



Salty Soroptimist News

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Soroptimist
of
Salt Lake

President Jan's Message

Theme 2014-
2015
"Make Time To
Make A
Difference"



looking for solutions and ways to better people's lives- especially the lives of women.

We were also happy to present the Ruby Award to Tammy Goldthorpe, who has likewise dedicated her-

hearts. They are not famous, or wealthy, or powerful in society- but what they do in their little corner of the world helps to change lives. I think that is much like Soroptimist- we do what we can- one program, one fundraiser, one award, one presentation, one scholarship at a time- reaching out and touching lives of women and girls. We make time to make a difference, and each person whose life we can affect is better for it and can then go on and affect the lives of others. Thank you, my dear Soroptimist sisters for being so AMAZING and for giving of your time, talent, and treasure so generously. Hugs to you all, Jan



self to helping women discover who they truly are and to heal from past wounds through her Women Are All Sacred workshops. Each of these amazing women had such a beautiful spirit about them and their passion and love shone from their

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At our program meeting in April we were happy to present a check to the Domestic Violence Council's Link Line. Representing the council was Jennifer Czech. Jennifer has devoted her career to helping those who struggle- she has always been involved in

STOP
Violence Against Women

Granite/Horizonte Young Parents

By Carma Ingram

We always love it when Janis Nash comes to Granite and Horizonte to speak to them about How Money Works. In fact, when our Horizonte Young Parent teacher, Kathy Williams, heard that Janis was our pre-

they wait until they are older and even put in the same amount as they would have while they are young, they will not have the long term investment advantage.

She understands that right now they are young and just need to learn how to save money for life and every day emergencies. She told them the story of one of our Horizonte graduates that she met to buy her books. When she met Aura, she was upset that she was broke, needed a car and needed not to live with her mother any longer. Janis told her to write on several envelopes goal items that

needed cash. These envelopes would say Car, Rent, Savings, Emergency. Aura was to put money from her check into these envelopes each pay day and not touch that money for extravagances like movies or treats at the 7-11. Aura took Janis's advice and before long she was surprised to see that she had saved enough money to pay cash for a little used car. She also was able to move herself and little daughter

**Janis Nash teaches
our Young Parents
on How Money
Works**

into a studio apartment. Aura has since finished college and is married with another child and working in the administration at Horizonte. Janis advice saved this girl's life and helped get her on track for a successful, secure future.

Thank you Janis for your wise advice and sharing with these young women. We all wish we would have heard this talk when we were their age.



Kathy Williams, Horizonte, Janis and Carma

senter, she said she was so excited hoping that Janis would be there to present on How Money Works. Janis owns her own accounting company and is able to talk to the girls about first of all managing their money, and secondly securing their long term future.

Janis talked to the girls about saving money so they could invest in the market through Mutual Funds. She explained how banks pay very little interest on your money and don't help you with retirement. She explained that they have the advantage of time on their hands. If they save money now and start a mutual fund investment plan now while they are young, they will have millions for their retirement. If



Pat, Carma, Janis, and Julie Ericksen, Granite

SISLC Presents \$1,575 to Utah Domestic Violence Coalition

By Cheri Richardson

Jennifer Czech, the Volunteer Coordinator for the Utah Domestic Violence Coalition's *LINKLine*, spoke to our club at our April 22 meeting.

LINKLine is the first and only state-



wide, toll-free, confidential and anonymous line that individuals can call to receive assistance with domestic violence issues. The *LINKLine* operates 24 hours a day 7 days a week. All calls are answered by trained domestic violence specialists. Jennifer's job is to recruit and train volunteers for this critical service.

I was honored to present Jennifer a check for \$1,575 – the money raised at our 4th Annual Crop 'til It Stops scrapbooking fundraiser. The money will be used in support of *LINKLine*.



Ruby Award Winner—Tammy Goldthorpe

By Carolyn Roberts

The Ruby Award honors women who have worked to improve the lives of women and girls through their professional and volunteer work. This year's award was presented to Tammy Goldthorpe by Carolyn Roberts and Rini White.

Tammy is intuitive and through her spiritual practice in the ways of Lakota Native Americans and the guidance from a Native Lakota Elder, she has developed a way to help women work through the source of life's traumas and heal their wounds. She leads 3-day workshops in a beautiful remote cabin where women can bond, creating a unique synergy as they work through different exercises to cope with lifetime scars. The workshops are considered sacred because of the emotional and spiritual healing that goes on there. The women leave the weekend with a deep sisterhood and a feeling of renewal.

