

dream



Tri Cities

what's happening



Message from Janice: Samz Pub. 5:00 pm. Come in for a bite before the meeting on Wednesday.

Message from Paula: Thrilled to announce that Boston Pizza PoCo location has chosen Soroptimist TriCities as the recipient of their Valentines Day Charity program this year.

Huge Kudos goes to our member Toni Hawley who made the connection between owner Ryan and ourselves. Thank you so much!

Toni, Linda and I met with Ryan last year to describe what we do. Ryan recently reached out with this news and the fact that he will provide Warm Place dinner in March.

Your Executive They're here to serve you!

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Past Presidents



February Birthdays

- Penny Bickerton—February 7
- Donna Lackie—February 10
- Yolanda Broderick—February 11
- Daniela Hammond—February 12
- Karen Bryant—February 12



bea's kloset

Submitted by BK Co-Chairs Darlene McCann & Joanne Morton

Wonderful support still keeps coming our way. This month we received \$900.00 from the "Bookies Book Club" who have been supporting us since before COVID. Also a regular household items donor held a Christmas Party with a group of her past high school friends and collected \$150.00 for us. Then on the 25th we had the pleasure of hosting the U13 Tricities Female "Warriors" Ice Hockey Team. They each brought brand new items, toured the Kloset and joined us for Timbits and Hot Chocolate. Maple Leafs office manager graciously opened up the lobby area for us so we could all gather downstairs.



Earlier in the week Soroptimister Dave came to the rescue and piled Joanne and Darlene in his truck and headed to Safeway in Surrey where we loaded the back of the truck with totes filled with period products. Thank you to Julie who is currently storing them in her garage.

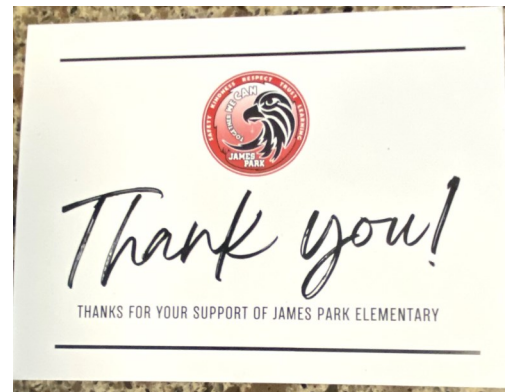
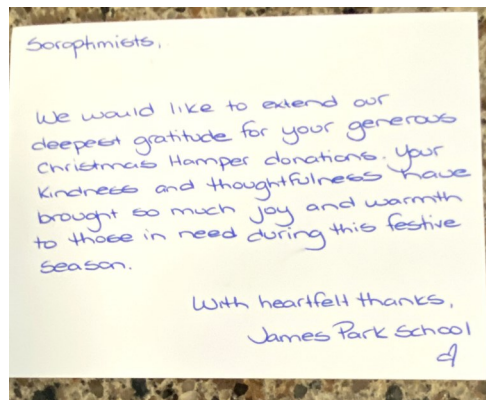
Numbers for this month. 9 moms and 19 children.

Our next donation day will be Saturday February 8th from 10:00am-Noon. Location Maple Leaf Storage 77 Fawcett Rd, Coquitlam. Upon arrival please call 604 999-5159 and a volunteer will meet you in front of the office.



Christmas Families

A lovely thank you was received from James Park Elementary who had referred XXX Family to us.





warm place for women

Submitted by Paula Beattie

January Warm Place was a back to basics cook up in the kitchen at Kinsman Hall.



We were 13 volunteers and served almost 70 guests. Some guests were absent due to seasonal colds and got the special home delivery treatment by Penny, Helen and myself. Our guests are always so grateful for the meals we provide. It's heartwarming to be involved in providing a fun evening and interesting to hear the stories our guests have to share. The evening couldn't happen without many hands and hearts playing their part so thank you to the amazing Warm Place committee for all that you do.

