

# cfuw the power of women working together



# White Rock / Surrey

# Volume 16 Number 7 April 2016



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# PRESIDENT'S MESSAGE

I love my grandson. He'll be two years old on June 21, 2016, and he has a lot in common with a tornado. We look after him three days a week while his mother works; it's a lot of fun for us, and hopefully for him. The other two days of the week, he stays with my daughter's basement tenant, who also has a young toddler. She has training in

early childhood education, and it's a way for her to earn some money while looking after her own child.

Sometimes our phone doesn't work, so we go and find the handset that he's had last, the one he said "hewo, hewo" into while pushing all the buttons. So far, he hasn't dialed 911, but his mother did at the same age.

He loves bacon and pineapple, grapes and apples and cheese. He likes the blueberry smoothies that we make for him, and he absolutely adores running loose and picking his own berries out in our field.

He's already trying to drive our golf cart – we have to take the key out of the ignition and hang it up high, because he knows how to turn the cart on, and how to step on the gas.

Our living room looks like a nursery, complete with rocking horses, tricycles and the all important Elmo doll.

We know the theme to Sesame Street by heart (although we knew it from our own kids – how long has this show been on??) We know all the words to all the songs in the Muppet movies, although now we're not supposed to sing along with him. Our day is planned around his nap – it used to be two naps, but now we're down to one, which is really scary. What will we do when there's no nap?

My grandmother had six children, and when she died of a dodgy heart at the age of sixty nine, she had nineteen grandchildren. By all accounts she was a wonderful grandmother, although I never knew her. My mother had three children, and she had three grandchildren. I had two children, and I have one grandchild.

Families are changing, but the way we look after our children, and grandchildren, hasn't changed that much. Families are smaller, women are having their children later in life, and sometimes that also affects their ability to get pregnant.

Child care is an enormous issue. The CFUW has done extensive research on this subject and has concluded that childcare is expensive and hard to find, especially if your children are under the age of three.

I could have told them that, without the study. When I had my twin daughters over thirty years ago, I discovered that it would cost me over two thousand dollars a month (in 1982 dollars) to have them in child care because they were both under three. Instead, we hired a retired woman who came to our house every day for about half that amount. I had no family to call on for childcare, although my mother came from the Kootenays several times when I ran into an emergency. And sometimes, much to the dismay of my all-male colleagues, I simply took time off if I had no child care available.

A Canadian Centre for Policy Alternatives report in 2015 said, "The median price of Vancouver infant day care is \$1,215 per month, and about \$870 a month for toddlers. The cost adds up to about 29 percent of a Vancouver woman's income."

That's a huge chunk out of the family income and the children are often in large "group" care. The stress on the mother is also enormous, trying to juggle quality child care, finances and a full time job.

I'm glad we are available to help raise our grandson. We get to see all the magic moments of discovery – he learned how to ride his trike last week in our front yard. He can say "airplane", "helicopter", "horse", "cow", "llama", "alpaca" and of course "golf cart".

Heaven help us when he gets old enough to reach the keys!

# **CLUB NEWS**

# **CFUW White Rock/Surrey**

# 2016 – 2018 Nominations for Board of Directors

(submitted by Susan Wingate, Nomination Chair)

President: Sue Foley-Currie

Past President: Trudy Handel

Vice-President: Diane Salter Menzo

Treasurer: Eileen Ennis

Secretary: Joanne Cunningham

Program Committee Chair: vacant

Membership Committee Chair: to be temporarily Co-chaired by Elizabeth Bordeaux

and Eileen Ennis

Communications Committee Chair: Bev King

Members at Large: Penny Harrington, Judi Kendall, Mary Fran Bateman

We have nominations for the 2016-2018 Board of Directors, except for one position: Program Committee Chair. The election of officers will be held at the AGM May 26, 2016. Any further nominations should be directed to Susan Wingate at: 604-734-1055 or susanwingate99@gmail.com. We will also be accepting nominations from the floor.

