



White Rock / Surrey

**Volume 17 Number 1
September 2016**



Inside this Issue

PRESIDENT'S MESSAGE

CLUB NEWS

- CFUW White Rock/Surrey Board of Directors 2016 - 2018
- Highlights from the CFUW Annual Convention, June 2016
- The One-on-One Literacy Program
- Message from the Communication Chair Person
- AMA Transition House
- BURSARY FOUNDATION NEWS**
Bursary Foundation Tea

- General Meeting Dates for 2016 - 2017
- General Meeting and Program for September 24th

INTEREST GROUP ACTIVITIES

- Mindfulness in Everyday Life

CFUW NATIONAL and BC COUNCIL NEWS

- INTEREST GROUPS ACTIVITIES
- MEMBER RESOURCES



Sue Foley-Currie

PRESIDENT'S MESSAGE

It is always a surprise when Labour Day weekend comes along and the

new season is upon us with the start-up of many new and renewed activities.

My daughter and I were chatting on the phone about buying the school clothes and shoes for those youth growth spurts. Education is something our club promotes as well as pursuing knowledge, so I always welcome a chat about the new books needed, how the science and history fairs work today and even how a school related book club has an electronic checklist to assist in tailoring the reading list. Parents across the country are puzzling out their new schedules for the back-to-school routines and how to handle any transportation challenges in the congested lower mainland. Teachers, administrators and others in the schools and colleges are back from vacation and are looking forward to their time with children, youth and adults— all our precious future in Canada.

I shared with my daughter that I am incoming president and she teased that I was either caught unaware and said yes or no one else wanted to do it when the nomination process was underway - but, thankfully, our club is an amazing one with many experienced and gifted members. This is my third club. My membership over the years has been tied to personal formation as well as fellowship and advocacy.

It seems a lifetime ago in Winnipeg when three young moms were taking time out from the workforce due to the lack of day care spaces. We swapped time off days with each other to care for each other's children – so each of us could have some adult time as well as maintain professional ties and do some continuing education. Then a CFUW member invited us to a meeting over at the historic Ralph Connor House. Next thing we knew, we had joined some interest groups including Issues and Actions. It was months later before we figured out who everyone was and that the working together had been with committed purpose since 1909.

A work-related move took our family to Regina, and a prairie trick for the long winter is to get involved in the community. So I joined the Regina CFUW, which met in members' homes. The club supported my running for school trustee, and as a club began the Headstart Program that assisted inner city children. Member Jean Steer was elected the National CFUW President (the days when clubs took turns instead of an office in Ottawa) and the Regional Club suddenly did double duty. My add-on was to be the editor of the national bilingual newsletter, while another member became the Treasurer for the International Federation of University Women (IFUW prior to becoming GWI) and travelled to Geneva.

Some suggest that we can never really go home again. I was born in White Rock and have returned to White Rock/Surrey. It is both familiar and unfamiliar due to the endless changes and certainly feels like "the gift" for growing older and yet finding new stages of life. It is a community-at-large that daily exhibits that so many are not standing still and wasting 25-30 per cent of their lives. Everywhere we look and go in White Rock/Surrey (and Langley) there are so many possibilities, the ongoing creation of new activities and networks of interesting people. Our club certainly is a part of the whole.

CLUB NEWS

Welcome to our Board of Directors for 2016 - 2018



*Sue Foley-Currie
President*



*Diane Salter Menzo
Vice President*



*Trudy Handel,
Past President*



*Joanne Cunningham,
Secretary*



*Beverly King,
Communications Chair*



*Mary Fran Bateman
Member-at-Large*



*Penny Harrington,
Member-at-Large*



*Judy Kendall
Member-at-Large*

No pictures available:

Lorna MacGregor - Co-Vice-President
Eileen Ennis - Treasurer
Gloria Kelly - Membership Chair

Highlights from the CFUW Annual Convention, June 2016

(by Diane Salter Menzo)

What a privilege it was for me to represent our club at the CFUW Annual General Meeting held this year at Brock University in St. Catharines, Ontario from June 23-25.

The theme of this year's meeting, *'Growing Toward a New Tomorrow'*, resonated through the many meetings, workshops and events throughout the 'jam-packed' agenda. The annual conference provided a great opportunity to discuss and vote on important issues, learn more about CFUW nationally and regionally, network with fellow members from across Canada and learn through the excellent plenary sessions and workshops.