She has helped women heal the emo-

tional & mental scars from abuses such as mental, physical, and sexual abuse; from grief because of those long forgotten things that crushed us as a child and shows up in our adulthood as different dysfunctions. She has helped many women with addiction issues get into rehab, acting as an advocate in getting centers to accept the women and helping them and their families heal by working directly with them to understand and heal the dysfunction that is a part of the whole cycle.

Through Tammy's House of Heart she hopes to create a safe place for all to come and be able to safely heal and renew themselves.

It was an honor for our club to give this award to Tammy Goldthorpe. Carolyn Roberts and Rini White were the chairpersons for this award.



Spring Conference 2015—Ogden, Utah

Laura Arellano Keynote By Cheri Richardson



The leadership keynote was presented by **former SI SLC member** Laura Arellano. She introduced us to the concept of *discretionary effort* – the level of effort people could give if they wanted to, above and beyond the minimum required. In a volunteer organization – even in a business situation – motivation and engagement is critical to get people to give their best.

So how can we become leaders that volunteers will want to follow? Laura shared that people are hired and promoted – and given more opportunities – based on their likeability. Harvard Business Review recently released a study that found that people will tap discretionary effort for leaders with:

Strength – competence, credentials

Warmth – trustworthiness, likeability

Laura shared that Emotional Intelligence – or interpersonal skill intelligence – is a measure of your likeability. Unlike your IQ, which is fixed, you can develop your EQ (emotional intelligence quotient) and build on it.

She also shared tips on body language and how using proper body language can help you to appear credible or approachable. Use *Credible* when you are delivering information. Body should be standing straight, weight is even on both legs, voice tone is solid, and sentences have a period at the end. Upper body is closed in, palms

are in. Use *Approachable* when you are seeking information. Upper body should be opened up; voice tone should be more fluid. Uneven weight, palms out, movement is fluid.

Laura gave us some helpful tips for conversation with employees and/or volunteers when the message is negative or correcting.

Speak about the issue, not the person

Use “I” messages

Use “and” instead of “but”

Be specific and positive

Through her very interactive presentation, Laura presented a number of techniques and tools that we could choose from to help us lead, nurture and motivate volunteers – and get them to go beyond discretionary effort.

Tamra Sipes Keynote By Carma Ingram



Tamra Sipes is the SIA Fund Raising Council Chair and was the guest speaker from SIA.

Tamra talked about the new Live-YourDream.org brand change for SIA that opens up our club to funding from people who want to support our cause with funding without specific activity in clubs. She talked about opening your heart and minds to embrace change which allows younger women to find comfort in the clubs. We are striving to become well known, respected, innovative, inclusive—allowing all women to Live Their Dreams. Let's Dream It. Let's Be It!

Governor's Project: Children of Peace

She joined Soroptimist with the belief that she could make a greater difference at improving the lives of women and girls through an organization working together, unified, rather than as an individual working alone



Children of Peace is our Governor Rebecca Mason's Project for her biennium. Binh Rybacki of COPI spoke to us about her project. \$45 per year sends a child to K-12 school in Vietnam.

The Little Rose Shelter houses at risk girls age 6-18 who have been sexually assaulted, sold into sex slave rings. Little Rose School is to protect and remake the girls broken lives. They provide education and vocational



training, encouraging the girls to find their talent and self worth. They now have a network of doctors and policeman who bring the children to COPI. Our donations help make these children whole again.

Spring Conference 2015 (continued)

Governor Rebecca Mason



Governor Rebecca Mason asks us to go the extra mile individually to help people in our life and find ways to write a kind note, and encourage the lives of others in our own way.

Governor Rebecca also took a moment to recognize our newest regional club, SI Latinas of Salt Lake. President Josie Valdez stood next to Governor Rebecca to accept this honor.

The Region also recognized first time attendees to Conference. Our own Carolyn Roberts was in this honored group



Storage Shed Cleaning and Organizing

By Sheri Hoffman

After our amazing Gala and our public awareness event with the restaurant association, it became evident a lot of time was being spent in trying to locate and put away items in our storage. I'm sure a number of you have experienced looking for "what box is the marketing info in? Where are all the pens? What do I do with these leftover

event items?" Hopefully, Carma, Jan and I have addressed this problem.

