



Submitted by Megan Eastwood

Presidents' Message

As always at this time of year Shari is knee deep in her other volunteer activity (that she has done for many years) as Registration Coordinator for Special Olympics Coquitlam, so I am covering this month's Co-president message.

As we start another Soroptimist year, and the 2nd of our Co-presidency, I (as most of you know) started a new chapter in my own life and am now a married woman again. (I do plan to take the name Seaton I just need to get around to changing everything!)

As old chapters close and new chapters start I often review where I am in my life and if I am living the life I want. Plus, with being a Soroptimist for 20 years, I am also starting to notice the passage of time. As we start to stare down the barrel of 60, me and Andrew are starting to focus on aging well. And yes, that involves exercising and eating well but did you know that 3 other contributors to aging well are covered by our Soroptimist activities!

- Keeping your brain active
- Having a purpose
- Having a circle of friends

Keeping your brain active: I am not really a techie person, so taking on the website and social media roles has been a huge learning curve for me (and still is)! The role of Co-president has been another learning opportunity too. I know many of you step into Soroptimist roles and projects, where you had no idea what you were doing before you started. Well congratulations, you are helping your brain age well!

Having a purpose: Has long been associated with happiness and fulfillment and so I do not think it is surprising that it is linked to ag-

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October Birthdays

Laurel Cabrita—October 27

ing well too. Having a reason to get out of bed, take on new roles, step out of our comfort zone and help people less fortunate than ourselves, I don't know about you, but it helps me sleep a little better at night, knowing that in this crazy world we are at least doing something to help.

Having a circle of friends: I know I have said it before and I will say it again, it meant so much to me that my Soroptimist sisters came to help me celebrate my wedding. I have known some of you for the last 2 decades. Seen your kids grow from babies to adults, seen divorces, job losses, promotions, new relationships, house moves, Soroptimists come and go, the list goes on, we've laughed (a lot) and we've cried (a bit) and here we still are with the constant of Soroptimist service and welcoming new members that we hope will still be in our lives in another 20 years.

So, as we start the new Soroptimist year, and we see the committees busy working on their projects, please take a moment to pat yourself on the back that you are doing at least 3 things that are contributing to your aging well.



And yes, I know for you young ones this ageing thing all seems a long way off, but 2 things:

1. Getting old comes quicker than you think!
2. Congratulations, by being a Soroptimist you are starting early on helping you age well!

Note: I was hoping to have a picture of the group shot from the wedding, but I do not have the wedding pictures yet. Instead, I will include pics of the stunning cupcakes that Cassandra Cakes (co-owned by our very own Meaghan) did for our wedding!!

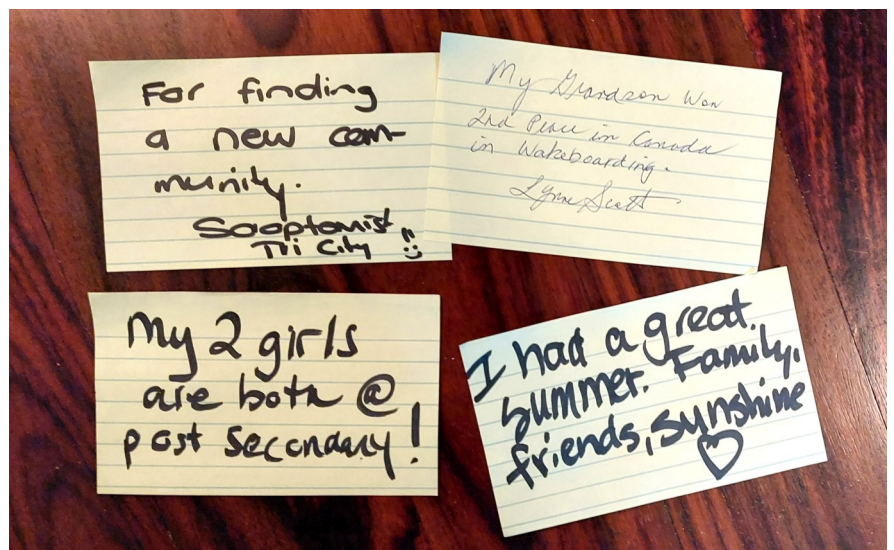


Megan & Shari

GRATITUDE!

We have started posting monthly gratitude on the meeting room window to be reproduced here.

