



White Rock / Surrey

**Volume 22 Number 7
April 2022**



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Diane Salter Menzo

PRESIDENT'S MESSAGE

April is a busy time for CFUW clubs across Canada. The CFUW National fiscal year begins on May 1st and ends on April 30. In May, clubs are holding their annual general meetings; this year, our club's AGM will be held on zoom on May 28th.

In preparation for our AGM and for the BC Council report, your board members have been busy preparing their final reports. As president, one of my April duties is to review the board member reports and compile the final reports for our club and for BC Council. As I read the incoming reports, I am reminded of all that has been accomplished by our club during the past two years, even during the challenges of the Covid pandemic. A sampling of our activities is below; each year the full club report is posted on our website after completion.

Two major projects were completed, the revision of our 5-year strategic plan, and the updating of our club resource manual. Both of these were major undertakings and could not have been completed without the diligent work of your board members with input from club members during the process.

During the past year, our program committee has given us an outstanding year of speakers and special events, and shown resilience and flexibility as we shifted between in person and zoom meetings as needed. Our membership currently stands at 98, and we welcomed 7 new members this year.

Our interest groups continue to be a major 'fun factor' for our club members. Our interest groups have thrived; most groups have been able to continue meeting in person or virtually, and we have even started some new ones.

Our bursary board provided \$9,000 in scholarships to three recipients, who each received \$3,000 towards their higher education plans.

May marks the end of my two-year term as president. It has been a busy, but rewarding two years, and now it's time to 'pass the torch'. I'm sure that whoever steps up to the plate for the coming term will find that taking on the president's role is a wonderful opportunity to work with a terrific board, and fully engage with our club. Thank you to all for giving me the opportunity to serve the club over the past two years.

MESSAGE FROM Joan Henderson, VICE PRESIDENT

At the March 26 meeting the membership voted unanimously to pass the 6 resolutions that were proposed for this year:

1. Archiving select CFUW policies I
2. Archiving select CFUW policies II
3. Setting and promoting both pay equity and employment equity as central to a just economic pandemic recovery for the women of Canada
4. Tightening bail laws to protect victims of intimate partner violence
5. Harassment against women in politics
6. A clean, healthy and sustainable environment is a human right

Also at the meeting, we recognized Sherrill Berg for being presented with the "Volunteer of the Year Award" for her work to support AMA and Durrant Houses.

Our club has supported the women and children living at AMA and Durrant Houses for many years. It takes commitment and love to build a community. Atira is very appreciative of what Sherrill, along with all the members of CFUW, continually do for the women and children who reside in these houses. It is not only the big ticket items that Sherrill has generated for these ladies, but the small treasured moments as well.



Sherrill Berg

Some other events that members might be interested in:

An "**Evening with Tamara Vrooman**", presented by University Women's Club of Vancouver on Wednesday, May 25, 2022, @ 6:00pm.

Tickets will be available for the lecture and dinner, or the lecture only.

Tickets are \$90 for UWCV members for the lecture and dinner (\$95 for non-members), and \$35 for UWCV members for the lecture only (\$40 for non-members).

If you are interested in attending, let me know and I will send you the information about registering.

Information on registering for the following is in the April CFUW National Newsletter

China and the World

Lakehead University and CFUW Muskoka present a number of speakers from March 30 to April 27, 2022.

Tackling the Environmental Crisis - Together We Can

April Webinar Series by CFUW Kanata, Nepean and Ottawa

Breaking Barriers: Women Redefining Leadership

presented by CFUW Fredericton, Tuesday April 12, 2022, @ 6:00 p.m. - 7:30 p.m. EDT

The first ever Leaders Debate on Women's Issues held in Ontario,

Tuesday April 12, 2022, @ 7 p.m. - 9 p.m.

Rouge Urban Park - with Pauline Browes, former MP, Chair of Friends of Rouge National Urban Park - Wednesday April 12, 2022 - @7:00 p.m.

