



cfuw
RICHMOND

Realizing potential. For all women.



President's Message: Christine Marin

www.cfuw-richmond.org

October 2025

Happy Fall to all our CFUW members, welcome back to those returning and a hearty welcome to those who are new to us!

We began our year with excitement and energy during the Sept. 22 Open House. Thank you to the Interest Groups who set up attractive tables to explain their activities, to the wonderful team who set up the room, including the tablecloth and flowers – it made such a difference – and to our talented, hardworking executive team. Your dedication and attention to detail is so very appreciated.

We enjoyed hearing Dr. Lenore Newman who both delighted and intrigued us with the notion of Agricultural singularity and the surprising future of technology and food. For more intrigue, you can read her books *Speaking in Cod Tongues: A Canadian Culinary Journey*, *Lost Feast* and *Dinner on Mars*.

As I mentioned at the Open House meeting, we are looking for members to form a committee to organize the Dec. 6 Vigil, in memory of the women killed in the Ecole Polytechnique massacre in Montreal in 1989. We hope to collaborate with the Richmond Women's Resource Centre and our Advocacy Committee. Collaboration on worthwhile projects such as this is rewarding and builds relationships with fellow members. Please contact me if you are interested.

Important Reminder:

It's membership renewal time! Please make sure to pay your dues of \$165 by Sept. 29 through e-transfer to richmondcfuw@gmail.com or by cheque made payable to "CFUW Richmond".

For your information, there is a webinar on a CFUW project with the Stephen Lewis Foundation on October 1 at 6 pm ET (3 pm PT). You will hear about some national member's experiences in Zambia. You can register at <https://us02web.zoom.us/meeting/register/Te4FZpaWRtmyxjwgNeULlg#/registration>

Next year, the National AGM will be held in Montreal from July 20 to July 24, with additional events and excursions happening before and after those dates. Several of our members are starting to plan their trip! Details are coming soon.

Do you use Canva? If you'd like to learn how or to improve your skills, you can register for a Canva course on Oct. 15 by going to: <https://us02web.zoom.us/meeting/register/U9awDXNASiS6jVrl97wxwA#/registration>

To keep up to date on many exciting opportunities for learning, I encourage you to subscribe to the CFUW Club Action Newsletter at <https://members.cfuw.org/club-action-newsletter>

Enjoy your new or continuing Interest Groups! I'm looking forward to Mahjong, the Lunch Bunch, the Dinner Group, Friday Coffee, the Tuesday Murder Book Club and the Advocacy Committee. They have given me purpose and the opportunity to make new friends.

Until we meet again, I hope you find time to get outside and enjoy these cooler fall days!

Christine Marin President, CFUW Richmond (2025–2027)



Our 2025/26 membership directory will be produced in October and handed out at the October General Meeting. Please look carefully at your entry in the current directory and let Jean know by Oct 7 of any changes you would like to make. Email jeangarnett@shaw.ca.

CFUW Richmond General Meeting:

Monday October 27, 2025 at 7:00 pm at Caring Place

Speaker: Vicky Ryan, club for neurodivergent girls



Hostess: Ginny W; **Co-hostesses:** Brenda D, Linda C; **Set up:** Lila M, Sheila R



Program Committee

Brenda King and Moreen Takada, Co-Chairs

Next month's speaker will be Vicky Ryan, a mother of an autistic child. It can be difficult for parents of autistic children to find social outlets that work for their kids. Vicky took it upon herself to find a social connection for her daughter, Charlotte, by forming a club where neurodivergent girls can socialize, do crafts, go on outings and just be themselves. Along the way she also found her own support system with the other parents. Vicky will share her and Charlotte's amazing, inspiring story.

Also, Here is some info about Vicky. <https://www.autismbc.ca/blog/connects-vicky-ryan-girls-club/>



Membership Committee

Karen Keogh, Chair

It was a pleasure to see so many returning members and invited guests at our Open House. Thank you to all members who have already paid their membership dues. To date 71 members have paid. This includes 64 returning members and seven new members: Pam Essex, Margery Evjen (returning), Kathy Innes, Penny Lewis, Margaret Meloche (returning), Karen Robertson and Bobbi Stevenson. (More about them in next month's newsletter.) To our new members, welcome to CFUW Richmond!