These are the posts from September.





bea's closet & warm place

Submitted by Joanne Morton

So grateful for Darlene's speedy recovery-she was back to business in no time. Just taking over for a couple of weeks, I was exhausted. I can't believe all the behind the scenes stuff she does-referral intakes and arranging for volunteers to fill the orders in itself is a full time job. And then there is everything else she does for BK-doing all the stats, picking up donations, shopping, tracking the budget and the list goes on. Thanks Darlene for all you do!

September was another busy month. We helped 15 moms and 19 children. Look at the number of kiddos. We are so grateful to one of our donors that supplied these cute crocheted stuffed animals to give to the children.



We also had a chance to visit the Dogwood quilters and received a car load of quilts, placemats, dishcloths, kitchen towels, mug rugs, coasters and cushion covers-78 items in all.

Thanks to Julie who has made \$1,688 so far this year for BK by selling donated items that we cannot use. Also a shout out to Janice who picks up Amazon donations and does all the sorting and storing of these items.

We welcomed our guests back to Warm Place in September. The ladies and volunteers enjoyed catching up after the summer break.

We served 64 women and 21 children/youth.



The meal was picnic themed, prepared by our volunteers. Delicious turkey and cheese sandwiches (all modified for our vegetarian and celiac guests), a side of potato salad and rounded out with baby carrots. Dessert, none other than the crowd favourite-Tuxedo Cake (fruit for the celiac guests).

Pipe cleaner crafts, mounds of clothing for shopping and door prizes rounded out the night.

Our registration system for Christmas WP worked so well last year that we will be doing it again this year. Registration will start in October.

If you would like to volunteer at Warm Place or just come and see what it is all about, please contact Joanne.



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 October.

Chamber on Tap—October 3 4:00 PM - 6:00 PM

Looking for a relaxed way to connect with fellow Chamber members? Join us for Chamber on Tap, a free, come-and-go networking meet-up. Each month we'll feature a different local venue. Drop in any time between 4 to 6pm, grab a drink and enjoy easy conversation with other local business professionals. How It Works Unposted. No agenda. No pressure. Simply drop in any time between 4 to 6pm, order your favourite beverage, and join a conversation. Whether you stay for ten minutes or the full two hours, you'll find a welcoming space to meet new people, share ideas, and expand your professional network.

Location: Moody Ales Ltd. 2601 Murray Street Port Moody, **Price:** FREE

Mingle with the Mayor - Coquitlam—October 16 4:30 – 6.00 PM

Join Coquitlam Mayor - Richard Stewart - and the Tri-Cities Chamber of Commerce on Thursday, October 16 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. **Location:** GreenTee Country Club 3251 Plateau Boulevard Coquitlam
Price: \$30.00 Your ticket includes appetizers and one beverage.

Business Showcase & Mixer —October 23 3:00 PM - 7:00 PM

The Tri-Cities Chamber of Commerce is proud to present Business Showcase 2025—now at our exciting new venue, Westwood Mall!

Join us on Thursday, October 23 for a high-traffic, one-day tradeshow designed to spotlight your business in front of hundreds of local professionals, potential customers, and key decision-makers.

Location: Westwood Mall 3000 Lougheed Hwy, Coquitlam. For more information go to the Chamber website.

Austin Heights BIA & Chamber Member Mixer—October 28 4:00 PM - 6:00 PM

We invite all Austin Heights Business Improvement Association businesses and Chamber members to attend a fun, casual mixer on Tuesday, October 28 at John B Pub. Join us for a drink and nibbles, and connect with other Chamber and Austin Heights BIA members. We'll be giving away a few door prizes!

Location: John B Pub Ltd. 1000 Austin Avenue Coquitlam. **Price:** FREE

Mingle with the Mayor - Port Moody—October 30 4:30 PM - 6:00 PM

Join Port Moody Mayor Meghan Lahti and the Tri-Cities Chamber of Commerce on Thursday, October 30 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.

Location: The Parkside Brewery, 2731 Murray Street, Port Moody.

Price: \$30.00 Your ticket includes appetizers and one beverage.

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



give her wings gala & sponsorship

Submitted by Renee Chadwick

Give Her Wings Gala

We had our meeting in September with 4 in attendance and 3 others had provided input for ideas for 2026.

We have landed on an evening event at the Poco Mabbett Room in either March or April. I have reached out to Poco to see what dates are available and it will be confirmed at next meeting.

Thank you Toni and Angela for suggesting this theme - Great Gatsby. They have already started to think about ideas.