Social, Networking and Learning Opportunities

Multiple tours were offered as pre and post conference activities offering opportunities to meet old and make new friends, explore the Niagara region from scenery to shopping as well as enjoy wine tasting, theatre and golf. Truly, something for everyone!

On Thursday evening a welcome reception was held with greetings from local leaders and a speech from Doris Mae Oulton, our outgoing National President. The reception featured the music of drumming group Strong Water, Zhong Naibi Kwe.

Following the reception a delightful performance of the play *'Let Them Howl'* written by Sharon Bajer.



You may be familiar with the famous Nellie McClung quote *'Never explain, never retract, never apologize, just get the thing done and let them howl'*. In the play, the actors (comprised of CFUW members from across Canada) enjoyed performing this line as they reenacted the famous 'mock parliament' that featured Nellie McClung and her peers in the Political Equality League.

CFUW members rehearsed remotely, working across Canada to prepare for the show. Their final rehearsal (and first face to face practice) provided an opportunity for coaching at the venue the day before the performance with the guidance of a professional director.

I was so surprised at the end of the show when the organizers thanked and named the director as Dia Frid. Dia had cast and directed my daughter, Christie, 16 years ago in her first professional musical performance when Dia chose Christie to play Dorothy in the *Wizard of Oz*. I was thrilled to have an opportunity to reminisce with Dia following the show.

Kudos to all of the CFUW 'players' who were such good sports in putting on this wonderful play.



(l) Diane Salter Menzo ;
(r) Dia Frid

Speakers

Dr. Bonnie Rose, former Executive Vice President at Niagara University in Lewiston, New York, gave the opening plenary session on Friday morning. Dr. Rose provided many insightful comments from her personal experience with the challenges and current realities for universities and colleges. Her provocative comments, such as 'eternal life is not a given' for the current mode of operating in higher education, resonated with many of us in the audience. Dr. Rose had high praise for the many CFUW bursaries that are offered and CFUW's efforts that continue to support women in education and leadership positions.



Brenda Shanahan

Saturday began with an 8:30 am opening plenary given by **Brenda Shanahan** entitled 'From Club to Commons'. Brenda Shanahan, former CFUW VP for Quebec and presently Member of Parliament for Châteauguay-Lacolle, spoke to members about the power of civic engagement, advocacy, and her journey to her present position in Parliament.

Workshops

Numerous workshops were offered during the conference and I attended two: CFUW 'Club Governance: Sharing Ideas for the Future' presented by Karen Dunnett and Madeline Kalbach and 'CFUW in the World' presented by Cheryl Hayles. The workshop on club governance provided an opportunity for attendees to share ideas on current and alternative models of club structure. Clubs vary greatly in size and structure and it was very interesting to hear how other clubs manage meeting schedules and executive roles. Our club has

already implemented some changes over the last few years, such as shared roles on the executive so that members can 'job share' the work involved in the positions. During the coming months we may be able to consider more ways to grow and change in dynamic ways to engage and serve our membership.

Business Meeting

This business meeting at this year's AGM was extremely interesting and incredibly dense in the amount of important issues that needed to be discussed and voted upon. Presiding Parliamentarian, Eleanor Stewart, kept the sessions on track and ensured that Robert's Rules for parliamentary procedure were upheld; the introduction of a 'clicker' system for voting was very efficient and definitely sped up the process of recording votes. The report from Robin Jackson, Executive director of CFUW national office provided an impressive account of the many ways the national office has been active this year in membership, scholarships/bursaries, building CFUW profile, advocacy and sustainability. Members can view the presentation and the accompanying 85 page report online at the CFUW national site.

The new Board of Directors for CFUW incoming president Karen Dunnett and A full list of the 2016-2017 Board of be found on the National Website.



*(l) Doris Mae Oulton
(r) Karen Dunnett*

for 2016-2018 was announced with the the VP British Columbia Ruth Mellor. Directors and Regional Directors can

Resolutions

Five resolutions were put forth for consideration. Our club voted to support all five resolutions and I'm happy to say that all were passed at the AGM.

1. Missing and Murdered Indigenous Women and Girls: Ending the Marginalization of Indigenous Women in Canadian Society
2. Fetal Alcohol Spectrum Disorder (FASD): Diagnosis, Intervention and Support Plan for Children, Adults and Families Affected by FASD

3. To Strengthen the Pest Management Regulatory Agency of Health Canada in its Mandate to Approve, Register and Monitor Pesticides, in a timely manner, as well as to protect the health of Canadians and the environment.
4. Electoral Reform: Changing the First Past the Post Electoral System to Proportional Representation in Canada.
5. Sustainable Development Goals, also known as Global Goals.

