

dream



Tri Cities

what's happening

Hello
December

From our Presidents

As I sit on my sofa listening to the rain, wrapped in a blanket and looking forward to the best night of the year – the Soroptimist potluck (can you guess which president is writing this month's piece lol) I am thinking how grateful I am for the life I have.

The holiday season is often a time for me to reflect on my life and check I'm living the life I want and formulate plans for next year to move me towards the direction I want. Remembering loved ones, past and present, and being grateful that they were in my life, even if the time was too short.

After the visit to Kenya and seeing the hurdles the women & girls face, this year more than most I am thankful for the big things. But also for the little things we take for granted that many women don't have: hot shower, clean running water, clean clothes, family that love me, any food I wish to eat, underwear!! (that one totally shocked me, its 2024 how can schoolgirls not have underwear?!) sanitary products and (a biggie for me) a home that is a safe place, where I can lock the world out and know in these walls I'm safe and loved.

We know that many women in our own community face similar hurdles, which is why we all do what we do with the Soroptimists.

And so I enter the holiday season with huge gratitude (and pride) that I am part of Soroptimist Tri Cites. You guys are totally awesome! (we really are the best club). And you make the presidents job easy! The committees run well, we are bringing on new programs, we are looking for ways to get our name in front of sponsors and raise money, we are donating awards money to worthy women.

And Shari and I are well aware of those of you that work on the less forward facing tasks in the club, that still need to be done to keep the club running – we see you and are grateful!!

And I can't finish without huge gratitude to my partner in crime and Co-President, Shari. She keeps the wheels rolling while I am off galivanting (Kenya doesn't count—it was a Soroptimist project!). Thank you buddy! And hey we're nearly half way through and we haven't messed it up.....yet.

Happy Holidays and see you all at the pot luck, can't wait!!

Megan & Shari.

Your Executive They're here to serve you!

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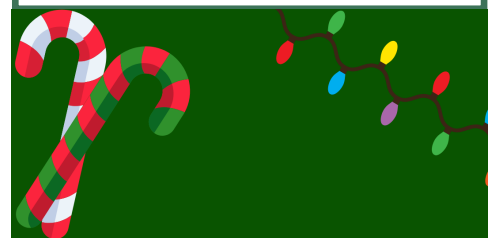
Meaghan Relkie

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Past Presidents

December Birthdays

Brenda Rigby—December 4
Paula Beattie—December 14
Darcel Moro—December 16
Catherine Fast—December 22



2024 Christmas tree festival



Each year Downtown PoCo BIA holds a Christmas Tree Festival in support of PoCo Heritage, with people voting for their favourite tree. Voting is between November 30th and December 20th. Our tree this year was decorated by Angela Cullen, and looks quite different depending on which side it is viewed from. The back and sides host numerous dolls. This is how Angela described them: "The "dolls" of all shapes, sizes and nationalities are all winged angels representing the families that we help to uplift!"

Our tree is on the second floor of the Terry Fox Library, by the elevator. We can vote by going to <https://downtownpocobia.com/christmas-festival/> or scanning the QR code on the tree.



bea's kloset

Submitted by BK Co-Chairs Darlene McCann & Joanne Morton

Thankful

We have had a month of great news! To say we are Thankful to our community is an understatement.

It all started with an email from a Coach of a Junior Girls Hockey Team, they wanted to support Bea's Kloset in some way. After a lengthy telephone conversation it was decided the best way was for the team to collect starter kits then the team would come to present them to us and we would show them around and give them some treats etc. Next came an email from a Port Moody resident whose neighbourhood collects items at Xmas and wants the recipient this year to be Bea's Kloset. The good news isn't finished so keep reading. Next came an email from a former SIA Chilliwack Member who now is the Manager of the Fleetwood Safeway Store. She let us know that once a year the BC Managers attend a meeting in the Lower Mainland and collect things for a Not For Profit Project. She asked if Joanne and I would like to attend their meeting and give a presentation on Bea's Kloset. So off we went to the Anvil Theatre in New Westminster where Joanne gave a wonderful presentation on who we are and what we do. We left with bags full of dish soap, toilet paper and face cream with promises of more to come. There were jars on the tables where people could donate funds to us and at the end of the day we were told that \$175.00 would be coming our way. Port Moody Rotary is once again generously supporting us with starter kits and Linda Balzer has asked that 3 cars come to her house on Nov. 30th to pick up the items. Not only that, they are collecting stamps for us from Loblaws stores that will allow us to receive much needed pots.

Our regular supporters have been busy as well. Dogwood Quilters gave us two big bags of beautiful items, Immigrant Link Centre Society filled 3 cars full with Amazon returns, plus laundry and dish soap that has been distributed to Talitha Koum and Joy's Place. Some of the items we received from ILCS are suitable for our Silent Auction so we have put them aside and have also shared some with our SI Burnaby/New West and they are thrilled.



