



## White Rock / Surrey



**Volume 21 Number 9  
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Diane Salter Menzo

### PRESIDENT'S MESSAGE

*You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of a difference you want to make.*

Jane Goodall

April 22 is Earth Day. This annual event, initiated to raise public awareness of air and water pollution and to bring environmental issues into the spotlight, was founded in the US following an oil spill in 1970. Today, Earth Day is celebrated in 192 countries with the backing of nearly five-thousand environmental justice groups. Organizers focus on global warming and clean energy, and drive meaningful action for our planet across 5 issues:

- Climate Action
- Science and Education
- People and Communities
- Conservation and Restoration
- Plastic and Pollution

In 2020, the outbreak of Covid-19 necessitated a shift from the planned Earth Day activities to a 24-hour virtual event with continuous online content. This year, from April 20-22, a 3-day virtual event will focus on climate action with the theme "Restore Our Earth", and the slogan: "As the world returns to normal, we can't go back to business-as-usual". (earthday.org)

CFUW has a long history of advocating for environmental issues. For many years, our club had an environmental committee. Our archivist, Lois Hunter, has many interesting reflections on this committee (see '*Caring about the Environment*' in the newsletter). At the end of our general meetings, committee

members shared practical advice that we could all use to make a difference in our own sphere of influence. Here are a few tips I found online, that I hope to be able to follow:

- Prioritize walking: Good for your health, cost-efficient, zero emissions.
- Limit emails: A typical year of incoming emails would add 136 kg to our carbon footprint, the same as 320km travelled by car. Being careful not to send large attachments and deleting emails regularly are other ways to reduce your digital impact.
- Eat locally: Eat fresher products, reduce greenhouse gas emissions from transport, and engage in an especially important act of supporting our local economy.
- Reduce food waste: In Canada, 58% of food is discarded somewhere along the food chain. Make herbal teas, tasty soups and leftovers, freeze, and store properly. So many tips to fight food waste at home.

Why only on Earth Day? Doing something concrete on April 22nd is a good idea, but incorporating mindful environmental action into our daily experiences is even better!

*(PS – Any takers to reinstate our environmental committee?)*

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## MESSAGE FROM Anne Low, VICE PRESIDENT



### WE ARE NOT ALONE!

Longer days, beautiful flowers and some warmth in the sun...

We may have pushed spring a bit, but one of the club golf groups has already been playing regularly. Rewarded by the occasional 'birdie/par' special drink, fresh air, exercise and excellent company. It feels 'normal' to be outdoors with no mask, which is probably why the courses are so busy.



CFUW has also been busy! CFUW Council advocacy reps from B.C. met with coordinator Audrey Hobbs-Johnson to receive an update on clubs' activities.

Our own advocacy committee is well on its way to completing the task of sending letters to urge all levels of government to undertake immediate action on our CFUW National long-term care recommendations. That is at least 50 letters to your Langley, Surrey and White Rock mayors, MLAs and MPs, as well as opposition leaders. Feel free to add your own letters/emails/calls to all concerned to give power to the cause.

Spring also has brought back to life CFUW National with the final mediation implementation report to guide our organization to a new stage of existence. Discussion is available at townhall meetings, April 22 and 24.

Wonderful to hear that CFUW has received a federal grant to provide pay equity workshops at selected Canadian universities.

Look for information from National on Elder Care Day, May 4th. That is us at 93% over 65!

There is a big push on to increase membership, especially aimed at those younger women! Share your ideas for activities and public events that would appeal to a younger demographic. It is our advocacy efforts, international involvement and results, that make our organization stand out.

We have certainly realized during the pandemic that a variety of experiences and stimulation feed the soul.

*(Anne Low, Vice President)*

## CLUB NEWS

### CFUW PROGRAM COMMITTEE

#### Program April 24<sup>th</sup>, General Meeting 'CFUW Artisan's Showcase 2021'

<b>Date:</b> Saturday, April 24, 2021 via Zoom
<b>Time:</b> 10:15 – join the meeting by using the link emailed to you prior to the meeting 10:30 – meeting begins

The program committee is once again pleased to be able to showcase our crafty and artistic members.

