



White Rock / Surrey

**Volume 15 Number 5
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Trudy Handel

PRESIDENT'S MESSAGE

The holidays are over, and spring has sprung, well before it was expected. The llamas are already picking at grass in the field and the hummingbirds are visiting the feeder. We've even seen the odd bee buzzing by.

Bees are pretty important to me. As a farmer, with a field full of different types of berry bushes, I really need those little guys. They're absolutely fascinating – beekeepers had some hives in our field, and one day the bees "swarmed" out of the hive – following the scent of the queen on a "do or die" mission. The beekeepers arrived and "swept" the swarm into a new hive. That is how bees increase their population. Inside the hive, it is body temperature. The beekeepers cut a piece of the comb off and handed it to me – the honey was liquid gold, running out on my hand - hot, sticky and deliciously sweet.

But bees are under attack. We have managed to find ways to kill them off, even though we didn't mean to do so. Colony collapse is common. Most bees in North America are imported from New Zealand – one of the few places left in the world with a healthy bee population. Bees will leave the hive, and forget how to come home. The hive depends on the workers returning in order to exist, so eventually the whole hive dies.

Are there consequences if the bees disappear? Yes, big ones. Farmers like me will be out of business, but it goes further than that – most of the fruits and vegetables that you buy in the grocery store will be gone. In a healthy hive, every bee has a job to do, and by working together, they all keep the hive healthy and alive.

Maybe we humans should pay more attention to the bees.





CLUB NEWS



Writing Workshop at January General Meeting

Submitted by Lois Hunter



Lois Peterson

The speaker at January's meeting was local author, Lois Peterson, who provided an informative and stimulating program on turning our memories into memoirs.

She led us through the process of how to record some of our life experiences and observations by providing several participatory exercises. One great tip was to carry a few 5 x 7 index cards at all times for jotting down our recollections and also those of family members or friends who may have a different perspective on the same event.

She was very entertaining in her examples of how to avoid the mundane even if it sometimes means harmless embellishment of the happenings. She also provided a handout on guidelines to think about when telling your stories in a memoir, and a suggested reading list.



Cafe Femenino Fundraiser

submitted by Lois Hunter



A new shipment of coffee has arrived and will be available at the February 28th meeting. Please contact Lois Hunter at lmhunter@hotmail.com for preferences, and I will make sure to take enough to the meeting. We will have both whole bean and drip grind available. The dark roast was the most popular in the first order but we will have some medium/dark and decaf as well.

The price is \$15 per pound (454 g) with \$4 from each going to support our Bursary Foundation. Thank you.



Thank you from the Program Committee

submitted by Helen Christiansen

The Program Committee would like to thank Sherrill Berg for donating the beautiful orchid for the raffle at the January meeting.

We would also like to thank Lorna MacGregor who organized the draw and sold the raffle tickets. A total of \$62.00 was realized for the Bursary Foundation.

The lucky winner was a new member, Diane Desjardins. She had purchased three tickets, and was thrilled with her prize.



Where is the "Stuff" now ?

submitted by Jocelyn Donald

We are trying to locate some of the club's belongings, such as coffee pots, banners, gavel and other things the club owns and is stored in members' homes. If you are storing anything that belongs to CFUW, could you please get in touch with me at jocelyndonald@shaw.ca ? We just want to have some idea where our "stuff" is. Thank you.



Upcoming Meetings and Programs

Next General Meeting:

Date: **February 28th, 2015**

Time: **11:30 a.m - 1:30 p.m.**

Where? **WHITE ROCK COMMUNITY CENTRE,
.15154 Russell Avenue, White Rock, BC, V4B 0A6**

Program: Geoff Plant (nephew of Elva Reid) is the guest speaker at our meeting on February 28. The meeting is open to all and includes a catered lunch (by donation). **Please RSVP to cfuw.wr.s@gmail.com by February 21 to confirm your attendance.**

Heart-Mind Learning:

What it means for Families, Schools and Communities

How do we raise our children to be happy and healthy, compassionate, secure and engaged individuals? This question is being tackled by a new approach to education called heart-mind learning that balances core subjects (math, science) with life skills (personal and social responsibility).

The Heart-Mind Index gives a snapshot of the well-being of children in BC. Developed by the Dalai Lama Center, together with UBC's Human Early Learning Partnership, the index is based on an annual survey of kindergarten children throughout the province. The results provide in-depth indicators of our childrens' social and emotional development.

There are five human qualities directly related to positive well-being:

- getting along with others
- being compassionate and kind
- solving problems peacefully
- feeling secure and calm
- being alert and engaged

Children who develop these skills have better attitudes about themselves and others; they are less aggressive and can handle difficult emotions; and they improve, on average, 11 percentile points on standardized achievement tests compared to students who do not receive this learning. Equally important, heart-mind learning supports educators, governments and health professionals to make evidence-based decisions.

