



## White Rock / Surrey

**Volume 20 Number 2**  
**November / December 2019**



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Kristin Baillie

### PRESIDENT'S MESSAGE

As we are approaching December, our club's 60<sup>th</sup> Anniversary year is drawing to a close. For us to move strongly into the next decade, it is essential for our club that our membership grows to ensure the work that has been done by the women before us continues into the future.

To quote our National VP Membership, Lynne Kent:

*"We are a strong voice for women. We speak out, we support, encourage and mentor young women, we provide fellowship, friendship and education, and we care for each other. We make a difference".*

We are starting to grow our membership again; we have once again risen above 100 and are at 101! And most of the new members are joining as friends of existing members.

So, this Christmas season let's give a gift to our club of one new member each. If we all do that one thing, imagine the work our club could achieve going forward. We will be a force in the community together.



## CLUB NEWS

### CFUW PROGRAM COMMITTEE

Please note, at the very end of this newsletter, on page 10, you will find the **CFUW 2019 - 2020 General Meetings Summary**. Please print it out and mark your calendars. In addition, you will be advised every month by email of the upcoming meeting, featuring full details.



### CFUW WELCOME BACK TEA: September, 28, 2019

Bronze and gold, copper and burgundy with a touch of olive – the colours of fall greeted CFUW members returning for the first meeting of the 2019-2020 year. The noise level rose as members visited and caught up with news of each other, checked out the art appreciation interest group's display and the table of information from the National CFUW 100<sup>th</sup> year conference in Winnipeg provided by Lois Hunter, our voting delegate. As usual a wide selection of books on the book exchange table were available to pick up for a donation.

A highlight was the presentation of \$2500 bursaries to two young women, Christina Pretty and Lei (Claire) Wu, both from the Langley area. Members enjoyed listening to their stories - they will be a credit to themselves, their families and their communities when they complete their studies.



Patricia Hyde and  
Kristin Baillie

To celebrate the 100 year anniversary, CFUW National selected 100 notable women from the membership and recognized them at the Conference this past summer. Helen Christiansen and Patricia Hyde from our club were among the "notables". They were presented with a pin and a certificate along with a bouquet, at the Tea. Both Patricia and Helen have a long history of activities benefiting our Club and the community.



Helen Christiansen and  
Kristin Baillie



l to r: Lois Hunter, Patricia Hyde,  
Helen Christiansen

A final highlight was a "Gem From The Archives" presented by our dedicated Archivist, Lois Hunter. She told of our first bursary winner in 1960, one year following receipt of our Charter, to Fern Walker, a graduate of the Surrey School District #36. Members were entertained to hear about the "Night The Lights Went Out" and the three miracles at the Bursary Awards Dinner in 2003.

Then it was time for tea! The noise level rose again as members chatted about club activities and upcoming programs while enjoying a cup of tea or coffee and a variety of sandwiches from Clancy's Tea Room, a delicious selection of dainties from Belle's Country Market and fruit from Save-On Foods.

A fun start to the club year.

*(submitted by the Program Committee)*

*(Photos courtesy Trudy Handel)*

## FOLLOWING YOUR PASSION FROM DREAM TO REALITY

The theme of our second meeting of the 2019 - 2020 year was called *Follow the Dream*, and our guest, Laura Virginillo, told her entrepreneurial journey to an enthusiastic group of CFUW members.

Through many chapters in her life, Laura ended up being the owner of The Modern General Store – Apothecary, Bakery, Café, Floral, Grocery. By her design it is a warm, welcoming place in a walkable location where all are welcome – dogs, babies, teenagers, seniors and empty nesters. It's a community gathering place where all are invited to feel comfortable and have someone to talk to, just like around your kitchen table. The aroma of baking bread and other delicious delights, being prepared right there in the kitchen, scent the air. Tables are moveable and can be arranged to accommodate any type of group, whether learning to knit, speak a foreign language, meeting friends or having an intimate conversation with just one. If you have a brainwave, a need or a long simmering idea, speak to Laura.

The Modern General Store also offers a place to learn about bussing tables, making coffee, serving customers and all the necessities of running a successful business whether you are a teenager, eager to learn in a place where the atmosphere is open and respectful of food, the environment and each other, or someone looking for a change and a chance to grow. In many ways, The Modern General Store is like the general store we remember from when we were growing up. The products are many and varied, generally locally sourced, often from an artisan working at home, and rotate with the seasons and opportunities.