Please **pay your membership dues** if you have not already done so. **The deadline is September 29** to ensure that you will be included in the Membership Directory. Your payments of \$165 can be made in one of three ways:

1. E-transfer to richmondcfuw@gmail.com (Subject Line: Your name and Membership Dues) or
2. Cheque made payable to 'CFUW Richmond' and dropped off at Judi Sponarski's house or
3. Cheque made payable to 'CFUW Richmond' and mailed (today!) or dropped off to Diana Leung,.

If you need to arrange another way to pay your dues, contact Treasurer Diana Leung (diana2.leung@gmail.com)

If you have any questions, please contact Membership Chair Karen Keogh (karen_keogh@dccnet.com)

I will be contacting all members who have yet to pay, first by email and then, if needed, I will follow up by phone.

I am taking orders for anyone who needs a magnetized CFUW Name Badge. To purchase, a payment of \$9 (to be paid by cash or cheque) can be brought to the October General Meeting. Members will receive their badges at the November General Meeting.

At the Open House, I shared the New Member Certificate that was awarded to CFUW Richmond by the National CFUW for the high number of new members who joined our club last year. We hope to repeat this achievement again this year. Please know that new members can join the club at any time of the year, so guests are always welcome at any of our future meetings.

Happy October Birthday to:



- | | |
|-------------------|----------------|
| 10. Kim H. | 19. Sheila R. |
| 13. Traci C. | 25. Linda McN. |
| 15. Patricia McC. | 26. Linda O. |
| 19. Priscilla B. | |

Young at heart. Other parts slightly older.



Advocacy Committee

Deb Track and Jenny Toone, Co-Chairs



At the first Advocacy committee meeting of the year on September 10 we decided to adopt the theme “Continuing to work with our community partners”.

We viewed the CFUW National AGM Keynote panel discussion on Women in Politics with discussion of the challenges and rewards facing women in politics: Rachel Lowen Walker (NDP Candidate), Pam Damoff (former MP), and Christina Smith (mayor of Montreal Westmount) all spoke about the toxic nature of politics, about the need for support financially and from friends and family, about the importance of mentorship, and about real actions a team can take in social media.

September 30 is the National Day for Truth and Reconciliation (Orange Shirt Day). Richmond is hosting many events this month to mark this day including displays at the Art Gallery, Museum and Cultural Centre Library, short films and an author series at the Library and the raising of a Survivors Flag at City Hall. Details can be found at: [National Day for Truth & Reconciliation - City of Richmond, BC](https://www.richmond.ca/culture/calendar/special-events/NationalDayForTruthAndReconciliation.htm)
(<https://www.richmond.ca/culture/calendar/special-events/NationalDayForTruthAndReconciliation.htm>)

Opportunities for volunteering in the community:

More than 300 sandwiches are prepared each school day morning by teams of 5 or 6 at St Anne's Church for distribution to schools on the west side of Richmond. This is part of the Feeding Futures provincial program to bring food into schools. There is an additional need for more volunteers either to sign up for a specific day or act as spares. The time involved is about 2 – 3 hours. Also, drivers are needed to deliver the sandwiches mid-morning. Contact Sharmila Lakhani for more information slakhani5651@gmail.com

Gilmore United Church provides a community meal each Thursday and needs volunteers to set the tables, set up the beverage station etc. No moving of tables and chairs is required. Sign up for any Thursday of the month for 2-4pm or 2.30 – 4.30pm. Contact the office manager, Annamarie, at office@gilmoreparkunited.ca or 604 277 5377 or Susan J for more information.

The next committee meeting will be at the home of Jenny T at 2 pm October 14 when our guest will be Traci Corr, Co-Chair of the Richmond Women's Resource Centre.