We were pleased to welcome visiting Soroptimist Helen Mills from New Zealand who joined in energetically and was a pleasure to get to know!



I'd like to shout out Chari this month for consistently being there and leading front of house. Kudos to you Chari for all the energy you bring after a full days work!



We have been so fortunate to have many community sponsors and look forward to working with more in the coming months, Boston Pizza, Pasta Pollo and Downtown PoCo BIA to name a few of our upcoming friends. Let us know if you have a contact with a local restaurant/chef/business who may be able to sponsor an evening.

A couple of thank you notes from our guests aimed at our team which makes it all worth while.

Had a great time tonight



Ty sooooo much

My pleasure and the least I could do for all you have done to Warm Place
I always look forward coming there every month
Truly a Warm Place
The fellowship and kindness I'm very much grateful



awards



Submitted by Nav Hothi

The judges are meeting the week of Feb 11th to select the LYD award winner, to ensure we meet the Feb 15th deadline. We have 8 LYD applications, so a big thank you to all who helped get the word out this year - we couldn't have done it without everyone's help.

give her wings gala, flair raffle

Submitted by Renee Chadwick

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 Community Centre. We have a great committee working on ways to make this afternoon special event to remember. 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 with a tax receipt will be issued for \$30. Tickets will go on sale mid-February. Stay tuned! This is our biggest fund raiser for the club so we need to sell as many tickets as possible up to 200 guests.

February 14th is your last chance to purchase tickets for our **Flair Raffle** fundraiser. We have sold only 41 tickets. Please share this information with your friends and family in order for us to generate more money for the club.

This fund raiser will support Bea's Kloset a "free store" for women and girls transitioning to life on their own.

We have two prizes - each has a \$1200 value.

First Prize - one round trip flight for two (2) passengers up to \$1200.

Second Prize - one round trip flight for two (2) passengers up to \$1200.

Tickets are \$50 to purchase. You have a 1 in 125 chance of winning!

Draw will be held at 3:30pm on Feb 14, 2025 at Cassandra Cake Co. (only 250 tickets to be sold).

Thank you to Flair for providing the two prizes equaling \$2400.

Click on link below to buy tickets

<https://trellis.org/anywhere-with-flair>



why friendship links?

Submitted by Yolanda Broderick, SITC Friendship Link Chair

While Colleen Penrowley was Club President a couple of years ago, she asked if I would be interested to be the Friendship Links chair for our club. It took me a while to wrap my head around what this could look like.

According to the Soroptimist International website, our global effort is in putting the empowerment of women and girls front and center. Our goals also are aligned with the United Nation's agenda for women's equality. Friendship Links is a way clubs can collaborate and support each other. It is the Soroptimists' way of linking with other clubs worldwide to further the objectives of Soroptimist International. Friendship Links can be made across different countries, federations or within the same country.

According to WCR Past Governor Suzanne Heron, she was inspired by something Sharon Fisher, SI Past President, said identifying global friendship as one of the pillars of Soroptimist membership. As most clubs are very local focused, we tend to overlook that there is more to Soroptimist work and opportunities out there than just our "hometown".

Why form Friendship Links? Clubs can share joint programme action projects with other clubs and share best practice. Clubs can also support new developing clubs through friendship links. Friendship links enable cross-cultural exchanges, promote visits, programme exchanges, invitation to special events, and holiday contacts. It also offers hospitality and house exchanges.

Any club can start to make a Friendship Link with other clubs through research, through an informal meeting such as holiday acquaintances, through meeting at conferences, convention and federation events. Or just a simple desire to connect with other clubs and a desire to link with near or far-away clubs and/or federations.

I am pleased to report that our club has formed friendship links with the following clubs: SI Thunder Bay, Ontario, SI Cape of Good Hope, Cape Town, South Africa, SI Wexford, Ireland, and SI Dublin, Ireland. All these friendship links are officially acknowledged by their federations: SIA, SIGBI, SI Africa. We are currently working on reconnecting our Friendship Link with a club in San Fernando, Trinidad.

