

dream



Tri Cities

what's happening



Submitted by Shari Workman

Presidents' Message—Shari

Feeling immense gratitude for what we have, those we love and those who surround us. Grateful to belong to this 'army' of women who work tirelessly and humbly to make the world we inhabit better for all of us.

Remembering those who fought for our freedoms so that we can live this life we live. Reminded that we have a responsibility to work for the peace that those who served fought to achieve.

Anticipating the Christmas spirit descending upon us faster than we can blink. Celebrating the birth of Jesus Christ, our favourite family traditions and gathering with friends and loved ones to reflect on 2025.

Before we know it, we will be raising a glass to usher in 2026. Where does the time go?

Borrowed from Steve Taylor, Ph.D.:

There are certain things we can do to resist the process of time speeding up. The most obvious is to keep introducing newness into our lives – for example, by travelling to new places, learning new hobbies, and meeting new people. Alternately - and perhaps more effectively – we can also slow down time by living mindfully, paying conscious attention to our day-to-day experiences of seeing, hearing, feeling, and so on.

On a more long-term basis, we can cultivate conscious awareness through meditative practices that quieten the chatter of our minds and weaken the power of the conceptual labels that filter out the raw reality of the world.

Cheers,
Shari and Megan

Your Executive They're here to serve you!

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November Birthdays

Moira Cohn—November 9
Renee Chadwick—November 12
Lynne Scott—November 21
Bea Kelly—November 25

Presidents' Message—Megan

Two of our club members are at the Lugari Girls Camp in Kenya again. As relationships deepen and friendships form, this experience just gets better.

The camp is starting to gain traction too. Each year they send out 250 invites expecting 200 girls, this year they got 247! Which has caused some interesting logistical challenges, but what a good problem to have!



The girls travel to camp (some travel for 3 days to get here) either alone or with a chaperone. However this year many of the school principals decided they wanted to bring the girls and see what this camp is all about. Apparently many of the girls return to school and put their leadership training into practice, so the principals wanted to know what this magical place is that is changing girls into leaders in 10 days!

All the principals showing up, added to the insane rain the region has been having, caused some additional logistics with cars getting stuck in the mud on the road to camp. Thankfully the Rotary club stepped up and supplied men and gravel to dig trenches and put gravel in the worst sections. For a 1km dirt road that was a huge task!!

Megan and Colleen had a crash course in learning to sew underwear before teaching it the next day! We were both very proud of our achievement.

The DIBI day went AMAZING!! We wish SIA could have seen it!!

We are working on getting the Willing Hearts (the Canadian charity that owns the camp) social media more active. You will already have seen some of the posts, please feel free to share (some of you already have- thank you!!).



Soroptimist Foundation of Canada (SFC) had already stepped up to sponsor the costs for half the camp for next few years. We have just received confirmation the Soroptimist International (SI) has stepped up to pay the other half, so this is now definitely a Soroptimist project, which is a huge win!

Proud Soroptimists
Megan & Sharon



2025

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 SITC Meeting Sponsor Appreciation	6 Warm Place	7	8
9	10	11	12	13 Talitha Koum	14	15 BK Donation Day
16	17	18 Movie Night	19	20 Gala Planning Meeting	21	22
23 30	24	25	26	27 Talitha Koum	28	29

2025

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 December Potluck Janice's House	4 Warm Place Christmas	5	6
7	8	9	10	11 Talitha Koum	12	13
14	15	16 Lights at Lafarge	17	18 Talitha Koum	19	20
21	22	23	24	25	26	27
28	29	30	31			



bea's kloset

Submitted by Darlene McCann

It's another month of thank yous. First off to Daniela who has offered to help us out with our Bea's Kloset posts. We very much appreciate her website talents.

Next comes thank yous to Marianne Sweet and her Care Bears group who donated a car full of cleaning supplies for us. Marianne was a member for a short time and for those who remember her she is fighting lung cancer and still wanted to support the Kloset by collecting the items.

Dogwood Quilters were busy again sending us the following list of beautiful items.

- 11 mug rugs
- 2 sets of placemats
- 2 table runners
- 2 dishmats
- 28 knitted dish cloths
- 12 crocheted dish cloths
- 22 quilted cosmetic bags
- 10 quilts



Blue Mountain Quilting Guild also provided us with beautiful pillowcases and quilts.

The month of October has been unbelievably busy with us assisting total client numbers for Oct ... 26 moms and 49 children.





give her wings gala & sponsorship

Submitted by Renee Chadwick

Give Her Wings Gala

We are in the early stages of planning for the gala. This is what we know:

It will be held at the Mabbett Hall in the Port Coquitlam Recreation Centre. It will be held on a weekday between April 6th and 16th. The date still needs to be confirmed with the booking clerk.

The theme is the Great Gatsby.