In November 2017, we held our club's first artisan's showcase, featuring Lois Hunter (Textiles), Daphne Graff, and our late Joan Hoyles (Quilters). Each artist created a display for their works, and members milled around the room admiring and enjoying the opportunity to ask questions about the works. It was extremely well received and since then, members have been requesting a second showcase.

This COVID 2021 showcase will be different! We will be visiting three crafters in their home workshops and studio by video.

Sandy McKenzie invited us into her kitchen nook for her KN95 family mask project in "Pandemic Painting". Bev King shared her garden studio with us one sunny afternoon for "Glass Perceptions".



Karen Casselman welcomed us into her upstairs quilting room and the spill over quilt on racks room, as she spoke about her "Quilter's Winter".

Watch for the E Blast YouTube launch date for 'CFUW Artisan's Showcase 2021' on April 21<sup>st</sup>.

You'll then have the opportunity to chat with our artists at the April 24<sup>th</sup> general meeting.

*(Penny Harrington)*



### Write-Up following 'Illustration with the Written Word' Presentation

This fascinating video was prepared and hosted by artist Marilyn Dyer, who was joined by fellow art expert Marta Schietroma at Black Bond Books.

They discussed a range of topics:

- how the use of images in books has changed over the years,
- the emergence of the graphic novel,
- and the development of a broader and younger audience.

Marta cited examples of redesigned children's books, like *Peter Rabbit* and *Mother (Goose) Bruce*, with text updates and more 3- dimensional images, while keeping the recognizable classic characters.

Graphic novels evolved from comic books and are very popular with young adults.

Some are based on classics, like *Anne of Green Gables*. The text conveys the essence of the story, and the many images convey action and emotion.



*Marilyn Dyer*

Do we judge a book by its cover? Yes, we do! Book covers can convey a feeling about what is inside the book, or provide just a hint. Some covers are tactile and have bold colors to attract attention. An interesting fact is that sales of Margaret Atwood's books increased when the covers were changed to minimalistic, abstract designs.

Many thanks to all involved in the organizing and production of this video, and especially to Marilyn Dyer for her brilliant ideas and endless curiosity! The "Illustrations with the Written Word" video was emailed out to all of our members in E Blast #59, and is a "must see"! To date, 106 people have viewed the video! Feel free to share it.

Marilyn Dyer is a professional artist who taught at U of C, UBC and Cape Breton University. Her paintings have been shown internationally in galleries, public buildings and in private collections. Marilyn's illustrated book: *Tattoo, The Painted Horse* is widely distributed in school libraries. **(Lorna Paterson)**

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## VOLUNTEERS NEEDED

### FUNDRAISING COORDINATOR



This is a new position that will begin as soon as volunteers step up. The position will carry on over the coming meeting year until May 2022.

#### Duties:

1. Coordinator for the CFUW White Rock/Surrey club fundraising projects.
2. Develop and maintain a list of active fundraising projects that the club is currently running.
3. Receive new ideas that come from members about new fundraising activities.
4. Liaise with the president and executive members to share the new ideas, and determine feasibility and time frame of potentially new fundraising projects by presenting ideas at the board meetings.
5. Collaborate with the executive board on the communication plan for sharing the fundraising ideas with our members. (Such as preparing newsletter items and making announcements at general meetings).
6. Attending board meetings as needed.
7. Preparing an annual report on fundraising activities.

Thank you for considering this role. Please note, that as the fundraising coordinator, you are not expected to be 'doing' the fundraising (unless there are activities you choose to be involved in); the role is about 'coordinating' our club fundraising activities. No experience in fundraising is needed.