Resolutions for GWI

Three resolutions were put forward for CFUW delegates to bring to the 2016 GWI Triennial Conference that will take place in Capetown in August. These are:

1. Full Accessibility and Barrier Free Environments for Persons with Disabilities
2. Reducing Climate Change Through the Use of Carbon Taxes
3. Bullying and Cyberbullying

Changes in Articles and Bylaws

1. An Amendment to the CFUW Articles and Bylaws was put forward by the CFUW Board of Directors, and passed by the clubs. The Articles and Bylaws now reads as follows:

F. Committees: The following committees shall be designated Standing Committees of the Board: Advocacy, Articles and Bylaws, Education, Fellowships, Finance, Governance, International Relations, Nominations, and Resolutions.

2. The amendment put forward by CFUW St. Thomas, "Withdrawal of CFUW from Graduate Women International (GWI)" failed. Over many months leading up to the AGM, clubs across the country engaged in thoughtful debate over this amendment. At the business meeting of the AGM discussion continued with arguments put forth in favour and against the amendment; an extension of 30 minutes allowed additional time to discuss the issue. I voted in accordance with our members' decision to support the motion. The majority of the votes at the AGM were in support of accepting the St. Thomas' club amendment (55% voting to withdraw from GWI, and 45% voting to remain), however, to pass an amendment a 2/3 majority of votes must be in support of the change. Therefore, the amendment failed.

Next steps re GWI

CFUW delegates will attend the GWI Triennial Conference in Cape Town, South Africa in August. The following motion was put forth and voted upon at the AGM regarding CFUW delegates to the GWI Triennial. This motion was presented by the Board of Directors and passed with 81% of delegates voting in support.

1. The voting delegation will support the candidates nominated by CFUW.
2. The voting delegates will support CFUW positions.
3. The delegation will reject the resolution for the fee increase, as written
4. That the CFUW President and VP International Relations be given authority to caucus with delegates at the 32nd GWI Triennial Conference in Cape Town South Africa in August 2016.
5. That the CFUW Delegation, operating with the caucus direction, be given discretionary leeway to vote collectively in the best interests of CFUW at the 32nd GWI Triennial Conference in Cape Town, South Africa, in August 2016.

Federation Banquet

On Saturday evening, attendees of the AGM and Conference were treated to a wonderful banquet, filled with entertainment, conversation and food. There were several special highlights during the evening, including classical jazz, remarks from local politicians and leaders, and awards presented by the national office to CFUW clubs across Canada in recognition of the many accomplishments.

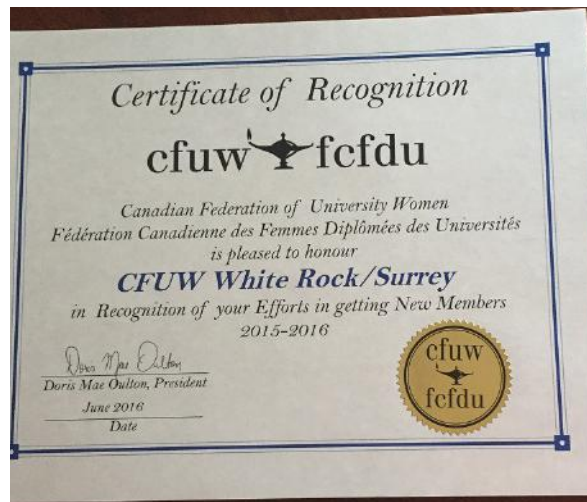
Club Recognition Awards

13 Membership Increase Awards; 29 New Member Awards*; 9 Special Project Awards*; 9 Responding to and the Prevention of Violence against Women Awards.

*** Congratulations to all of our CFUW White Rock South Surrey Members**

Two awards for our club were presented at the 2016 AGM.

1. Certificate of Recognition in Efforts in Getting New Members 2015-2016.
2. Certificate of Recognition for our Special Project 'From Then to Now'.



Mark your calendars for next year: CFUW AGM 2017

I hope many of our club members will be able to participate in next year's AGM that will be held in Richmond, BC, from June 22 - 24, 2017. The theme for next year is 'Gateways/Passerelles'.

