



White Rock / Surrey

**Volume 22 Number 6
March 2022**



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Diane Salter Menzo

PRESIDENT'S MESSAGE

"The times are urgent, so let us slow down" Bayo Acomolafe

I'm very happy to welcome March, that this year seems to have come in like a lion, but hopefully with the lamb to soon follow. On my neighbourhood walks, as I see signs of spring with crocuses and dew drops starting to bloom, I feel hopeful for new beginnings after two years of alternating 'hibernation' during Covid. Finally, we are able to plan for safe gatherings once again, as we take each step forward at our own pace.

As we move forward with cautious optimism, I am reminded of this quote from the nigerian born author *Bayo Acomolafe*: "*The times are urgent, so let us slow down.*" Perhaps, during our current turbulent times, this apparent contradiction has global relevance. *Akomulafe*, philosopher, writer, activist, professor of psychology and executive director of the 'Emergence Network', describes that slowing down is not 'losing our way', but an invitation for us to listen deeply.

The practice of 'mindfulness' helps us to slow down in order to listen deeply and pay attention to the present moment. For many years, I have practised mindfulness exercises (with lapses in frequency – but good intentions) and also taught mindfulness in the workplace and in the classroom. Mindful practice reminds us to pay attention, to be kind to others, and to be kind to ourselves.

Recently, I tried the simple technique of 'neurographic painting' as a mindfulness exercise. The result was, that I had focused my mind for an hour, created a colourful piece of art and felt very relaxed! If you would like to give this technique a try, all you need is a piece of paper, a black marker, and some colourful pencils or paints. I found the following [youtube video](#) a good guide

Now is the time of year clocks 'spring forward', as will ours! I wish you many 'mindful moments' to enjoy life in the coming months, as we move slowly and mindfully forward into the future.

MESSAGE FROM Joan Henderson, VICE PRESIDENT

Information from CFUW National

The nominations committee invites applications for all CFUW board of directors' positions to serve in the 2022-2024 biennium. The nomination period is April 1 - 28, 2022. Any member who is qualified and interested in any VP board position is invited to submit an application with a nomination from a club, and a resumé.

- **CFUW Webinar**
Youth for Climate Action! Fighting for a Green & Just Future - **Wed., Mar 23 @ 12pm EST**
- **Forced Out by Climate Change?**
Proactive Planning in North America - **Tues., Mar 22 @ 6pm EST**

Congratulations to all the CFUW clubs and members, who raised funds and walked in the “Coldest Night of the Year” on Saturday, Feb 26. Collectively, CFUW clubs raised over \$69,000, with CFUW Orillia raising more than \$26,000!

- **CFUW Aurora/Newmarket & Soroptimists of York Region Present**
Films by Women about Women - **Join us Virtually March 11-13, 2022.**
Tickets \$20.00 Adults and \$10.00 Students. The viewing period runs from 7:00 PM on Friday March 11th to 6:59 PM on Sunday March 13.

Information from CFUW BC Council

CFUW BC Council is holding its AGM in person May 13-15, 2022 in Kelowna, B.C., at the Coast Capri Hotel. For further information go to the CFUW Kelowna website

Just a reminder, that the executive will be discussing and voting on the 6 proposed resolutions at the March 10th meeting. These will then be presented to the meeting on March 26, 2022.

If you have any questions, please contact any member of the executive.

PROGRAM COMMITTEE

(Sandra Kraft, Program Committee)

Please Mark Your Calendars For Our Next CFUW In Person Meeting At Mt. Olive Church!

March 26th Program: **GETTING READY – HEALTHY AGING**

This month, our program is brought to us by our club advocacy committee, which is led by Anne Low. Anne and her 6 committee members have arranged to have a discussion on senior's issues and ageing. Our guest speakers will be Isobel Mackenzie, the Provincial Advocate for Seniors, and Gordon Hogg, past holder of many public offices in Surrey and White Rock,

The purpose of this special meeting with guest experts is to include the members of CFUW Surrey/White Rock more fully in the CFUW national policy regarding long term care and the Canada Health Act. The advocacy committee was asked by the club in 2020/21 to take on this topic fuelled by the COVID pandemic. The committee took on a letter-writing campaign to federal cabinet ministers, the prime minister and MPs and MLAs from Surrey, White Rock and Langley, and educated themselves by attending several webinars, interviews and other research.

Isobel Mackenzie and Gordon Hogg, through a series of discussion questions, will bring focus to what is available as we age. Isobel Mackenzie will be asked to speak about programs and resources at the provincial level, and Gordon Hogg to speak about community resources.

This promises to be an informative and lively discussion that you won't want to miss!

Date: **Saturday, March 26, 2022**

Time: Doors Open at 10:00 am
Meeting Begins at 10:30 am
Doors Will Be Locked at 10:30 am

Location: **Mount Olive Lutheran Church
2350 148th Street, Surrey, V4A 4M7**

Notes: Masks and vaccine passports are mandatory
Refreshments will not be served, but members are welcome to bring their own drink mug and treat. Masks may be removed to eat and drink while members are seated.