(submitted by Maureen Buchholz)



Geoff Plant is a lawyer and former MLA and Attorney General of BC. He divides his time between his practice and chairing the Board of Trustees, Dalai Lama Center for Peace and Education.



"New to You" AUCTION
Get ready for the SILENT AUCTION
Saturday, March 21, 2015

Come to the meeting and join in the fun of our 2nd Annual Silent Auction. It's an opportunity to dig into your trunk for junk, change the art on your wall, or pass along a designer gown - just use your imagination. Bring one or two classy items to the auction and bring your friends. We promise you'll all go home with something "new to you".

General Meeting in March:

Note: Meeting date differs from March 28 date published in the Membership Directory

Date: **March 21, 2015**
Time: 10:00 a.m - noon.
Where? **WHITE ROCK COMMUNITY CENTRE,**
15154 Russell Avenue, White Rock, BC, V4B 0A6

Program: **"Perceptions & Approaches to Teaching International Award-Winning Faculty"**

The speaker for the March meeting will be Diane Salter-Menzo, PHD, MSc, BSc, Chair of Partnerships for the Society for Teaching and Learning in Higher Education.

Diane, CFUW club member, discusses the research published in her book '**Cases on Quality Teaching in Higher Education**' (2013). The concept emerged from her research project which surveyed international award-winning teachers with an approach to learning-centered, rather than information-centered, teaching. In her presentation, Diane will encourage participants to consider their own best learning experiences as she shares the international examples.

Coffee (and snacks) provided by Refreshment Coordinators Joanne Cunningham and Monica von Kursell



This and That....

Please contact Membership Chair, Anne Low, for notification of changes to your contact information:
Telephone - 604-538-7104;
email: anne99low@gmail.com

M Morin Law Corporation
Grace J.K. Morin
Lawyer, Mediator
Collaborative Lawyer
Notary Public

15245 - 18th Ave.
South Surrey, BC, V4A 1W9
email: gracemorin@morinlaw.ca

Ph: 604.538.9887
Fax: 604.538.7432
www.morinlaw.ca

Need a Ride to a CFUW Meeting or Interest Group?

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

Our Members

A warm welcome to:



Judi Kendall (gsksports@telus.net)

While I was growing up, my father was in the Air Force, so I have lived from one end of the country to the other. I completed first year university and that summer started working for an articling student in Vancouver and ended up working for him for approximately the next twenty years, following him through five different law firms. During this time, I acted as Secretary and volunteered with the Women's Variety Club, volunteered at Vancouver General Hospital through the Women's Auxiliary at VGH and volunteered behind the scenes with the Waterfront Theatre on Granville Island. Then, my husband's business was relocated to the Fraser Valley where I worked part-time through an agency for several years. Deciding I wanted something a little more stable, I accepted a position as an Assistant to the Executive Secretary to the Mayor and Council in Municipal Government. I worked there for ten years and then retired at the age of 55. I have been retired for twelve years, and eight years ago we moved to South Surrey where I've never been happier! I enjoy shopping, getting together with friends, sewing, quilting, cross-stitching and exploring small towns in Washington State.



Congratulation to Lee Caulfield who had two of her paintings selected for the Federation of Canadian Artists upcoming show "Artist's Choice". The show runs from February 3 - 15th at the Federation Gallery, Granville Island.

www.leecaufieldart.com



SETTERLUND, Marion Amy
June 27, 1921 – February 1, 2015

Marion passed away peacefully. Dearly missed by family and friends.

Interest Groups

A message from the:

DUPLICATE BRIDGE GROUP

Meets 2nd Monday of the month at 1pm, with two or three tables.

Looking for spares at the moment.

Call Betty Bishop - 604 536-2117 or betty21a@gmail.com



CFUW White Rock/Surrey Interest Groups ~ Activities and Leaders

Monday

Dames Who Dine

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

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

Elizabeth Bordeaux

One-on-One Literacy Group

once a week
Patricia Hyde

Tuesday

Alpha Book Group

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

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

1:30 p.m., Thurs.
Monica von Kursell

Evening Book

2nd Thur., 7 p.m.
Marjorie Mooney

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.
Mary Ann Rainer

Interest Group Info*
For more information contact Interest Group Leaders,
or you may contact **Anne Low**, Interest Groups Coordinator
Telephone - 604-538-7104.
Email – anne99low@gmail.com