Through these Friendship Links our club gets to regularly communicate with all these clubs' friendship links coordinator/chair. They get our monthly newsletter as well as our cross-Canada newsletter. In exchange we get their news/newsletter, and I pass this on to our club's executive for sharing to our members. We have invited these clubs to the WCR "Sharing Our Stories Through Friendship" virtual meeting scheduled for Saturday, February 22, 2025 at 10 am PST. So far, SI Wexford is planning to present their work with young girls re public speaking.

The joys of friendship links: On September 1st, 2024, Dr. Gail Hughes of SI Cape of Good Hope visited Vancouver while she was on a sabbatical and was able to share a meal at Joey's Restaurant in North Vancouver with members of at least 5 Soroptimist Clubs in the area.



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 February and beyond.

Taste of the Tri-Cities 2025—February 15 to March 15

Indulge your taste buds in the flavors of the Tri-Cities! Come join us for the Taste of the Tri-Cities festival! For the complete list of participants go to the Chamber website.

Welcome to the Chamber Session—February 29 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 Tri-Cities Chamber of Commerce Boardroom.

Mingle with Mayor Lahti—February 27 4:30 PM - 6:00 PM

Join Port Moody Mayor - Meghan Lahti - and the Tri-Cities Chamber of Commerce for this happy hour series.

Network with other members in the business community and hear from Mayor Lahti on issues impacting the City of Port Moody and beyond. This event provides excellent opportunities for Chamber members to ask questions and stay informed on City events and updates.

Pricing Member - \$30 +GST Your ticket includes appetizers and one beverage

Location The Hard Bean Brunch Co
2781 Clarke Street Port Moody

International Women's Day Brunch 2025—March 7 9:00 AM - 12:00 PM

You are invited to the 2025 International Women's Day Brunch! For complete details of theme, agenda and speakers, go to the Chamber website.

Pricing Member - \$120 +GST

Location **Vancouver Golf Club** 771 Austin Avenue Coquitlam

Save your money and help our business community flourish by choosing to #ShopChamber! #ShopChamber is the Tri-Cities Chamber of Commerce's exclusive member-to-member discount program. Go to the Chamber website for a complete list of businesses participating in this program.

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



talitha koum

Submitted by Janice Wharton



Our project got started on January 10 and we have had 3 sessions with the clients at Talitha Koum. Two SITC members attend each session covering a range of topics. The ladies are friendly, receptive and welcoming. We have touched base on food menus, knitting, gardening, sewing. The women were very keen on discussing women's health screening and general health issues. Many questions were also asked about credit ratings, debt consolidation, budgeting. In the early spring we will be hosting a fundraiser to assist with our program. Stay tuned!!

The first session had Renee and I chatting about topics the clients would like to focus on. The ladies are friendly, receptive and welcoming. Food menus, knitting, gardening, sewing are a few of the subjects they would like to explore further. Making chunky blankets was something they are wanted to learn to do so, resourcing wool can be on our radar.

Magazines were requested for making vision boards so we put a request out to our group. Angela and Nancy were able to take a good number of them to their session.

Renee chatted on utilizing vegetable food donations that can be used in soups. We learned that spices don't easily fit into their budgets due to the prohibitive cost. This is something that we can easily help out with.

The next week Angela and Nancy received a warm welcome as they reviewed information from Canada's Food Guide, nutrition and vitamin supplementation. Recipes were given for 3 recipes, thanks to Penny and Toni with complimentary spices of oregano, thyme, paprika and bay leaves as well as some basmati rice.

The women were very keen on discussing women's health screening and general health issues. Last Friday Shelley and Nicole were greeted with warmth and interest in the topics regarding financial & budget information. Many questions were also asked about credit ratings, debt consolidation, education funds (for those who had kids) along with a few being interested in student loans. Nicole shared how she plans a budget every month and keeps track of all her expenses.

