



White Rock / Surrey

**Volume 22 Number 4
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Diane Salter Menzo

PRESIDENT'S MESSAGE

Happy New Year everyone.

As we head into another year that is getting off to a bit of a 'wonky' start, it seems, that in 2021 we inched two steps forward ... only to be followed by three steps back. I'm thankful that we had a chance to meet for a reunion in November at Mount Olive, and at Guildford for our Christmas luncheon. I'm also thankful for all of the lessons we learned during the year, as we harnessed the technology when needed. Not surprisingly, with the current concerns about the Omicron variant, our upcoming meetings will be on zoom.

If you are an interest group convener and would like to set up a zoom meeting for your group, let me know; with our club zoom account, I can set up as many meetings as we need. I thought it might be fun to share three celebration days in

January you may not have heard about! I've included

1. *International Spam Day* (because of our increased use of, and challenges with, technology)
2. *Festival of Sleep Day* (because of our increased opportunities to hibernate during winter weather and Covid restrictions)
3. *Compliment Day* (because who doesn't need a compliment now and again?)

Perhaps there are some tips we can use, and also a chuckle to be had

January 2 is International Stop Spam Day.

I don't mean the Spam in a can variety! Every day, millions of junk texts and emails bombard our accounts, often coming from offshore sites. *International Stop Spam Day* was created to recognize that unrecognized spam messages are a total waste of recipients' time, and to raise awareness of how to deal with spam. Although spam filters are getting better, sometimes we miss important messages that go to our 'junk' folders – more wasted time, as we have to regularly check our 'junk' for important messages. The worst kind of spam is created by scammers who are looking to separate us from our money. These messages

can appear believable, as the senders mask the source of the message, so that it looks like it comes from someone we know.

Suggestions to keep safe include:

- If you do not recognize the sender, do not open the message. Delete immediately.
- Never reply to messages from unknown senders.
- Let the person, who is your recognizable contact, know that you received the spam from their email address. They can alert others in their contact list
- Adjust and personalize spam filter controls to increase the accuracy of the spam filters.
- If you no longer want emails or texts from a retailer or other organization, unsubscribe from their mailings.
- When filling out forms or ordering product and services, review each check box to see if they are trying to sign you up to their mail list.
- Review website privacy policies. Avoid those that do not provide assurance that they will not sell or share your email address or other personal information

January 3 is *Festival of Sleep Day*.

By the time you read this newsletter, *Festival of Sleep Day* will be over, but perhaps you can plan for a delayed celebration. This day is a modern day celebration that gives an opportunity to sleep in, snooze, doze, nap, and catch up on sleep after a busy holiday season. So permission granted to have a pajama day, settle in with a good book and read and doze at will! If you have trouble sleeping and counting sheep isn't helping you nod off, perhaps try some 'mindfulness exercises, focus on breathing deeply and releasing the tension in your body to ease yourself into a state of relaxation. This day reminds us to practise self-care for the coming year and take advantage of the numerous benefits of a good night's sleep. After all, sleep is good for your health. Sleep can:

- Boost Your Immune System
- Help Prevent Weight Gain
- Strengthen Your Heart
- Improve Mood
- Increase Productivity
- Increase Exercise Performance
- Improve Memory
- Click on [The Benefits of Getting a Full Night's Sleep](#)

January 24 is *Compliment Day*.

When you receive this newsletter, it's still not too late to celebrate *Compliment Day*.

Compliment Day is celebrated by offering sincere compliments to people you know. It is important that you are sincere. People will see right through insincerity, and you will do more harm than good. How many compliments will you give out on January 24? Why wait till then? Perhaps this celebration is a good reminder to incorporate sincere compliments into our everyday lives. Giving a compliment can brighten someone's day and can have a powerful effect to give confidence and recognize hard work. And don't forget to give a compliment to yourself too!! Not sure what to say? Click on: [Compliments for Any Person](#)

I'd like to give a compliment to every member of our club to say that you are an amazing and inspiring group of women. You are making a difference in the world. You are a constant reminder to me of the power of women working together to bring joy into our own lives and to the lives of others.