According to Laura, people love what is happening in the store as it reminds them of communities, like in European plazas, where people connect and share ideas and values. How all this happens, Laura says, is not found in a book. Staffing, training, planning and the bottom line are important and may be discussed in a book, but the challenge is to make it all work while being sure everybody is happy.

In the warm and friendly atmosphere created by lots of the colours of fall, and with a sprinkling of Halloween, members were able to talk further with Laura while enjoying treats from The General Store. A special invitation to the store and a chance to win a door prize completed the program.



## LUNCH 'N' LEARN April 2, 2019 - at Guildford Golf and Country Club

Did You Know?

- Women are generally ignored in health research
- If you are a woman who has had a son you have a better chance of not getting Alzheimer's
- Alzheimer's is now more prevalent in women than breast cancer
- To protect your brain remember DRESS (D – diet, R – reduce stress, E – exercise, S – socialize, S – sleep)

There was a buzz in Daniel's Room at Guildford Golf and Country Club as CFUW members and guests registered, pondered in which bag to drop their raffle tickets, chatted with their neighbours, found a place at a table decorated with a lovely spring bouquet and enjoyed a delicious lunch.

Applause, and lots of it!

The 90 plus attendees showed their appreciation for the guest speaker, Dr. Liisa Galea, a distinguished UBC scholar and researcher. Using an interesting and descriptive selection of slides and lots of humour, Dr. Galea discussed the effects of the differences (size, composition and connections) between women's and men's brains on their health and susceptibility to disease as they age. In particular, she outlined the effects of hormones on women during pregnancy motherhood and menopause.

Some comments:

*"the Lunch 'n' Learn on Saturday was fabulous"*

*"the lunch was delicious with a delightful approach to dessert"*

*"my friend and I sat beside women we didn't know and enjoyed wonderful conversations"*

For more information on Dr. Galea and the topic google Dr. Liisa Galea

(Program Committee)

## BURSARY BOARD NEWS

(Carolyn Oram)



Our two bursary recipients, Christina Pretty and Lei (Claire) Wu were presented with their \$2500 bursaries at the September 28, 2019 meeting.



Christina Pretty and Carolyn Oram

Christina Pretty is currently a student at Kwantlen Polytechnic University, and she plans to transfer to UBC when she completes her General Studies program at Kwantlen. Her goal is to become a Medical Doctor of Functional Medicine and work with addiction treatment. Christina is the sole supporter for herself and her 7 year old son.

Lei (Claire) Wu is currently completing her B.S. in Applied Animal Biology at UBC and her career goal is to become a health care professional – a physician. Lei continues to assist in supporting her family with her tutoring position.



Lei (Claire) Wu and Carolyn Oram

The bursary board will meet on November 13 to discuss future bursaries and plans for 2020.



### Café Femenino Fund Raising Project

A new supply of Café Femenino Coffee will be available at our November 23<sup>rd</sup> General meeting. All of your favorite blends in both whole bean and drip grind, as well as some Christmas trio packs, will be on sale. This continues to be a great fundraiser for our club as \$4.00 from the sale of each 454 g bag goes to support our Bursary Foundation. The special Trio packs (3 x ½ lbs.) are a nice gift packed item. The coffee we sell is freshly roasted in Salmon Arm by the Shuswap Coffee Company. It is sent to us directly and is not warehoused.

Café Femenino is a Certified Fair Trade Organic Arabica coffee that is grown and managed exclusively by women farmers in the mountainous regions of Central and South America, and Mexico. It is organically grown without the use of pesticides which makes it bird friendly as well as healthier for the farm workers and their families.

Many girls are now being educated, as prior to the Café Femenino project, it was common practice to educate only the boys in the family. Families are slowly rising out of poverty and creating a better life because for the first time women are in charge of their own money and economic welfare.

We often forget in Canada that many women around the world are not allowed to own anything, have their own money, or make financial decisions for the betterment of themselves and their children.

This is truly an example of one of our main CFUW aims, women helping other women and their families. Your purchase really does make a difference.

(Lois Hunter, Project Coordinator)



# **There has been a lot happening at AMA House!**

**Your contributions since June 2019 are...**

**18 suitcases/travel bags,  
filled with essentials to  
meet needs upon arrival**

**12 gift bags to celebrate  
program completions**

**Seedlings requested to  
plant the raised garden  
beds**

**Flowers for the front  
entrance planters**

**Thanksgiving dinner  
for all**

**Muffins & cookies for  
breakfast & snacks**

**Donations of a  
mixmaster, breadmaker,  
and a crockpot**

**Thank you for all you do to  
improve the lives of those at  
AMA House!**

**Sherrill Berg  
AMA House Liaison**

Graphic by Alex Ettinger



## CFUW White Rock/Surrey Glimpses of Our History from the 2000's

We have been looking back at the last six decades of our club's history to see what was happening as we celebrate the important milestone of our 60<sup>th</sup> Anniversary since receiving our charter in 1959.

