



From our Presidents

Not sure where to start with this month's president message.... there's so much going on south of the border its hard to focus....

What it has brought into focus is the need to take care of each other and others in our community, particularly women and minorities, 2 groups who seem to get pummeled in every societal shift, whether its COVID lockdowns, recessions or a misogynistic dictator casually inserting himself into our neighbour and largest trading partner's government.

This makes the work we do in Soroptimists all the more important. It's going to be a hard few years and the numbers in the programs we help are probably going to grow and our donations and sponsorship \$ may decline.

Thankfully our club is in a strong position. We are almost 50 members and growing, we are bringing in strong capable women and we have a lot of long term members who know the ropes and can help our less experienced members as they join in with our programs and events. Plus we have members working on grants, & members keeping strong relationships with our community partners, to help them keep seeing the value our programs bring to the community and hopefully continue to support us.

As with all growing teams there are growth pains, and our club is no different. With this in mind, the board have been having discussions on what we can do to try & help smooth these pains. A few initiatives came up that I mention below and you will hear/have heard more at the business meeting/read in e-mails or our newsletter.

1. As per Renee's e-mail and newsletter item, and Megan will discuss at the meeting. We are having various fundraisers/ social occasions that if people REPLY ALL if they are going, others can see members are attending which might encourage them to come too.

2. As mentioned in last month's newsletter; a few of us meet 5pm each Wed at Samz in Poco for dinner before the business meeting. If you want to come, just come, I guarantee a few Soroptimists will be there every month. We all sit round a big table, talk and eat. You will easily slot in. If you don't want to

Your Executive They're here to serve you!

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Past Presidents

April Birthdays

Shari Workman—April 2
Janice Wharton—April 3
Vanessa Asaad—April 3
Julie Silgailis—April 15
Joanne Morton—April 16

show up alone, call someone in the club and ask them to come with you so you can show up together

3. We have found that the more an individual member gets involved in our programs and events, the more enjoyment they get, and 'part of the gang' they feel. But we also realize it can be a bit intimidating and we all suffer from the "I'm not good enough" syndrome or "It's too much work, I don't have time" that most women experience, you are not alone!!

We are also learning that a 'general asking' of the club if anyone wants to step into a position is not working.....When I (Megan) first joined 20 years ago the club was a lot smaller and we needed ALL members to hit the ground running. At my very first meeting I was TOLD I was in charge of the tickets for the upcoming Gala plus on the Silent Auction committee. I was terrified!! I had NO IDEA what the gala was or what I was supposed to do!! But once the Gala was over I had learned a lot. I realized I wasn't alone, I was surrounded by people who knew what to do and could show me, and I had the beginning of some friendships within the club starting to form. My heart was embedded in the club and I'm still here 20 years later.

We already have our Board for next year (2025-2026) and hopefully all/most committee chairs returning. This gives us a year to work on how to get others to step into some of these roles (as per Shari last month we have enough members to have a completely new board every year for the next 7 years and not use the same person twice).

So we are going to start approaching some members one on one to specifically ask if they would start shadowing/co-chairing some committees/board positions so they can learn the ropes and see that it's not as intimidating as it appears. With that in mind if there is something you might be interested in but were too nervous to step up, we encourage you to reach out to the person in that role or any board member. We can meet for coffee and chat about what it involves.

Reach out to a friend in the club and ask if they want to co-chair something in 2026-2027 and you can both shadow the 2025-2026 person. As Co-Chair President I can totally recommend co-chairing any position! So much better on so many levels!

There are too many of us who know the ropes and no-one wants to see you fail. As per the current Co-President's mantra "Did anyone die?" or our WCR governor and club member, Chari's mantra "Dare to suck" we are all scared of messing things up/don't think we are good enough, but we are good enough! Many hands make light work and keeping our club thriving and continuing the good work we do is going to be even more important as Canada navigates the next few years.

Please help us keep our club and our programs strong, too many women (in and out of the club) rely on Soroptimist of the Tri Cites.

