



Realizing potential. For all women.

Next Meeting: Tuesday, September 23, 2025, 7:15 pm
Benediction Lutheran Church
5575 Sixth Ave. Tsawwassen

Speaker: Margaret Lange, Outreach and Events Manager,
Metro Vancouver Crime Stoppers*

Topic: Cyber Safety, See Something, Say Something

*For a full biography of Margaret Lange, see later in the Newsletter under the Program Section.

President's Report, Kathy Dreisinger



We have enjoyed a wonderful sunny summer in South Delta, the best in my memory here! While mostly on a summer hiatus, parts of our Club have stayed active through the past three months. Now it is time for all of us, returning members and new members, to get back into the swing of our monthly meetings and activities.

Our Executive has had two changes since the AGM held last May. Jo S. has agreed to take over the Bursaries and Scholarships Chair position, having just completed three years doing the role for the Vancouver club. Also, Rita W. will now co-chair the Social Committee with Cindy H. I sincerely thank Carolynne H. for the years that she helped to run our Social Committee.

I attended the National AGM in July - all virtual this year - and am very glad that I did. I can report that all 7 of the Resolutions were passed at the AGM after each of them had gone through quite a bit of change, tightening and focus improvement, since we all read them in the spring. This process is a vital part of how the CFUW makes an impact on our communities and our society in Canada. It takes interested and dedicated people to propose, research, write and re-write a Resolution to the point of acceptance at the national level. The AGM also featured engaging speakers and panelists and even a play performed by one of the Atlantic clubs. While this meeting was virtual, it was still entirely professional and effective in my opinion. Next year the National AGM will be an in-person event in Montreal.

I am very excited about the year ahead and look forward to seeing you all at our General Meetings, enjoying our various interest groups and doing the great work of our CFUW South Delta club!

CFUW South Delta – 2025 Executive and Committee Positions

The following positions were either approved at the May 27 AGM or have been recently filled.

President: Kathy Dreisinger

Vice President: Vacant

Past Presidents: Paula G. and Karen R.

Treasurer: Gillian Pichler

Secretary: Vacant

Bursaries and Scholarships: Jo S.

Program: Paula G. and Ann F.

Membership: Toni W.
Newsletter: Joanne W.
Publicity: Vacant

The following positions are non-voting Executive positions:

Social: Cindy H. and Rita W.

Issues and Advocacy: Beryl M. reports on DOVE meetings chairs ad hoc meetings of the Issues Group

Sunshine Greetings: Gail M.

Archives: Jo S.

2025-2026 General Meeting Schedule

Note: the full list of Executive and General meetings was previously circulated via email.

General Club Meeting - Tuesday Sept 23, 7:15 pm- Benediction Church

General Club Meeting - Tuesday, Oct 28, 7:15 pm- Benediction Church

Potluck Dinner - Tuesday, Nov 25 - Time TBD - Benediction Church

General Club Meeting - Tuesday Jan 27 - 7:15 pm - Zoom

General Club Meeting - Tuesday, Feb 24, 7:15 pm - Zoom

General Club Meeting - Tuesday March 24 - 7:15 pm - Benediction Church

General Club Meeting - Tuesday, April 28 - 7:15 pm - Benediction Church

AGM - General Club - Tuesday, May 26 - 7:15 pm - Benediction Church

Treasurer's Report, Gillian Pichler

Account balances at August 31, 2025

General: \$6,476.69

Bursary: \$10,205.26

(includes a Term Deposit of \$7,500 at 4.3% due September 3, 2025)

Scholarship: \$88,148.69

Reinvestment of Bursary Term Deposit

The Education Fund Directors decided to reinvest the Bursary Fund Term Deposit principal (\$7,500) in a one-year non-redeemable Term Deposit at 3.1%, due September 23, 2026. This will allow most of the current funds for Bursaries in 2026 and 2027 to earn interest, while leaving some liquidity to pay early Bursaries in 2026.

Bursaries and Scholarships

Bursaries totalling \$6,500 and scholarships totalling \$8,000 are in the process of being paid out and are reflected as paid in the balances above. Scholarship and Bursary recipients are being encouraged to receive their funds by e-transfer.

Fundraisers

The May 29, 2025 Concert Fundraiser delivered net proceeds of \$6,771.85. Approximately 70% of the proceeds were made possible due to generous cash and in-kind donations by individuals and concert sponsorships. The Thrifty's Smile Cards July Fundraiser resulted in net proceeds of \$342.00 on sales of \$5,700 – a 6% rebate.