Best wishes for the coming months. *Diane*

MESSAGE FROM Joan Henderson, VICE PRESIDENT

There are a number of webinars and workshops offered by CFUW National that might be of interest to members:

1. Ungendering Technology: Women Retooling the Masculine Sphere - **Jan 11 @ 6 pm EST**
2. CFUW Moncton Presents Senior Management with author Martha Vowles - **Jan 19 @ 7 pm AST**
3. CFUW Kanata: A Conversation between Elizabeth Hay and Alan Neal - **Jan 25 @ 7 pm EST**
4. CFUW Halifax: #Welcome to Canada - An Amnesty International & Human Rights Watch Canada campaign on the path to abolish immigration detention in Canada - **Jan 26 @ 1:30 AST**
5. CFUW Etobicoke's Stop the Violence Breakfast - **Feb 9 @ 9 am EST**
6. CFUW Edmonton - Speaker Biopic Dr. Ruissell Cobb - **Feb 28 @ 7 pm MT**
7. What do National Board Members do and would I want to do it - **Jan 19 @7 pm or Jan 22 @12:00 EST**
8. Safe Exit & Resettlement in Canada: Unfinished Business in Afghanistan - **Jan 27 @ 7 pm EST**

Also, over the course of 16 Days of Activism Against Gender - based Violence & Violence Against Women CFUW clubs across the country engaged in a variety of activities.

For more information or how to register for any of the workshops, check out the CFUW National Newsletter Dec 20, 2021

PROGRAM COMMITTEE NEWS

Happy New Year to all!

Please mark your calendar for our general meeting via Zoom!

Date:	Saturday, January 22, 2022
Time:	10:15 – Zoom opens for chit-chat. 10:30 – Meeting 10:30 am - 12:00 pm
Topic:	TBD (further details regarding our topic and speaker will be sent via e-Blast.)

NOTE:

As you know, our January meeting will now be held via Zoom. This necessitated a change of our original plans for the meeting.

We believe that a Zoom presentation would not be conducive to honouring the work that has gone into the planning and presentation of Beth Scott's Story until we are able to meet in person. Based on availability, the current plan is to reschedule this session in April.

Given these circumstances, we thank you for understanding our need to be flexible with some topics and speakers.

See you on January 22!

(Robin Funk)

CHRISTMAS TIDINGS

at Guildford Golf and Country Club, May 18, 2021



Our dedicated Program Committee

It was a beautiful day!

The decorations were festive!

And, the crowd –

Enjoying fun together, cheerful and merry, and very, very generous!

The food, served in a new and safe way, was plentiful, warm and delicious.

The raffle, 50/50 draw and the “Pass the Parcel” game (even opening with your teeth and a hand behind your back) were fun.

Reminders of our traditions past, shared by our archivist Lois Hunter, brought happy memories, and the messages and greetings were sincere and heartfelt.

Santa’s big chair was busy being part of many photographs – a new tradition perhaps.

A Christmas story shared by president Diane brought memories of our own Christmases past.

And, the words of Bill Menzo’s New Year’s poem, written on January 01, 1998, and shared with us by president Diane at the party, and again in her Christmas message, continue as so appropriate today.

Happy New Year – “May it be a time for joy and rebirth”.

(Karen Webster for the Program Committee)



Welcome Back

FUN AT OUR NOVEMBER 27TH IN-PERSON MEETING



LIVE CHRISTMAS
DECORATION
DEMONSTRATION
BY THRIFTY'S



LIVE AUCTION
RAISING \$420!



SHERRILL BERG AND SANDY MCKENZIE, CFUW CLUB AUCTIONEERS

(submitted by Sherrill Berg)

Thank you Ever So Much!

To each and every member, thank you for your love and generosity to AMA House and Durrant House!

Celebration dinners and festive supplies partially supported by Belle's Bistro, Morrison Cafe, Thrifty's

Giving tree - \$746

November Auction - \$420

Member and non-member donations



Adult Gifts

- Toiletries
- Clothing
- Winter Gear
- Sleepwear
- Blankets
- Personal Items and more!



Stockings

- Chocolate
- Flashlights
- Notebooks
- Candy
- Socks



Child Gifts

- Clothing
- Pajamas
- Slippers
- Books
- Toys and more!

Christmas Eve and Christmas Morning treats
Christmas Dinners



Christmas baking supplies
Gingerbread Kits
New Years Eve Dinners



Sherrill Berg, AMA and Durrant House Liaison

(submitted by Sherrill Berg)

CFUW WHITE ROCK/SURREY CLUB BEGINNINGS

The beginning of a new year is an opportunity to look back in our history to see how far we have come, and to reflect on what prompted the formation of our club over 60 years ago. Much credit goes to Jessie Casselman, who was undoubtedly the driving force behind the CFUW White Rock University Women's Club, as it was known at that time.

