



## White Rock / Surrey

Volume 22 Number 2  
October 2021



### Inside this Issue

President's Message

Message from Vice President  
- CFUW National offering on line seminars -

Get To Know Our Members  
- Maureen Walton -

Krista Thompson, Chief Executive Officer at Covenant House Vancouver  
- Zoom Presentation -

CFUW Program Committee  
Reflections of our September 25, 2021 General Meeting  
- Navigating the Journey -

New Interest Group  
- Needle Felting -

Remembering Mary Fran Bateman

Interest Groups  
- Activities and Leaders -

Member Resources



Diane Salter Menzo

## PRESIDENT'S MESSAGE

October has arrived!!

There is a definite feel of fall in the air and our thoughts turn to traditional fall activities – perhaps going with children or grandchildren to the pumpkin patch, finding costumes and candy for Halloween, preparing our Thanksgiving holiday traditions. It's also a time many of us reflect and 'give thanks' for the things in our lives that bring us joy.

A Facebook post I saw recently (as shown in the picture) described a children's activity to decorate a pumpkin by writing things they are thankful for on the pumpkin. It made me consider the things I might write on my pumpkin, and also made me think about the many women who are less fortunate, such as the

women whose stories were shared by Margaret Erikson at our May, 2021 meeting

Margaret, our club's Jubilee Bursary Award recipient, spoke about her research on the impact of incarceration for marginalized women. Many of our members were moved and disturbed as Margaret described how many women, when released following their prison term, have no clothes to wear, except the ones they enter the system with. They often leave with summer clothes in the middle of winter, or clothes that no longer fit. Many of us wondered if there was anything we could do to help with clothing donations, either individually, or as a club project in the future, if the membership wished to endorse this as one of our club's charity activities.

A number of members spoke with me after Margaret's talk, so I wanted to update you on my most recent conversation with Margaret this week. At the moment, the Alouette Correctional Centre for Women (ACCW), that Margaret spoke about during her presentation, is still not accepting donations because of Covid, so direct donations cannot be made – perhaps this will change in the spring. An alternative way for us to help women is to donate to the Downtown Eastside Women's Shelter (DTES) or to WISH (a drop in

centre for women engaging in sex work). Both of these donation centres are always accepting clothing; as winter approaches, they are often short of socks and warm winter clothes. Following release from incarceration, many women end up in the downtown east side and search for clothing donations in these locations.

As a club, we can discuss whether our members would like to take on a clothing drive as one of our advocacy projects in the future and/or, if anyone wishes, to make individual donations. If anyone would like to discuss ideas with me regarding individual contributions for now, or a future advocacy project, please email me.

---

## MESSAGE FROM Joan Henderson, VICE PRESIDENT

CFUW National is offering the following online seminars:

- Think Tank Climate Emergency, Climate Change and the Environment - **Wed Oct 20, 4:00 pm**
- Opioid Overdose Management and Naloxone Training - **Thurs Oct 21, 4:00 pm**
- Join UWNV's Gender-Based Violence Advocacy Group - **Tues Oct 19, from 5 - 5:45, on Zoom for the screening of the 20 min CTV documentary W5: Unrestrained**
- Women Unsilenced - CFUW Nepean Speakers Series - **starting Wed Oct 20, 4:00 pm**

Information on how to register can be found in the CFUW National newsletter. If you wish to read the newsletter, please email me ([joaneh@shaw.ca](mailto:joaneh@shaw.ca)) and I will forward it to you.

---

## Get To Know Our Members

### Maureen Walton

My name is Maureen Walton, and I was born in Montreal, Quebec. As a child, my family moved around quite a bit because of my Dad's job in the lumber industry. We lived in Saguenay, Sussex, Moncton and Halifax.

I did my RN training at St. Mary's Hospital in Montreal. I met my husband, Ray, while I was studying at Dalhousie University. We have three adult children and seven grandchildren, all living in the US.

