



cfuw
RICHMOND

Realizing potential. For all women.

www.cfuw-richmond.org

February 2026



President's Message: Christine Marin

A huge thank you to Tony and Anne Sinclair for the highly entertaining presentation about their lives in the Serengeti.

Thank you, Linda R, for suggesting that Tony speak to us. Members might enjoy watching "The Serengeti Rules" on YouTube, at <https://www.youtube.com/watch?v=AT3X5hKkgOE>

We are an opt-out club re membership in GWI, so we use the funds that used to go towards GWI dues for Special Projects, alternating between local and international projects each year. Please think about who might be a worthy **local** recipient of our Special Projects Funds (about \$2000), based on the criteria on the next page. There is a form to complete and email to me (or phone, or text or deliver) with a Feb. 27 deadline. The Executive team will consider the ideas and confirm the recipient with the membership at the March or April General Meeting. Thank you for your input!

Get ready for the next Plastics-Free Challenge. Thanks to Peggy M for putting this together. I really appreciate the research being done on our behalf and am resolved to make better choices when I can. I'm looking forward to hearing from Chloe Dubois from Ocean Legacy at our February meeting.

Enjoy the lengthening daylight, leading us into Spring! If I don't see you at an Interest Group or other event, then I hope to see you at the next General Meeting on February 23.

Christine Marin, President CFUW Richmond (2025-2027)

CFUW Richmond General Meeting: Monday February 23, 2026 at 7:00 pm at Caring Place Featuring: Chloe Dubois from Ocean Legacy

Hostess: Lisa C; **Co-hostesses:** Roberta M, Linda Q; **Set up:** De W, Kathy I



Program Committee

Brenda King and Moreen Takada, Co-Chairs

Next month our speaker will be Chloe Dubois. Chloe is the co-founder and executive director of the Ocean Legacy Foundation. Ocean Legacy is a Steveston based international leader in plastic pollution reduction, collection and recycling. They transform recovered plastics from oceans and shorelines into new products, such as green bins, garden pots and park benches. We think this will be a very interesting, informative talk about a local company making a difference. It also ties in with our goals of reducing our own personal plastic use. Thank you to the Walking Group for securing Chloe for us.

CFUW News

CFUW's Club Action Newsletters contain relevant information pertaining to Club news and events. You are encouraged to stay in the know by signing up here:

<https://members.cfuw.org/club-action-newsletter>

Special Projections Funding - Nomination of Recipient

(Submit to CFUW Richmond President before the end of February)

Name of CFUW member(s) nominating the recipient: _____

Name of recipient: _____

Address of recipient: _____

Contact information (email address, phone number, contact person): _____

Mission and goals of the recipient: _____

Brief description of project or the purpose to which the funds will be put: _____

Amount requested (maximum about \$2000, depending on funds available): _____

Criteria:

- reflect the CFUW tagline of: Realizing potential. For all women.
- organization which enhances the lives of women and girls.

Preference will be given to projects that:

- provide educational or training opportunities, or
- support hands-on projects, or
- enable the purchase of specific equipment or goods.

Funds will not be provided for:

- operating costs
- individuals
- political or religious organizations



Advocacy Committee

Deb Track and Jenny Toone, Co-Chairs



Please join an Advocacy campaign to renew the provincial commitment to providing \$10/day childcare to BC families. It really does take just one minute to add your voice. We know that access to quality childcare is essential to the work force.

24 influential women in BC have signed [an open letter](https://www.facebook.com/10aDayChildCare/posts/pfbid0FjisoCxpH5vLcHkvp9P88G7ixXSL7GBX7UEddDDxxtg9kwaYGic9FgWALgSfPdHul?rvid=OiRtupC5bAeCPCzq#) published as a full-page ad in the Globe & Mail. The letter calls on Premier Eby to get back on track with creating BC's \$10aDay childcare system. [Ed Note: See link here: <https://www.facebook.com/10aDayChildCare/posts/pfbid0FjisoCxpH5vLcHkvp9P88G7ixXSL7GBX7UEddDDxxtg9kwaYGic9FgWALgSfPdHul?rvid=OiRtupC5bAeCPCzq#> or you can right-click on the underlined "an open letter" and choose Open link in a new tab.]

In 2018 our province led the country by committing to create a universal, quality \$10aDay childcare system. In 2021 we were the first province to sign a childcare funding agreement with the federal government to supplement \$10aDay system-building.

The open letter is sounding the alarm because today, progress is not just stalled, it is seriously at risk of being dismantled.

Too many families are still on long waiting lists, and childcare spaces can still cost up to \$2,000 per month for one child (BC now has the most expensive childcare in Canada). On top of this, wages for qualified early childhood educators have stagnated, and funding for \$10aDay programs is being cut.

If the BC government does not get back on track, the promise of universal, high-quality childcare will remain out of reach for yet another generation.

