



Realizing potential. For all women.

Next Meeting: Tuesday, October 28, 2025, 7:00 pm **NOTE NEW START TIME**
Benediction Lutheran Church
5575 Sixth Ave. Tsawwassen

Speaker: Christina Myers, writer, editor and former journalist*

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

President's Report, Kathy Dreisinger



In September we kicked off our year in great style with a wonderful speaker, Margaret Lange from Crime Stoppers plus two of our CFUW SD Scholarship winners, Natasha M. and Connie B. who came to express their gratitude for our support and to tell us more about their educational journeys and goals for the future. Each one was an inspiration.

Now as we look ahead, we note that our CFUW SD Club will celebrate its 60th Anniversary in 2026. We are looking for more assistance from members to help us plan the event(s) that will mark this anniversary and further raise our profile in the community. Please contact me or Paula G. if you have ideas and time to help out.

Also going forward, Pamela P. will coordinate a new Walking Group out of Ladner. See later in the newsletter for more information. Thank you for stepping up! We did have a volunteer to take over Sunshine, but she has to step back for the moment. This is a task that is done easily from home, so let me know if you would like to take it on.

Our website has been brought up to date and looks terrific. We can all thank Judith M. and Paula G. for their ongoing work on our website.

Finally, to make our Club even better we have issued a Member Feedback Survey to all recent and current members asking for their input. Please do complete the brief questionnaire and get it back to me by the end of October. The comments I have already received are very constructive.

Treasurer's Report, Gillian Pichler

Account balances as of October 6, 2025

General: \$8,007.40

Bursary: \$14,628.53 (includes \$7,500 in 1 yr Term Deposit at 3.15% due September 3, 2026)

Scholarship: \$90,566.24

- Bursaries (\$6,500) and scholarships (\$8,000) for 2025 have all been paid.
- Membership dues are being collected, and members have generously donated to the Bursary Fund with their dues payments.
- We are on track with respect to the 2025-26 budget.

Fundraising, Shelley L.

Thrifty Foods Smile Card Program, Toni W.

For our October Smile card order, we raised \$246 for the CFUW South Delta Bursary Fund. Thank you for supporting this fundraiser for the Bursary Program. The next order will be early December before Christmas. The deadline for that order will be **November 28, 2025**.

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% discount (or \$240) per order. Please order by etransfer at CFUWSouthDeltaEducationFund@gmail.com, noting it is for Thrifty's cards.

Cafe Femenino – Shuswap Coffee Sales, Paula G.

The next order will be in late October and will include Christmas gift packages. Look for more information via email.

Fundscrip, Paula G.

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

Program 2025-2026



October 28 Speaker:

Christina Myers, writer, editor and former journalist. Myers' book, "The List of Last Chances," won the 2023 Canadian Book Club award for the fiction category. It is a witty and heartwarming novel where the heroine discovers that life and love don't always go as planned.

Her most recent book, to be released in October, is an anthology, "Beyond Blue." Created and edited by Oga Nwobosi and Christina Myers, this book features 26 writers from across Canada on the topic of postpartum depression/anxiety and maternal mental health.

Christina will bring copies of her books to the meeting for purchase.

Upcoming Speakers:

Thank you to the Foodies Group for arranging for our September speaker, Margaret Lange from Crime Stoppers, and to the Book Club for arranging for our October speaker, Christina Myers. There are unconfirmed speaking slots for the January, February and March meetings.

Advocacy

Delta Opposes Violence Everywhere (DOVE), Beryl M.

December 6 is the National Day of Remembrance and Action on Violence Against Women.



Please bring your gently used shoes and boots to the October 28 Club meeting to be placed at the Vancouver Art Gallery memorial to Missing and Murdered Women in BC on December 6, the National Day of Remembrance and Action on Violence Against Women. After the event, the shoes will be donated to women's and emergency shelters in the Lower Mainland.

Saturday, December 6, is also the anniversary of the 1989 École Polytechnique Massacre (also known as the Montreal Massacre). On this day, we remember the 14 women who were murdered simply because they were women who were studying engineering. The École Polytechnique Massacre is an example of the deadly impacts of gender-based violence and anti-feminist sentiments. Help us mark this solemn occasion with your shoe donation.

Other Advocacy, Beryl M.

CFUW National recently provided an Advocacy Package that included a webinar on Gender Based Violence (October 14), a new Advocacy Tool Box (October 15) and one more presentation on October 31 on AI and Digital Innovation (register through CFUW National website).

Many clubs collect menstrual products for donation to youth centres, food banks and shelters in their community. We could think of doing this.

Azure Place Hampers for 2025, Paula G.

We expect to have more information on our families for 2025 soon. There will be a call out for volunteers to assist with this important and meaningful yearly project.

Indigenous Outreach Group, Joanne W.



On Tuesday, September 30, 8 Club members marked the National Day for Truth and Reconciliation by walking with the Tsawwassen First Nations.

We were honoured to walk with members of our community, listen to speeches from First Nations and community leaders, and enjoy the hospitality of salmon chowder inside the Tsawwassen Mills Mall.

The Indigenous Outreach Group is meeting on October 27 to discuss the Spring Garage Sale fundraiser. More information will be forthcoming on this event.

Membership, Toni W.

Thank you to all the members who have already submitted their dues. Dues need to be paid by **October 31, 2025**. Because of the rotating Mail Strike making the mail uncertain, we are urging members to submit their fees by e-transfer to: CFUWSouthDeltaClub@gmail.com or bring a cheque to the meeting on October 28.

