



Realizing potential. For all women.

**Next Meeting:** Tuesday, January 27, 2026, 7:00 pm  
ZOOM Meeting

**Speaker:** Anna Hunter, Sheep Farmer, Wool Mill Owner and Author  
**Topic:** "The True Cost of Wool"

**Speaker for Tuesday, January 27, 2026**



Anna Hunter is a first-generation sheep farmer and wool mill owner in Eastern Manitoba. She is passionate about building community and connecting rural fibre farmers with urban consumers, fibre artists, and crafters. Her first book, *Sheep, Shepherd and Land*, came out in 2023, and her bestselling book, *The True Cost of Wool* was released in June 2025.

Anna is the founder and previous owner of Baaad Anna's Yarn Store in East Vancouver. This great little yarn store with a selection of natural fibres and a focus on local dyers and spinners is also a space where community thrives - knitters or not! Her farm, Long Way Homestead in Manitoba, is the next step for Anna to pursue her passions for building community, challenging injustice, and creating alternatives, as she seeks to connect people with local food and clothing production.

**President's Report, Kathy Dreisinger**



Welcome to 2026! I wish everyone a Healthy and Happy New Year.

Reflecting on the best of 2025 - ask yourself what were some of your fondest or happiest moments? Probably they each involved something to do with compassion, forgiveness or generosity. So, as we look ahead to 2026, we might ask ourselves now, "How can I show even more of my compassion, forgiveness and generosity this year?"

Our CFUW South Delta Club was first established in 1966, making this our 60th Anniversary year. We have good news to share – CFUW National has granted us an award of \$400 to put toward our 60th Anniversary Event. Details of our planned event including the final date and location are going to be confirmed shortly. We will be looking for our membership to pitch in and take on small jobs to help plan, advertise and conduct a successful 60th Anniversary Celebration. More will be discussed at our January 27th General Club meeting (reminder that the January Meeting is via Zoom).

### **CFUW Partners with the Canadian Association of Retired Persons (CARP)**

CFUW National has announced a new partnership with CARP and **every CFUW member is eligible for a free one-year CARP membership (regularly \$19.95)!** (or a one-year extension if you are already a member).

Subtitled “A Powerful Partnership to Amplify Your Voice”, this collaboration brings together two influential national organizations committed to equity, education, advocacy, and improving the lives of women and older adults. CFUW will be introduced to CARP’s 250,000 members across Canada, helping us expand our reach, grow our chapters, and bring more voices into our shared advocacy work.

#### Why CARP Membership Matters for CFUW Members

CARP is Canada’s leading non-partisan, not-for-profit advocacy organization focused on improving life as we age. Their work aligns closely with CFUW’s mission and values, especially in areas of lifelong learning, public policy, and community engagement.

CARP’s national advocacy has contributed to major policy wins, including:

- Ending mandatory retirement
- Advancing pension income splitting
- Restoring Old Age Security eligibility to age 65
- Establishing the Canada Pension Plan Investment Board
- Fighting for stronger long-term care standards, home care, and healthcare access

#### Your Free CARP Membership Includes

- Exclusive member benefits and discounts on travel, insurance, health products, and more
- Regular updates, research, and issue briefings on healthcare, financial security, aging, and public policy
- Participation in national advocacy campaigns shaping federal and provincial policy
- A stronger platform for your voice—as part of a large organization working for change

#### **Claim Your Free CARP Membership**

1. Visit <https://shop.carp.ca/O5KZYC1C>
2. Follow the prompts to register or renew
3. Enjoy full access to CARP’s advocacy, benefits, and community for one year—free of charge

Already a CARP member? You will automatically receive an additional free year by extending your membership with this link.

### Treasurer’s Report, Gillian Pichler

Account balances as of January 4, 2026:

General: \$10,636.77

Bursary: \$13,296.53 (includes \$7,500 in 1 yr Term Deposit at 3.15% due September 3, 2026)

Scholarship: \$92,438.72

- A \$400 grant was received from CFUW National in December in support of our 60<sup>th</sup> Anniversary event.
- The Silent Auction at the November potluck raised \$462.
- The December Thrifty Smile Card fundraiser netted \$270 for a total of \$858 raised this fiscal year.
- Coffee sales raised \$262 and Cedar Rim gift cards netted \$140 for campaigns ended in December.
- Income Tax Receipts have been mailed for donations made in 2025 to the University Women’s Club of South Delta BC Education Fund (Bursary Account).
- Membership Dues: Dues have been collected from 37 non-life members. Approximately \$2,000 will be paid for National Dues in February and \$250 to BC Council for dues and insurance in April. Bursary donations of \$1,500 were received with dues payments.