Coming up on the 31st Laurel and Linda will have a session on starting herbs

SI CANADA WEST ONLINE INVITES YOU TO JOIN

THE INDIGENOUS CONTEXT LEARNING GROUP: TRUTH BEFORE RECONCILIATION

We will meet over the next year to discuss various media that help us to understand Indigenous history, culture and the context for Soroptimist partnerships and service with First Nations. Group members commit to engaging with the subject matter and online conversation about our learnings.

FIRST ITEM: HONOUR TO SENATOR MURRAY SINCLAIR

<https://www.nfb.ca/film/honour-to-senator-murray-sinclair/> (29 min)



DISCUSSION: FEB 15, 9-10 A.M. PST

[https://us06web.zoom.us/j/81210751763?
pwd=fonmzhsf3C84qPUDtjppsQ7ycXb07c.1](https://us06web.zoom.us/j/81210751763?pwd=fonmzhsf3C84qPUDtjppsQ7ycXb07c.1)

Or in the WhatsApp Group



Contact Suzanne Heron,
suz.heron@gmail.com, to
be added to the group.

Here are those links in clickable form.

<https://www.nfb.ca/film/honour-to-senator-murray-sinclair/>

[https://us06web.zoom.us/j/81210751793?
pwd=fonmzhsf3C84qPUDtjppsQ7ycXb07c.1](https://us06web.zoom.us/j/81210751793?pwd=fonmzhsf3C84qPUDtjppsQ7ycXb07c.1)

suz.heron@gmail.com

foxy fest 2025

Submitted by Shari Workman

Foxy Fest 2025 - Supporting the Soroptimists of the Tri-Cities – March 15, 2025

Message from Joanna Johnson, owner of Foxy Box Laser & Wax Bar - Port Coquitlam, 2755 Lougheed Hwy., #31, Port Coquitlam.



FOXY BOX
LASER + WAX BAR

We're thrilled to host our annual Foxy Fest Fundraiser in celebration of International Women's Day, and once again, we're proud to donate all proceeds from the event to the Soroptimists of the Tri-Cities.

Foxy Fest is a vibrant, variety-style showcase of local talent that celebrates empowerment, community, and giving back. This year, the event will take place on **March 15th** at **Patina Brewing Co.** 2332 Marpole Ave, Port Coquitlam, (across from Cassandra Cake Co.) from **6pm-10pm**, aligning with International Women's Day on March 8th.

We are reaching out to invite you to help spread the word about Foxy Fest and the work your organization does. Our goal is to not only raise funds but also to increase awareness about the amazing contributions of the Soroptimists of the Tri-Cities to our community.

All proceeds from ticket sales, GoFundMe donations, raffles, and 50/50 draws will go directly to your organization.

Club Treasurer Catherine Fast was recently in Queensland Australia and was hosted for lunch by Soroptimists from SI Bayside, SI Logan, SI Beenleigh, and SI Brisbane South.



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

SOROPTIMIST INTERNATIONAL OF TORONTO

Hidden in the Plain Sight Human Trafficking Webinar

Sat, February 22, 2025
11:00 AM – 1:00 PM ET

Join us for an inspiring webinar featuring survivor stories and expert insights to combat human trafficking.

For any inquiries contact
info@soroptimisttoronto.ca

Scan to register

We are pleased to invite you to an insightful webinar on **Human Trafficking**, taking place on **Sat February 22, from 11:00 AM to 1:00 PM ET**. (Note—8:00 am Pacific Time)

This event aims to shed light on the pervasive issue of human trafficking, its impact, and the actions we can take to combat it. Join us as we bring together experts, advocates, and survivors to share their knowledge, experiences, and strategies for creating a safer and more just world.

We believe that through awareness and collaboration, we can make meaningful progress in addressing this critical issue. Please feel free to share this invitation with colleagues or others who may be interested.

Thank you for your commitment to this important cause.

We hope to see you at the webinar.