Due to my husband's career in the RCN as an Engineer Officer, we moved around a lot. This opened the door to world wide travel. We purchased a motorhome and travelled throughout North America. In 1996, we spent 6 weeks and travelled to Atlanta, where our son won a silver medal for Canada in cycling.

As a nurse, I worked in Vancouver for many years, predominately in LTC and rehab. I have been retired for a number of years.

I joined CFUW one year prior to our Covid lockdown, thanks to my good friend, Faye Koll.

I look forward to participating more and meeting new friends when the club resumes in-person meetings.

I have several interests/passions, including quilting, bridge, puzzles and reading.

MARK YOUR CALENDAR.....

# GIVING HOPE TO VULNERABLE YOUNG PEOPLE

On October 23rd, Krista Thompson, Chief Executive Officer at Covenant House Vancouver, will return by popular request to share the current and future direction at Covenant House.

Krista has been with Covenant House for over 15 years. Her work and influence have been recognized by her receiving numerous accolades, including the YWCA Women of Distinction award. Her passion, commitment, dedication and forward thinking have never waned. She often says, "I am passionate about social justice and I always cheer for the underdog."

Joining Krista is Chelsea Minhas, who leads program development initiatives at CHV. They will share the challenges and direction of this much needed and highly effective community organization which dedicates its efforts to empowering youth overcoming homelessness.

Covenant House has kept their doors open during the pandemic and by working with youth, staff and other community partners have been able to adapt and move forward.

Covenant House welcomes all youth both within and outside their community and continues to work collaboratively with others to provide meaningful resources thus enabling young people to walk a path of hope and success.

Please join us on October 23rd, via ZOOM as we welcome our guest, Krista Thompson.



(Sherrill Berg)

## Reflections of our September 25, 2021 General Meeting

(Lynn Robertson, Program Committee)

### Navigating the Journey

Presenter: George Passmore, M.A.,R.C.C  
Director of Personal & Family Counselling and Support  
Sources Community Services

We are thankful that George Passmore agreed to be our presenter at our first general meeting of this year, as he was the right person to give the right message - and at the right time.

George began his presentation acknowledging that his grandmother was a member of the CFUW Vancouver group, and he fondly remembered her involvement with the club. He stated, that the essence of our group is one that provides a place for connections, shared purpose and meaning, and is an integral and supportive member of our community. We felt connected to him immediately!

All of us, and those that we love and care about, have travelled down a path, that has affected each of us over these past 20 months. It has dramatically changed how we live each day, how we relate to others, and how we overcome the feelings of isolation, high anxiety, depression and the stresses of the effects of the pandemic.

Things we took for granted were challenged. In some situations, polarization of opinions and beliefs caused great stress and made it difficult to stay connected. He stressed the need to acknowledge the collective adversity to be able to move forward.

It is important to honour and understand what we have gone through. Empathy is key. In some way, all of us have challenged our capabilities with constant changes. With an unpredictable future, hope and optimism have diminished. We need a sense of security, predictability and safety, and when this is taken away from us, the sudden losses can be painful

George's words resonate with us. He truly gave us a moment to pause and think about the impact of this pandemic, and he also gave us words to help guide us towards a sense of control.

Here are a few of his comments that stayed with me:

- *Worry does not empty the stresses of tomorrow; it blocks its peace.*
- *Acceptance...it is what it is.*
- *What can I control? We need to remember the serenity prayer...*
- *Our thoughts are the bus stop of life: Is this thought true? Is it kind? Is it helpful to my serenity? Or...can I hop on another bus!*
- *What you pay attention to becomes your orientation to your circle of control which liberates your thoughts and actions.*
- *Always foster your inner spirit.*
- *We need to foster resilience through self-talk and meaningful contributions by being a part of something bigger than ourselves. We need connection to caring relationships. We need a sense of belonging and a sense of community. And one of the biggest things we can do for our children is to teach them resilience.*
- *How fortunate we are to be able to reach out and anchor ourselves through our families, and friends, and our club.*