# **Bursary Foundation Board**

(submitted by Carolyn Oram, Bursary Foundation Chair))

The Bursary Board met on March 29 to finalize the motion for Constitutional Change. We are now sending a notice of motion to the Foundation.



#### Motion

MOVED that the following statement be included in the Surrey/White Rock Bursary Foundation Constitution:

The purpose of the Foundation is the awarding of bursaries to local women in financial need to further their post secondary education. Applicants must be Canadian citizens or permanent residents.

The motion will be presented to the Foundation at the AGM on May 26.

The Bursary Foundation Board is still looking for new members. If you are interested, please contact Joanne Cunningham: (604-541-2432, or joannecunow@gmail.com)

# sshhh - Silent No Longer

(Submitted by Penny Harrington)



Our Silent Auction was anything but SILENT! The buzz around the room stimulated members to take home treasures to the tune of \$695 fundraising dollars. Though the turnout was lower than usual due to the Easter weekend, participants were generous in bringing some truly unique and varied items to the table.

There was ample time to chat over coffee and goodies prepared by Marjorie's team while perusing the tables filled with crystal, homemade chocolates by new member Veneta Roth, jams and soaps by Trudy Handel, framed art and even gum boots!

As well as the Silent Auction, Lois Hunter's coffee was heading to homes

for Easter entertainment and the book table was overflowing.

Another great CFUW monthly function!

# **Program News**

(submitted by Helen Christiansen)

### Please Save The Date For The May Luncheon And AGM

It will be held at noon on THURSDAY, MAY 26 at the GUILFORD GOLF & COUNTRY CLUB, 7929 - 152 Street, Surrey.

In the May newsletter, you will be given full details about replying to the invitation and carpooling. You will also be asked to give your selection for the main course.

The golf club has no stairs to climb and ample easy parking, and the restaurant has a 180 degree window view of this lovely golf course. It will be a great spot for our AGM and final meeting of the year.

# Farewell Luncheon for Mary Ann Rainer

(submitted with photos by Lois Hunter)

Mary Ann's farewell luncheon was held at Morgan Creek on March 16. A lovely orchid corsage was presented to her by Joanne Cunningham and a CFUW Pin by Cluib President, Trudy Handel. Mary Ann was accompanied by her daughter, Liesel, who came all the way from Ottawa. It was also Jean Putman's 89th birthday, and she too was presented with a corsage and was serenaded with "Happy Birthday"



left to right: Doreen Hoath, Penny Harrington, Sue Foley-Currie and Mary Ann's daughter, Liesel



Jean Putman celebrating her 89th birthday



Joanne Cunningham presenting orchid corsage to Mary Ann Rainer



left to right: Marilyn Dyer-Seidel, Elizabeth Bordeaux and Monica von Kursell



left to right: Anna Ferguson, Trudy Handel and Mary Ann Rainer

# **Guess Who Came To Town....**

(submitted by Sandy McKenzie)

Sandy McKenzie hosted a Who Can Host Who Can Play bridge group luncheon for Diana Sells, former club President, who was visiting from her home in Florida. Diana's enthusiasm and laughter permeated the chatter and bridge. A good time was had by all.

Unfortunately not in the picture are Joyce Beley and Louisa Kozey who also attended.





left to right: Joyce Sorensen, Jay Donald, standing behind Pat Hyde, Diana Sells, Taylore Fox, Monica von Kursell and host Sandy McKenzie)

# **Welcoming New Members**

(submitted by Monica von Kursell)

New club members gathered for a coffee party at Monica von Kursell's house on Tuesday morning, April 12. It afforded an opportunity for informal chat and to get to know each other.

In the photo, taken by Trudy Handel, are:

(seated I. to r.) Monica von Kursell, new members Veneta Roth, Beverley King and Louisa Kozey, then Elizabeth Bordeaux, board member and one of our longest standing members.

(Standing I. to r.) Gloria Kelly and Helen Christiansen next to new members Selma Swaab and Ines Quiroga.