### Bursaries and Scholarships – Jo S.

The Executive Committee approved the bursaries and scholarships for 2026 as follows:

<i>Award</i>	<i>Amount</i>
<b>Bursary Account:</b>	
Nina Browzin Memorial	\$1,500
Mature Students (2 @ \$1,500)	\$3,000
SDSS	\$1,000
DSS	\$1,000
60 <sup>th</sup> Anniversary Founders Award	\$2,000
<b>Total Bursaries</b>	<b>\$8,500</b>
<b>Scholarship Account:</b>	
Laura Fowler	\$3,000
Afshar (2 @ \$1,500)	\$3,000
<b>Total Scholarships</b>	<b>\$6,000</b>
<b>Total 9 Awards – Bursaries and Scholarships</b>	
	<b>\$14,500</b>

An initial meeting of the Committee should take place soon after the January General Meeting. Committee members are Jo, Olga, Nadereh and Juliette. In addition, new member Lindsay W. will be welcomed. Lindsay brings depth of experience from membership in the Nanaimo Club.

We will aim to give out the Founders Award of \$2,000 at the June 60<sup>th</sup> Anniversary celebration. The Committee will establish criteria for the Founders Award.

## Advocacy

### **Delta Opposes Violence Everywhere (DOVE), Beryl M.**

I attended the first meeting of the 'DOVE' committee and there are a couple of things that may be of interest to our CFUW South Delta members. The 'Extreme Weather Shelters' were very busy in December with primarily seniors who need warm clothing and possibly somewhere for a hot breakfast after 6:30am.

The "Coldest Night of the Year" walk is from Delta City Hall at 4:30pm, February 28<sup>th</sup>, to showcase our local homeless community. All are welcome to walk. DOVE also partners with Ending Violence Association of BC (EVA BC) which will offer the "More than a Bystander" BC Lions' program to students at Delta Secondary in Ladner this month.

### **Azure Place Hampers for 2025, Paula G.**

A HUGE thank you to everyone who helped with the family hampers this year. Each shopper, donor, wrapper, packer, and organizer did a great job. Our three families received large, generous bins filled to the top with presents, clothes, treats, and multiple gift cards. I know that we definitely provided a much brighter Holiday Season for them. Our Club participation this year was excellent, with over 50% of our members participating. Thank you.

I failed to take a picture of the hampers (the pick-up person was 3 hours early!), but believe me, the hardest part of the whole procedure was trying to get everything into the vehicle! We barely left room for the driver! It was an extremely rewarding group effort.

### **Indigenous Outreach Group, Joanne W.**

See the next page for details of the upcoming garage sale to benefit the Urban Native Youth Association. Also, thank you for donating your beverage containers to this worthy cause. Our "code" at Return-It is 778-233-6551. The current balance is \$242.

## Fundraising, Shelley L.

### **Thrifty's Smile Cards – Toni W.**

Our latest Thrifty's Smile Card effort on December 10 brought us \$270 from \$4500 contributed. That brought our total dollars collected in 2025 Calendar Year to \$1,212. The next Thrifty's push will be in early April.

### **Cafe Femenino – Shuswap Coffee Sales, Paula G.**

The recent coffee sales raised \$262. Next campaign is planned for March.

### **Cedar Rim Nursery, Paula G.**

The sale of Cedar Rim Nursery gift cards raised \$140. The next campaign is planned for the end of February, in time for planting season.

### **Fundscrip, Paula G.**

Our Fundscrip fundraiser is always on-going. Interested? Call Paula G. or Joanne W.

# Garage Sale!

**Saturday March 28, 2026**

**9 am to 2 pm**

**Benediction Lutheran Church, 6<sup>th</sup> and  
56<sup>th</sup>, Tsawwassen**

To benefit UNYA Youth Programs



## WE NEED

- puzzles, books, toys
- gently used kitchenware, dishes, pots, table linens
- home decor
- small appliances in good working order
- tools and workshop items are very popular
- garden tools and garden planters/pots
- sports equipment and fishing equipment
- art or picture frames
- Plants! If you have a garden and are going to divide up your perennials, we can sell them!
- camping equipment
- Christmas decorations
- craft kits
- luggage and sports bags
- costume jewelry
- NO clothing BUT we'd like accessories such as hats, purses, scarves
- small furniture like chairs, footstools, shoe racks
- If you have a talent such as hand-made greeting cards, we can sell them!

We will pick up items at your home or your friends' homes. **Pick up is available starting right now. Contact Joanne.**

Items can be brought to the **March 24 meeting** - up to 3 grocery bags or boxes.

Drop-off of items: **Friday, March 27 at the church 10 am to 1 pm.** Please have items to us by 1 pm so that we can organize and price them. We plan to have some "muscle" to carry things from cars into the church.

The sale is on **Saturday, March 28 from 9:00 am to 2:00 pm.**

**VOLUNTEERS** - we need many volunteers to help on Friday and Saturday, with laying out and pricing and keeping the tables tidy on Saturday. We have arranged for some strong people to help with moving things around and setting up tables.

### **Program 2025-2026, Paula G. and the Interest Groups**

January 27 Anna Hunter, "The True Cost of Wool"

February 24 Michelle Wong, "Fraser River Tunnel Project"

March 24 Michael Harbott, Family Historian

April 28 Jim Morin, "Celebration of Indigenous Art"

Please remember that our January and February meetings are BY ZOOM.

