



### Head Shots and High Tea – Submitted by Megan Eastwood , co-President

Linda, Darlene and Megan needed some head shots, so Callum (Megan's son) agreed to come and take some photos for us. We decided to combine it with a visit to Bea and so all of us (including Callum) had high tea and we got some photos. We are super happy with the pics of Bea!!

The ladies (or girls as Callum called us) haven't seen Callum since he was a small boy (he's 6ft 3 now). It was quite entertaining walking through the retirement home with a huge guy carrying a lot of photography gear, conversations stopped as we walked past.



It was a lovely visit with Bea, she was happy to see us and sprightly as ever! And gave Megan a tour of the place. What a wonderful way to spend a rainy afternoon!



### Your Executive They're here to serve you!

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Past Presidents

### January Birthdays

Darlene McCann—January 12  
Kristina Chung—January 24  
Cindy Paddington—January 28

# presidents' message

Submitted by Shari Workmam, co-President

Happy New Year!

I have never been one to make big, sweeping resolutions or goals at the beginning of a new year. The goal has always been to stay healthy and active and become a better person than I was the day, week, month, or year before.

I went to Google to find out what 2025 looks like for the world and this is what I found - According to Chinese astrology, 2025 is the Year of the Snake! Now I happen to like snakes, and perhaps this will sway you to like them, as well.

The snake is associated with transformation, renewal, and spiritual growth. Snakes are known for their ability to shed their skin, symbolizing the process of letting go of the old and embracing the new. Individuals are encouraged to release their past baggage and embark on a journey of self-discovery. The snake is a symbol of wisdom, cunning, and adaptability. People born in the Year of the Snake are known for their intelligence, creativity, and resourcefulness. We are lucky to have a few Snakes among us in SITC.



In numerology, 2025 adds up to the number 9 (2 + 0 + 2 + 5). This number is all about endings, personal growth, and helping others. It is a year to reflect on the past, close old chapters, and focus on making positive changes in your life and the lives of those around you. It is a time to finish what is unfinished and grow from those experiences while also contributing to the well-being of your community. Seems to fit well with our SITC ideals.

In Astrology, the overall energy of 2025 is about closure and transformation. It is a year to live with intention, reflect on past experiences, and set the stage for a fulfilling future. The key theme is "purpose," pushing you to make meaningful changes in all areas of life.

If you happen to be a Pisces, Aries, Cancer, or Gemini, you are going to experience a wonderful time in 2025. These zodiac signs are likely to get special opportunities and growth this year. Yahoo! Pope Francis proclaimed 2025 as The Jubilee of Hope, with a central theme of "hope does not disappoint" and a call to Catholics worldwide to become "pilgrims of hope."

What to wear in 2025? Red enhances motivation and enthusiasm, green brings balance and renewal, and purple sparks creativity and clarity. Embrace these colours to attract positive energy and good fortune.

My wish for you for 2025 is to continue to live a great life, whatever that looks like for each of you. Cheers!

Shari  
Megan Eastwood approves this message!



## bea's klostet

Submitted by BK Co-Chairs Darlene McCann & Joanne Morton

### It Was A December To Remember!

Over \$35,000 was received in cash. A grant from SPARC BC, an anonymous donor, Dwell Properties and the Belcarra Book Club. Not only did Dwell give us a cash donation, they filled our car with household items and clothing for WPFW.

We have been busy shopping, consolidating lockers and making plans for 2025. It's wonderful to have our shelves full and be able to give our shoppers everything on our list.

Thank you to Janice who found a hotel liquidator that has very reasonable duvets. Her last visit got us 22 quilts. She generously uses her time to cut and re sew the king sized ones into two twins.

Our numbers since our last newsletter 16 Moms and 28 Children

We would like to take this opportunity to Wish You All A Happy and Healthy New Year. We can't wait to see what amazing things our Club will do in 2025.

Darlene & Joanne



*New locker!*

## talitha khoum project

Submitted by Janice Wharton

January 10th is the official start of our Talitha Koum Project. Every Friday 2 members of our 12 person committee will have a kitchen table session with the residents. Shelley and I met with the Director to go over the various topics that would assist these ladies in their path to recovery and independence. As we wade into working with these clients, our roles can impact them and their children.

There is a TK committee meeting on January 14<sup>th</sup>, 6.30 pm at my house. Should any others be curious about this program – please attend.