The Women's History Project - Wednesday April 13 at 3:00 p.m. - 4:30 p.m. EDT

CFUW Hamilton Speaker Series - Tuesday April 19, 2022 @ 7:00 p.m. on ZOOM

PROGRAM COMMITTEE

GETTING READY – HEALTHY AGING



Guest Speakers: Isobel Mackenzie and Gordon Hogg; Anne Low, CFUW White Rock /Surrey

Our March program was an informative and interesting presentation on healthy senior living. Our advocacy committee, headed by Anne Low, brought us two guest speakers: Isobel Mackenzie, the Provincial Advocate for Seniors and Gordon Hogg, past holder of many public offices in Surrey and White Rock,

The advocacy committee posed three questions to each speaker that were designed to bring focus to what is available to seniors as they age. Both speakers told us of all the resources that are out there to help seniors, especially those with mild to severe dementia. She reassured us that the percentage of seniors actually acquiring dementia is quite low, and that the chances of getting dementia increase as seniors live longer than age 85. Isabel informed us of the differences in cost and availability of independent living, assisted living and long term care. Independent and assisted living can be found through both publicly funded and privately funded means. There does not seem to be private long term care, because it is so expensive. She also stressed that seniors should try not to give up activities that help seniors think and do things, because once given up, usually can't be reclaimed. She told us that care homes (independent and assisted) are not the only options, and that there are many support options in our community to help seniors remain in their own homes. Both, independent and assisted living, or living at home with support, are not well publicly funded. Any financial assistance is based on income alone, and not on a senior's assets. Basically, however, the individual is responsible for most of the costs.

Isobel also stressed the importance of seniors having a life plan. Each person must decide what is the best fit for him/her, and that should guide his/her healthy aging. There are many more seniors than long term care facility beds, but it is difficult for government to plan for these care beds, as the future of each person is unknown. How long a particular age group will live and the kind of care that will be needed cannot be predicted.

Gordon Hogg entertained us with personal anecdotes about senior aging and informed us of the resources and services that are available in our community, which include: Kent Street Activity Center, Sources Food Bank, Options and the Brella Community Sources Society, which was formally Come Share Society. That group was represented at the meeting by Doug Hart, Board Chair, and Louise Tremblay, Executive Director. The Brella Community Sources has services from counseling to day programs. Gordon also mentioned innovative programs he has researched in other countries that add to his work on the many White Rock/Surrey boards on which he serves. Gordon was in government when BC decided to become the first province to have a Provincial Seniors' Advocate.

If anyone would like more information on senior aging, please call 211. This number will connect callers with available services.

Both, Isobel and Gordon, certainly gave us lots of food for thought. We are fortunate to have Isobel as our seniors' advocate, and accolades to her for her work on advocating for seniors' issues!

We thank both speakers for a welcome and timely presentation! (Sandra Kraft, Program Committee)

General Meeting April 23, 2022

(Lynn Robertson)

SATISFACTION: A CONVERSATION WITH BETH

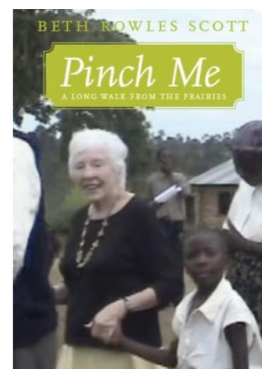
Please join us on Saturday, April 23rd as we enjoy an intimate and insightful conversation style presentation with Beth Rowles Scott along with long-time friends and associates. We have been waiting for the opportune time to be able to confirm this presentation, and that time has finally arrived.

You are welcome to invite your friends to join us on April 23rd, as this event may just provide all of us some time to reflect on our own lives.

Beth invites you to walk with her, as she tells about her prairie childhood, her challenging career and her fulfilling senior years. She will share a formula she has found useful in gauging satisfaction with her life.

Using this framework, she will weave together her story as recorded in her first published book— "[Pinch Me - A Long Walk from the Prairies](#)", as well as her ongoing work as founder of the African Canadian Continuing Education Society

** Please note, that if you are interested, Beth has a limited number of books that you may purchase at the meeting.*



In 1993, George and Beth Scott founded the African Canadian Continuing Education Society ([ACCES](#)), a non-profit organization and model NGO (non-government organization) that has helped provide thousands of Kenyans with access to education.