We had one new member join us at the September Meeting and we welcome Dawn M. to our group. We are looking forward to getting to know her better over the next few months and hope she will feel able to contribute to the community impact for which our Club is known.

The new Membership Form will be sent out to members who have not yet paid their dues before the October 28 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.

In Memoriam – Margaret Begg

Margaret Begg was an active member of the Club for many years. She worked in the Richmond School District for more than 30 years as Teacher, Vice-Principal and Principal and had a keen interest in the values of supporting girls and women in their education. Her celebration of life will be held on Saturday, November 01, 2025 at 6:00 pm at the Scottish Cultural Centre, 8886 Hudson Street, Vancouver. For more information or a copy of the full obituary, contact Joanne W.

In Memoriam – Liz Testemale

Liz Testemale was President of our club in the early 90's. She passed away in Victoria in June of this year. If you would like a copy of the full obituary, contact Joanne W.

Social, Cindy H., Rita W.

Here is a photograph from the summer picnic on August 22. It was so good to get together! Our next exciting event is the yearly November Potluck.



Potluck Party!

5:30pm on Tuesday, November 25, 2025

Benediction Lutheran Church

5575 6th Avenue (at 56th Street), Tsawwassen

Delicious **sharing** of yummy foods in a festive atmosphere!

Invite a guest who might be interested in our Club.

Silent Auction! Great place to find giftables and benefit the Club General Fund.

There will be sign-ups at the October 28 meeting for volunteers to help set up, decorate, serve, do clean up and monitor the Silent Auction. Also look for an email with more information and requesting RSVPs.

Sunshine

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

Happy November Birthdays to Toni W., Kathy D., Paula G., Jo S., Pamela P. and Cindy H.

Interest Groups

New Walking Group starting Thursday, November 6th, Pamela P.

Let me begin by sending my heartfelt thanks to Gail Moores for her many years of running the CFUW walking group. Gail, your walking group was the first activity I joined after becoming a new member and because of your group I also met Mary-Rose, Jan, Betty and many others. It was a wonderful way to get to know other CFUW members while also getting some exercise. Thank you very sincerely for organizing it for so many years.

I am now offering to begin a new walking group in a new location. We will meet at the **Ferry Road Boat Launch in Ladner**. This is a very scenic area and there are a few different routes we can explore.

Meeting Time: Thursday mornings at 9:50 am.

We will head out at 10 am sharp from the Ferry Road Boat Launch and plan to go for about 1 hour. Rain or shine.

Please email me if you would like to join me so I will know how many to expect. If you have any questions, you may call me at my home number. Both of my contacts are on the membership list. I hope to see many of you on Thursdays!

Gourmet and Foodies Groups – New Members Welcome

We welcome new members and alternates! Gourmet meets on the 3rd Wednesday of the month and Foodies the 3rd Monday. Both groups have in-home theme nights, dine outs and excursions planned for the new year. There are slight differences to the formats for the two groups. Contact Mary-Rose for more information about the Gourmet group and Joanne or Ursula about Foodies.

TEDx Speakers, Speakers, January 24, 2026 in Surrey, Paula G.

Let Paula G. know your interest in attending this exciting day of TEDx speakers. We can get a group rate and arrange carpools. Decide early as this is a sell-out event. The theme is "A Shift in Thinking".

Upcoming Events and Announcements

- **CFUW South Delta Meeting:** Tuesday, October 28, 7:15 pm, Benediction Lutheran Church, 56th Street and 6th Avenue, Tsawwassen.
- **Book Club Meeting:** Tuesday, November 4, 7:00 pm. *Finding the Phoenix* by Judith Lepore. Contact Jennifer B. for location.
- **Executive Meeting:** Monday, November 10, 9:30 am, via Zoom.
- **Travel Group:** Monday, November 10, 1:00 pm. Topic: *Holland and Belgium – comparing traveling on a land tour versus going independently*. Mary-Rose R. will provide location to members.
- **Gourmet:** does not meet in November due to the Club Potluck. Next event: December 17, Festive Appies Social, spouses/partners invited.

- **Foodies:** does not meet in November due to the Club Potluck. Next event: Monday, January 26, 2026, 5:00 pm at Pat Quinn's for Dine Out Vancouver menu.
- **Social Bridge:** meets on the 2nd and 4th Thursdays of each month. New members are very welcome. Contact Jan K.
- **Walking Group:** starting November 6, meets on **Thursdays** at 9:50 am at the Ferry Road Boat Launch, Ladner. Contact Pamela P.
- **TEDx, "A Shift in Thinking",** Saturday, January 24, 2026 in Surrey. Contact Paula G.

Recipe

Olive Tapenade with Honey and Dates or Figs, From Melanie's recipes

A hit at a recent Gourmet group dinner. More delicious than your average tapenade!

Ingredients

1 cup	kalamata black olives, pitted
1/2 cup	walnuts
1/4 cup	dried figs or dates
1/4 cup	olive oil
1 Tbsp	balsamic vinegar
1 Tbsp	honey
Zest of 1 orange	
1 Tbsp	capers, drained
1 tsp	thyme leaves

Directions

Add all the ingredients through the honey into a food processor and pulse to minced texture, do not puree.

Remove to a bowl and stir in the orange zest, capers and thyme.

Serve with warm pita, French bread or crackers. Good with goat cheese too.



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<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 Kathy D. for proofreading this newsletter.

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

Visit our website at www.cfuwsouthdelta.com

Our Post Office box address is:

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