Bursaries & Scholarships, Kathy Dreisinger

Committee members for the 2025 selection process were Kathy D., Olga C., Juliette vA-M., Illa G., and Nadereh H. This committee begins its work in the new year, advertising the availability of our awards. Application forms are available on our website, and they are submitted to us via our email addresses during April and May. This year we had a total of 22 applicants to choose from in selecting 7 of our winners. The South Delta

Senior Secondary (SDSS) and Delta Senior Secondary (DSS) award winners are chosen by the secondary schools themselves.

This year we were able to give out a new award - the Nina Browzin Award - donated by Olga C. in her mother's memory. Olga wrote a lovely note explaining her mother's life and dedication to education and her resilience in the face of disruptive world events. This note was provided to the Nina Browzin Award winner.

In 2025 we were proud to award a total of 9 bursaries and scholarships to local women pursuing post secondary education. The total amount awarded was \$14,500 – a strong year for our Club. The recipients are listed below.

Community Bursary	\$1,500, Taylor Deane, UBC, Environmental Engineering
Community Bursary	\$1,500, Emily Neufeld, McGill, Bach. Arts and Science
Nina Browzin	\$1,500, Chelsea Annandale, Queens, Health Sciences

Total Bursaries	4,500

Afshar Family	\$1,500, Amelia Wade, UBC, BSc in Nursing
Afshar Family	\$1,500, Ella Bridge, University of Alberta, Nursing
Laura Fowler	\$2,500, Natasha Marriette, UBC, PhD Social Work
Laura Fowler	\$2,500, Michelle Bird, UBC, PhD Social Work

Total Scholarships	\$8,000

Senior Secondary School Awards (selected by High School staff):

SDSS Award	\$1,000, Nikki Sharifian, UBC, Bachelor of Arts
DSS Award	\$1,000, Angie Pham, UBC, Bachelor of Science

Total Sen. Sec. School	\$2,000

We are very proud to have been able to support so many local women as they pursue their post-secondary education. This is what our Club is all about!! A few of the winners attending local universities have already indicated that they would be willing to come and thank us in person at our September meeting and we will hope this can happen.

It has been a very good experience for me to chair this committee in 2025 and learn more about what is involved. Fundraising for and then awarding Bursaries and Scholarships is fundamental to the purpose of our CFUW South Delta club. The impact on our community is meaningful and the gratitude from the recipients of our awards is genuine. In September, Jo S. agreed to take over the Bursaries and Scholarships Chair position, having just completed 3 years doing the role for the Vancouver club.

Fundraising, Shelley L.

Thrifty Foods Smile Card Program, Toni W.

For our July Smile card order, we raised \$342 for the CFUW South Delta Bursary Fund. Many thanks for supporting our fundraiser.

The Thrifty's Smile Card program which we have four times per year provides funds for our CFUW South Delta Bursary Program. For all members, we order the cards in bulk, in denominations of \$50, \$100 or \$200. Our goal is to be able to buy at least \$4,000 worth of pre-filled cards at a time to earn the maximum benefit of 6% rebate.



SMILE CARDS - NEW CAMPAIGN!

Please submit your order for Thrifty's Smile cards by **September 30** to get your cards in time for Thanksgiving shopping.

PLEASE ORDER BY E-TRANSFER at

CFUWSouthDeltaEducationFund@gmail.com noting it is for Thrifty's cards and the denomination(s) you prefer (\$50, \$100 or \$200),

OR

if you pay by **cheque** it should be payable to **CFUW South Delta Bursary Fund** and mailed to CFUW South Delta, #19133 – 1153 56 th Street, Delta, BC, V4L 2P8. Again, please indicate the denomination(s) preferred.

Cafe Femenino – Shuswap Coffee Sales, Paula G.

Thank you to all the coffee drinkers, especially those making their first-time orders! Our latest round was our largest to date. We raised \$232 for our Bursary Fund! Our total for 2024-25 was **\$508**, half a bursary. The next order will be in October.

Fundscrip, Paula G.

Fundscrip is our gift card/shopping card fundraiser. There are now more participating retailers than ever. It is easy to use, once you know how. Paula, Katalina or Joanne would be happy to walk you through registering and using the site.

Program 2025-2026

Our September 23, 2025, speaker will be **Margarett Lange**, the Outreach and Events Manager for **Metro Vancouver Crime Stoppers**, where she plays a role in promoting public safety and community engagement. She works closely with law enforcement and community partners to advance public safety, promote anonymous crime reporting, and support crime prevention efforts across the region.

Margarett actively engages with local schools, businesses, and community groups to educate the public about the importance of anonymous reporting and the impact it has on reducing crime.