Previous newsletters have the earlier years, and this month we will look at the 2000's. This was the decade when we were led by presidents:

Elva Reid, Jean Putman, Mary Ann Rainer, Gladys Utendale, and Rosemary Zelinka.

To begin the new millennium, plans were initiated to register the club as a society, with much of the groundwork being laid by Marilyn Newman (president from 1998 to 2000). Incoming president Elva Reid launched a strategic plan – Visions – which included reviving the finance committee and instituting a marketing committee. The topic of the program for the first meeting of 2000 was Burns Bog, still a contentious issue. A change in the newsletter format from September 2000 resulted in a slicker and easier to read production. In the first issue, editor Maureen Buchholz, featured a tribute to phone committee coordinator Phyllis Wright and her staff. As well, the website was up and running by the Spring of 2002. A more newsworthy indication of the club's activity was the presentation of 'Bustles to Bell Bottoms', a vintage fashion show.

In August 2001, six members – Doreen Harvey, Lois Hunter, Jean Putman, Gladys Utendale, Betty Huff, and Berta Hugh – attended the IFUW Triennial held in Ottawa. The following year, in keeping with the club's theme, "Building Community Connections: think globally, act locally", the club assisted Richmond club in hosting the national AGM by donating funds for workshops, and providing volunteers to host the workshops and credentials committee. Three members – Mary Fran Bateman, Elizabeth Bordeaux and Helen Christiansen – opened their homes to 45 participants to enjoy "home-hospitality" dinners.

Wider connections were maintained when former club president, Wendy Fidgeon, was elected president of the Board of Directors of the Third Age Learning program (TALK) at Kwantlen College, and Gladys Utendale was named CFUW Regional Director of BC West. In 2003, charter member, Terry Barry prompted the club to join the Adopt-A-Street organization. Members proudly cleaned our designated streets once every 3 months. At this time, even though the personal phone message was still popular, the club made more use of e-mail amongst its members, and created a more user-friendly website. 'Gardens in Bloom' continued to be successful, and for two years the club's quilting group provided a quilt to be raffled. The club was able to donate funds to Women's Place, Peace Arch Community Services, Ama House and the Osteoporosis Society in addition to building up the Bursary Fund.

During Mary Ann Rainer's presidency, the book exchange was initiated at monthly meetings. It later became a small fundraiser by charging two dollars per book. Eventually the surplus books were donated to the annual White Rock Museum book sale. The Education Committee introduced two initiatives: supporting Friends of the Library at Elgin High School, and creating a pre-school and early readers library for children at Camp Alexandria. Deservedly, the club's work was recognized at the 2004 National Conference in Regina, with a Special Projects Award acknowledging the work of the Education Committee and with an Increased Membership Award.

Once again the club participated at the International level with three club members, Gladys Utendale, Marion Setterland, and Jean Putman attending the 2004 Triennial IFUW Conference in Perth, Australia. Also in 2004, the One to One Children's Literacy Project, led by Patricia Hyde, began at H.T. Thrift Elementary School to provide a supportive environment for learning to build each child's self-confidence and literacy skills. In November 2004, Lorraine Ellenwood's Book, Years of Promise, chronicling White Rock's History from 1858 to 1958, was launched. In 2007, in appreciation for the ongoing care and attention, the White Rock Museum & Archives donates to our archival material, the club purchased a plaque in the fundraising project to restore the historic museum building. The Education Committee presented a resolution on child care to BC Council, and Environment & Public Affairs ad hoc committees were established.



Interest groups of biking, walking and choir were added to the already substantial list available to members. Gladys Utendale was appointed Nominations Chair of National, and the club was well represented on the BC Provincial Council. The Parent-Child Mother Goose program, funded through one of the club's 2008 community grants, allowed 12 families to attend a 10-week course designed to support refugee children's early language learning. In addition, several members designed and sewed book bags for the children. It is clear that the activities of CFUW White Rock/Surrey in the first decade of the 21st century remained true to the principles and vision of our founding president, Jessie Casselman.