# INTEREST GROUPS

# ONE-ON-ONE LITERACY GROUP

(submitted by Carolyn Oram)

Our last session for this school year begins April 4 and ends May 26. The volunteer luncheon is planned for early June. The date and place will be announced in the next newsletter.

If you are interested in volunteering in the 2016-2017 school year, please email Carolyn Oram carolynoram@gmail.com or Mary Fran Bateman pentab@shaw.ca.



# ART APPRECIATION GROUP

# Art Appreciation Group Visits the Vancouver Art Gallery

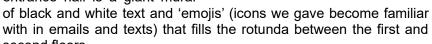
(Submitted by Diane Salter)

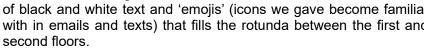
In March, the Art Appreciation group visited the Vancouver Art Gallery for a private tour of MASHUP: THE BIRTH OF MODERN CULTURE.

Our tour lasted two hours and covered all four flours of the museum. offering a chronological history of the 'mashup' phenomenon, starting with Picasso on the fourth floor and working our way down to 21st century examples on the first floor.

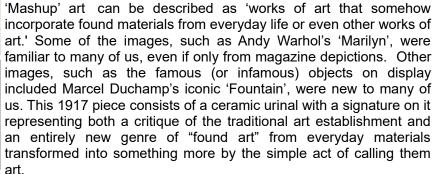
The exhibition incorporates pieces from museums around the world and includes 371 works representing 156 artists. assembled by a total of 30 curators, is the largest show to have been presented in the gallery's 85 year history.

As shown in our 'mashup' of photographs taken during our visit, the entrance hall is a giant mural









Our visit concluded with a wonderful lunch in the Art Gallery café. We hope you enjoy the 'mashup photo montage' of our visit to the Gallery.

#### **DAMES WHO DINE**

(submitted by Lois Hunter)



front left to right: Trudy Handel, Lois Hunter and Ann-Marie Steenge. Standing left Sue Foley-Currie and right Beth Forbes

The Dames Who Dine Interest Group ventured out recently on a very sunny spring day to Aldergrove to dine at Bob's Restaurant.

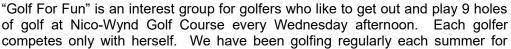
We all enjoyed sharing the hot pecan pie with caramel/chocolate sauce and ice-cream.





### GOLF FOR FUN - 2016!

(submitted by Sandra Kraft, Golf for Fun Interest Group Coordinator)





many years and have all shown great improvement. This group is for ladies who enjoy regular golf, but who don't necessarily have a handicap or are not such consistent golfers that they want to play in a ladies' league.

After 9 holes of golf, we enjoy a social get together for drinks (alcoholic and non-alcoholic) at the clubhouse. This provides a fabulous opportunity for fellowship among club members.

This season golfers: Betty Bishop, Barb Cook, Diane Desjardins, Doris Horvath, Helen Christiansen, Jaqui Joys, Min Simpson, Anne Low, Janice Henderson, Raelene Christie, Sue Foley-Currie, Sandra Kraft, Liz Harvey, Mary Thomas, Lee Caufield, Gwen Arnold, Eileen Fuller, and Joanne Cunningham are looking forward to golfing with new members: Barbarah Tinskamper, Lynn Robertson and Ines Quiroga, and new to Wednesday, golf members Kathy Steele and Robin Funk.

Wednesday golf has started for the season. If you would like to join our group, please e-mail Sandra Kraft at <a href="mailto:sandradkraft@gmail.com">sandradkraft@gmail.com</a>, and you will be added to the list.

See you on the course!

### **VANCOUVER SYMPHONY SERIES**

# "Surrey Nights"

The Vancouver Symphony offers the CFUW a special group rate of \$145 for the entire series, five concerts at the Bell Centre.



You are welcome to bring friends, who may not be members, at the group rate.

For more information about the concerts, go to: <a href="http://www.vancouversymphony.ca/series/15SUR/">http://www.vancouversymphony.ca/series/15SUR/</a>

For new subscriptions at the special rate please contact Linda Lee Henriksen at <u>604 538-6635</u> or <u>lhenriksen@telus.net</u> **before April 30th!** Previous subscribers have been notified that renewals were due by April 15th to ensure keeping their seats.