***Groups subject to change.**



CFUW NATIONAL NEWS

compiled and submitted by Sue Foley-Currie



CFUW NEWS UPDATE

- Tara Fisher, National Office (Ottawa) Advocacy Coordinator, will provide support to clubs for tools for programs – related to the coming Federal Election, e.g., organizing an event or speaker for International Women’s Day (March 8) that highlights a local concern(s) related to CFUW, or hosting an all candidates debate.
- The National Roundtable concerning the murdered and missing women is being held in Ottawa on February 27.
- Eleanor Scarth, National CFUW Resolutions Chair, said, ***“Resolutions and the resolution process are important because they allow all CFUW members to be part of creating CFUW policy. Members across the country may initiate resolutions; all members are asked to study them and propose amendments if they wish; then all members have a voice in the voting at the AGM through their club delegate.”***
- Our CFUW White Rock-Surrey Club is looking at the two circulated resolutions (Climate Change and Carbon Tax, Saving Our Pollinators and Our Environment) for possible amendment (s). They have been discussed by our Community Affairs Committee and by our Environment Committee, and a representative from each will present one of the two resolutions at our March 21 CFUW White Rock-Surrey meeting. Both resolutions will be circulated to all club members prior to March 21. For further information contact Sue Foley-Currie.

CFUW BC Council & Clubs Update

“If not you, who will act?”

- The Cranbrook Club is holding nomination for their “Woman of the Year.” To date the title has been awarded to 35 women for their efforts and commitments to good causes.
- Clubs in BC have a variety of interest groups. Study and interest groups are the “icing on the cake” for many Clubs and the learning, fun and activities often are what attracts new members.

IFUW Update

- Greece is the 62nd national affiliate.
- Only 17% of the attendees were women at the World Economic Forum recently held in Davos, Switzerland.
- IFUW projects include the empowerment of women in the fields of science, technology, engineering and mathematics (STEM) in Germany, helping provide appropriate sanitary facilities at schools in Ethiopia, and public speaking competitions for secondary school girls in Europe and the Middle East.

CFUW BC COUNCIL 2015 AGM and CONFERENCE

**Waves: Harnessing the Power
Friday April 17 – Sunday April
19, 2015**

**Hosted by CFUW Saanich
Peninsula**

Conference Location: **Mary Winspear
Centre, Sidney**



Keynote Speaker: Discover the Ocean: Understand the Planet through the Internet-connected Ocean

Dr. Kate Moran is the President and CEO of Ocean Networks Canada. A world-renowned ocean engineer, Moran started at ONC as the Director of NEPTUNE Canada in 2011, following a two-year term as assistant director in the White House Office of Science and Technology Policy in Washington, DC. She is an outstanding presenter, helping people understand complex issues about the sea floor and is involved in cutting-edge research on earthquakes.

Sunday Morning BC Council Plenary Session:

Dr. Barbara Fitzgerald is a Developmental Pediatrician and the former Assistant Dean of Student Affairs in the Faculty of Medicine, UBC. She started the Mom to Mom Child Poverty Initiative Society (M2M) in Vancouver.

Workshops:

Diane Bernard: The Seaweed Lady - "Harvesting the Sea for Beauty and Health"

Carol Hamilton: Colwood City Mayor - "The Politics of Going Green—Colwood's Solar Project"

Nella Nelson: Principal, Aboriginal Education, SD 61 - "Riding the Waves of the Aboriginal Educational Journey"

Dr. Leigh Anne Swayne: Neuroscientist - "Brain Waves - Brain Health and Brain Repair"

Dr. Lori Waters: Owner of Waters Biomedical - Biomedical communication combines Science and Art through technology; creating visualizations to help make medical and scientific concepts more easily understandable - "Waves of Technology"

Tours

Pre and post conference tours will include walking, wine, historical and other tour activities.

We would like to thank Genus Wealth Management for their support of this conference.



Member Resources

NEWSLETTER COMMITTEE

Editor and Layout - Veronika Bichler
Proofreaders - Elizabeth Bordeaux
- Helen Christiansen
- Monica von Kursell
Email Distribution : - Veronika Bichler

Deadline for March Newsletter submissions is Friday, March 6th, 2015

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

Send a Card... Please advise Elizabeth Bordeaux about any member of our Club who is ill or bereaved, so she can send a card. Contact information: **Telephone - 604-538-1477; Email - ebordeaux@shaw.ca**

Web Resources for Members

CFUW Facebook page

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

and the closed group page

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

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

CFUW White Rock/Surrey

www.cfuw-wrsurrey.org

BC Council

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

CFUW (National)

www.cfuw.org

IFUW (International)

www.ifuw.org

Semiahmoo Arts

www.semiahmooarts.com

Arts Council of Surrey

www.artscouncilofsurrey.ca

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