With over 30 years in the hospitality, tourism and film industry sectors, Margarett brings valuable expertise and a unique perspective to her role. She has also had the opportunity to work across a variety of committees and boards that directly impact our communities including the South Surrey White Rock Chamber of Commerce and Surrey Destination Association.

With a passion for crime prevention and a commitment to making Metro Vancouver a safer place, Margarett works tirelessly to support the organization's mission. She is committed to continuing her work with Metro Vancouver Crime Stoppers, striving to create a safer and more informed community for all.

Advocacy

Indigenous Outreach Group, Joanne W.

The Indigenous Outreach Group will be meeting in early October to discuss the Spring Garage Sale fundraiser. More information will be coming soon on this event. We want to coordinate this event with the annual Delta Spring Clean-Up and that date has not yet been set.

Tuesday, September 30, 2025, is the Day for Truth and Reconciliation. The first residential school in Canada began operating in 1828. The last one closed in 1997. Residential schools were federally funded,

church-run institutions that were born out of a government policy of assimilation. Children were removed from their families and sent to these schools so that they would lose their culture and language in order to facilitate assimilation into mainstream Canadian society. In 1884, enrollment in residential schools became mandatory for First Nations children under the age of 16 and many children were removed from their homes as young as age 4 by police, priests and Indian Agents. Imagine if the police arrived at your door today and took away your children and grandchildren.

The lasting effects of residential schools include intergenerational trauma, alcoholism, substance abuse, suicide and mistrust of education, church and health institutions. Survivors face lifelong challenges of interacting with authority figures and accessing health and wellbeing programs and institutions due to their negative experiences and the negative experiences of their ancestors.

The Walk for Reconciliation is a way to support residential school survivors and commemorate the children who attended the residential schools, many of whom did not return home. We invite all members to join us on the local Walk for Reconciliation with Tsawwassen First Nations. An email with more information will be sent out closer to the September 30 event.

If you cannot join us on the walk, please take a few minutes during the day to read or research some of the documents or books on the subject. Before you can have Reconciliation, you must have Truth. As we face the painful histories and advocate for removal of systemic injustice, hopefully true healing will affect lasting change.

Thank you to all members who contribute to the beverage fundraiser to support the youth programs of the Urban Native Youth Association. As you may know, during the summer we had a code number change at the recycling depot. It is now Joanne W.'s phone number. A separate email reminder will be circulated with this number which is also listed in your member directory.

Membership, Toni W.

We currently have 46 members including 3 Life Members, 4 Secondary Members and 39 regular members. We had 2 new members join us in the first half of 2025, so welcome to Marjorie B-W and Gayle H. We are looking forward to getting to know each of them better over the next few months and hope that they will be able to contribute to the community impact for which our Club is known.

In March we approved increasing our fees to \$120 for a full membership 2025-2026 year. The membership fees breakdown is:

\$55 to National

\$5 to BC Council

\$60 for the CFUW South Delta general operating account.

A new Membership Form has been approved by the Executive and will be sent out a week before the September 23, 2025 meeting. On the form, we have added an optional donation box for the Bursary Fund and any donations over \$25 will receive a tax receipt. All dues need to be paid by **October 31, 2025**.

We are now able to receive the Membership dues by E-transfer to: CFUWSouthDeltaClub@gmail.com



Thank you to our CFUW South Delta members who volunteered at the Sunfest Booth on August 5. Volunteers were Kathy D., Carolynne H., Karen R., Jo S., Joanne W., Rita W. and Toni W. We felt this community outreach event attracted several interested ladies and e-mails have been sent to 8 that have requested more information.



Our Sunfest booth. Thanks to the volunteers!

Social, Cindy H., Rita W.

The summer picnic on August 22nd had a good turnout and was lots of fun. Fifteen ladies arrived with chairs and lunches. The weather was perfect, and it was great to see everyone again. It was enjoyable to catch up with everyone on their summer news.

We welcome Rita W. as the new co-Chair for the Social Committee. Many thanks to Carolynne H. for years of service as co-Chair.

Sunshine, Gail M.

On June 12 a Thank You card was sent to Kathy and Dave D. for hosting the summer party.

On September 6 a Get Well Soon card was sent to Carolynne H.

Happy September Birthdays to Brenda D., Betty C., and Allison S.

Happy October Birthdays to Beryl M., and Melanie B.

Interest Groups

Book Club – Jennifer B.