If we need additional help and support, George has provided us with the following resources and encouraging words:

- The Together South Surrey White Rock resource website, particularly the positivity page: <https://www.together-sswr.com/positivity-info>
- A brief look at serenity: <https://www.youtube.com/watch?v=O-6f5wQXSu8>

For more about the amazing stuff Sources does: <https://www.sourcesbc.ca/> For example Sources Women's Center on 20th Ave is amazing!!! <https://www.sourcesbc.ca/our-services/womens-place>

If any of your members would like to access our counselling services program, or for someone they care about, we have a sliding scale, and if their doctor is part of the WRSS Primary Care Network (just ask your GP) and private counselling would be a financial challenge, the doctor can refer for 8 free sessions: <https://www.sourcesbc.ca/our-services/counselling-services>

All the best to you all. I think your club is wonderful!!

Regards,

George Passmore, M.A., R.C.C

\*\*\*\*\*

*Our thank you to George was a \$100 donation to Sources Community Services on behalf of all members of our club.*

---

## **New Interest Group**

### **Needle Felting**

(Convener Diane Salter Menzo)

Are there any needle-felters in the club that would like to get together in a small group for 'felting bees'? I've recently started felting and would love to meet with others to share ideas, see what we're working on, and do some felting together. This cozy hedgehog in a blanket is one I made recently. I've also been working on felted landscape 'paintings'.

*If you're interested, send me an email, and we'll make a plan. [dianesaltermenzo@gmail.com](mailto:dianesaltermenzo@gmail.com)*



# Remembering Mary Fran Bateman

It is with sadness, but also joy, that we pay tribute to Mary Fran who exemplified the best qualities in all aspects of her life. She was an integral part of our club, and a kind friend to all. She will be greatly missed, but not forgotten.

The following are a few excerpts from our CFUW club archives.

- ★ Mary Fran joined the White Rock/Surrey CFUW club in 1974.
- ★ She was the eighteenth president of our club from 1994 – 1996.
- ★ 1999 – our sister club – Bellingham AAUW, celebrated 80 years. Mary Fran and others attended and extended an invitation to join us for our 40th Anniversary celebration.
- ★ May 20, 2000 – Our wind up potluck dinner at Mary Fran's beautiful home for an evening of fun and good fellowship, and to say farewell to Carol Simmer.
- ★ 2002 – The CFUW National conference was held in Richmond. Mary Fran was one of 3 club members who provided “Home Hospitality” to delegates who were bused to their designated host’s home, and then returned to their hotel after a fantastic meal and evening of friendship.
- ★ 2010 – Mary Fran and John, inveterate travelers, joined a CFUW organized tour on the '*Serenade of the Seas*', a Royal Caribbean Liner, with their good friends, Helen and Bent Christiansen.

Mary Fran belonged to many club committees and interest groups: Education, Bursary Foundation, Gardens in Bloom, Art Appreciation, Golf, Book Club, and Club Cuisine, to name a few. She was a great ambassador, and our club benefited in so many ways from her membership of almost 50 years.

Lois Hunter (Club Archivist)



Mary Fran was part of the bursary board for ten years (2006-2016). She served as president from 2008-2011.

During her time on the bursary board, Mary Fran was her usual excellent and elegant self. Every position she held demonstrated her positive nature and her humility.

We were the best of friends for 47 years and shared all the things that best friends do.

I will always miss her, and remember our times together.

Carolyn Oram, (Chair of Bursary Foundation)

## Linda Lee Hendricksen remembers Mary Fran from The United Church



*The Passion Flower  
carries Christian symbolism  
and is sentimental to Mary Fran.  
She carried them in her bridal bouquet  
on her wedding day July 22, 1971*

Without exception, people remarked that Mary Fran was a warm, bright light in the midst of our church community. If something important was happening, Mary Fran was there to support it in a kind and loving manner. Faith radiated from her, and people loved working with her, whether the activity was in the kitchen or serving on a committee.