Who was Jessie Casselman, and what do we know about her? She was both persuasive and persistent, so, nearly every female university graduate in the area was corralled into joining the new club, which was officially launched on June 18, 1959. Jessie served as our founding president until 1960, and was an active member, who is remembered as having a commanding presence at meetings, and who organized eight other clubs in BC.

Membership in the 60's stayed at about 50, and was small enough that everyone knew each other, and meetings were held in private homes, alternating between White Rock and Panorama Ridge. The members were of all ages, from young mothers to retired teachers. For everyone, friendship, mental stimulation and networking were major reasons for joining. The choice of speakers provoked a certain amount of controversy. Was it a "tea and biscuits" club, or an intellectual group? A compromise was reached with a combination of both --dinner meetings with a speaker, and social events without any speakers. There was a Christmas party with games and carol singing, and in June, a family picnic on the Ridge. Even in those early days, there were active groups: a bridge club, a cooking club and two book clubs. Committees were formed to discuss resolutions, one of which dealt with raising the minimum age for marriage in Canada from 14 to 16. The club also embarked on a major community program in the late 60's --staffing a family planning clinic at the suggestion of the Public Health doctor. This did not have the approval of all members --many older members were horrified to be supporting a clinic which offered birth control counselling and "the pill" to unmarried women. In those days, no family doctor could discuss birth control with a minor without involving her parents. The club decided that supporting family planning and prevention was preferable, and so provided clerical and counselling volunteers for many years, until laws were changed and the clinic was taken over by the Department of Public Health.

From the beginning, the club provided many community leaders by being involved in groups, such as the White Rock Players club, the Peace Arch Hospital Auxiliary groups, Brownies and Guides cubs, and Scouts. Two major conferences for CFUW women took place in BC in the 60's. In 1969, the club executive ran a provincial conference, and although White Rock was the host club, the conference was held in Tsawwassen, because there was no center in White Rock large enough to accommodate the event; as well, a CFUW National conference was held at UBC. Many club members attended both events.

These early activities of our club set standards and sowed the seeds for future growth. Just look how far we have come to become one of the largest clubs in BC. We owe much to the vision of Jessie Casselman, she would be proud.

(Lois Hunter, Club Archivist, with acknowledgement of excerpts from our archival collection)



CFUW
WhiteRock/Surrey



"Third Age Learning at Kwantlen" is now open for registration for all the Winter/Spring 2022 courses.

Courses are held online and on campus (**this format might change, if the rules for gathering change**).

Click on the Winter/Spring 2022 booklet to find all pertinent information.

If you are new to TALK, and wish to join, membership is \$10/year and includes a copy of the Winter/Spring 2022 booklet.

(Helen Christiansen)





BURSARY BOARD NEWS

The bursary board welcomes Mary Thomas, a new member of the bursary board. We are very pleased to have Mary join us this year.

The bursary board will meet in either January or early February to prepare for the selection and presentation of this year's bursaries.

The members of the bursary board have begun to establish a bursary in memory of Mary Fran Bateman. At this time, we already have contributions of \$3,275. Anyone wishing to donate to this bursary can do so by writing a cheque to the Surrey/White Rock Bursary Foundation and indicating that it is in memory of Mary Fran Bateman.

On behalf of the bursary foundation, I want to thank all members who have donated so generously over the past years to our bursary.

(Carolyn Oram)

We had Christmas & New Year messages from two members of our club, who moved away last year:

(Helen Christiansen)



Maureen Buchholz is once again in La Manzanilla, Mexico, enjoying the beach and good weather. She will be there until March.

She wrote, *"Let's hope 2022 brings peace, contentment and good health to all.
Warmest Regards, Maureen "*

Daphne Graff also up-dated her news from the September newsletter saying how much she is enjoying the many activities and friendliness of Gabriola Island. She sends good wishes, and a happy, and healthy New Year to all.



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
2nd 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

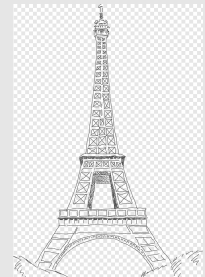
Thursday Morning Coffee
2nd and 4th Thursday
of the month
Sue Foley-Currie
Sylvia Riddell

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.
Linda Tedman

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

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



NEWSLETTER COMMITTEE

Editor and Layout - Veronika Bichler
Proofreader - Helen Christiansen

Email Distribution : - Veronika Bichler

Deadline for February 2022 Newsletter
submissions is **Saturday, Feb.5, 2022.** Please
submit news by email with the subject line
'Newsletter' to: vbichler@shaw.ca