Megan & Shari
Co-Presidents.



FACES book launch

Submitted by Nancy McCurrach


On March 2nd five members of Soroptimist International of the Tri Cities attended the inspirational FACES book launch at the Coquitlam library. The book was unveiled as a lead up to International Womens Day. The book contains 50 stories from women in Tri-Cities; Stories of Women with Vision, Strength & Inspiration. Three are members of our club: Darlene McCann, Linda Kozina and Nancy McCurrach. Each references her involvement with our club along with other noteworthy accomplishments. Cathy Cena & Genevive Kyle-Lefebvre co-curated the impactful FACES book and are working on FACES book #2. If you have a story to tell please reach out to them. If you are interested in getting a FACES book, copies are now available at Western Sky Books in Port Coquitlam. The book is ranked as a #1 best seller.



FACES TRI-CITIES

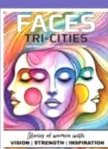

Launch day is here! #IWD2025
 Faces of the Tri-Cities is now available, buy your copy today! This inspiring book honours the journeys of 50 remarkable women making a difference in our communities.

"I'm honoured to be a **co-author** and to share my story alongside so many incredible voices.
 #AccelerateAction"
 - Darlene McCann




Darlene McCann

BOOK LAUNCH
 MARCH 2nd 2025
 amazon

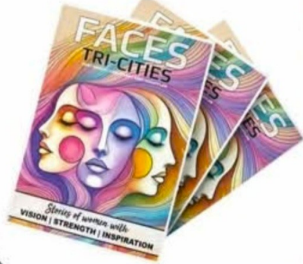
FACES TRI-CITIES

"Excited to announce that I'll be **co-authoring** **Faces of the Tri-Cities**, a book celebrating the inspiring journeys of women making an impact in their communities. I'm honored to share my story alongside so many remarkable voices." - Linda Kozina



Linda Kozina

BOOK LAUNCH
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FACES TRI-CITIES

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Nancy McCurrach

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give her wings gala

Submitted by Renee Chamberlain

Give her Wings Gala

Have you got your tickets? Why not bring a friend. This is our biggest fund raiser. Plans are well on the way for the Awards Gala on Sunday, April 27th from 11:30 am – 2:30 pm at the Port Coquitlam Recreation Centre. The gala committee has been doing an incredible job putting this memorable event together. A breakfast menu will be served along with a cocktail. The theme is Mad Hatter and guests will be able to bid on silent auction items and participate in the 50/50 draw. Tickets are \$99 and a tax receipt will be issued or \$69 for club members with no tax receipt. Tickets went on sale mid-February. We would like to reach our goal of 175 + tickets. We encourage you to dress up in the Mad Hatter Theme. Thanks Chari for sharing you new fascinator. Thank you to Toni and Angela for their creative ideas with the Mad Hatter Theme.

50/50 is now on line

Purchase you tickets today! All money raised will support all our programs. Tickets are 2 for \$10; 5 for \$25 or 15 for \$37.50. Go the link on our website at

<https://trellis.org/give-her-wings-gala?test=true>

Draw will be at the Give her Wings Gala.



SOROPTIMIST GIVE HER WINGS GALA

Tickets \$99 with a \$30 tax receipt. Scan QR code to buy



Mad Hatter Theme

Sunday, April 27th
11:30 am – 2:30 pm

Mabbett Hall
PoCo Rec. Centre
2150 Wilson Ave, PoCo



bea's kloset

Submitted by Joanne Morton & Darlene McCann

The donations just keep coming. Food Link Society gave us two loads of Amazon returns. Thanks to Soroptimister Dave for making two trips with his pick up truck. So many trolley trips up to the locker.



Darlene had the pleasure of sharing some of our good fortune with our sister project Anney's Closet in Victoria. She dropped off carpets, quilts and period promise products. We have also at times been on the receiving end. Love how we support each other

Donut Love chose BK as their community love partner for the month of March. We chose the cookies and cream as our BK donut. Partial proceeds of this donut will go to BK. So grateful for community support.

