



Presidents message for this month:

This is the speech we gave at the recent sponsor appreciation night. I think it applies to our members as much as it applies to our sponsors, so we thought we'd add it to the newsletter so you can all read it.

The African proverb says it takes a village to raise a child. Well I believe it takes a village to create a thriving community, where everyone gets the chance to succeed. This proverb rings especially true for me because I have seen firsthand what happens when a community lacks that village.

As you can probably tell from the accent I wasn't born here. I was born in a deprived area in the north of England. My home town was (and still is) the top of all the lists you don't want to be, derelict housing, teenage pregnancy, low age of mortality, suicide, unemployment, crime, the list goes on. It's a depressing place to live and yet I never saw, or heard of anyone volunteering or fundraising.....it just didn't happen....or if it did it was infrequent enough that I never noticed it in 34 years of living there.

Now I haven't lived there for over 20 years so maybe things have changed (I have to admit from what I see when I visit family, it seems to be getting worse) but what I noticed immediately when I moved to Canada (PoCo was the first place I lived) was how many people volunteered, whether it be scouts, parent teacher associations, sports, food banks, shelters, etc and local businesses supported most of these volunteer activities. And it made me realize that if we want to live and raise our families in a good community then we have to help build that community, government funding can't pay for everything and WE have to help build the type of community we want to live in.

This is why organizations like Soroptimist Tri Cities exist—because building a strong, supportive community takes all of us, and, I can't stress this enough, we are NOTHING without you and your help, and we are fully aware of this.

So, let us raise a glass—to each and every one of you who give your money, time, resources, and heart to our causes. Thank you for being part of this village, and may it continue to thrive for years to come.

Cheers Megan & Shari

Your Executive They're here to serve you!

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Past Presidents

March Birthdays

Donna Conniff—March 6

Toni Hawley—March 7

Joan Seaton—March 8

Sue Fleming—March 19

Sheila Alwell—March 24



**FOXY FEST
FUNDRAISER**

**SATURDAY MARCH 15TH
6:00PM-10:00PM \$30 TICKETS
AT PATINA BREWING CO.**

ALL PROCEEDS BEING DONATED TO:

 **SOROPTIMIST®**
TriCities Investing in Dreams



 **FOXY BOX**
LASER + WAX BAR

**Event by Foxy Box Laser & Wax Bar - Port Coquitlam,
Soroptimist International of the Tri Cities and Dina Dimora**

Patina Brewing 6:00 10:00 pm

Tickets www.zeffy.com/ticketing/foxy-fest--2025-2

Join us on March 15th at Patina Brewing Co. for an unforgettable evening of celebration, empowerment, and giving back at Foxy Fest, hosted by Foxy Box Laser & Wax Bar Port Coquitlam in honour of International Women's Day! This year, we are proud to partner with the Tri-City Soroptimist Organization, a global network dedicated to improving the lives of women and girls through programs focused on social and economic empowerment.

Get ready for an evening filled with live music, interactive entertainment, and an opportunity to make a meaningful impact. The event will include:

Live Musical Performances: Enjoy the sounds of talented local artists as they set the mood for the night.

Tarot Reader: Get a glimpse into your future with a tarot reading from intuitive medium Teresa Manhas.

Photo Booth: Capture memories with friends in our fun photo booth, complete with themed props.

Appies & Refreshments: Enjoy a selection of delicious appetizers included in your ticket price, as well as craft beer and other refreshments that will be available for purchase!

Silent Auction: Bid on exclusive items, services, and experiences, with all proceeds supporting women's empowerment programs.

AUCTION IS LIVE - BID HERE:

<https://www.zeffy.com/ticketing/foxy-fest-silent-auction>

50/50 Raffle: Join in on the raffle for a chance to win your half of the prize pot- all while supporting a fantastic cause.

All ages are welcome, ID at the bar is required. We are fully accessible, no outside food or drinks. Tickets are \$30 online & in store at Foxy Box Port Coquitlam or \$30 at the door the night of the event.



bea's kloset

Submitted by BK Co-Chair Joanne Morton

It has been another busy month for donations to the Kloset.