If you feel this job sounds fitting with your interests, and you would like to talk more about what is involved, please contact Diane at [dianesaltermenzo@gmail.com](mailto:dianesaltermenzo@gmail.com)

## Booking Zoom Rooms



Would you like to book a zoom room for your CFUW interest group or club committee meeting? Our zoom platform is available for meetings to be set up on a first come first served basis for any of our interest groups and committees. However, we are only able to have one meeting set up at a time on the platform.

Therefore, before scheduling a meeting, please contact us to see what times are already booked. Please email Penny, and cc to Diane, if you would like to request a meeting time.

([pharrington@telus.net](mailto:pharrington@telus.net)    [dianesaltermenzo@gmail.com](mailto:dianesaltermenzo@gmail.com))

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### REMEMBER WHEN -----

At every club meeting a book exchange table was set up, and we were able to donate books we no longer wanted, and in exchange pick up some new ones for the very reasonable price of \$2.00 per book. Funds collected were used to fund various club projects. Leftover books went to the *Sources* Food Bank, where there is a bookshelf kept stocked by members of our club.

During Covid lockdown, we didn't stop reading and the books piled up, crowding our book shelves, coffee and bedside tables, even the floor! What to do?

The answer is our 'Spring Book Exchange'! Now you can unload your shelves and other various storage places, and tweak your curiosity by the perusal of the lists of books that will appear from time to time, and for the next several weeks, in an Eblast. You will be supporting the club too! A win/win solution!

Check out Eblast #61 for the instructions on how to participate.

Questions? Contact Karen Webster, at [k2we@telus.net](mailto:k2we@telus.net)



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### BURSARY BOARD NEWS

(Carolyn Oram)

At our last meeting on March 12, Penny Harrington and Maureen Buchholz agreed to contact Black Press and Scholarships Canada after March 15 to get our bursary information put into their systems.

This year, we will be giving three \$3000 bursaries for a total of \$9000. Applications for the bursaries are due by May 28, 2021. Sue Roberts and Carolyn Oram will review the applications.

The bursary board will then choose a date in July 2021, and meet to make the selection of the bursary recipients.



## CFUW COMMUNITY GRANTS - 2020/2021

(Submitted by Sandra Kraft, Treasurer)

This fiscal year, we were able to give two community grants. One grant of almost \$1000.00 was given to **Ama House** to buy supplies for the individual women living there, as well as supplies for the house.

The second grant of \$1000.00 was given to **Peace Arch Hospice Society**. This is the first grant CFUW White Rock/Surrey has given to our local Hospice. Hospice expects to support over 1,000 people in our community who are living with a life-limiting illness or grieving the death of a loved one. Hospice, having a modest-sized team of professional staff and a dedicated group of almost 300 volunteers, offers professional counseling services and volunteer programs to our community at no charge.

Please read the heartfelt thank you card from the Executive Director of Hospice, Amanda McNally.



Dear CFUW WhiteRock Surrey Club BC,  
Thank you for choosing Peace Arch Hospice Society to be a recipient of your \$1000 Community Grant. We are truly grateful for your generosity. Your grant will help to ensure that we are able to continue to support our community when they need it most.  
Amanda McNally.



## CARING ABOUT THE ENVIRONMENT



Does our CFUW White Rock/Surrey club care about the environment? We definitely do, and have a long history of advocating for environmental issues.

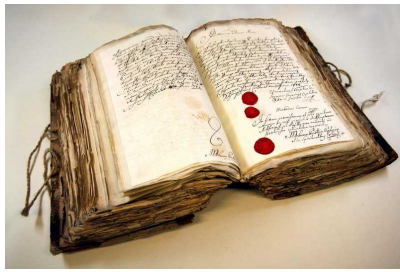
In looking back, one of the longest standing and persistent projects undertaken by our members has been to support the preserving of Burns Bog – often referred to as the “lungs” of the lower mainland. Until recently, we have had an environmental committee to remind us of the impact and importance of advocating for improvements of issues within our control and influence. A look back in our archives outlines some of the ways we have made a difference:

- In our April 2007 newsletter, an article by Anne Marie Steenge featured the results of an environmental challenge to our members. Changes that our members had made or planned to make to protect the environment included: drive a smaller car, drive a hybrid car, use environmentally friendly gas, consolidate car trips and car pool when possible, keep the car tuned up and turned off while waiting. Extra points for using public transport, walking or biking. The environmental issues group **challenged** everyone to choose one of the suggestions to include in their lifestyle **now**.
- In 2008, the environmental committee began regularly notifying our members of the location of firms that dispose of household hazardous waste such as paint, flammable liquids, pesticides and gasoline. Mary Ann Rainer was a regular contributor to the newsletter on behalf of the committee. One aim of the committee was to encourage our CFUW members to “green up” their lives and reported on the changes made, such as: hanging laundry outside to dry, driving hybrid cars, growing their own vegetables and riding bikes to the store to shop.
- A newsletter in 2009 gave us a photo of Helen Christiansen and Carol Simmer at the bursary luncheon, sporting their hand-crafted plate and cutlery carry bags made a few decades ago for 4H and Girl Guides,. Now, how environmentally friendly does that get?
- The environmental committee developed a collection of information and environmental books and made them available at each meeting as a lending library to our members.
- In 2009, the environmental committee offered a special one-time service to members who had old electronic devices for disposal, such as: desktop computers, computer monitors, printers, fax machines, TVs and electronic accessories (i.e. mouse, keyboard and cables).
- In 2010, one of the regular information bulletins in our newsletter guided us regarding biodegradable and environmentally friendly organic products, including: paper products, cleaning products, personal care products and foods, and where to purchase some of the particular items.
- The environmental and program committees consistently provided excellent speakers who addressed many of the environmental challenges, often times with leading edge innovative ideas as well as practical information. One program on earthquake preparedness and safety measures we should all be aware of was given by Dr. Hans Rainer, a retired civil engineer. The theme door prize was a wrench to turn off the gas after an earthquake.

We are not alone in our concern and actions regarding the environment. April 22 is celebrated as Earth Day around the world and a good opportunity to learn the facts and how we can continue to advocate for the environment. Maybe it is timely to reinstitute our environmental committee.

*(Lois Hunter, Archivist)*





## FROM THE ARCHIVES

### A MEMORABLE ANNIVERSARY

The May 2005 CFUW White Rock/Surrey meeting was a celebration of the club's 46<sup>th</sup> anniversary after founding president, Jessie Casselman, accepted our Charter when it was granted on June 18, 1959, at the CFUW National AGM in Banff.

Traditionally, the May meeting of our club is a special event - sometimes a picnic - and in 2005, it was a fun event as well. There were several notable happenings at this special event, that was organized by the program committee, led by Sheila Lanktree, and supported by the social and other committees. Our president in 2005 was Mary Ann Rainer, and all of our meetings were held at the Lawn Bowling Club on Dolphin Street.



*l: Claire Staab; r: Anna Ferguson*

Two of our members took a very nostalgic look at what members might have been wearing 46 years earlier. Claire Staab modelled the "casual" look, by sporting a short, pleated plaid skirt and a sweater that she wore buttoned down the front, and on her feet she wore bobby socks and saddle oxfords. Anna Ferguson, on the other hand, was "dressed to the nines" in a long skirt topped with an elegant lace blouse, and she wore a hat as was the custom of the day.

The meeting was attended by seven past presidents of the club: Elva Reid, Mary Fran Bateman, Helen Christiansen, Elizabeth Bordeaux, Jutta Mordhorst, Jean Putman and Wendy Fidgeon. Another attendee was Terry Barry, who was one



*back row, l to r: Elva Reid, Mary Fran Bateman, Helen Christiansen, Elizabeth Bordeaux, Jutta Mordhorst; front row, l to r: Jean Putman, Wendy Fidgeon*

of the 32 charter members of our club, who had been recruited by Jessie Casselman when it was launched in 1959, although meetings had started, unofficially, in 1958.