Clear storage boxes, reorganizing, and a lot of labels has made it easier to identify the contents of each box. BWS has its own area, decor items are located in another, club records has its own space. Wow! You can find things now

and they are protected from the elements.



The Pros and Cons of Arguing at JO&AC

By Ann Florence

How to you turn seven young women, a Soroptimist club, and seven gooeey, chocolatey candy bars into an evening that is not only delicious but actually informative? Well, you just do!

This month at the Juvenile Observation and Assessment Center, we explored the in's and out's and pros and cons of arguing. Yes, arguing! To most of the girls, the word "argument" has negative connotations, but we learned that it's important to know how to express and defend your point of view in the most effective ways.



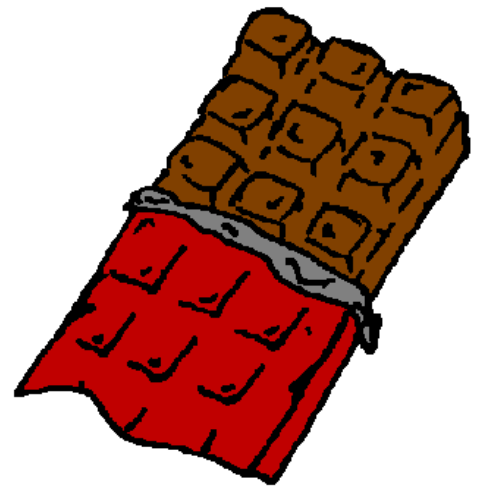
their daughter for a privilege. First the daughter used all the usual teen-age tactics (emotional reasoning) and then tried a more logical approach.

Every speech was delightful! We insisted that the girls stand tall, make eye contact, and speak clearly. We didn't let anyone off easy! Each girl has to appear in court before leaving this program, and one of the girls exclaimed, "This is exactly what we have to do when we go see the judge!" Another chimed in, "I know what to do when I talk to him now!"

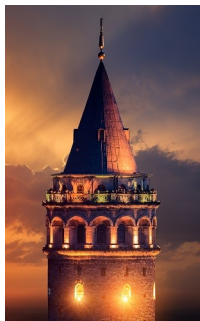
It was indeed a delicious and rewarding evening for all.

To begin, I explained the differences between emotional reasoning and logical reasoning and how they use different parts of the brain. The girls all agreed that they had often tried to convince their parents to let them do something or go somewhere by using whining, tears, and yelling! We laughed as the girls took turns role-playing parents being asked by

Finally it was time for the most important thing--candy bars. Each girl chose her favorite bar and, using a printed outline, prepared a speech to convince us that her candy bar was the best, most scrumptious and satisfying one ever. Their speeches had to include a catchy beginning, three facts, and a convincing conclusion.



Soroptimist International Convention July 9-12, 2015



This year the Soroptimist International Convention will take place in Istanbul, Turkey. This Convention is much more than a conference. It is a place where women



from all over the world come together to give, to share, to learn from each other, to be together in friendship. This year's

SI Convention will be a remarkable event. We will reflect on the past, celebrate the present, and imagine our future. We will come together to share and develop fresh ideas for empowering women! A number of our members are planning to go. Let Jan Crane know if you will be there.

Soroptimist of Salt Lake

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Soroptimist of Salt Lake Dues 2015-2016

Soroptimist International of the America's (SIA) 2015 By-Law
Changes for Member Dues:

2015-2016 - increase \$16

2016-2017 - increase \$2

2017-2018 - increase \$2

Total increase over 3-years: \$20

SISLC approved member dues increase from
\$120 to \$140 for 2015-2016.

New Member dues (July-Dec) \$150

New Member dues (Jan-June) \$114

Invoices will be sent to all active members. Submit payment to
Teresa Just, Treasurer, no later than June 5, 2015. If you miss
the renewal date, a \$10 reinstatement fee, is required, increas-
ing your dues to \$150.

May Calendar and Member News

May Calendar Mark Your Calendars ...

Board Meeting	May 4	6:30 pm
Granite Young		
Parents	May 13	9:00-10:00 am
Horizonte Young		
Parents	May 15	8:20-9:00 am
JO&AC	May 21	6:00-8:00 pm
Business Meeting	May 27	5:30 pm
Program Meeting	May 27	6:30 pm
Cottonwood Country Club		

May Birthdays

Carolyn Roberts	May 1
Mary Clark	May 8
Laura Lee Madsen	May 18
Shirlee Draper	May 19
Donna Visco	May 27