We had 10 drop offs at our February donation day. Kept the volunteers busy and lots of work for our sorters the following week.

There was another call from our new supporters, Safeway Fleetwood. They had 2 boxes of brand new sheet sets for us.

When in Surrey, a trip to Bianca Amor's Liquidation Centre is a must. Purchased comforters, tea towels, kitchen utensils and baking supplies.

Thanks goodness for the new large overflow locker. Speaking of which, Brenda and Darlene wielded a rubber mallet and banged together our new rolling shelf.



It has been a slightly quieter month as housing has been difficult to secure. We assisted 7 moms and 10 children.

Darlene and I had the pleasure of helping a woman and her child who had to flee their burning apartment with just the clothes on their backs. She gave us a lovely thank you note:

"I am so grateful for everything. It has been a hard time for my family and losing all my things in the fire. May God bless you all and again thank you."

And this ladies is why we do what we do.

Darlene and Joanne, Co-chairs Bea's Kloset



Our next donation day will be Saturday March 15th from 10:00am-Noon. Location Maple Leaf Storage 77 Fawcett Rd, Coquitlam. Upon arrival please call 604 999-9815 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.





warm place for women

Submitted by Paula Beattie



From mountains of clothes to mountains of food and chocolates February Warm Place was a well celebrated Valentines special.

The main event was a delicious meal from Pasta Polo. The owner and our supporter Ahyoung Baek worked with us and the Downtown PoCo BIA donation to provide a free to us extravaganza. We are so grateful to have such wonderful people in our "village"

We were sponsored for the night by not one but many community partners. Downtown Poco BIA board donated \$950 towards our delicious meal. In addition Cassandra (Cassandra Cake Co) made a surprise arrival with elegant and yummy cupcakes for all.



Our own a Soroptimist volunteers stepped up as always. Nicole did a great job being our front of house for the night and keeping things fun. Angela ran a busy Valentines craft table seamlessly!



Everyone of our SITC crew that shows up brings something special to help at Warm Place. Whether it's a chat with the guests and a listening ear/loading in clothes/setting up tables/shopping for background items (Karen-we see you!) we provide a truly Warm evening for guests in need of a bright spot in their week.



Sadly as our ladies were leaving some of them disclosed that they had been given notice and would be homeless imminently. We provided advice as best we could. It is a sharp reminder that right here in our community and among people we have gotten to know at Warm Place homelessness is an increasing issue.

Another reason to keep doing what we are doing and making a difference for our neighbours here in Tri-Cities.



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 March.

Taste of the Tri-Cities 2025

Indulge your taste buds in the flavors of the Tri-Cities! Come join us from February 15 to March 15 for the Taste of the Tri-Cities festival and savor the culinary delights of our local food and beverage establishments. Don't miss out on this fantastic opportunity to experience the diverse and delicious offerings our community has to offer!

Explore, dine and discover the unique tastes that make the Tri-Cities a culinary destination!

For this year's offerings, go to the Chamber website under the Chamber events.

Morning Schmooze is baaaaack!

Thursday March 13 7.30 -9.00

Calling all early risers! Join us bright & early on **Thursday, March 13** at the Poco Inn & Suites for some morning schmoozin'. This event is hosted in a guided "speed-networking" style. In your table groups, each person is given an opportunity to deliver a short elevator pitch. A bell will ring to cue everyone to switch tables, ensuring you'll have the chance to meet everyone in the room. Make new contacts and expand your network all while enjoying a delicious breakfast buffet. You never know who you will meet at a Schmooze so make sure to arrive ready to network with your best one-minute self-introduction. Don't forget to bring your business cards!

Location Poco Inn and Suites

Price for Member \$30 + 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 Chamber's 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

give her wings gala, flair raffle

Submitted by Renee Chadwick

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

tea time
this way

Club members, check your email of Feb. 26 for info on purchasing a member ticket.