All club members are welcome to attend Advocacy meetings. Please contact Jenny and Deb to be added to the mailing list.

Your 2025-2026 Executive:

EXECUTIVE:

President: Chris Marin
Vice President: Mary Lou Miles
Past President: Sylvia Gwozd
Secretary: Carolyn Robertson
Treasurer: Diana Leung
Communications: Sandy Bichard
Advocacy: Deb Track/Jenny Toone
Membership: Karen Keogh
Program: Moreen Takada/Brenda King
Scholarships/Special Events: Judi Sponarski

NON- EXECUTIVE:

Members' Support: Kathy Tisdall
Archivist: Wendy Brayer
Grapevine: Sandy Bichard
Newsletter Editor & Electronic Distribution: Jean Garnett
Webmaster: Roberta Mayer
System Administrator: Gale Rocky
Hostess Coordinator: Linda Riesterer
Interest Group Coordinator: Anne Marie Kelly

Kathy Tisdall has volunteered to take on the position of correspondence secretary for member support. Please contact Kathy if you know of a member who might appreciate a card of support from the Club, kathytisdall@me.com. Many thanks to Nancy Huntington for taking on the role this past year.



Scholarships and Special Events Committee

Judi Sponarski, Chair



Scholarships

CFUW awards six scholarships of \$700 each to female students in the Richmond School District each year. Here are some short excerpts from the thank you letters that we received this year.

Ife Adesanwo (McMath) - I am from Nigeria. It is an honour to receive this award that uplifts young women pursuing their goals. I plan to continue my education and pursue a degree in computer science focussing on cyber security and using my knowledge to help protect the community and individuals in the digital world.

Iris Liu (Mc Roberts) - I am the first daughter in my family to graduate from high school. Playing on school teams, coaching younger athletes, and taking part in the Air Cadets program have helped me develop strong leadership skills and a sense of discipline and responsibility: I've discovered a genuine passion for guiding young women towards success not just in sports but in life.

Desha Naidu (McNair) - I have always been fascinated by how economic systems impact peoples lives, from policy decisions to financial inequality. I hope to one day work in a field where I can contribute to building more inclusive and sustainable economic policies. Receiving this scholarship lightens the financial burden of college and also serves as a powerful reminder that there are people who believe in my potential and want to see me succeed and that encouragement means more than words can fully express.

Vanita Lui (Steveston-London) - This fall I will be attending UBC to begin my studies in the Bachelor of Science in Food, Nutrition, and Health program with aspirations of entering the undergraduate dietetics program in third year. Living in a single family home with limited resources, I am truly grateful for the opportunities this scholarship has provided me with.

McMath Scholarship Committee - We wish to thank you for your contribution to our scholarship fund. We are aware of how much support and need there is for a number of our students. Community encouragement and financial support for our graduates is valued and appreciated. Your donation will make a difference in the life of one student as they pursue further economic studies.



Speaking of scholarships, Patricia McCuaig, CFUW Richmond member and member of the committee that selects the CFUW Charitable Trust bursary winners, would like you to know that you are welcome to attend the following:



Register for the CFUW Charitable Trust AGM on Saturday, October 4 and hear from the recipient of the 2025 Linda Souter Humanities Award - Lauren Stoyles.

Since she was a toddler running around the London Children's Museum in a dinosaur costume, Lauren Stoyles has been a "museum person". Stoyles completed her undergraduate degree in History at Huron University College in 2024 while running an antique printing studio and working as a historical interpreter at a living history site. She is now pursuing a Master's degree in Public History at Carleton University where her research centres women's labour in museums.

