and meetings need to be fun, friendly, and include hands-on projects. We should increase our efforts to build membership, and tap into under represented groups by highlighting our accomplishments and showing how our programs promote change for girls/women in our community. Promote the benefits of membership such as building connections, access to leadership development, and a purpose of making a tangible impact. Our efforts can be highlighted through several ways which were highlighted in the **Recognition/Public Awareness** presentations by Linda Tremeling and Meslissa Watson. Their comments centered around utilizing social media and having an effective website. Consistently post something interesting weekly (on a variety of sites), emphasizing accomplishments and why we are passionate about our mission. Always use the Soroptimist logo and hashtags like #Soroptimist #nonprofitorganization #Peakstoplainsregion and #DreamitBeit, etc. The question is "how well do we do social media," not "if we do social media."



Region Board with Melanie Kenny of SIA International Board of Directors



Board Procession, Carolyn Roberts



Board Procession, Cheri Richardson

The *Impact/Program Pillar* was presented by Jennifer Erickson and she relayed SIA's goal to reach 500,000 women and girls by 2031. To stay on track, we must increase our Live Your Dream awards and Big Goal projects by 10% each year; the Dream It Be It programs must increase each year by 25% until 26-27 and by 15% until 2031. She emphasized keeping an open mindset and trying again. One idea was to ask a local business to support a LYD scholarship and utilize them as a judge and participant in awards. Focus on how we can impact more women with our Big Goal projects.

Philanthropy/Fundraising with confidence was presented by Ann Rutledge with an emphasis on fostering long term connections and strengthening our approach. Think of the "ask" as an invitation for them to help you create meaningful change. Utilize storytelling for emotional connection, networking, and be transparent with what their donations directly support. Be sure to recognize donors in many ways.

Carolyn and Cheri showed us the Peaks to Plains website and explained that registration would now be directly on the website: Peaks2plains.square.site (*check it out*). The day finished off with an informative presentation by Carolyn and Governor Harriet about their trip to the UN (see page 4-5 for Carolyn's article/pictures).

Saturday morning started with a Celebration of Life Memorial Service honoring many soroptimists that had passed away during the year. We were inspired learning about several women that had contributed greatly to our mission during their lives.



Muy bueno Mexican food for our club's first night out (above).

Carolyn's birthday dinner and great treats, Friday night out.



The keynote speaker was Maria Tell, Founder of *A Courageous Rose Foundation*, supporting survivors of human trafficking (www.acourageousrose.org). Maria began by telling us that she was at this same hotel five years ago with her trafficker, hunched over looking at the floor, with a black eye, a branding tattoo and no one noticing her. These are just a few of the red flags that she brought to our attention. She emphasized that trafficking happens everywhere, she was recruited on a CO college campus but ended up in a very rural area eventually. Hers was a story of resilience in escaping from her captors and making a new life for herself and her children. Dedicating herself to helping survivors has also been essential for her healing journey.

The Live Your Dream luncheon celebrated Region LYD award winners. We were able to see video's or hear speeches from all of the winners. Our Salt Lake City first place winner, Rosemarie Garduno, won 5th place at Region and gave a speech of gratitude to Soroptimist and commitment to her goals.

Official visitor, Melanie Kenny, gave us a call to action. She encouraged members to complete our journey of personal growth through change. The stages of change are denial, anger, acceptance, and lastly adaptation. Identify when you are experiencing change and appreciate how it can help you become resilient!

Each district director recognized their clubs for the accomplishments they have made during the year. Governor Harriet announced upcoming conference dates and adjourned our official meeting, inviting all to the evening banquet dinner.

SLC Soroptimists enjoyed dressing up Mardi Gras style for the evening banquet and entertainment. A local folk singer presented a program, but no lively dancing, boo hoo!





Board Report and Action Plan - May 7th

Board Summary

- ◆ Due to SIA increase in dues, Board discussed and approved a \$5 increase in dues for the 2025-2026 club year. Dues will be \$160 if paid by cash or check. They will be \$165 (includes \$5 credit card fee) if paid on the club's website.
- ◆ The Board approved annual club giving to SIA of \$1,250.
- ◆ The 2025-2026 Board is as follows:

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

Action Plan

- ◆ Cheri will update the website for the increase in dues. Loretta will send invoices out to club members. Dues must be paid to SIA by June 30th.
- ◆ The June meeting will be Thursday, June 12th at 6:00 pm. We will have installation of new officers and the Spirit of Soroptimist award. Look for upcoming flyer by email.
- ◆ Fall fundraiser will be September 12 at Murray Park, Winchester Pavillion. Details will be sent to members soon.

Thank You Soroptimist Volunteers!



Woo hoo, we surpassed our 23-24 Year total hours! Thanks to all members that have been working hard.

Please track and report your hours * to

Loretta Peterson, by the month end,
Loretta_Peterson@PremierInc.com

*** Reported volunteer hours help us when applying for grants.**

April/May Calendar & SI SLC Member News

Mark Your Calendars

- 5/16 - Horizonte Rose Park Big Goal class: Meet at 10:30 (class 11- 12:40) 1400 W Goodwin Ave., SLC
- 6/04 - Board meeting, 6:00 pm, Zoom
- 6/12 - **New Board Induction**, 6:00 - 8:00 pm, Bring a potluck item, Carma Ingram's house: 702 W Clover Crest Dr., Murray, UT
- 6/24 — Leadership Roundtable—6:00-9:00 p.m. EST
[2025 Leadership Roundtable: Zoom Event Registration](#)
- 9/27 or 10/4 - Fall Region Conference
- 4/24 or 5/1/26 - Spring Region Conference, Twin Cities
- 7/22-7/25/26 - Biennial SIA Convention, Incheon, South Korea



SoroOptimist International of Salt Lake City

P.O Box 571021
Salt Lake City, UT 84157-1021
www.sisl.org



SOROPTIMIST®
Investing in Dreams