Additional details, power points and presentations from the 2016 conference are available on the members section of the CFUW National website <http://cfuwadmin.org/> (log in with the user name of view only and the password of cfuw4321 and follow the link to AGM 2016).

We're Going Back To School



The One-on-One Literacy Program

(Carolyn Oram)

The One-on-One Literacy Program begins the school year with a *Reading Strategies* Workshop on October 7, 2016 from 9 -12 noon in the H.T. Thrift School Library.

Our volunteers love this workshop since it refreshes all of us and teaches us some new strategies to use with the children of H.T. Thrift and Peace Arch Elementary Schools.

At this time, we have a full complement of volunteers at both schools but we can always use substitutes, and sometimes we have a need for regular weekly volunteers.

Our first session starts on October 11 and ends on December 1. We have three sessions a year and dates for the other two will be announced later in the fall.

If you would like to consider volunteering, please contact **Carolyn Oram** - carolynoram@gmail.com or Mary Fran Bateman - pentab@shaw.ca.

A Message from the Communications Chairperson

My name is Beverly King, and I am your communications chairperson.

I would like to share with you how I ended up joining CFUW. Two of my girlfriends bought me a membership as a Christmas gift. This has truly been "a gift that keeps on giving."

Our greatest resource is the energy and vibrancy of our membership. Think of bringing a friend or colleague to a meeting and be sure to check out our website. (<http://cfuwwhiterocksurrey.com/>)

I will be away hiking in Yosemite the week of our September meeting but am looking forward to connecting with our membership at the October meeting.

Beverly King Communications Chairperson



AMA Transition House

(Lorna MacGregor)

AMA house is a transition home for women aged 55+ who need to leave their place of residence. Women may stay at AMA house from 30 to 180 days and are helped creating a better life.

AMA house accepts approximately 35 women per year. Last year, there were 696 ladies AMA house was unable to help!

Our club makes the transition period a happier time in these women's lives. We donate articles of apparel that the women wear when seeking employment. At Christmas and Easter, we supply baking goods, so that the ladies are able to bake for themselves and to bake a gift for their loved ones and friends. A Christmas dinner is created by the women of AMA house, funded by the generous donations of our club members. Throughout the year, we supply clothing that is fresh and of good quality for daily wear.

Our club works with the staff and the occupants of AMA house to help create successes, happiness, and peace of mind. We are always looking for new ways to help these women.

BURSARY FOUNDATION NEWS



.... to the Members for their generous donations to the Bursay Foundation April 2015 - March 2016

Elizabeth Bordeaux; Lee Caulfield; Jay Donald; Marjorie Foxall; Janice Henderson; Doreen Hoath; Lois Hunter; Gloria Kelly, Shirley Nord; Sylvia Riddell; Lorna Scobbie; Anne-Marie Steenge; White Rock/Surrey Club

The combined Bursary Board - previous members and new members - will meet to exchange ideas and orient the new members to the Board on September 28, 2016 at 10 am at Carolyn Oram's home.

We hope to have the constitutional change as passed by the Bursary Foundation at the annual general meeting last May, finalized by The Registrar from Victoria, for the meeting.

Please see the pictures from the Bursary Board and Club Executive Tea in this Newsletter as well as information about the Bursary Recipients.

Carolyn Oram, Bursary Board President

Bursary Foundation Tea *(Maureen Buchholz)*

Our 2016 bursary recipients were hosted by CFUW members at a tea party at the home of Mary Fran Bateman on a sunny afternoon in June. Board president, Carolyn Oram, introduced Sarah Pastrana and Paige Fitzsimmons who were accompanied by their mothers. (Third recipient Rachelle Fox was unable to attend).



(l) Paige Fitzsimmons; (r) Sarah Pastrana; missing from photo Rachelle Fox

Each of the three was awarded \$3000 for the 2016-2017 term.

Sarah is a PhD student at UBC, studying interventions and supports for individuals with autism. Her research interests focus on assessing learner preferences, early language acquisition, and repetitive behaviour. Sarah is a board certified behaviour analyst and has worked and studied in the field of applied behaviour analysis since 2003. Active in various behaviour analytic organizations, she currently serves as treasurer on the board of the British Columbia Association for Behaviour Analysis.

Paige is a local girl who graduated from UBC with a Bachelor of Science in Biology in 2012 and currently works for the Department of Fisheries and Oceans Canada in the Molecular Genetics Department. This fall, she is attending King's College, London, UK, and is enrolled in a MA degree program in Bioethics and Society. After completing her masters, she intends to pursue a career in policy development implementation in the medical field.