We will be engaging restaurants and catering companies for them to join in the "Taste of Mini Food Offerings in the Tri-Cities" as guests get to sample their food. We will still be doing a charcuterie board and sweets! If you know of a business or caterer we should approach please let Renee Chadwick know at reneechadwick61@gmail.com

Our next meeting is on Wednesday, November 20th at 6:45 pm in the amenity room at Joan's complex 803 Village Drive Port Coquitlam (across from Walmart in the Fremont Village) Call her at 778 233-1442 so she can let you in.



Sponsorship

The sponsorship committee is working behind the scenes in updating the sponsorship package and planning for the Gratitude Evening on Wednesday, November 5th from 6:30 to 8:30 pm. The evening for focus on thanking our sponsors who have graciously donated money and product to support the programs and initiatives of our club. We have also invited potential sponsors as well as we want to share with them the impact that contributions, whether small or large, have made a difference in a women's life.

Come join Renee, Linda, Meaghan and Nancy at the next sponsorship committee meeting on November 20th at 6:15 pm at Joan's complex 803 Village Drive Port Coquitlam (across from Walmart in the Fremont Village) Call her at 778 233-1442 so she can let you in.

We are always looking for potential leads. Thank you Nancy for making the connection with Saputo! If you have any leads for potential sponsors please reach out to Renee Chadwick at 604 841-0758 so we can begin a conversation on how they can get involved.



warm place for women

Submitted by Janice Wharton

Hard to believe we are coming up to our 3rd session at Warm Place. We so appreciate working beside our wonderful members when we are putting on this event. At least 65 adults and about 25 children continue to attend each time.

September was lovely buns and salads, October was the amazing Chef Lewis and a fabulous turkey dinner. Our November has been contributed by Dusa Pasta and Flavell Cedar. Tortellini alfredo, salads and desert.

Our sponsors have again stepped in to participate with us and our next 7 events (Wow!! Only 7 to go!)

Food Link continues to be a generous contributor with clothing and various sundries for the guests.

Making a difference to women in our community – this is what we do!!

talitha koum

Submitted by Lynne Scott

On Thursday October 23 I provided for 11 women at Tabitha Koum, Halloween sugar cookies to decorate. They were very creative in selecting their icings and I have provided some samples of the cookies that were made.

Following my project for the Women, Nancy provided an overview of our various Awards.

There were lots of questions.



talitha koum project and gala

Submitted by Janice Wharton

It is very fulfilling to see our efforts come full circle.

Before the Talitha Koum Annual Gala the Director, Kimmie Jensen, mentioned that the ladies had no "dress up" clothing. Brenda and I dove right in and thanks to the bags of clothing donated to SITC by Food Link found many lovely options for the ladies to chose from.

When Brenda, Sharon and I arrived at the Gala there they were, waving to us and so excited to show off how pretty they looked thanks to us!

It is very gratifying to have even a small influence on their journey to recovery.

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 November.

Morning Schmooze! November 6 7:30 AM - 9:00 AM

Calling all early risers! Join us bright & early on **Thursday, November 6th** 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. Come network with other Chamber members and have a chance to meet your next client, customer or business partner! Make new contacts and expand your network all while enjoying a delicious breakfast buffet.

Pricing Member - \$30 +GST

Lunch with Leaders November 13 12:00 PM - 2:00 PM

Post-Budget Q&A with MP McKinnon, MP Royer & MP Sawatzky
Join the Tri-Cities Chamber of Commerce on **Thursday, November 13** for a post-budget discussion with our local Members of Parliament - MP Ron McKinnon, MP Zoe Royer, and MP Jake Sawatzky. Gain firsthand insights into the federal budget and what it means for businesses and communities in the Tri-Cities. This is your opportunity to hear directly from the MPs, ask questions, and discuss how budget priorities may impact our local economy and future growth. **Location** Vancouver Golf Club

Price \$55.00 plus GST

Downtown PoCo BIA and Chamber Member Mixer November 13 4:00 PM - 6:00 PM

We invite all Downtown Port Coquitlam Business Improvement Association businesses to attend a fun, casual mixer on **Thursday, November 13**. Join us for a drink and nibbles, and connect with other Chamber and Downtown PoCo BIA members.

Price Free **Venue** Samz Neighbourhood Pub 2342 Elgin Ave Port Coquitlam, BC V3C

Please register on the event page or RSVP at jesse@downtownpocobia.com.

Mingle with the Mayor - Port Coquitlam November 24 4:30 PM - 6:00 PM

Join Port Coquitlam Mayor - Brad West - and the Tri-Cities Chamber of Commerce on **Monday, November 24** for this happy hour series. Network with other members in the business community and hear from Mayor West on issues impacting the City of Port Coquitlam 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.