*(Lois Hunter, Archivist - with acknowledgement of the source - material compiled in the booklet "Celebrating Fifty Years 1959 - 2009".)*

## INTEREST GROUPS



**October 16<sup>th</sup>, 2019, the Art Appreciation Group** was very delighted to share with Linda Pearce, a local artist, her painting and poetry approach. The artist helped the group to understand how and why artists work in series.



*The artist*

From a family of artists, mother and grandparents, Linda Pearce always drew.

We recognize her unique style thanks to the black lines she uses to delimit every part of her compositions and the attention she brings into the smallest details of her paintings. The artist enjoys painting still life, subjects and objects that matter to her. Each painting starts with a unique arrangement she creates herself and then she draws it on a canvas before starting to bring it to life with her unique sense of aesthetics. Her series are the result of her own fascinations and wonders. She can be intrigued by shapes like ellipses, or patterns on pottery, or the light reflected in jewels.

No matter the object, we feel the artist's soul and fascination

in each work of art.

Linda Pearce is also a poet. She masters the magic of words as she masters the magic of colours. The Art Appreciation Group loved to hear about the Lindeagle poem and also her deep friendship with another local artist, Elisabeth Hollick!

Thank you, Linda, for welcoming us so kindly into your wonder world, and we are all eager to come visiting your next exhibition!

*(Submitted by Victoria Jones and Ines Ghozzi-Jones)*



## 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 times a year  
Anna Ferguson



### 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.  
Astrid Lancelle  
**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  
**Mahjong**  
3rd Thurs. 1:00 p.m.,  
Majorie Foxall; Joy Thompson



### Friday

**Stitch and Chat**  
2nd Fri., 1:00 p.m.  
Daphne Graff  
**French Conversation**  
3rd Friday  
1:30 –2:30 p.m.  
Sylvia Riddell  
**Environment**  
4th Friday  
1:00 p.m.  
Ann-Marie Steenge



### Interest Groups 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.graduatwomen.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,  
Faye Koll if you have changes to your  
contact information:

Telephone - 604-599-0714;

email: [kollfm@shaw.ca](mailto:kollfm@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](mailto:joannecunow@gmail.com)

## NEWSLETTER COMMITTEE

Editor and Layout - Veronika Bichler  
Proofreaders - Helen Christiansen  
- Monica von Kursell

Email Distribution : - Veronika Bichler

**Deadline for February 2020 Newsletter**  
submissions is **Monday, February 3<sup>rd</sup>, 2020**

Please submit news by email with the subject line  
'Newsletter' to: [vbichler@shaw.ca](mailto:vbichler@shaw.ca)

Ads are prepaid. Please contact our Club  
Treasurer, Sandra Kraft. email:  
[sandradkraft@gmail.com](mailto:sandradkraft@gmail.com)



## CFUW General Meetings 2019-2020

**Mark your Calendars (unless otherwise noted)**

All meetings are held on **Saturdays at 10:30 a.m.**

**Mount Olive Lutheran Church**

2350 - 148th Street, Surrey, B.C.

<b><u>DATE</u></b>	<b><u>THEMES</u></b>
November 23 <i>(Newsletter for Nov. and Dec.)</i>	<b>Cuddle Up with a Warm Blanket...</b> Book Talks and Movie Reviews (Mt. Olive Lutheran Church)
December 14	<b>Memories of Christmas: Sugar and Spice and Everything Nice</b> Pot Luck Luncheon, Bake Sale, Xmas Stories, Sing-a-long (Mt. Olive Lutheran Church)
January 25	<b>To Be Determined</b> (Mt. Olive Lutheran Church)
February 22 <i>(Newsletter)</i>	<b>Lunch &amp; Learn</b> <b>Theme: Women's Health Issues Today: A Panel Discussion</b> <b>Venue: Guildford Golf and Country Club</b>
March 28	<b>Inside and Outside the Walls: Challenges Women Face in Federal Prisons</b> Speakers: Dianne Brown: (Retired)Warden, Grand Valley Institution for Women Margaret Erickson: Jubilee Bursary Winner ----- <b>Business Meeting: Understanding the Resolutions</b> (Mt. Olive Lutheran Church)
April 25 <i>(Newsletter)</i>	<b>Our Secret Artisans</b> Demonstrations and presentations from our members ----- <b>Business Meeting: Understanding the Resolutions</b> (Mt. Olive Lutheran Church)
May 20	<b>AGM and Luncheon</b> <b>Venue: Guildford Golf and Country Club</b>