### Grants for Women Graduate Students

Do you know anyone who qualifies? Application deadline is January 31, 2025.

<https://soroptimistfoundation.ca/grant-applications/#grant>



# warm place for women

Originally posted to Facebook by Nancy McCurrach, slightly edited

December is our club's favourite Warm Place of the Year! The Warm Place team has been planning this special evening for our regular guests since September. These very special women and children in our community came together again to a safe place to share and celebrate the joy of the beginning of the holiday season with all of us. We are so grateful to each and every one of them.



Our wonderful food sponsors were Aspira Astoria, (assisted by Kristy) where chef Lewis prepared a full traditional Christmas meal. Turkey dinner, mashed potatoes, stuffing, gravy, mixed vegetables, vegetable lasagna. pumpkin pie and cream. Laurel made her special homemade cranberry sauce too, and the lovely Christmas themed centre pieces. Meaghan brought some vegan sweets from [Cassandra Cake Co.](#)

One again the wonderful women from [Pacific Coast Terminals \(PCT\)](#), another amazing legacy sponsor, were in the house. We welcome them wholeheartedly each year, as Santa's helpers. They came with Teddy bears and gift cards and they pitched in serving dinner and delivering gifts.



The evening wouldn't be complete without a surprise visit from Santa and this year our wonderful Sue's husband stepped into this popular role for the kids. Speaking about the children - each of them got to pick out a gift for their mothers and wrap them in another room. They were all feeling very proud of themselves, and we were proud of them too.

Thanks to all the Soroptimists who provided gifts for the children to shop for their moms. Special thanks to Brenda and Joan for expert wrapping, and a huge thank you to Donna for hand making 70 Christmas cards, one for each of our guests. They were absolutely beautiful. Thank you to the Kinsmen Club for allowing us to use their venue.



It was very kind of our guests to make Christmas cards for us as well in appreciation for all the Warm Places over the past year.



# joy's place & westminster house

Submitted by Lynne Scott

Christmas activities were in full swing for preparing gifts for both Joy's Place and Westminster House.

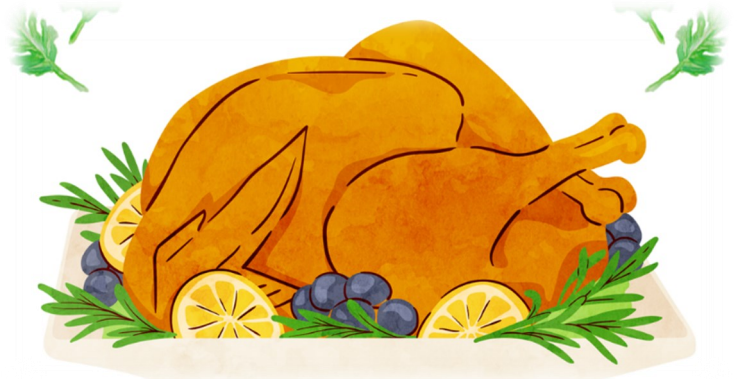
On December 14th, team members met at my home to put together gift bags for the children and moms at Joy's Place as well as the women at Westminster House who would not be able to be with their loved ones at Christmas. Shelley dedicated her time selecting the special gifts for the single women and the moms. There were 8 women. Bags were filled with cellophane wrapped mugs containing chocolates and tea. Donna C. did a wonderful job of wrapping the mugs for us. Soaps, puzzles, scarves in some, gloves, shampoo, lotions and numerous other items as well filled each bag.

The children received bags filled with Christmas themed erasers, sox, toys, hot chocolate, books or colouring books.

We filled 17 gift bags for Westminster House, beautifully decorated with tissue paper tied with ribbon and a candy cane hanging on the side.

From the PURSONality Project Renee dropped off 8 purses for Joy's Place and 21 for Westminster House. On the 19th I delivered the gift bags and purses to the Westminster House staff. The staff member was overwhelmed by our generosity for the clients at the house. I felt grateful that my team members chose to make a difference to women who would not enjoy family time at Christmas.

I delivered the purses to Joy's Place and Shelley had delivered the gift bags on a previous day. On December 19th I also delivered the hamper and food hamper of a full turkey dinner to the head office of TriCity Transitions so that the mom and child from Joy's Place, who had recently moved out, would get their hamper and Christmas dinner.



A special thank you to Renee for delivering the purses to me so that each woman would enjoy a new purse filled with many surprises.