If you wish to be on the Chambers mailing list, just go to the website and request to be put on 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

friendship

Submitted Yolanda Broderick & Katrina Elliot

Friendship and especially friendship without borders is one of the pillars of Soroptimism. It keeps SI alive and makes it attractive to women who wants to join Soroptimist clubs.

In September, Yolanda connected with Henny Knap-Go, Liaison Officer of the international exchange program called "Open Heart, Open Door" initiated by SI Europe. Open Heart, Open Door is an exchange program established in 1995 by Heidrun Konrad, president of SI of Europe from 2003-2005. This program proved to be successful for Soroptimists around the globe. Today Soroptimists from all over the world are involved in this program. Henny Knap-Go has been its Liaison Officer. Henny has been a Soroptimist since 1978. From 2000 to 2002 she was honored to be President of the Union of Soroptimist clubs in The Netherlands, Surinam and Curaçao. After her presidency she represented the Netherlands Union as Governor in SI Europe.



Open Heart, Open Door exchange allows Soroptimist members to host travelling Soroptimists coming to their area depending on their availability; meet up depending on their availability; do a professional exchange; or arrange a home exchange between each other and agreement of each other. Participants who are interested can email: info@ohod.eu and request a registration form. Currently, the directory of participants come from 62 countries, 537 participants come from around the world and 9 come from Canada (6 from BC; 2 from Alberta; 1 from Ontario).

According to Anna Elisabeth Mueller from Lienz, Austria, she took Teresa, her 17-year-old goddaughter, to Australia for 2 months in 2013 and stayed with a couple of Soroptimists families where Teresa experienced daily life and school in Australia for 2 months.

"I lived with different host families and could see the real Australian way of life. I had the opportunity to go to school in Townsville and meet lots of good friends. I also did some trips to Sydney, Brisbane and Cairns. One of my highlights was the Scuba diving in the Great Barrier Reef in Cairns. Another one was seeing the opera house in Sydney. I'm a ballet dancer so I really enjoyed seeing a place where some of my role models are working. I had many good experiences, and I learned for life. It was also the first time that I was away from home for such a long time, but I was never homesick. I got to know many new and really friendly people. Sure, I missed my family and my friends but in the end of my trip I just wanted to stay in Australia."

Open-Heart, Open-Door program gives Soroptimists the opportunity to travel all over the world and get to know other cultures and Soroptimist friendships. For 17-year-old Teresa, it was a unique chance to realise her dream of getting to know a foreign country better. For Anna Elisabeth Mueller, Soroptimist from Lienz, Austria, the idea to open your houses for other Soroptimists and their families is wonderful. These are a few benefits of friendship links.

welcome to our new member



Karen Curtis

social committee and christmas families

Submitted by Brenda Rigby

Social

Looking forward to getting into the holiday spirit.

Please put on your calendar November 18th for movie night-movie to be announced later.

And our fourth annual walk around La Farge Lake on December 16th at 7:00. Meet in the parking lot closest to Rocky Point Ice Cream. Refreshments will be provided.



Christmas Families

Lists for our Christmas families will be online soon. We will be "Christmasing" six families this year. If you have any suggestions for a family in need please forward them to Darlene before the meeting next Wednesday.

For the new members we will be filling the needs of six families with gifts and hampers. Lists of requests for the families will be online in early November and if you wish to contribute you fill in the form online and bring your donations to the December meeting. More details to follow at the meeting next Wednesday.

gratitude wall—october

Gratitude

Wall

Grateful that I
have been asked to
present a workshop
at our SIA Convention
in Korea! - Chari ♡

I thank you to
everyone who reached
out to me after
my surgery!
Debra

Grateful for the
changing of the
seasons!
Love fall!

Grateful to have see
Dr Jane Goodall
in person! ♡

Grateful that I get
to wake up everyday
and enjoy & appreciate
the country where I chose
to live!

I am grateful for safe spaces
to connect with women
who share the same vision
to uplift and to serve
community ♡
- Khadija



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Soroptimist Branded Apparel Order Form

If you would like to order branded apparel, there are 3 items to choose from.
All prices are estimates until final order numbers are determined.



ITEM #1 - Custom
Stormtech Women's
Novarra Full Zip
Jacket - \$74.00 + tax



ITEM #2 - Women's
Heavy Cotton V-
Neck T-shirt -
\$32.00 + tax



ITEM #3 - Custom
Biz Collection
Ladies Metro 3
Quarters Sleeve
Shirt - \$57.00 + tax

Use the link below or the QR code for the order form, which has the full range of sizes available.

Link: <https://forms.gle/uz4VYVN5aYMpZw9N8>

Note: *All three items are generous in their sizing. If you purchased one of the Eddie Bauer fleece jackets that were available a few years ago, we would advise you to go down one size from the Eddie Bauer sizing.*