Donating to the Trust is as easy as clicking [HERE](https://cfuwcharitabletrust.ca/donate/) (<https://cfuwcharitabletrust.ca/donate/>)

Register [HERE](https://us02web.zoom.us/meeting/register/7KW0stBET4-nfHbEhhDKbw#/registration) (<https://us02web.zoom.us/meeting/register/7KW0stBET4-nfHbEhhDKbw#/registration>)

October is **Women's History Month** in Canada. See some interesting information here:

<https://www.canada.ca/en/women-gender-equality/commemorations-celebrations/womens-history-month.html>



Hostess Coordinator Linda Riesterer

Heartfelt thanks to our September volunteers who created a warm and welcoming Open House setting. With appreciation to Lisa DR, Linda R and Suzanne B for their wonderful support as Hostesses. The refreshments provided were truly exceptional, with Suzanne's cukes on theme, and Lisa's table coverings and seasonal garden bouquet reflecting the vibrant colours of autumn so beautifully. Also, our gratitude is extended to Wendy B and Anna M for their efforts in organizing the Open House meeting arrangements with extra chairs and display tables for our Interest Groups and Committees. With our excellent turnout I understand Kathy M had to bring out additional chairs.

Looking ahead to October, we are pleased to announce our Hostess Team: Ginny W will be Meeting Hostess, with Brenda D and Linda C as Co-Hostesses. Lila M and Sheila R have generously volunteered to arrange the furniture setup.

Our members truly value the opportunity for the social break at our meetings. By having everyone, apart from the executive members, participate once throughout the year we ensure our hostess roster is complete. With much appreciation, I am delighted to report that the CFUW Hostess Schedule is full until February 2026.

As Hostess Coordinator, I will reach out ahead of time with detailed instructions, room layouts, and answers to any questions you may have before each meeting.



Book Sale Fundraiser Sandy Bichard



The Book Sale Fundraiser continues to be a popular event with lots of participation from our members – both by donating and purchasing books and jigsaw puzzles. Donations of *two or three books at a time* - especially newer titles which are quickly snapped up - are greatly appreciated. And unlike everything else, the cost to purchase a book has not gone up - still only \$2! Correct change is appreciated. The funds raised are allocated to a worthy cause identified by the Advocacy Committee. Books unsold after two months are donated to the Friends of Richmond Public Library which hold sales to raise funds for the Library.

Grapevine preview...



Life Hacks 101: Humorous or serious tips and tricks on any topic: health and wellness, sports, technology, photography, household, gardening, automotive; best or worst advice ever received or given; or anything else that you've learned along the way that helps ease life's big and small challenges.



Preserve Jack-O'-Lanterns – Spray the carved edges with equal parts vinegar + water to slow mold growth and help the pumpkin last longer.
Source: Simplistically Living



Planting Seeds: Read a line or a quote lately that caught your attention and perhaps 'planted a seed'? Please share.

Because she carries it well doesn't mean it's not heavy.

The healer also needs healing.
The planner also needs surprises.
The giver also needs to receive.

The thoughtful also needs to be thought of.
The considerate also needs to be considered.



The Grapevine by Sandy Bichard



I hope many will continue to participate in the Grapevine. If you have any upcoming events you'd like to share, or would like to comment on any of these topic areas (just a line or two would do – no formal report needed!) please send them to me at sandybichard045@gmail.com.

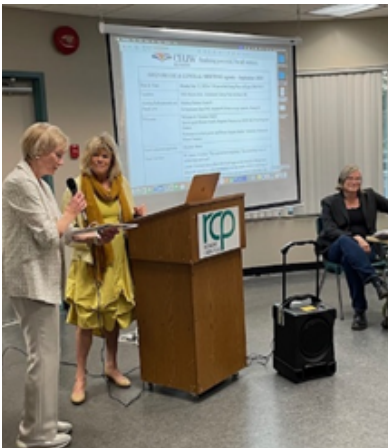


Staying Connected: Special personal events you'd like to share with the group?
We'd love to hear.

Open House An inspiring speaker, a buzz of activity and (re)connections, a full house, delicious treats. What an evening it was!



A buzz of interest in Advocacy Activities and the many Interest Groups: book clubs, books sales, mahjong, euchre, bridge, walking group, coffee, lunching and dining groups.



Lunch Bunch Another deliciously popular event organized by Priscilla and Amy.



Grapevine continued...



Foodie Tip: Want to know how to order like Amy?