Both women expressed their gratitude to the Club for the financial support which has meant so much to them and their families.



Enjoying the tea party from left to right:

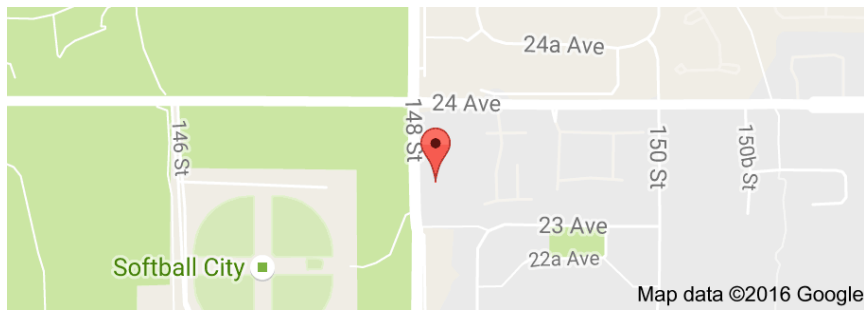
back row: Penny Harrington
Maureen Buchholz
Anna Ferguson
Sylvia Riddell
Joanne Cunningham
Anne-Marie Steenge
Elizabeth Bordeaux
Sue Roberts
Mary Fran Bateman

front row:
Paige Fitzsimmons
Sarah Pastrana
Carolyn Oram

CFUW Surrey / White Rock
2016-2017
General Meeting Dates

When? **Saturdays, 10:30am-12:30pm**
(unless otherwise posted)

Where? **Mt. Olive Lutheran Church**
2350 148 Street
Surrey, BC V4A 4M7



Sept. 24	Welcome Back meeting Speaker Barb Cooper, Semiahmoo Arts Council "What's Up in the Arts World" (Please see "General Meeting and Program" for further details)
Oct. 22	"60 Million Girls" https://www.canadahelps.org/en/charities/60-million-girls/ Speaker - Paula Gallagher
Nov. 26	Senior Advocacy - Speaker Isobel Mackenzie, Seniors' Advocate for BC
Dec. 17	Christmas Potluck & Bake Sale
Jan. 28	Child Care Advocacy - Speaker - Coalition for Childcare
Feb. 25	Members' Night - Members' Stories
Mar. 25	TBA
Apr. 22	TBA
May 26	AGM & Year-End Luncheon

General Meeting and Program

(Penny Harrington)

Come out to the club's first meeting of the season and enjoy a light brunch, hosted by Marjorie's team, sign up for group activities that interest you, catch up with old friends and make new ones.

You can purchase beautiful orchids for \$15 (a new fundraising program for the club organized by Trudy Handel).



When? Saturday, Sept. 24

10:15 am - 12:30 pm

(please note the change of the start time)

Where? Mt. Olive Lutheran Church
2350 148 Street, Surrey, BC

Brunch: hosted by Marjorie's team

Diane Salter Menzo will speak about the National CFUW AGM she attended at Brock University in St. Catharines, Ontario, from June 23-25.

The meeting will be followed by our guest speaker, **Barb Cooper** from the Semiahmoo Arts Council with "*What's Up in the Arts World*".

Plan to attend and don't forget to bring your cup and plate.

INTEREST GROUP ACTIVITIES



left to right : Pat Poliquin, Gloria Tiede, Louisa Kozey and Diane Salter Menzo.

Mindfulness in Everyday Life (Diane Salter Menzo)

The first meeting of the new 'Mindfulness in Everyday Life' interest group was held on May 12, at the home of Diane and Bill Menzo.

'Mindfulness' can be described as the action of focusing our attention on our inner experiences at the moment they are happening. We discussed the growing body of research of the physical, social and psychological benefits of practicing mindfulness, shared some of our own

experiences and then practiced three simple mindfulness techniques including: 'mindful breathing', 'mindful listening' and 'mindful eating'.