#### MINDFULNESS IN EVERYDAY LIFE

Proposed New Interest Group by Diane Salter Menzo

'Only that day dawns to which we are awake'. Henry David Thoreau. Walden, 1854

The goal of this interest group will be to share and practice mindfulness strategies. Like 'Club Cuisine', this group is open for partners to participate, so couples or singles are welcome. No experience is necessary; anyone with an interest in mindfulness, whether a beginner or an experienced practitioner, is welcome.

Mindfulness can be described as the act of focusing our attention on our inner experiences at the moment they are happening. A growing body of evidence tells us that mindfulness (becoming aware of and accepting our thoughts, feelings and experiences as they unfold) and the related concept of self-compassion (being as kind to ourselves as we are to others) are powerful strategies for improving intra and inter-personal functioning. In addition, an increasing body of research on neuroplasticity is showing us how these practices change our brains for the better.

During the first session, (Thursday, May 12, 7:00p.m - 9:00 pm, 16193 9<sup>th</sup> Ave) I will share some of my experiences in leading mindfulness sessions in Canada, Vietnam and Hong Kong and lead the group in the practice of some mindfulness strategies. In future sessions, others will have an opportunity to lead the session (members of our group or guests) so that we can continue to learn and practice mindfulness, delve further into the concept of mindfulness and continue our exploration of how mindfulness relates to our personal and professional lives. At the initial session on Thurs. May 12, we will also map our plans for the meetings in the coming year from September – June 2017; proposed time for the mindfulness group meetings is the second Thursday of each month from 7:00p.m - 9:00p.m. Every session will include the sharing and practice of mindfulness techniques.

If you would like to join this group please email me at dianesaltermenzo@gmail.com.

# GEMS FROM THE ARCHIVES (submitted by Lois Hunter, Archivist)



It's not too early to start planning for our next special milestone. Our club is approaching the 60<sup>th</sup> Anniversary since our founding president, Jessie Casselman, received our charter in June of 1959 at a CFUW Conference in Banff. In upcoming newsletters, we will delve into the archives to remember how we celebrated our 30<sup>th</sup>, 40<sup>th</sup> and 50<sup>th</sup> anniversaries.

This article will look back to 1996 when Helen Christiansen and Carol Simmer were installed as the first co-presidents in the history of our club. The theme

of their term from 1996 to 1998 was "Celebrate, Share, and Lead". Some highlights from these years included:

- ◆ A motion passed to increase annual club fees from \$37 to \$50.
- ◆ The 26<sup>th</sup> IFUW Triennial Conference was held in Graz, Austria, in August, 1998 and Betty Huff was our delegate. Phyllis Scott, CFUW Coordinator of International Affairs, also attended from BC.
- ◆ The March 1998 meeting, held at the Earl Marriot High School, was a "Meet Your Members" night when 14 new members gave an in-house "show and tell" to give us a chance to know them better.
- "Share Owl" was a ceramic owl bank that was passed at meetings. Donations to her represented a "thank you" for sharing a ride to a meeting or a special event that a member shared with the rest of the club. It was a small fund-raiser, representing our sharing hearts.
- ◆ During Helen's and Carol's term, in April, 1997, the club proudly hosted the BC Council AGM at the Pacific Inn Resort and Conference Centre.
- ♦ Joan Hoyles arranged a Burns Bog Nature Walk in May of 1998 when 24 members enjoyed a

perfect day in this unique geographical treasure. Among the vital facts learned was that the Bog's 10,000 acres serves as a huge rainwater filter, able to kill bacteria and supply iron and other nutrients to the water it delivers to the ocean – vital to the health of BC fisheries. Club members continued to take an active part in the campaign to preserve the Bog and persisted in condemning the proposed sale of 1416 hectares for development. One of the CFUW BC Council resolutions was to urge the Government of BC to continue its efforts to preserve the Bog and join the Government of Canada in beginning the process of designating Burns Bog as a Ramsar Site.

