



White Rock / Surrey

**Volume 18 Number 2
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Photo courtesy of Indra Hamilton

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Sue Foley-Currie

PRESIDENT'S MESSAGE

Canadian women, for the most part, are being given the gift of years. We have not reached the future decades of agelessness, but studies indicate that we are living longer than before. This gives us the opportunity getting to know younger women, not only to keep us in touch with changes in the world, but also for us to share our wisdom and to get us back in touch with our physical selves.

While on a cruise in the Baltic, I met some Texan women who liked to run/jog. They had arranged for jogging tour guides to meet them at some of the ports. It was their way of staying in shape, tour and learn. One of the gals is a volleyball coach, encouraging young girls on many aspects of growth beyond winning. Her day job is as a professor at a prep-for-college school while she works on her doctorate. In the short time of hanging out, it dawned on me that I had been neglecting both the opportunities for intergenerational friendships and my own physical wellbeing.

Our club has excellent interest groups. But have we considered how many of them are sedentary? Plus, how we may not all take the next step to try something new? I am not suggesting taking up jogging or buying a Fitbit, but maybe establishing a new interest group for easy to moderate physical activity, and having some physical health breaks during our sedentary interest groups meetings.

Our White Rock/Surrey/Langley neighbourhoods have excellent parks, trails and sidewalks for old fashioned walking. We even have easy to moderate hiking opportunities throughout our lower mainland. It is true that from November to February the weather can be wet or brisk or both, but what about all of the recreational public and private programs that can be done in indoor facilities?

For numerous years, some members have already been participating in several physical activities. We could ask each other what has been tried and what is happening now. We could chat about our shyness that all of the other participants might be younger, wearing the latest workout clothing or bathing attire, and seemingly in great shape. We could even find another member for carpooling, or bravely ask some of the younger women with whom we are working out, if they might be interested in learning about and joining CFUW.

The experts say the best way to start is a goal of three to six hours a week. We may not win a race or the gold, but we will daily grow into a full enjoyment of the new physical journey.

CLUB NEWS

September, 2017 General Meeting

(Elizabeth Bordeaux)

Our hardworking and creative Program Committee made our September meeting an event to remember.

After a friendly welcome from Membership Committee's Faye Koll at the registration desk, we were greeted by a beautiful fall harvest arrangement featuring apples, leaves and sunflowers, created by Robin Funk and Lynn Robertson. The sunflowers were kindly donated by Tim Funk, President of WestCoast Wholesale



Photo courtesy of Lois Hunter

Florist. We also delighted in the background music provided by talented pianist Lorna Paterson. Eileen Ennis and Carolyn Feldinger presided over a Vesey bulb sale, a great money raiser for our club, and there was time to socialize, sign up for interest groups, browse the donated books, and find out more about ways our club supports Ama House. In addition, we had the opportunity to work together to provide feedback on our Year-at-a-Glance and offer suggestions for future meeting topics. We sat at round tables, each with a lovely sunflower centrepiece, and were treated to a light lunch prepared by Marjorie Foxall and Karen Webster, followed by an amusing and informative talk by Donna Cheong on being healthy, strong and fit. Our president, Sue Foley Currie, conducted a brief business meeting that brought us up to date on recent CFUW events, both national and within our club. Following the meeting, several of the sunflower arrangements and a basket of apples were taken to Ama House to be enjoyed by the residents.

Many thanks to Program Committee members Sherrill Berg, Marjorie Foxall, Robin Funk, Penny Harrington, Lorna Paterson, Lynn Robertson and Karen Webster for all they do to make our programs interesting and relevant and for decorating our meeting venue so beautifully every month. Thanks also to committee members for organizing refreshments, including fresh coffee ready for early registrants. You are all among our unsung heroes, so, Ladies, take a bow!



Eileen Ennis tending to bulb sale



Thank you to our ladies who have our coffee and goodies ready for us! Karen Webster and Marjorie Foxall. (l to r)



Mari, Barb, Carolyn and Eileen sign up for "Painting with Susan Falk." (l to r)

**Guest Speaker Donna Cheong:
“Embracing Change as We Age...Taking Care of
Ourselves”**

(Lorna Paterson)

Donna Cheong, a personal fitness instructor at *Feel Good Fitness*, discussed some of the key points in maintaining strength and fitness as we age and lose muscle mass. In this short presentation, Donna focused on the benefits of strengthening the core muscles and supporting areas where there is pain. She emphasized what she called “the softer side of movement” and works with individuals or groups to achieve improvement based on what they can do rather than focusing on what they cannot do. We participated with Donna as she instructed us to achieve proper posture while sitting and standing. Strength training can be fun! It is important to invest in our health.



Donna Cheong

GENERAL MEETING AND PROGRAM

West Coast Gardens is coming back!

(Lynn Robertson)

Our next general meeting will be on Saturday, October 28th.

By popular request, we have invited Minna Hartwell from West Coast Gardens to show us how to create an autumn planter/container. As she mentioned last spring, we can also plan to use this planter for our winter displays. Unfortunately, we will not have the actual greens, but Minna will walk us through what we could do to prepare for our winter planters. Minna has an additional planter that she will demonstrate for us, but you will need to be there to find out what it is!

Last spring, we thoroughly enjoyed the delightful and informative presentation from representatives of West Coast Gardens. Many of us went home and implemented the ideas and recommendations that we observed and heard. The end result was a magnificent summer planter that was likely replicated in many of our gardens and patios. Much to the delight of the ladies, the planter was donated to AMA house.