### **Membership, Toni W.**

As of January 9, 2026, we currently have 33 Full Members, 4 Secondary Members and 3 Life Members. The Full Members include 4 who have joined since September, 2025. Comparing this to our full 2024-2025 Year, we had then 39 Full Members including 2 who joined in the first half of 2025, 4 Secondary Members and 3 Life Members. We have 8 Members that did not renew for varying reasons.

The updated Membership Contact List (phone list) was sent out on December 29, 2025.

The updated Membership Directory was sent out January 10, 2026. All membership nametags are available.

### **Social, Cindy H., Rita W.**

Our Christmas Potluck was a big success with everyone bringing their favourite delicious dish. As usual, we had the right amount of each category. About twenty-five members attended. It was great to see our lifetime member, Joan W., arrive with her caregiver. Special thanks to Melanie and Shelley for our lovely centerpieces. Also thanks to Joanne for handling the tea. Thanks to Rita and all of those who helped with setup and clean up. Our potluck is always a great start to the Christmas season. Happy New Year!





## Sunshine – Olga C.

Happy February Birthdays to Shelley L. and Daniela G.!

## Interest Groups

### Book Club



On December 16, 2025, the 250<sup>th</sup> anniversary of the birth of Jane Austen, we had a get-together for high tea, Austen trivia, and readings from Jane Austen's novels. A few of us dressed in our regency fashions!

One participant said afterwards that it was good to relax and have fun during the rush of the festive season. It was an extremely pleasant afternoon.


## Upcoming Events and Announcements

- **Next CFUW South Delta General Meeting:** Tuesday, January 27, 7:00 pm, by Zoom. The February meeting is Tuesday, February 24, 7:00 pm, also via Zoom.
- **Book Club Meeting:** Wednesday, February 2, 7:00 pm. *The Forgotten Daughter*, by Joanna Goodman. Contact Jennifer B. for location.
- **Executive Meeting:** Monday, February 9, 9:30 am, via Zoom.
- **Travel Group:** Monday, February 9, 1:00 pm. Topic: Toni will present her trip to Ireland. Mary-Rose R. will provide location to members.
- **Gourmet:** Wednesday, January 21, 6:00 pm. Theme is a Quebec Winter Festival dinner. Contact Mary-Rose R. for more information.
- **Foodies:** Monday, January 26, 2026, 5:00 pm at Pat Quinn's for Dine Out Vancouver menu. Contact Joanne W. (temporary leader) for more information.
- **Social Bridge:** meets on the 2nd and 4th Thursdays of each month. New members are very welcome. Contact Jan K.

- **Walking Group:** the start of this group has been postponed to the Spring. It will be on Thursday mornings at 9:50 am at the Ferry Road Boat Launch, Ladner. Contact Pamela P.
- **TEDx**, “A Shift in Thinking”, Saturday, January 24, 2026, 10 am–3:30 pm, Bell Performing Arts Centre, Surrey. Several members now have tickets and will be carpooling to the event, which is now sold out.
- **“Coldest Night of the Year”** walk is from Delta City Hall at 4:30pm, February 28th, to showcase our local homeless community.

**Recipe**

Here is a warm and nourishing soup. Just the thing for a cold or chilly day.

<b>CHICKEN &amp; QUINOA MINESTRONE – from Kathy D.</b>	
	<p>Makes 4 servings</p> <p>Prep time- 20 minutes</p> <p>Total time - 8 hours (slow cook method)</p>
<p><b><u>Ingredients:</u></b>                      1 onion, chopped                      2 carrots, sliced in coins                      1 bulb fennel, sliced or use dried fennel                      2 cloves garlic, chopped                      6 cups chicken stock (many need to add more)                      1 28 oz can diced tomatoes                      1 15 oz can kidney beans, rinsed</p>	<p>2 teaspoons dried basil                      2 teaspoons dried oregano                      2 bay leaf                      1/2 tsp each salt and pepper                      2 boneless skinless chicken breasts                      2/3 cup quinoa                      1/2 bunch kale (stems discarded, leaves torn)                      or 2 handfuls of spinach                      6 oz cut green beans (frozen or fresh)</p>
<p><b><u>Preparation:</u></b>                      1. Combine onion, carrots, fennel, garlic, stock, tomatoes, beans, basil, oregano, bay leaf plus 1/2 teaspoon each salt and pepper into a 6-quart slow cooker or heavy large lidded pot. Cover and cook until the veggies are tender and the chicken is cooked through. This will be ~ 7 hours on low or ~4 hours on high.</p>	<p>2. Discard the bay leaves. Remove the chicken from the pot and shred the meat using two forks. Return the chicken to the pot. Stir in quinoa and green beans. Cover and cook until quinoa is tender - 30 minutes,                      3. Add more chicken stock if required.                      4. Stir in the kale or spinach, cover and cook another 10 minutes.</p>



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**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](mailto:SouthDelta.CFUW@gmail.com)

Visit our website at [www.cfuwsouthdelta.com](http://www.cfuwsouthdelta.com)

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