Numbers for this month 23 Moms and 32 children.





warm place for women

Submitted by Paula Beattie

Our November Warm Place event brought together the four pillars of Soroptimist seamlessly. Impact (Program) Warm Place is a 17 year Program that we have become famous for in the Tricities. We provide a safe space for women and their families to eat, socialize together and build community.



Philanthropy (Fundraising) From our local businesses and channeled directly to the recipients.

We were so grateful to have Manhas Health (spearheaded by their HR director Jennifer McKinnon) provide us with a delicious pizza and salad meal from Austin Heights Pizza. The staff from Manhas showed up with smiles, food, raffle prizes and clothing for our guests..the whole deal.

Engagement (Membership) We had 12 Soroptimists from our club put in a total of 70+ hours of volunteer time between them just in the month of November! Pre planning and on the day program delivery included.

Brand Recognition (Public Awareness) We have continued to promote our program via social media. Word of mouth spreads too. Catherine Fast contacted us with a huge donation of beautiful cuddly toys donated by her neighbour. The kids smiles were priceless. (Photo shared with permission from Mom)



Share Family and Community Services joined us this month and our fabulous and engaging club member Darcel came to Warm Place armed with information about the wonderful programs that Share runs. Share Bear came along to make us smile and give hugs. The tissues were out when Share Bear gave our guests hugs and one of them burst into tears as the physical hug obviously happened just as it was needed. A reminder of how important that coming together with others in our community is.

There are many gems every month to take home. This month one of our guests had disclosed an abusive relationship, we were able to connect her with counseling available through Share and will continue to support her as much as we can.



It's never "just a meal"

Thankful for all of our club for bringing different strengths and perspectives to our Warm Place

Plans are afoot for our Christmas Warm Place which I have been told multiple times is an important social event on the calendar of many of our guests. We are fully booked!

Wishing all of our committee and the whole club Happy Holidays and a healthy and Happy New Year!

awards

Submitted by Nancy McCurrach and Nav Hothi



Nancy & Nav are pleased to report that there were eight applications received for the Live Your Dream Award that were due by Nov. 15/24. We will be finalizing the judges' panel after our December club meeting. Currently we are working on getting the rest of the Awards updated and cascaded out to various highschoools in the district and organizations; This next series of Awards are the Give Her Wings; Bea Kelly Teen Volunteer Awards (up to 5 at \$1,500.00 each); Spread Your Wings Award; and the Ruby Award all due Jan 15/25. We will be asking for your support to please advertise and get the word out on your social media and contacts for the opportunity for a wider reach for potential applicants,

Happy Holiday!
Nancy & Nav

social stuff

Submitted by Brenda Rigby

As the holidays approach please join us for these two events if they fit into your schedule.

On **Thursday December 12th** we will be walking around Lafarge Lake enjoying the lights, each others' company and our hot chocolate. We will meet in the lower parking lot by the restrooms at 7:00. That's the lot off Trevor Wingrove Way, where Rocky Point Ice Cream is. Please let Brenda know if you plan to attend.



Tuesday Dec 17th will be our monthly movie night at Silverscreen in Coquitlam. Movie title and time to follow at a later date.

Hope you will be free to join us.

sponsorship

Submitted by Renee Chadwick

Sponsorship Night has been postponed until February 13th due to many sponsors being unable to attend in November because of previous commitments and vacation plans.



Anywhere Flair Flies

Our raffle will go on sale on the website on December 10th with the draw taking place on Valentine's Day - February 14th at 3:30 pm at Cassandra's Cakes.

There are two prizes:

First Prize - 2 round trip tickets anywhere Flair flies to a value of \$1,200.

Second Prize - 2 round trip tickets anywhere Flair flies to a value of \$1,200.

When they go on sale consider purchasing a chance to win as a Christmas Gift. Chances are really good as there are only 250 tickets sold.

An email will be sent when it is ready to launch with the link to purchase a ticket.

PURSONality Project

Thank you to those that donated a purse. We have over 45 purses that will be distributed to Talitha Koum and other similar charities.



support for si vancouver



Burger & a Beer FUNdraiser

Join us for a fun evening of Trivia, a scrumptious burger & beer and an information update on **Soroptimist International of Vancouver**.

Date and time

Friday, January 24, 2025 · 6 - 9pm PST

Location

Match Eatery & Public House

350 Gifford Street Starlight Casino New Westminister, BC

Tickets \$33.28 on [Eventbrite](#)

joy's place & westminster house

Submitted by Lynne Scott



Joy's Place

Tuesday the 26 of November was a Christmas card making night for the women. Donna C led them in making their cards. The children made Christmas gift tags, with Shelley helping them with their craft.