In 2006, the Scotts were recognized as Outstanding Canadians by the City of White Rock, BC, and Beth was named Woman of the Year by Soroptimist International of White Rock, an organization devoted to improving the lives of women and girls in the community, and the world. Truly an inspirational and a remarkable life.

The purpose of our time together is to share insight into ways each one of us—no matter what stage in life—can handle change, transition and perhaps discover both meaningful purpose and learn a way of gauging life satisfaction.

Date:	Saturday, April 23, 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

***REFRESHMENTS** will NOT be served, but members are welcome to bring their own beverages and treats.

***MASKS** are not mandatory; however... knowing that Beth is visiting us from her care home, it would be considerate if we wore our masks while she is with us at our meeting. We are sure she would appreciate that, and feel very comfortable.

***BOOK DONATION** table will be set up. If you have books to contribute, please limit to a maximum of two

books. We would like to clear out our book supply for good summer reading ahead, so be sure to take a browse to find a book waiting for you.

CFUW Program Committee News

(Robin Funk, Program Committee)



SAVE THE DATE for our Lunch 'N Learn

“WOMEN IN MEDIA”
Wednesday, May 18, 2022



We hope you will join us for our last program of the year! We have been finalizing our plans with our speakers, and are looking forward to an exciting event you won't want to miss. Guests are welcome!

Date: Wednesday May 18, 2022
Location: Guildford Golf and Country Club (7929-152 Street, Surrey)
Time: 11:00 am
Cost: \$35.00 (includes lunch, speaker and special door prize ticket)

You can purchase tickets for yourself and guests at the April 23rd CFUW meeting, or you can email your ticket request and make arrangements for payment, or you can e-transfer your payment.

All ticket requests and payments to Sandra Kraft at sandradkraft@gmail.com

Don't hesitate...tickets are limited for this exciting session with guest speakers discussing their experiences in the world of media.

Bursary Board News April 2022

(Carolyn Oram)

At the end of March, the bursary board met with our new investment advisor at the National Bank. We all enjoyed meeting Caroline Goode, our new advisor, and Caroline may be familiar to some of our members, as she is the daughter of Nancy Shewfelt, who was an advisor to us a few years ago. The board feels that Caroline will look after our investment wisely.



The board is preparing for the selection of our bursary recipients at the end of May 2022. Penny Harrington has been working hard getting our advertising in place. We thank Penny for updating our site on Scholarships Canada and the Black Press website, as well as the Peace Arch News.

Thank you again to our members who have made very generous donations to the bursary fund.

A Message For Art Lovers

South Surrey White Rock Art Society (SSWRAS) will be having a show and sale LIVE this year on April 23-24 at Turnbull Gallery, 14601 20 Avenue Surrey.

Paintings, cards and boxes of smaller paintings.

COVID protocols will be followed.

Thank you

(MaryEllen Johnston (And yes, I will have art there))



Jutta Mordhorst



Very sadly, we learned recently that long-time member, Jutta Mordhorst, passed away on 15th January at 97 years of age.

Jutta will be remembered as a beautiful, gracious, and elegant lady. Before leaving the club in 2018, she participated in several interest groups. She was a formidable partner or opponent at the bridge table. What most members may remember about Jutta was her riveting talk about her childhood in Germany before, during and after World War II, in the last year that she was a member.

What many members of recent years may not know, is how active Jutta was when she first joined our club in 1966. She served as recording secretary, vice-president, president and past-president between 1967 and 1976. Another remarkable achievement occurred when she chaired the provincial AGM in 1969.

It was understandable, when Jutta did not continue her membership because of health and age.

A memorial service will be taking place at First Memorial Fraser Heights Funeral Chapel (14865 Fraser Hwy) on Saturday, 16th April at 11 o'clock.

(Monica von Kursell)





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

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 May 2022 Newsletter submissions is Tuesday, May 10, 2022. Please submit news by email with the subject line 'Newsletter' to: vbichler@shaw.ca