*Terry Barry, Charter Member*

In the early days, the interest groups included: 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 members were of all ages, from young mothers to retired teachers, and for everyone, friendship, mental stimulation and networking were major reasons for joining the club.

The club continued to thrive dedicated to our guiding principles: the promotion of fellowship, community involvement, the support of education and the betterment of women's lives and human rights.

Our 46<sup>th</sup> anniversary was indeed a memorable milestone in our history, and Jessie would be proud of how the future years unfolded.

*(Lois Hunter, Archivist)*





**Following the 60<sup>th</sup> Anniversary of our club, members, present and former, were invited, as part of a special project, to share their remembrances and reflections of their membership in CFUW.**

**To continue the “Memories” series of articles, we hear from Susan Wingate, who was our club president from 2012 to 2014.**

I have wonderful memories of my time with you all. I am currently living in the Mt. Pleasant area of Vancouver, which is a neighborhood we love. We have a recreation property on Sidney Island, off Sidney on Vancouver Island. It is totally off grid, so we have many adventures. It has been an excellent spot to escape to during this crazy pandemic. I am well, and am always finding new ways to enjoy my life.

My write up is short, but my memories of my involvement with the club are vast.

When I moved away, I never joined another club, because I treasured the size and uniqueness of our club. I recall many cherished moments from my involvement with our club. As a new member, I soon became secretary and learned an amazing amount about the running of our club and the characters involved. I eventually became president. I also co-chaired the Gardens in Bloom fundraiser for a number of years, until we ran out of gardens to tour. I belonged to the evening book group, where I read many books I would never have thought of reading. The discussions were always full of differing points of view. I also joined the art appreciation group, where we explored art inside and out.

Throughout my time in the club, all the women I interacted with were wonderfully capable and fascinating to know. Some are long- time friends, and many became role models for my adventure into aging.

Susan Wingate

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## **GOLF FOR FUN INTEREST GROUP**

Our golf for fun interest group plans to start Wednesday, April 28 - 9 holes, Nico Wynd. Please contact Sue Foley-Currie, [foleyway@shaw.ca](mailto:foleyway@shaw.ca), Ph. 604-538-3864, if you have not as of yet indicated this year that you would like to play weekly, or when it is possible for you, or have any questions.

In the past, we have played in the afternoon, but sometimes did play in the morning. Nico Wynd does have Covid rules, and booked players must arrive only 10 minutes prior to tee time. We book a week in advance and Sue, or a member assisting, sends out a confirmation to the interest group, so as to have as firm as possible an indication about our numbers. We play as foursomes and walk the course, unless you need to rent a cart. You can purchase food and beverages on site.

Some may hope to get out on the links earlier, but the date has been chosen due to the variants and to assist those being vaccinated, as 2-3 weeks are necessary from the “jab” day to build up an immune response. Last year, we did not have difficulty with social distancing while out on the course, and sometimes stayed for a 10th hole refreshment.

A few club members have been out trying their swing at Buckets and Birdies. Others may have been on some courses on chilly, but sunny days with their family and close friend bubbles.

Last year, the golf for fun interest group enjoyed our games in spite of Covid, and we played until October.

*(Sue Foley- Currie)*



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

### Monday

**Dames Who Dine**  
1st Mon., 5:30 p.m.  
vacant

**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.  
Astrid Lancelle

**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

**Art Appreciation**  
3rd Wed. (varies)



Marilyn Dyer-Seidel

### Thursday

**Fully Booked Book Group**  
2nd Thurs. 1:30 p.m.  
Joanne Cunningham

**Newbies Bridge**  
1:00 p.m., Thurs.  
Sandra Kraft



### Friday

**Stitch and Chat**  
2nd Fri., 1:00 p.m.  
Daphne Graff



**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  
Proofreaders - Helen Christiansen  
- Maureen Buchholz

Email Distribution : - Veronika Bichler

**Deadline for May 2021 Newsletter submissions is**  
**Monday, May 10th, 2021**

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