We are looking at food stations where we reach out to local businesses to provide a taste of "mini" food offerings. We will supplement it with charcuterie board items and desserts. We feel that with this approach we reduce our catering bill which in turn increases our bottom line. If you know of a business or caterer we should approach



Sponsorship



We are hosting an evening in early November of thanks and gratitude to our sponsors for supporting the programs and initiatives of our club. We will share with them the impact that your contribution has made and provide an overview of our programs. The sponsorship committee's next meeting is on Wednesday, October 15th at 6:00 pm. 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.



friendship

Submitted by Katrina Elliot & Yolanda Broderick

In August Yolanda was able to visit with one of our Friendship Links in Thunder Bay and Thunder Bay's International Friendship Gardens where the SI Thunder Bay has a plaque and Soroptimist benches. Yolanda met for a meal with Lucie Doucette, Lee-Ann Naletsky, ECR Governor Cheryl Ball, Cindy Figus and a friend from Hamilton, Ontario. Ideas were exchanged and updates provided. Friendship Links is a wonderful way to learn from each other.



Also in August, Katrina met with a visiting Soroptimist Rebecca Matongo from Zimbabwe and Western Canada

Friendship Links Chair, Darlene Jamieson. We spoke of SI Harare's interest in developing a Friendship Link with our Club. Some common themes emerged such as engaging members, retaining members and fundraising. Rebecca also identified access to capital for projects and access to credit for women entrepreneurs as key issues.

A meeting was held with Joan Jackson of the SI Victoria Westshore Club to also learn about their Club's Kiva loans and how Soroptimists are helping advance women's access to credit worldwide.

In September Katrina had a chance, while visiting Calgary, to meet with Louise Johnson, Cathy Coghlan and Angie Bunting from SI Calgary. Common challenges were identified and resources were shared such as the Board of Director "job descriptions" and articles of incorporation.



welcome to our new members



Lora Covinha



Moira Cohn

OCTOBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 SITC meeting	2 warm place	3	4
5	6	7	8	9	10	11 Dandiya Night 6:30-9:30
12	13	14	15 gala planning	16	17 WCR Retreat	18 WCR Retreat
19	20	21 club social	22	23	24	25 SFC AGM 11 am
26 movie Icelandic women	27 Laurel's birthday	28	29	30	31	

community event for us to support

Submitted by Governor Chari Grant

Hi Chari,

I hope you're doing well! This is Preeti – I had the pleasure of performing Bollywood Bhangra at your event, and I hope you remember me.

I'm reaching out to warmly invite you to a vibrant South Asian community event, "Dandiya Night," happening on:

October 11th

6:30 PM to 9:30 PM

Port Coquitlam Community Centre

It would mean a lot to have your support and presence. I'm also hoping to bring more of our community together through this celebration, and your involvement would make a big difference.

Thank you so much,

Preeti



PTdance Company
presents

Rangtaali

DANDIYA NIGHT

PTdance company
BY PREETI SINGH
EST. 2022

SATURDAY OCTOBER 11, 2025 | 6:30 PM TO 9.30 PM

PORT COQUITLAM COMMUNITY CENTRE (MABBETT HALL)
2150 Wilson Ave, Port Coquitlam, BC
FREE UNDERGROUND PARKING

TICKET : \$20

Kids Under 10 Enter for FREE
Interac : ptdancecompany@gmail.com

Community Partner  **All Things Indian**
VANCOUVER

SPONSORSHIP OPPORTUNITIES AVAILABLE

Contact - Preeti : +1 (236) 867-5531

October 24, 1975
The Day Iceland Stood Still

90%

of the women of Iceland walked off the job and out of their homes one fall morning in 1975, refusing to work, cook, or take care of the children.



They brought their country to a standstill and catapulted Iceland to the “best place in the world to be a woman” today.

**WATCH
THE
MOVIE!**

OCT 26

11 a.m. PDT

Save the Date!



What happens when one day, all women in the country stop working?

Brought to us by SI Canada West Online. Register here:
<https://www.eventcreate.com/e/thedayicelandstoodstill>

Still time to register!

Don't Forget to Register for Fall Retreat!

**Sandman Hotel & Suites Abbotsford
32720 Simon Avenue, Abbotsford BC**



**OCTOBER 17 (7-9PM) & 18 9AM-3PM) IN
ABBOTSFORD**

**FRIDAY NIGHT SOCIAL AND
CARD MAKING**

**SATURDAY - REGION COMMITTEE
UPDATES AND MORE!**

REGISTER BY OCTOBER 6TH

REGISTER: [HTTPS://WWW.ZEFFY.COM/TICKETING/FALL-RETREAT--2025](https://www.zeffy.com/ticketing/fall-retreat--2025)

<https://www.zeffy.com/ticketing/fall-retreat--2025>