We had 3 BCIT students reach out to participate in a multimedia project. They came to BK to take photos, interview us and recorded us filling a "pretend" curbside order. It will be part of a web story which they will share with us. It was wonder-

ful to see their passion for their craft and also take such an interest in BK.

This month we have helped 11 moms and 24 children. 10 of the children belonged to one mom!!

A comment from new member Debbie: "Helping Darlene with a delivery at Bea's Kloset yesterday was such a heartwarming experience. Meeting a young woman and helping her "shop" was truly rewarding. Seeing the impact Bea's Kloset has in women's lives is inspiring."



Our next donation day will be Saturday April 12th from 10:00am-Noon. Location Maple Leaf Storage 77 Fawcett Rd, Coquitlam. Upon arrival please call 604 374-3136 and a volunteer will meet you in front of the office.

If you are donating bedding, could you please mark the size somewhere. This will save our volunteers so much time if they don't have to measure them. We are looking for clean gently used household items. Rule of thumb for donations. If you wouldn't want to receive it in its current condition, it is not suitable for BK. We can't accept books, toys, furniture, clothing or any alcohol related items. Thank you for your continued support.



warm place for women

Submitted by Paula Beattie

March was a blaze of colour at Warm Place. We celebrated with a nod to St Patrick's Day and there was an abundance of green

Laurel had to miss the evening as she was under the weather but we benefited from her vision for our evening with the bright and cheerful table settings.



Boston Pizza PoCo came through with all the trimmings, their chef and front of house manager to deliver a fully funded meal.

We were introduced to Ryan (PoCo franchise owner) by our Soroptimist member Toni H who thought a match may be made. Great intro! Thank you!

Consider introducing us to community members that might like to partner with us. We are really fortunate to have so many in kind community donors and this lessens the load on our fundraising team.

Our amazing committee members came together to prep, serve and mingle with our guests. 66 women and 25 children left with full tummies and lots of extras. 14 Soroptimists delivered up our usual mix of fun and friendship. Chari brought along dates to help celebrate and acknowledge our guests observing Ramadan



Not forgetting Angela and Nancy and the delightful Leprechaun craft!

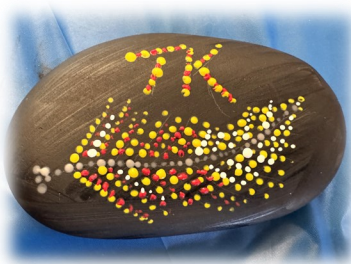
Thank you to all our team who make this such a stand out evening in our guests' calendars.





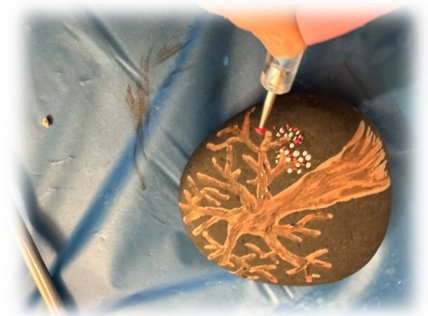
Submitted by Janice Wharton

Our committee has met with the Directors at Talitha Koum for a discussion on SITC involvement from our start in January. The clients are very eager and welcoming for our Friday sessions. Over and above the craft sessions that they are excited for, each Friday we will coordinate a soup/stew with the food they receive from Food Link. Baking will also be offered. Last Friday, Renee and Shelley used the donated food items and made quiche for all the residents.



Our most recent event the ladies got to tap into their creative side. Rock Painting was the activity and one lady said “this is exactly what she needed today as she has a challenging week. Another said I am giving this to my son.” Some of the rocks will form a caterpillar when put in a line. It will be placed in the garden. Caterpillars represent transition, change and strength. Little butterflies which represents hope and freedom were also given out for them to put in their room

Other sessions had the ladies making cards with the theme of “Love Thyself First”. Big Thank you to Penny and Donna C for orchestrating this event. There has been cookie decorating, treats from Laurel, cross stitching that had Nav on her toes instructing many persons at once.