You won't want to miss our next planter designs, an autumn planter, with hints as to how to change it up for a winter display. You are welcome to take pics of the progression of the planter to make it easier once you get home and work on your own planter.

When? Saturday, October, 28th
10:30am - 12:30pm
Doors open at 10:15am
Program Starts at 10:30am

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

Your 'hug' is waiting for your mug...so don't forget to bring your mug.



A table will be set up for you to browse the new books for our book exchange/ donation program. New additions welcomed so check your book shelves! Thank you.

FUNDRAISING NEWS

Cafe Femenino Fundraising Project

(Lois Hunter)

A new shipment of Cafe Femenino Coffee has arrived and will be available at the Oct. 28, 2017 meeting. This is a high-quality, certified organic, fair trade coffee grown exclusively by women farmers in Peru, Bolivia, Guatemala, Columbia and Mexico. Our support of these women is helping to make positive changes in their lives such as the fact that girls, as well as boys, are now being educated.



The coffee is freshly roasted in Salmon Arm, BC. and shipped to us as needed. Each 454g (1 lb) of coffee sells for \$15, and \$4 of this goes to our Bursary Fund. Cafe Femenino is available as whole bean or drip grind and a very popular new blend, **Dark Roast, French Blend**, will now be part of our selection. If you haven't tried it, there is a difference!

The Xmas packs will be coming soon. Let's continue to support these women and families in their communities and in our own.

Thank you

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Zukerman Concert

(Elizabeth Bordeaux)

Our June 3 concert, which featured reminiscences by bassoon virtuoso George Zukerman and music by two very talented young violinists, was a spectacular success! Congratulations to Marjorie Foxall and her hardworking committee for organizing a very entertaining evening that raised a grand total of \$2,000. Seventy per cent of this amount will go to the Bursary Foundation towards our 2018 bursaries, and the remainder will help with club expenses.

Many thanks to the whole committee: Helen Christiansen; Sue Foley-Currie; Marjorie Foxall; Robin Funk; Penny Harrington; Lois Hunter; Lorna Paterson; Lynn Robertson; and Karen Webster. Thanks, too, to Monica von Kursell, who designed the posters and tickets for the event, and to all members who sold tickets and/or helped that evening. A great job, ladies!

INTEREST GROUPS

Art Appreciation

(Indra Hamilton)

On a beautiful sunny autumn morning, the CFUW Art Appreciation Interest Group gathered once again at the lovely home of Susan Falk in South Langley .

Here, we met award winning Minnesota watercolour artist, Bonnie Crouch. Bonnie, a long time friend of Marilyn Dyer-Seidel, graciously offered to demonstrate her knowledge and expertise, along with the basic steps involved in watercolour painting .

Her demonstration was very informative and interesting for all in attendance. It was easy to follow her step by step explanations as she guided us through the basic steps. It was fascinating to see the use of water in this process, and how the artist can either manipulate it to achieve a desired effect, or watch it as it leads the artist on a path of unique discovery. Every time water is applied to the paper, there is a slightly different result. Thus, no two copies are ever identical!



Marilyn Dyer-Seidel (l) and Bonnie Crouch (r)



Although the demo painting was a beautiful landscape in earth tones, gathered nearby for us to see was a collection of Bonnie's work, illustrating a variety of painting methods, many of which were vibrant in bold colours and mixed shades.

Of special interest to Bonnie were her more recent paintings where she has been moved to enthusiastically paint " how she feels about her subjects", instead of "how she thinks she should be painting them". These works were profound and very thought provoking for the audience.

It was a great pleasure for us all to meet, listen to and learn from Bonnie.

Thank you very much to the members who brought treats to eat. Special thanks to Susan, Marilyn and Bonnie for all they did to make this event so unique, fun and memorable for all.



COMMUNITY GRANT:

Community Grant Applications will be accepted from CFUW White Rock/ Surrey members for consideration until December 31st, 2017.

If you have a favourite "cause" or an idea for our Club to offer one-time financial support this fiscal year, please complete the Grant Application Form (**Page 8 of this newsletter**) and submit it to:

CFUW White Rock/Surrey Club
Box 75039
Surrey, B.C. V4A 0B1

If you have any questions, please call Eileen Ennis, Treasurer, at **604-535-0106**.

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 I

Linda Lee Henriksen

Club Cuisine

4-5 times a year

Elizabeth Bordeaux

New Members

Gloria Kelly

One-on-One

Literacy Group

once a week

Carolyn 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)

Barbara Cook

Golf for Fun

Wed. Afternoons

Sue Foley-Currie

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



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/>

BC Council

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

CFUW (National)

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

GWI (Graduate Women International)

<http://www.graduatewomen.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, if you have 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 November Newsletter submissions is **Monday, November 6th, 2017**

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





APPLICATION FOR THE
CANADIAN FEDERATION OF UNIVERSITY WOMEN
WHITE ROCK/SURREY CLUB
COMMUNITY GRANT

Name of Organization	
Contact Person	Position with Organization
Phone	Email
Address	
Purpose/Goal of the Organization	

Purpose of the Grant	
Funds Requested	Time Frame for Use of Grant

Operating Budget – please attach

Do you receive funding from the BC Gaming Commission?	YES	NO
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Evaluation Procedures (how will you measure and report the success of the project?)

Publicity Strategies (how will you publicize receipt of the grant?)

Forward the completed application form to The Treasurer, CFUW White Rock/Surrey Club,
Box 75039, Surrey, BC V4A 0B1

Receipt of grant application deadline to be announced.

Grant recipients will be notified.

Contact Information: Name: (Print) _____

Signature: _____

Date: _____