Happy New Year and may we continue to make a difference in the lives of women in our community.

## awards

Submitted by Nancy McCurrach & Nav Hothi, Co-Chairs Awards Committee

Happy New Year! As reported last month we have eight (8) Live Your Dreams Award applications. These awards are our signature awards. "Every year, Soroptimist distributes more than \$2 million in education grants to about 1,500 women all over the world. Soroptimist International of the Tri Cities alone has given out approximately \$200,000 in educational grants over the past 20 years. Over half of our *Live Your Dream Awards* recipients are survivors of domestic violence, trafficking or sexual assault. Nearly all of the women and families we serve have overcome enormous obstacles including poverty, teen pregnancy, and drug or alcohol addiction. *Live Your Dream Awards* recipients may use the cash award to offset any costs associated with their efforts to attain higher education such as books, childcare, tuition, and transportation."



Currently we are working towards the deadline of January 15/25, for the other category of our awards, these are our Club Awards. We offer four award categories. These are the Give Her Wings Award, Spread Your Wings Award, Bea Kelly Volunteer Awards, up to five (five) of them, and the Ruby Award. So far, we have four (4) Bea Kelly Volunteer Award and two (2) Ruby Award applications. Typically, we start seeing a flurry arriving towards the deadline. Please help us in canvassing for more applicants in these four Awards on your social media networks.

For more information and details on our club awards, please go to the website.

<https://soroptimisttricitie.org/our-programs/live-your-dream-awards-programs/>

## give her wings gala

Submitted by Renee Chadwick

We are pleased to be offering our Awards Gala over lunch this year. Mark your calendars for Sunday, April 27<sup>th</sup> from 11:30 am to 2:30 pm as Christine's Catering will be serving up a delicious lunch that will be located in the Mabbett Room at the Port Coquitlam Community Centre. Tickets will be \$100. Club members that will be supporting this fundraising event will be asked to purchase a ticket at a reduced rate (similar to last year) to cover costs. Our next committee meeting is on Monday, January 13<sup>th</sup> from 6:30 to 7:30 pm at Casandra's Cake Co. If you have not let Renee know if you will be an active member on the committee or waiting in the wings to volunteer on the day please let her know asap. Text her at 604 841-0758.

**Flair Raffle**—see your December newsletter for the details.



We have just under 40 days to sell 250 tickets for our raffle.

To date we have only sold 23 tickets which equates to \$1,150. Our goal is to reach \$12,500 so please consider purchasing a ticket and send it around to your friends. There is only limited amount of tickets available so the odds for winning are good! Draw date is February 14<sup>th</sup> at 3:30 pm live from Cassandra Cakes Co.

# christmas families

Submitted by Darlene McCann



As you know we sponsored 6 families this year. Thanks to all of you they were blessed with wonderful gifts and a turkey dinner hamper.

We have received some feedback from some of the families that we wanted to share with you.

## Debbie (grandma and her 4 grandchildren) – Nancy and Brenda delivered

The grandmother was so appreciative. This is what she had to say. "Thank you so much for your kindness. I am beyond grateful. Aiden was super happy with the laptop Alison donated. The little ones loved their gifts. Thank you. I truly appreciate your kindness."

## Renata and her son – Donna Lackie and Sue delivered

This lady had come through Bea's Kloset and to make a long story short, picked up her items at WPFW then Sue offered to drive her home. This is what they said after delivering her Xmas hamper to her. "Our delivery to Renata and her little boy was amazing. She was overcome with gratitude for everything that we brought to her and so very thankful. She was much more comfortable with us than the time we saw her before. The whole experience was worthwhile when her little one stood at the top of the stairs and said "thank you very much."

## XXXX and her 2 children – Darlene delivered

I met this mom at the school that had referred her as she didn't want us to deliver to her home. I must confess that I was a bit skeptical at first because of the things that were originally on her list but that all changed when I met her. We swapped over the gifts and hamper and each got in our own cars to leave. She then got out of her car and came over to mine indicating that she wanted to talk to me. She told me with tears in her eyes that she couldn't thank us enough for helping her and her family, that it meant the world to her and her family. We exchanged big hugs and both left in tears.

We would like to thank DBM Law Group for their generous donation of gifts to these families. Thanks to Shelley Linn for doing the shopping!

# friendship links

Submitted by Yolanda Broderick, SITC Friendship Link Chair

Our friendship link with SI Thunder Bay is alive and well.