- ◆ A fabulous Fraser River rafting outing inspired Pat Koretchuk to write a song about the experience called "Trevor's Song of the Fraser". The lyrics and music were all written by this club author and poet.
- ◆ "Carpe Diem: Seize the Day" was the theme of the BC Council AGM at Qualicum Beach in April, 1998. There were 29 BC Clubs at that time and five CFUW National Directors who lived in BC attended. Betty Bayliss, National President, was there and spoke about how frequently government ministers come to CFUW for advice and consultation.

# ITEMS OF INTEREST

# Canada elected to United Nations Commission on the Status of Women.

(submitted by Diane Salter and Sue Foley Currie)

FANTASTIC NEWS announced on April 7, 2016.!!

For the first time since 2007, Canada will be a part of the governing body that sets priorities for the United Nations Commission on the Status of Women (UNSCW). Canada was elected to this seat rotation and joins 14 other members for a four year term, 2017-2021.

The UNSCW is a functional commission of the United Nations Economic and Social Council (ECOSOC). The UNSCW is involved in promoting women's rights, documenting the reality of women's lives throughout the world and shaping global standards on gender equality and the empowerment of women. As well, Canada in 2020 will be seeking a two year temporary term on the UN Security Council for 2021-22 with the five permanent members.

"Serving as a member of the Commission of the UNCSW will allow Canada to play a more vigorous role protecting and promoting the human rights of women and girls around the world. Our participation on the Commission is an important part of our renewed commitment to advance gender equality, both at home and abroad. I look forward to working with other nations to empower women and girls everywhere to reach their full potential."

The Honourable Patty Hajdu, P.C., M.P. Minister of Status of Women

For more details see:

http://news.gc.ca/web/article-en.do?mthd=index&crtr.page=1&nid=1047489

# **CFUW NATIONAL NEWS**

compiled and submitted by Sue Foley-Currie



# **CFUW NATIONAL - NEWS UPDATE**

- March 21, our National President Doris Mae Oulton and Advocacy Coordinator Maddie Webb (on staff since Oct. 2015) met with the Federal Status of Women Minister, Patty Hajda, in her Ottawa office. It was the first meeting between the Federal Minister and CFUW in ten years.
- Earlier in March, as in former years, CFUW had 20 members attend the UN Status of Women meetings. Vice President International, Cheryl Hayles, represented CFUW on a panel discussion in partnership with the Canadian Research Institute for the Advancement of Women. (Any club member can apply to attend to be part of the CFUW UN group and this application is done in November).
- Family and friends in Ontario? Why not combine visiting with the June 23-25 CFUW National AGM hosted by the St. Catherine's Club and being held at Brock University? It is a great way to meet others from clubs across Canada. <a href="http://www.fcfdu.org/whatwedo/annualgeneralm">http://www.fcfdu.org/whatwedo/annualgeneralm</a>
- For the June CFUW AGM the CFUW St. Thomas, ON club has proposed an amendment to the CFUW Articles and Bylaws "Withdrawal from Graduate Women International (GWI) formerly known as International Federation of University Women (IFUW) as a National Federation or Association (NFA) members." All CFUW clubs will have a vote on this matter, and if no member attends from a club, there will be a proxy vote sent for the amendment vote. There is a concern that GWI will have a motion at their August GWI AGM that will result in an increase in dues from all NFAs around the world, including CFUW which was a founding member of GWI/formerly IFUW.
- Last year the National CFUW budget division was 0.6% capital expenses, 9.6% for governance, 19.6% for the AGM, 22.3% for GWI dues and 47.9% for Operations and Programs (figures from the Annual Report).
- Nationally, last year \$100,503 was awarded via CFUW National for fellowships/awards, and this
  included the \$8,000 Dr. A. Vibert Douglas International Fellowship (since 1958) which is funded by
  all CFUW members and is administered by GWI. As well, clubs across Canada also awarded a
  total of \$867,549 in bursaries and fellowships in their own communities from their own fundraising.