We gained some insights into our seedling progress, (our lack of! Poor Laurel!) Nicole and Toni tackled cupboards with an eye to expiries, and labelling /inventorying food supplies.

All of this gives us an opportunity to connect and listen to the matters that are immediately impacting their world. When we hear and learn we can then work with the Directors to provide small group specific sessions on issues impacting these clients on their recovery journey.

For the immediate – the ladies are eager to learn knitting and crocheting. Please take a look in your nook and crannies should you have any yarn that you can contribute. It will be muchly appreciated!

Friday April 25th

\$25.00 Burger and a Beer fundraiser at the Cat and Fiddle Pub in Port Coquitlam. Proceeds will go towards our Talitha Koum project.

Stay tuned for more details from Renee!



chamber events

Submitted by Joan Seaton

Soroptimist International of the Tri Cities is a member of the Tri Cities Chamber of Commerce. This means that we are able to attend any Chamber event at the member price. Here are the Chamber events for April.

Business Excellence Awards Gala 2025 April 5, 2025 6:00–11:00 pm

The Tri-Cities Chamber of Commerce cordially invites you to the premier Chamber event of the year on Saturday, April 5 at The Show Theatre at Great Canadian Casino Vancouver. Please join us and be part of this dazzling experience where we will be announcing the winners of our 25th Annual Business Excellence Awards! The evening will be filled with amazing food and drinks, great prizes and fun entertainment. We will begin the evening with a Champagne Reception at 6:00pm. The formal program will feature a delicious buffet dinner and award presentation! Member price \$190 plus tax

Let's go to Morocco Information Session April 10, 2025 5:30–7:30pm

Join us for an information session on our exciting "Let's Go to Morocco" trip! Discover all the details you need to book your adventure with us, departing September 24, 2025, for an affordable small group tour lasting 9 days. Don't miss out on this opportunity to learn more about your journey!

ONLY \$3,099 (INCLUDES INTERNATIONAL AIRFARE, TAXES AND SO MUCH MORE!) Go to the Chamber website for complete detail. Location: Chamber Office

Federal Election 2025 - Candidates Debate April 23, 2025 7:00–8:30 pm

The Tri-Cities Chamber of Commerce is hosting a Candidates Debate on **Wednesday, April 23** preceding the federal election on the 28th. It will allow you to compare candidates by learning more about their values and plans for our region, and to ensure that you are well informed before casting your ballot. This is your opportunity to ask questions on the issues that matter most to you. Location Evergreen Cultural Centre 1205 Pinetree Way Coquitlam

Mingle with the Mayor – Coquitlam April 24, 2025 4:30–6:00 pm

Join Coquitlam Mayor Richard Stewart and the Tri-Cities Chamber of Commerce on **Thursday, April 26** for this happy hour series. Network with other members in the business community and hear from Mayor Stewart on issues impacting the City of Coquitlam and beyond. This event provides excellent opportunities for Chamber members to ask questions and stay informed on City events and updates. Your ticket includes complimentary appetizers and a beverage.

Pricing Member - \$30 +GST Non-member - \$45 +GST

Welcome to the Chamber Session April 30 11:00 am–12:00 pm

Are you curious about what your membership includes? Join our welcome session to discover all the amazing benefits waiting for you! From exclusive discounts and offers to building connections through our network, we have everything you need to help you make the most of your membership. Our team will be on hand to answer any questions you may have and provide you with all the information you need to get started. Don't miss this opportunity to unlock your full potential and experience all the perks of being a member. Sign up now and let's get started!

Location Chamber of Commerce Chamber Boardroom, #205 - 2773 Barnet Hiway

For more information and to register for any event, please go to the Chamber website.