Warm regards,

Estatira Shirkhodaee
Public Awareness Chair
Immediate Past President
Soroptimist International of Toronto
www.soroptimisttoronto.ca

Scan to register

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Charitable Giving and Estate Planning

For Canadians

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- Making a difference through charitable gifts
- Options for charitable giving by Will
- Leaving a lasting legacy to support the Foundation beyond your lifetime
- Estate Planning Do's and Don't's



**Canadian
Soroptimist
members, family
and contacts are
welcome to
attend**

**Saturday February 8th, 2025
10 a.m. PST/1 p.m. EST**

To Register, Get ZOOM link and submit questions in advance:

- Email to wtempleton@templetonlaw.ca
- Use the subject line *SFC Charitable Giving*

We are looking for Soroptimists to join the Foundation Board beginning in the fall of 2025. We hope that you will put your name forward to serve on the foundation board of directors this year. You will grow, learn, and meet new friends from across the country. You will not be disappointed. Please contact any member of the nominating committee below for more information. Looking to the future!

Dianne Nielsen, Chair
Nominating Committee
diannenielson@live.ca

705-930-5990

Joan Jackson, SI Victoria Westshore
jejackson.sivw@gmail.com

Anna Der, SI Edmonton
Anna.der@siedmonton.org

Tanna Edwards, SI Peterborough
tannaedwards@gmail.com

make a fuss!

Copied with permission from a Facebook post my Mithila Karnik-Adarkar



I am fielding questions about what “Make A Fuss” is all about. What does the name mean? What does it stand for? And it has easily become my favorite question to answer lately!

Imagine this.

Imagine a thousand priorities. Imagine juggling them. Imagine the emotional labour of running a home and steering your career. Imagine being told, “hey, you wanted this life, don’t make a fuss.” Imagine going to your doctor and not feeling seen nor heard. Imagine realising an IUD insertion comes without an anaesthesia

but a vasectomy comes with four days of bedrest. Imagine being told, “women are superheroes without capes” over and over again so we don’t make a fuss and call out the bullshit! Imagine being passed over for promotion or professional development because “you are doing a great job where you are and we need you there and let’s not fuss over this.” Imagine having your little daughter hear “don’t make a fuss” over and over and over again as she’s growing up.

Imagine internalizing not making a fuss.

Now FLIP THAT NARRATIVE. Make That Fuss.

Enter: The Make a Fuss Movement.

No more quiet, no more tiptoeing around. It’s time we make the fuss we deserve to make. This movement is homegrown, it’s powerful, and it’s here to remind us that our voices are valid—and we should absolutely raise them when we feel like it.

It’s not just about calling out the injustices. It’s about celebrating the things we’ve been doing all along—whether it’s managing teams, innovating new ideas, supporting others, or even just saying, “Hey, I deserve (and DEMAND!) a seat at this table.” We are empowering women to raise their voices, make the noise, and demand the recognition we’ve been silently earning. We are giving women the tools to feel equipped to battle stigma, persecution, physical weakness, self confidence and we are doing this at a grassroots, community level - impacting women where we live.

This year we have a [#BrazilianJiuJitsu](#) workshop with [Gracie Barra Port Coquitlam](#), a dance workshop with local mom and choreographer [Bev Soh - Choreographer](#) and an open mic for all ages including the presentation of a [#NextGenEntrepreneur](#) award to young, budding business minds (judged by [Sarah Harbord](#) of [Patina Brewing](#) and [Hema Bhatt](#) of [Natu'Oil Services Inc](#))

Here’s to making noise, making an impact, and making sure no woman’s contribution is ever overlooked again.

If this resonates with you, I invite you to come celebrate [#InternationalWomensDay](#) with my co-founders [Raina Bhise Vaidya](#) and [Saketha Tata](#) and title sponsor [Anjali Saxena](#) and myself at The Make A Fuss Movement on March 1st at Patina Brewing in [City of Port Coquitlam](#)

<https://www.zeffy.com/ticketing/the-make-a-fuss-movement> - Event Tickets for just workshops and open mic

All adult tickets include a free beer at Patina!