1. Take a photo of the order sheet the server leaves on the table.

2. Match the order number (eg A2) to the item on the take home Menu.



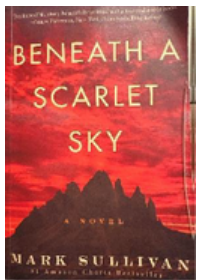
Bookworm's Bite: Book recommendations from members -- not a full-on book report, mind you!

Nonfiction = learning through information

Bookworm = one who reads like their life depends on it

Fiction = learning through imagination

Bookdragon = hoards books like treasure



Beneath a Scarlet Sky, By Mark Sullivan

Last April, my English cousin passed on a book she recommended which provided a compelling historical read this summer depicting the life and experiences of a young Italian man, Pino Lella, in Milan, Italy during the Nazi occupation.

Leaving his family at 17 to journey to a monastery, his mission was to provide safe passage for many Jewish refugees over the Alps to Switzerland. His expeditions soon became noticed by the local resistance.

His life was further complicated when his family encourage him to enlist in the German army. The wartime experiences and historical descriptions that he lives through during the Nazi occupancy are quite remarkable. I found this writing particularly thought-provoking as the main character was an actual person. Detailed research and family photographs were provided by the author who met actually Mr. Lello later in life. I would highly recommend this riveting read, especially as the daylight grows shorter. I'm now looking forward to his next selections this fall. (Recommended by Linda R.)



TRAVEL ADVENTURES: Armchair travellers enjoy hearing about others' travel experiences. Please share some highlights of your travel adventures.



Tahitian Adventure. This past July I enjoyed an amazing two week vacation in Tahiti and the Society Islands in French Polynesia. A tennis friend and I started the holiday by flying to Tahiti, then travelling by ferry to the Hilton Moorea Lagoon Resort & Spa in Moorea, where we stayed for three days in the overwater bungalows, and snorkeled amongst the many small reefs there. We then traveled back to Papeete, Tahiti, and boarded a Paul Gauguin/Ponant Ship to cruise from Tahiti to the Society Islands, which included Huahine, Raiatea, Taha'a, Motu Mahana, Bora Bora, and Moorea, and ended up back in Papeete, Tahiti. We did lots of excursions and more snorkeling as we visited these incredibly beautiful islands, making it a truly memorable holiday. (Shared by Pat A.)

Grapevine continued...



Around Town: Anything noteworthy you'd like to share? Did a local business or service provider go above and beyond? Want to recommend and support a local business? Openings and closings? New finds?

Pop-Up Art Show, Steveston Museum and Post Office, month of October

Be sure to pop into the Steveston Museum and Post Office this month where some of Margot D's beautiful oil paintings and photographs will be on display. You won't want to miss this event.



Richmond Public Art Walking Tour: Olympic Oval Village, Oct. 4 10:30am Walking tour of public artworks and works from the City's public art collection.

To the Moon: Mid-Autumn Celebration, Gateway Theatre & Minoru Chapel, October 5, 2:00pm activities in the Gateway Theatre lobby, musical performance in the Chapel, complimentary moon cake. Tickets www.gatewaytheatre.com/tickets/?eid=to-the-moon

Kwantlen St. Farmers' Market, Minoru Plaza, Tuesdays Oct. 7, 14, 21, 28 11 am – 3 pm



Travel Tips & Tricks: Experience is the best teacher. Please share what you have learned along the way to make travels easier and more enjoyable.

Picking up Guests at YVR? Did you know that the Canada Line train from YVR to Templeton Station at MacArthur Glenn Designer Outlet Mall at YVR is free and that parking at MacArthur Glenn next to the Templeton Station is free as well? Suggest to your arriving guests to hop on the train inside YVR and you'll meet them at the Templeton Station. Easy! (Shared by Penny M.)

Who's ready for a shopping trip to London? I have bought some lovely items in several Charity shops in the Bayswater and Queensway area. This is near Kensington Palace and many embassies (including the Russian) where I think some of the items come from. Shops and addresses change but here are a few to try: 20 Notting Hill Gate, 144 Notting Hill Gate, 158 Queensway, 178 Queensway. (shared by Patricia M. as requested by the Grapevine editor who just doesn't know where to shop anymore!)