Our whole family spent Christmas with my daughter who moved for a job at Lakehead University in Thunder Bay in July. The normal minus 19 degrees Celsius welcomed us on the day we arrived on December 19th, but this temperature stayed for only 3 days, as the temperature changed to minus 11 degrees, then minus 4 degrees, then minus 2 and then zero, then went to 2 degrees Celsius and then it rained and melted all the snow. It was pretty disappointing as I was looking forward to some cross-country skiing. I actually wore a cardigan on my flight back home as it was too hot to wear my heavy jacket.

SI Thunder Bay invited me again for coffee and we met on December 27<sup>th</sup> at another local coffee shop. From left to right: Linda Bachmaier; Cheryl Ball, ECR Governor; Lee Ann Naleyzty, Friendship Links chair; Cindy Figus, president and DIBI chair and me.



I also drove around town and found the Soroptimist International Friendship Garden.

Our club has also established a Friendship Link with SI Cape of Good Hope, Cape Town, South Africa after the visit to Vancouver on September 1, 2024 of Dr. Gail Hughes. Members from five clubs shared a meal with Gail

Hughes at Joey's Restaurant in North Vancouver.

The Cape of Good Hope is at the southern tip of the Cape Peninsula, about 2.3 kilometers (1.4 mi) west and a little south of Cape Point on the south-east corner of South Africa. Cape Town is about 50 kilometers to the north of the Cape, in Table Bay at the north end of the peninsula.

SI Cape of Good Hope, Cape Town, South Africa has 17 members. It was chartered in 1963, the second Soroptimist Club in South Africa (<https://soroptimistsouthafrica.org/si-cape-of-good-hope/>). The club is with the federation of SI Africa.

Trunell Morom is their Friendship Links Chair with whom we are in communication.

Email Address: [trunell.morom@telkomsa.net](mailto:trunell.morom@telkomsa.net) Their facebook page is: <http://www.facebook.co/SoroptimistInternationalCapeOfGoodHope>.





# chamber events

Submitted by Joan Seaton

Happy New Year. Hope everyone had a great holiday season and is excited for 2025. 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 January.

## **WiB Ring in the New Year** January 16, 2025 4:00 PM - 6:00 PM

The Tri-Cities Chamber of Commerce's Women in Business is excited to welcome the New Year with a celebration of change and new beginnings! Join us for a fantastic evening where you can network and connect with fellow women entrepreneurs while indulging in delicious appetizers and refreshing cocktails at Pasta Polo in Coquitlam. A woman owned and operated Tri-City business serving home-made pasta and mouth-watering dishes that are crafted with passion using only the freshest ingredients. Spaces are limited, Members - \$65 + GST

## **Beyond Handshakes: Modern Strategies for Effective Networking** January 25 9:00 am – 11.00 am

This session will help you take networking beyond the ordinary. In this interactive workshop, we'll explore innovative strategies and timeless techniques to help you excel in face-to-face interactions and build meaningful connections. In today's dynamic business landscape, successful professionals and entrepreneurs understand that networking goes far beyond a simple handshake. For full details on this event go to the Chamber website. Members - \$25 +GST

## **Welcome to the Chamber Session** January 27 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

## **Joint Chamber Mixer** January 30 4 – 6 pm

Connect with dozens of business owners and local professionals at the Tri-Cities Chamber of Commerce and Burnaby Board of Trade joint After Hours Mixer! Enjoy a complimentary drink, delicious food, and great connections as we build and strengthen our local business community. This casual event is the perfect way to easily meet with others doing business in the Tri-Cities

Location Birdies , 3850 Lougheed Hwy., Burnaby Members - \$45 +GST

## **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 wish to be on the Chambers mailing list, just go to the website and request to be added to the mailing list. **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](mailto:joan@barrieseaton.com)**

# wcr spring conference

The SI Western Canada Region Spring Conference will be held May 1–4 2025 in sunny Tsawwassen. Look for an email from the WCR team by January 15th, 2025 with the hotel reservation link. Let's show up again to support our Governor Chari!

Thank you to those members who completed the Conference Hotel Survey by the September 30th deadline! If you have booked a room in the conference hotel—the Coast Tsawwassen Inn—by January 31st 2025, or will be staying with someone who did, you will be entered in a draw to win one night's stay in the hotel. **[So don't forget to book your room!](#)**