The lucky Flair raffle winners (who each won return flights for 2 people to wherever Flair flies) were Susan Cook and our very own Angela Cullen. Enjoy your trips ladies!



appreciating our sponsors

Submitted by Renee Chadwick and Linda Kozina

We had our Sponsors Appreciation event on Thursday, February 13. Twenty five sponsors/supporters attended and were treated to stunning replica art by Cosimo at Colossal Creations Replica Museum. Lucia spoke, informing the group of how being awarded all three levels of financial support from Soroptimists, has changed her life.

Tracy Price, a long time sponsor and judge, spoke about why she continues to be a sponsor year after year.

Sponsors met other sponsors, and we expect more momentum going forward. Thank you to our Soroptimists who were on hand to mingle and ensure sponsors enquires were addressed.

Cosimo and his lovely daughter Stephanie hosted us at no charge after they saw our sponsorship brochure and who we assist in our community.

All in all, it was a successful evening and we hope can become an annual event showing appreciation for the support we receive in this community.



talitha koum

Submitted by Janice Wharton



Our Talitha Koum project is proving to be very successful. We, of course, are navigating our way through. Feedback from the clients and committee members has been very enthusiastic. A FUNdraiser is being planned for the end of April to assist us in our expenses. Stay tuned for that exciting event!!

Over the past 4 weeks our Talitha Koum clients have had sessions regarding reading food labels, health issues, frauds and scams, starting seedlings. Much information has been exchanged regarding meals and food. They are eager and interested in learning various crafts so we will be looking to inject this into our upcoming sessions.

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



sharing stories through friendship—si wexford

Submitted by Yolanda Broderick, Friendship Links Chair

On February 22, 2025 at 10 am PST, SI Wexford, Wexford, Ireland joined our virtual meeting hosted by WCR Governor Chari Grant and WCR Friendship Links Chair, Darlene Jamieson. SI Wexford was represented by Mary Louise Pearce, president and Mary Kerr, long time member. Together, we strengthened our unique programs by learning from each other and by sharing stories through friendship.

The Soroptimist Ireland Girls' Public Speaking Competition has been running for 43 years and is the result of North-South Soroptimist co-operation when Mildred O'Brien SI Bray (President SI ROI) and Marie Brownlee (President SI Northern Ireland) decided that there should be a competition to encourage girls to speak in public, according to Pearce.

The Competition is a three-stage event with local, regional competitions leading to a national final. A selection of topics is circulated to schools and each competitor can choose. Each contestant chooses one topic, and she carries this topic through to the Regional Heat and National Final if she qualifies for either or both. The competition encourages girls to develop the skills to speak effectively and articulately with clarity and conviction, which in turn will enhance their career opportunities.

Participants are between 16 to 18 years old and in their 4th, 5th, or 6th year in a second-level school. At regional and national level an impromptu element is added. The impromptu is a word that the convener tells each girl individually and she has 2 minutes to prepare and 2 minutes to speak. The impromptu is a very good test of how quick thinking the competitor is and if she can stay on topic. Among words given to the competitors in the past were *stars*, *roads*, *expectations*. At the regional final in Wexford in Feb 2024, the word *expectation* was given, and one competitor was so thrown by this, she spent her 2 minutes speaking of drums. The impromptu, although it sounds very simple, can really put some people off balance.



In the 43 years SI Wexford has participated in public speaking, the club has had only one overall winner, Eve Donohoe in 2022. Eve Donohoe completed her Leaving Cert exams last year and scored the highest points possible and is now studying medicine in Dublin.

Overall, Winner Eve Donohoe, Loreto Secondary School Wexford at the Soroptimist International Girls Public Speaking Competition National Final at the D Hotel Drogheda.



Celebrate International Women's Day!



Join CUPE Metro Council
for a free lunch
in your community
Noon to 2 pm
Friday, March 7
Old Mill Boathouse
2715 Esplanade Avenue
Port Moody



**Women, non-binary folks
and their children invited**