See you on March 26!



OPTIONS COMMUNITY SERVICES

(Lorna MacGregor)

On Saturday, Feb 26, we had the pleasure of learning about a non-profit organization, 'Options Community Services', that has existed for 50 years.

Ginny Hasselfield, director of development, Tammy Dyer, deputy executive director, and Noemy Rados, program assistant manager and youth worker, spoke to us via zoom of the many contributions that 'Options Community Services' has made to Surrey, Delta, White Rock, and Langley.

Ginny Hasselfield told us about the campaign to raise approximately 1.5 Million dollars. Fifty women from the South Fraser community were asked to fundraise \$25,000 each. This money contributed to the building of much-needed housing at King George Boulevard and 81st Ave. 'Options Community Services' is now planning to raise another 1.5 million dollars to have as a contingency fund to cover the needs of so many people in our communities.

Tammy Dyer and Noemy Rodos discussed with great passion, enthusiasm, and dedication their vision to inspire hope and belonging for all. 'Options' is a very diverse organization, united in the purpose of helping those in need. There are 80 programs, including crisis lines, counseling services, youth shelters, and housing for lower income families. Support is now given to youth up to 26 years of age. Ageing out of care has been problematic for years and now 'Options' can assist these youths to get life skills, develop a sense of belonging, and learn how to navigate the many opportunities that are available to them.

One example of the care that is provided to the youth is Sunday dinner. Dinner is provided on a regular basis to those who need companionship, a sense of family, and a good meal.

Navigating the mental health service is very difficult. Youth are taught how to begin seeking help and are guided through the process. There are just 10 spots for people needing mental health support, but 'Options' is working on increasing this number.

We could feel the enthusiastic and compassionate care that is being provided by staff and the 300 volunteers to help so many people learn to become independent and provide for themselves!

Celebrations

At AMA and Durrant House

Valentines Day

Heart shaped baking pans,
cake mixes, cupcake
holders, assorted candies
and treats

Easter

\$250 Save-On
giftcards, Easter
baskets, treats for
adults and children,
craft items, dollar
store gift cards

AMA house

One Pot Solution
Garage Shelving and
Containers

Durrant house

One Pot Solution
Air Fryer
Waffle Irons
Genie Diaper Pails

Sherrill Berg, CFUW Liaison

March 2022

(submitted by Sherrill Berg)



BOOKS FOR THE FOOD BANK

(Anne Low and Pat Poliquin)

For over 20 years, CFUW White Rock/Surrey has delivered gently used books to the food bank.

We need continuous donations of fiction, non-fiction and children's books. Free pick up service is offered by calling **Pat Poliquin at 604-385-1929**, or **Anne Low at 604-538-7104**.

Please help us to keep this tradition ongoing.

"Reading is the gateway skill that makes all other learning possible".

Barack Obama

IT'S BACK!

(Karen Kent)



The 'world famous' ---- well, at least, the famous CFUW White Rock/Surrey BOOK EXCHANGE!

March 26, 2022 is the date of our first face-to-face club meeting for 2022, and we invite you to bring books for the book exchange, and be prepared to take some home with you for a minimum donation of \$2.00 per book. These funds help support the operation of your club, so donate more, if you can.

BUT, we know you have read a great number of books since our last book exchange, and we don't have the display or storage room to handle the one, two, or even three boxes of books you have stashed in a cupboard.

So, **PLEASE** bring only your three most intriguing books this time. Don't worry, you will have another opportunity next month



BURSARY BOARD NEWS

(Carolyn Oram)

For those members who would still like to contribute to Mary Fran Bateman's bursary, this month would be a great time to make that donation. Mary Fran would have turned 75 on March 22.

We thank all those members who have contributed to her bursary so far.

Donations can also be made to the general bursary fund.

We are hoping, that this year we may be able to have the recipients join us perhaps in the fall.



EVENTS & HAPPENINGS

*Celebrating a new project? Announcing a community event?
Teaching a course? Having an opening? Won an award?
Other news?*

At CFUW White Rock/Surrey, we welcome and encourage member announcements to celebrate events and share news, that would be of interest to our members.
If you would like to make an announcement at the general meeting, please send an email to dianesaltermenzo@gmail.com with the following information:
In the **subject line of the email**, please put 'Announcement for (date of general meeting)
In the **body of the email**, please include: Your 'name and a short summary' of what you will announce.

NOTE: We would like to allow time for anyone who wishes to make an announcement to do so; therefore, please keep your announcement to **2 minutes or less**. (At an average talking speed, 2 minutes is the time it takes for 260 words.)

Please note, that your email **MUST BE DIRECTLY ADDRESSED** to dianesaltermenzo@gmail.com
Thank you.

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 Coe
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 April 2022 Newsletter submissions is Tuesday, **April 5, 2022**. Please submit news by email with the subject line 'Newsletter' to: vbichler@shaw.ca