FOODIES FAVOUR: Tell us about your favourite dine in or dine out establishments. Had a great meal lately? Share favourite cookbooks, recipes, wines.



Village Curry, Bayview St., Steveston. Best lamb vindaloo ever. Great service, large servings and delicious food. Attention to detail and a nice view of the river. Reasonable prices including the beers on draft. Highly recommend! (Shared by Sarika F.)



Interest Group News **October 2025**

Coordinator: Anne Marie Kelly 604 275 2158 tarasan@telus.net

N.B: When replying to an RSVP request, please send the email to the hostess or leader only. Avoid using REPLY ALL, unless requested, so that others don't receive emails not intended for them.

Book Discussion Groups

Afternoon Book. Leader Claire Smythe clairesmythe@icloud.com. We will meet on Wednesday, October 1 at 1:30 pm at Cynthia Iverson's house to discuss *The Berry Pickers* by Amanda Peters. Please notify Cynthia or Claire if you plan to attend.

The Tuesday Murder Club. Leader Linda McNab 604-277-7450, mcnab.linda@gmail.com. Meets at 1:30 pm on Tuesday Oct 21 at Kathy Tisdall's home to discuss the *Inspector Shanti de Silva* mysteries by Harriette Steel.

Lit Lovers - Evening Book. Leader Sandy Bichard 604-961-5433, sandybichard045@gmail.com. The Lit Lover's Book Club meets the third Wednesday of each month. Next meeting is on Wednesday, October 15 at 7:30 pm. This month's reading is "*Bad Cree*", the highly acclaimed debut novel by Jessica Johns. Jessica was a recent guest speaker at the Richmond Public Library's author lecture series which many of us had the pleasure of attending.

Fun and Games

Bridge. New Leader Heather Campbell 604-271-5045. Contact Heather for information about the plans for the month of October.

Euchre. Leader Lisa Delarue-Riffel 604-448-1650 delarif@telus.net. We will be meeting on Thursday, October 9 at 1:30 pm, hosted by Penny McFarland.

Mahjong. Co-leaders: Karen Keogh (604-946-9965; karen_keogh@dccnet.com) and Priscilla Bollo (604-290-3364; priscil@telus.net). Our next session will be at 1:30 pm on Friday, October 17 at Helen Collinge's. Please let Karen know if you wish to play. (Depending on the number of members who wish to play, we may need a second venue. More information to come.)

Food and Conversation

Coffee Group. Leader Penny McFarland 604 275-0232 pemcfarland@gmail.com. The first coffee group get together will be Friday, October 3 at 10 am at Penny McFarland's.

Dinner Group. Leader Vicky Erickson, erickson4vicky@gmail.com. The Dinner Group are making plans for a season. Stay tuned!

Wednesday Walking. Leader Linda McNab 604 277-7450. Garry Point Park Walks: 9:30 - 10:30 am either along the West Dyke or around Garry Point itself. We meet on the boulevard by the washrooms in the parking lot. Coffee afterwards at Blenz optional.

Lunch Bunch. Contact Amy Yu (604-277-8270; yuamysp@gmail.com) or Priscilla Bollo (604-290-3364; priscil@telus.net). The lunch bunch will be going to iDen Café Quan Ju De Beijing Duck House Restaurant on Thursday, October 16 at 11 am. Address: Cambie and 12 Ave in Vancouver. Please let Priscilla know if you plan to attend.

TALK. Leader Jean Garnett 604 277-1130, jeangarnett@shaw.ca. The fall 2025 TALK brochure is up on the website at www.kpu.ca/talk. First Philosophers' Corner will be October 2: How do we define freedom? \$5 drop in; no preregistration necessary. Interested in joining our TALK Board and/or the Program or Marketing Committees? Contact Jean for details or see more at kpu.ca/talk/volunteer.