If you have a problem, please contact me. joan@barrieseaton.com

new sponsorship category—PALS

Compiled with info from Renee Chadwick, Linda Kozina, & Nancy McCurrach

We are pleased to be working with Third Party individuals or business who want to support our organization. What they do is host an event and the proceeds they have earmarked for Soroptimist. How wonderful is that they are aligning their core values with us! Thank you to Foxy Box who hosted a sell-out event in March. Lots of fun, great musical entertainment too!

Our very own Lucky **Angela** won the 50/50 and **Chari** won a draw prize. Such a nice social evening for all in attendance.



Social Connections help our Club and our Sponsors.

We have a number of social events that are happening in our club or for our club. Do you often wonder who is going, why didn't I know that others are going and if I knew who was going I would go too! Let try this....when the announcement comes out to our club about a social function please RESPOND TO ALL is say these three words. I AM GOING! If you are NOT going please DO NOT respond. This way everyone is socially connected and feels they are included. Let's all enjoy these social evenings with others that you don't typically see or connect with!

There are two more opportunities coming up! Thank you to Laura Genovese our PAL who is hosting a Burger and Beer at the Cat and Fiddle Pub in Port Coquitlam on Friday, **April 25th** starting at 6:00 pm. Tickets are \$25.00 and half the proceeds will go to our Talisha Koum program. We are also doing a 50/50 draw as well. Please contact Laura Genovese at genovese@telus.net. When an email is sent out please remember to RESPOND TO ALL so we know who is coming. It should be a great night!

On Saturday, **May 24th** that is hosted by a friend of another Soroptimist member, at the Eagles Club in North Vancouver. Where possible we encourage you to support these events!

PURSONality project

Submitted by Renee Chadwick

Please look in our closet and see if you have any purses you can donate to the cause. The next time for distribution will be for Mother's Day will be by April 18th. We would like you to include the following personal items in the purse:

- Make-up
- Perfume
- Nail File
- Kleenex
- Hair accessories
- \$5 coffee gift card
- Chocolates

We appreciate your support and I know that there is going to be some very happy moms this year. Please let Renee know by email at reenechadwick61@gmail.com

another friendship link

Submitted by Yolanda Broderick, SITC Friendship Link chair

Helen Mills, visiting Soroptimist from Wellington, New Zealand connected me with SI Wellington's Friendship links chair. We now have a Friendship Link with their club (see attached).

So far, our club has the following friendship links:

1. SI Cape of Good Hope, Cape Town, South Africa
2. SI Wexford, Wexford, Ireland
3. SI Dublin, Ireland
4. SI Wellington, New Zealand
5. SI Thunder Bay, Ontario
6. SI San Fernando, Trinidad (previously established and currently checking if we can reconnect)

I send our monthly newsletter to all these clubs except San Fernando, Trinidad as I do not have a current contact.



being social

Submitted by Donna Lackie & Brenda Rigby

Now that Spring is in the air, the temperatures are rising and the flowers are starting to appear we have a few fun ideas that you might want to add to your calendars.

Always save the third Tuesday evening of the month for Movie Night. We always welcome your suggestions on which movie to pick.

Once again we will fill a wine tree to be auctioned off at the Gala. If you would like to donate a bottle of wine please bring it to the General Meeting on Wednesday night. (Penny will be collecting).

Finally, and we hope most interesting, on Saturday, May 17th at 1:00 Don Drysdale has kindly agreed to meet with us to discuss how to prepare your Will and other pertinent legal papers. This came up as a great idea after a discussion with several of you ladies about preparing for the future. Being prepared is one of the most appreciated gifts you can give your family. It may be a heavy topic but we'll make it fun! More details to follow as the time gets closer.

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Rotary
Club of Port Moody



CRAFT BEER TASTING EVENT

Friday
May 2, 2025

6 - 9pm

\$55

Admission

Live music, finger
food and craft beer



The Galleria, Port Moody City Hall

100 Newport Dr, Port Moody

www.SearchForThePerfectPint.ca

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