If you are interested in joining the group in September, please contact Diane at dianesaltermenzo@gmail.com.



left to right: Lorri Beddow, Elizabeth Bordeaux, Gloria Tiede

CFUW NATIONAL and BC COUNCIL NEWS

(Diane Salter Menzo)



Dates to note for 2017:

May 26 - 28

- The 2017 BC Council Annual General Meeting will be hosted by the CFUW Kelowna club from **May 26 - 28, 2017**.
- The theme of the conference is 'Ahead of Our Times – The Future is Now' and will be held at the Coast Capri Hotel in Kelowna. More details and full registration package will be available on Feb. 1, 2017. <https://sites.google.com/site/cfuwbccouncil/>

June 22 - 24

- The CFUW National Annual General Meeting will be held from **June 22 - June 24, 2017** at the Sheraton Vancouver Airport Hotel. The conference theme is Gateways/Passerelles. <http://www.cfuw-richmond.org/>

CFUW White Rock/Surrey Interest Groups ~ Activities and Leaders

Monday

Dames Who Dine

1st Mon., 5:30 p.m.
Trudy Handel;

Duplicate Bridge

2nd Mon., 1:00 p.m.
Betty Bishop;
Donna Freeze

Symphony at the Bell Centre ~

Linda Lee Henriksen

Club Cuisine

5-6 times a year
Elizabeth Bordeaux

New Members

Gloria Kelly

One-on-One

Literacy Group

once a week
Carol Oram



Tuesday

Alpha Book Group

2nd Tues. 1:30 p.m.
Shirley Nord

Evening Book Club

3rd Tues., 7 p.m.
Kathy Steele

Who can play, Who can host? Bridge

Tues. & Fri.,
9:30 a.m.
Sandy McKenzie

The Bridgets Afternoon Bridge

1st & 3rd Tues.,
1:00 p.m.
Monica von Kursell



Wednesday

Afternoon Matinee-Dinner

2nd Wed., 3:00 p.m.
(varies)
Sandra Kraft

Golf for Fun

Wed. Afternoons
Sandra Kraft

Art Appreciation

3rd Wed. (varies)
Marilyn Dyer-Seidel



Thursday

Fully Booked Book Group

2nd Thurs. 1:30 p.m.
Joanne Cunningham

Newbies Bridge

1:00 p.m., Thurs.
Monica von Kursell

Mindfulness in Everyday Life

2nd Thurs. 7:00-
9:00p.m.
Diane Salter Menzo



Friday

Stitch and Chat

2nd Fri., 1:00 p.m.
Joan Hoyles

French Conversation

3rd Friday
1:30 –2:30 p.m.
Sylvia Riddell

Environment

4th Friday
1:00 p.m.
Ann-Marie Steenge



Interest Group Info*
For more information contact Interest Group Leaders,
**Groups subject to change.*



Need a Ride to Meetings?

If you are unable to attend because you don't have transportation, please call **Sandra Kraft at 604-535-8824**. Sandra will find a ride for you.



Member Resources

Web Resources for Members

CFUW Facebook page

<https://www.facebook.com/CFUW-White-RockSurrey-1491088411167597/timeline/>

and the closed group page

<https://www.facebook.com/groups/1547358335477392>

(to access, you must be a member of Facebook)

CFUW White Rock/Surrey Website

<http://cfuwwhiterocksurrey.com/j>

BC Council

<https://sites.google.com/site/cfuwbccouncil/home>

CFUW (National)

<http://www.cfuw.org/>

GWI (Graduate Women International)

<http://www.graduatemen.org/>

Semiahmoo Arts

<http://www.semiahmooarts.com/>

Arts Council of Surrey

<http://www.artscouncilofsurrey.ca/>

NOTE:

just click on the URL and you will be taken to the respective website.

Please contact Membership Chair, Gloria Kelly, for notification of changes to your contact information:
Telephone - 604-591-9696;
email: robkelly1@shaw.ca

Send a Card... Please advise Joanne Cunningham about any member of our Club who is ill or bereaved, so she can send a card.
Contact information: Telephone 604-541-2432;
email: joannecunow@gmail.com

NEWSLETTER COMMITTEE

Editor and Layout - Veronika Bichler

Proofreaders - Elizabeth Bordeaux
- Helen Christiansen
- Monica von Kursell

Email Distribution : - Veronika Bichler

Deadline for October Newsletter submissions is **Friday, October 7th, 2016**

Please submit news by email with the subject line 'Newsletter' to: vbichler@shaw.ca

Ads are prepaid. Please contact our Club Treasurer, Eileen Ennis. email: wennis@telus.net

Need a Ride to Meetings?

If you are unable to attend because you don't have transportation, please email Sandra at sandradkraft@gmail.com
Sandra will find a ride for you.