At the July 8 selection meeting, the following books were chosen for 2025-26:

September: *The Other Valley*, Scott Howard

October: *Emma*, Jane Austen

November: *Finding the Phoenix*, Judith Lepore

January: *Everyone Who is Gone is Here*, Johnathan Blitzer

February: *The Forgotten Daughter*, Joanna Goodman
March: *Orbital*, Samantha Harvey
April: *James*, Percival Everett
May: *Mind Mappers*, Eric Andrew-Gee
June: *Is a River Alive*, Robert Macfarlane
September: *Values*, Mark Carney

Gourmet Group – Olga C.

The Gourmet Club meets on the third Wednesday of the month. There are 8 positions with one shared between 2 people. We have alternates who replace members who cannot attend. Let me know if you wish to be an alternate. The September meeting is an organizational get-together on Wednesday, September 17 and the first dinner will be Wednesday, October 15. To be confirmed. Contact Olga C. for more information.

Foodies Group – Katalina S.

More members are always welcome as we have not all been able to attend each meal on a monthly basis. Alternates are always invited to our Dine Out or restaurant events. Contact Katalina S. for more information.

Travel Group – Mary-Rose R.

The Travel Group got off to a great start. We had our first meeting September 9 when Juliette vA-M. made a presentation on her recent trip to Scotland. The program for the rest of the year includes trips to Italy, Japan, Ireland, New York, a European cruise, and who knows what else. The next meeting is on October 6th. featuring Puglia, Italy.

Bridge Group – Jan K.

The Social Bridge Group meets every 2nd and 4th Thursday. We are always looking for new members.

Walking Group: meets Fridays at 10:00 am outside Delta Geeks in Tsawwassen. New members are always welcome. Contact Gail M. to confirm the Fall walks.

Upcoming Events and Announcements

- **CFUW South Delta Meeting:** Tuesday, September 23, 7:15 pm, Benediction Lutheran Church, 56th Street and 6th Avenue, Tsawwassen.
- **Book Club Meeting:** Wednesday, October 1, 1:00 pm. *Emma*, by Jane Austen. Contact Jennifer B. for location.
- **Executive Meeting:** Monday, October 6, 9:30 am, via Zoom.
- **Gourmet Group:** Wednesday, October 15, 6:00 pm. Exact time and location to be confirmed. Contact Olga C. for more information.
- **Travel Group:** Monday, October 6, 1:00 pm. Topic: Puglia, Italy. Mary-Rose R. will provide location to members.
- **Foodies Group:** Monday, September 22, 6:00 pm (rescheduled from September 15 and to be confirmed), then October 20, 6:00 pm. Contact Katalina S. for more information.
- **Walking Group:** meets Fridays at 10:00 am outside Delta Geeks in Tsawwassen. New members are always welcome. Contact Gail M. to confirm summer start-times.
- **Social Bridge:** meets on the 2nd and 4th Thursdays of each month. New members are very welcome. Contact Jan K.

Recipe

Pan-Roasted Zucchini and Cherry Tomatoes, adapted from Michael Smith *Back to Basics*

This is a terrific, simple to make, side dish for so many meals. You may have these ingredients in your garden right now! Frequently, at summer's end, friends will "gift" you with zucchinis from their abundance, possibly leaving them on your doorstep!

Ingredients:

- 2 zucchinis, 8-10 inches, cubed
- 1 large onion, diced
- 1 Tbsp vegetable oil
- 1/4 tsp salt
- Lots fresh ground pepper
- 1 pint (500 ml) cherry tomatoes, halved
- 1 tsp dried oregano

1. Heat a large heavy skillet over medium high heat.
2. Toss zucchini and onion in a large bowl. Splash in the oil, sprinkle with salt and pepper and toss well.
3. Transfer zucchini and onions to the hot pan. Saute and sizzle, browning lightly as the textures soften and the flavours brighten – about 5 minutes.
4. Add the tomatoes and oregano. Stir and cook until thoroughly heated through and smell delicious – just a minute or two.
5. Serve and share!



STAY INFORMED WITH CFUW NATIONAL NEWSLETTER

CLICK LINK BELOW

<https://cfuw.us12.list-manage.com/subscribe?u=8efb82640cb8bc1fd889b4668&id=c38dba3032>

South Delta CFUW Contacts

Having a membership directory is essential for contacting other members. If you need a printed directory, contact Toni W. The directory is also now available on the member portal on our webpage. Keep your membership directory easily accessible!

President: Kathy Dreisinger

Newsletter: Joanne W.

Thank you to Toni W. for proofreading this newsletter.

Contact for South Delta CFUW: SouthDelta.CFUW@gmail.com

Visit our website at www.cfuwsouthdelta.com

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