It was a fun night for all. Thank you to Donna, Maureen and Shelley for stepping in during my holiday absence.

Westminster House

October 29 was another great night at Westminster House, decorating Halloween sugar cookies.

The women loved the project and ate some of their cookies when completed. Thank you to Brenda and Janice for making the cookies. We also spoke to the women about Bea's Kloset and our Award Programs.



talitha khoum society

Submitted by Janice Wharton

Our new project partnering with Talith Koum is now under way. This extremely successful recovery program assists women working through poverty and addiction.

We are a committee of twelve, and of course welcome all others that want to participate in this new adventure!!

Starting January 10th, and for each Friday thereafter, two members will participate at Talitha Koum to mentor and advise on life skills and pertinent topics to assist the women on their recovery paths.

Contact Janice should you like more information

community events



\$100,000 Milestone: Crossroads Coffeehouse Celebrates 25 Years of Music and Community

As reported by Nancy McCurrach

It was a full house on Friday March 22 at The Micheal Wright Art Gallery in Leigh Square celebrating 25 years for The Crossroads Hospice Coffee House! I was delighted to say a few remarks as Acting Mayor, on behalf of Brad West, Port Coquitlam Mayor and Council, on how grateful we are and applaud ALL the local performers who volunteer their time, passion and talents to unite music lovers over the years in support of a greater cause by giving back to those in need during difficult times of immense grief. To date \$100,000 has been raised. Special thanks to Linda and Mark Kozina for their unique, humbling and innovative community service as the Founders of the Crossroads Hospice Coffee house. Imagine, they began this venture in Mark and Linda's basement 25 years ago and they are still going strong!



And from Linda: Special thanks to Laurel, Janice and Brenda who helped me bake 94 lemon cupcakes for the Crossroads Hospice Coffeehouse 25th anniversary celebration.

friendship link—si wexford

Submitted by Yolanda Broderick, club Friendship Links Chair

In my travel to Ireland in May 2024, I connected with SI Wexford through Eadaoin Lawlor, President. I was further connected with Irene Walker, their Friendship Links chair. On November 26, 2024, SI Tri Cities has established a Friendship Link with SI Wexford. Here is a copy of the acknowledgement of SIGBI (Soroptimist Great Britain and Ireland) and SI of the Americas.

The club was founded in 1961 in Wexford town, Wexford Ireland. Currently SI Wexford has 29 members. The club meets on the first Tuesday of every month. They also have a weekly coffee morning, started just after Covid.

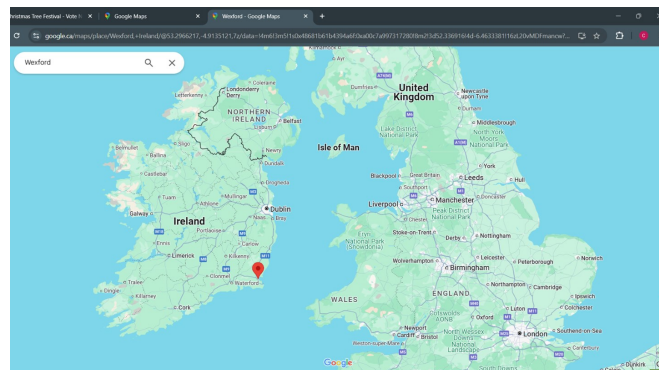


SI Wexford is currently in the middle of their Orange the World Campaign launched on November 23rd by their Mayor.



Every year SI Ireland holds a public speaking competition for young women between the ages of 16 -18. They have held this competition for 43 years and Wexford has taken part in it every year. It really is one of the major highlights of the year. The amount of time and preparation the young women put into is terrific. If you click on the link, it will take you to their national website which provides more information; [Public Speaking - Soroptimists Ireland](#)

In January, SI Wexford holds their *Nollaig na mBan lunch* (pronounced Null-Ug na Mon) which means *Women's Christmas*. It is normally celebrated on January 6th. SI Wexford have a friendship lunch on the Sunday nearest that day to which approximately 200 women are invited. At the lunch, SI Wexford runs a raffle to raise funds for the charity or charities they are supporting that year. It is tremendous fun, and everybody loves it. This year SI Wexford is supporting Wexford Women's Refuge and The Purple Paddlers.



The red dot is Wexford.



Tri-Cities Senior's Information Line to assist seniors with local resources in the Tri-Cities



It is not just about a phone call. It is about keeping you informed

**SHARE FAMILY
& COMMUNITY
SERVICES**

604-259-1407

seniors@sharesociety.ca

The Tri-Cities Senior's Information Line provides one-to-one navigation support and referral to vulnerable seniors with easy and immediate access to updated information.

A trained volunteer will support you in accessing appropriate community resources offered by SHARE and other service providers in the community.



This project is funded by the Government of Canada's Age Well at Home Initiative