# CFUW BC Council & Clubs Update

"If not you, who will act?"

- Last year in BC, the 23 clubs (11 BC West, 5 BC Interior, 7 BC Vancouver Island) presented \$198,546 in scholarships and bursaries.
- The Abbotsford Club started in 1953 has been working hard on their hosting plans for the BC Council AGM, April 22-24 at the Ramada Plaza Abbotsford Hotel and Conference Centre. Registration information <a href="https://www.cfuwbccouncil">www.cfuwbccouncil</a>
- The North Vancouver and the West Vancouver clubs share a website. They are independent of each other but they work together on outreach initiatives and in shared interest groups.
- Linda Russell, BC Council President, is stepping down from what she calls "16 years journey in leadership" and so is our very own Monica von Kursell from the Treasurer role. The new Board will be presented at the BC Council April AGM.

# GWI (formerly IFUW) Update

- The GWI President, Catherine Bell, was at the UN CSW60 in New York in March as were other GWI Board members. Also, in addition to Canada, other NFAs were there and co-hosted side and parallel events: The Finnish Federation of Graduate Women, Women Graduates-USA, The Rwandan Association for University Women and the Australian Federation of University Women.
- The University Women of Europe (UNE) and the British Federation of University Graduates will hold their UWE AGM Conference in historic Winchester, England, June 14-17. They have the new idea of a slight decrease in registration fee for younger members those born after 1980. The UNE was formed in 1981 and is a network of graduate women associations and federations from 20 countries working in partnership with the Council of Europe and the European Women's Lobby (4,000 women's associations and the largest women's lobby group in Europe).
- Dr. Ida Mulenga, President of the South African Association of Graduate Women, said they are delighted to co-host the GWI 32<sup>nd</sup> Triennial Conference in Cape Town or Ikapa, as it is known in Xhosa, from August 24-26. Speakers include Dr. Matshidosa Rebecca Moeti from Botswana who is the first woman WHO Regional Director for Africa; Angie Motshekga, the South African Minister of Basic Education; and Jonathan Jansen, Vice Chancellor and Rector of the University of the Free State and President of the South African Institute of Race Relations.
- Early bird registration for the GWI International AGM/conference closes Tuesday, May 31. More registration information at <a href="http://gwiconference.orp">http://gwiconference.orp</a>

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

# <u>Monday</u>

**Dames Who Dine**1st Mon., 5:30 p.m.
Trudy Handel;

# 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 Carol Oram

# Tuesday Alpha Book Group

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

# Evening Book Club

3rd Tues., 7 p.m. Marjorie Mooney

# 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.

2<sup>nd</sup> Wed., 3:00 p.m. (varies) Sandra Kraft

### Golf for Fun

Wed. Afternoons Sandra Kraft

# Art Appreciation

3<sup>rd</sup> Wed. (varies) Marilyn Dyer-Seidel

# 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.

# Thursday Fully Booked Book Group

2nd Thurs. 1:30 p.m. Joanne Cunningham

# Newbies Bridge

1:00 p.m., Thurs. Monica von Kursell

# Friday Stitch and Chat 2nd Fri., 1:00 p.m.

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. Ann-Marie Steenge



# 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)** 

www.cfuw.org

**GWI (Graduate Women International)** 

www.graduatewomen.org/

**Semiahmoo Arts** 

www.semiahmooarts.com

Arts Council of Surrey

www.artscouncilofsurrey.ca

Please contact Membership Chair, Anne Low, for notification of changes to your contact information: Telephone - 604-538-7104;

email: anne99low@gmail.com

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

### **NEWSLETTER COMMITTEE**

Editor and Layout - Veronika Bichler

Proofreaders - Elizabeth Bordeaux

- Helen Christiansen

- Monica von Kursell

Email Distribution: - Veronika Bichler

Deadline for May Newsletter submissions is

Friday, <u>May 6th</u>, 2016

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

### Need a Ride to Meetings?

If you are unable to attend because you don't have transportation, please email Sandra at sandradkraft@gmail.com Sandra will find a ride for you.