Mary Fran was a long-time member of the church choir at First United Church, and then at Peninsula United Church after the amalgamation. Most recently, she was co-chair of the worship committee.

## Helen Christiansen remembers Mary Fran Bateman

- ★ Mary Fran was a great fundraiser, especially if the cause raised the profile of our club.
- ★ Four members even picked up garbage monthly on 168th Street to get an Adopt-A-Street sign near Dart's Hill.
- ★ Patricia Hyde was the chair of the "Gardens in Bloom" committee for many years, and Mary Fran was first co-chair, and then chair. She held meetings, searched for possible gardens, showed her own garden, and hosted wind up parties for the members.
- ★ There were other meetings at Mary Fran's home - including large groups, like the Christmas parties, monthly meetings, new member parties, and potluck luncheon meetings.
- ★ The club's interest groups drew Mary Fran too. Joanne Cunningham remembers that Mary Fran was a member of the "Fully Booked" book club since its inception. She also enjoyed Mari Dyer's art group, and Linda Lee's Vancouver symphony group of eight members and husbands, who had a block of seats for the concerts held in Surrey.
- ★ In 2005, Patricia Hyde started the one to one program in local schools. Mary Fran became one of the assistants helping students upgrade their reading skills.
- ★ She loved the jaunt group, including Christmas at Hycroft and luncheons with our sister club, the Bellingham AAUW. One very different jaunt was to the Steveston Cannery Museum, where we had a guided tour, and then went for fish & chips and a walk on the pier.
- ★ Mary Fran always drove her mother-in-law to the monthly CFUW meetings, and involved her in club and family activities.



She had so much love, tenderness, thoughtfulness, patience, understanding and friendliness. We will always miss her and the legacy she left.



## CFUW White Rock/Surrey Interest Groups ~ Activities and Leaders

### Monday

**Dames Who Dine**

1st Mon., 5:30 p.m.  
Ann-Marie Steenge

**Duplicate Bridge**

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

**Club Cuisine**

4 times a year  
Anna Ferguson

**One to 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.  
vacant

**The Bridgets  
Afternoon  
Bridge**

1st & 3rd Tues.,  
1:00 p.m.  
Janice Cook

### Wednesday

**Afternoon  
Matinee-Dinner**

2<sup>nd</sup> Wed., 3:00 p.m.  
(varies)  
Barbara Cook

**Golf for Fun**

Wed. Afternoons  
Sue Foley-Currie;  
Donna Freeze

**Art Appreciation**

3rd Wed. (varies)  
Lorna Patterson  
Marilyn Dyer



### Thursday

**Fully Booked  
Book Group**

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

**Newbies Bridge**

1:00 p.m., Thurs.  
Sandra Kraft

**Thursday  
Morning Coffee**

2nd and 4th Thursday  
of the month  
Sue Foley-Currie  
Sylvia Riddell

\*\*\*\*\*

**Couples Dining  
Out**

Diane Salter-Menzo

**Symphony**

vacant

**Travel**

Diane Desjardins

**Felt and Chat**

Diane Salter-Menzo

\*\*\*\*\*

### Friday

**Stitch and Chat**

2nd Fri., 1:00 p.m.  
Monica von Kursell

**French  
Conversation**

Friday 1 p.m. on  
Zoom  
Sylvia Riddell



### Interest Groups Info\*

**For more information contact Interest Group Leaders,**

**\*Groups subject to change.**



# 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, 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 **Linda Tedman** about any member of our club who is ill or bereaved, so she can send a card. Contact information: **Telephone 604-536-4898;**  
**email: [lindatedman@gmail.com](mailto:lindatedman@gmail.com)**



## NEWSLETTER COMMITTEE

Editor and Layout - Veronika Bichler  
Proofreader - Helen Christiansen

Email Distribution : - Veronika Bichler

**Deadline for November 2021 Newsletter submissions is Tuesday, November 9th, 2021**

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