Together, these 24 women leaders are sending a clear, constructive non-partisan message to the Premier: British Columbia must recommit to building a quality \$10aDay childcare system for children 0-12 years, with a fair wage-grid for educators, operating funds for quality programs, and accelerated expansion of new spaces.

Please take one minute to [tell the Premier](https://www.10aday.ca/get_to_work?utm_campaign=open_letter&utm_medium=email&utm_source=10aday&splash=1) that you support us as well. See link here:

https://www.10aday.ca/get_to_work?utm_campaign=open_letter&utm_medium=email&utm_source=10aday&splash=1 or right click on "tell the Premier" and choose open link in a new tab.

Childcare is essential infrastructure — as vital to BC's future as health care, affordable housing, K-12, and transportation. Even with a deficit budget there still must be incremental progress on building BC's childcare system, especially knowing the economic benefits generated by more women working.

The women signing this letter join with all \$10aDay supporters to affirm that we cannot stand by as our government walks away from a half-finished childcare system.

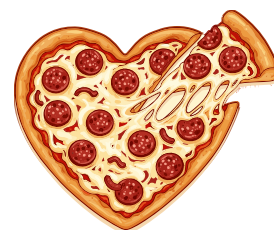
Advocacy Report:

Our January committee meeting was cancelled due to illness. The items on that agenda will be carried forward to the next meeting on **February 10 at 2 pm** at the home of Deb T. Kathy and Diane will update us on Reconciliation progress and lead a discussion on the Cowichan lands ruling, and we will discuss the Richmond Childcare Strategic Plan shared by Chris Duggan at the November meeting and how we could support it.

Our March meeting will be on **March 10** and our guest will be Cheney Creamer, the Executive Director of Urban Bouny.

Save the Date: On **April 13** we will meet for pizza and discussion of proposed National Resolutions at the home of Jean G.

Many thanks to Jean for hosting.





Scholarships and Special Events Committee

Judi Sponarski, Chair



A cheque for \$4200 has been delivered to the Richmond School District to fund the scholarships that CFUW presents to students in June. This covers five scholarships of \$700 each that are awarded to female students each year. As we have ten high schools, we alternate the schools each year with five receiving funds one year and the other five receiving funds the following year. We also fund one scholarship of \$700 for an Indigenous female student who attends school in the Richmond School District.

Country Meadows has issued an unexpected credit for our Christmas Social. This money will be placed in the special events budget to cover extra costs for future events. It has been common practice for a number of years that members of the events committee have covered extra costs out of their own pockets as they tried to keep the price down for members for these events.



Vice President

Mary Lou Miles

CFUW National hosts conferences in person every other year and 2026 is the year! This year's conference is in Montreal in July. Hotel registration is open from January 14 and the conference registration is coming soon. A number of us are planning to attend. I encourage you, if you haven't been to a national conference, here is your chance. Not only will you hear great speakers and meet inspiring women, but you will have a chance for cheaper hotel rates in an amazing city. Let me know if you have any questions. We will have more information in the coming months as to the speakers and additional tours.

The theme of this year's conference is **Moving Forward Together**. Note: LAC is Local Arrangements Committee:

- Monday, July 20: Arrival and registration (recommended if attending a LAC tour/activity on the Tuesday)
- Tuesday, July 21: Arrival and registration / LAC Tours (Morning, Afternoon and Full Day Tours will be available. More information to come soon.) Opening Ceremony and Dinner
- Wednesday, July 22: AGM and Member Led Sessions/Charitable Trust Dinner
- Thursday, July 23: Conference Day - Keynotes, Workshops, and Speaker Panel/LAC Dinner
- Friday, July 24: Policy Session (AM) - Closing ceremony and remarks/Lunch.

<https://www.cfuw.org/annual-general-meeting-2/>

See you there!



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 \$2.00! 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.





Hostess Coordinator
Linda Riesterer

At our January Meeting, a welcoming table of refreshments awaited our members for our social break. We appreciate Susan Larsen as Meeting Hostess, along with Marg Picard and Susan Johnsen who assisted as Co-hostesses, providing assorted tasty treats with an attractive floral arrangement. Also, many thanks to the Setup team of Bev Claassen and Heather Campbell who had the furniture efficiently arranged in excellent time. Well done, ladies!

The assistance of members who volunteer, arrange the furniture, prepare our refreshments and host the social break provides such a beneficial engagement for all to enjoy during the meeting. Grateful thanks to all who have signed up as our schedule is complete to the end of May.

Our February Meeting Team:

Meeting Hosts: Lisa Colby with Co-Hostesses Roberta Mayer and Linda Quan

Setup: De Whalen and Kathy Innes

I will be in touch closer to the meeting date.

** Please remember to bring your own mug to the meetings as we only have eight “spares” for guests.



Membership Committee
Karen Keogh, Chair

I am pleased to welcome Maria Baker to our club! As a result, our membership is now 97 members. We hope to soon see Maria at some of the different activities that our club offers.

The following long-standing members were recognized at the Christmas Social with Recognition of Service Certificates. Years of service were based on the 2024-2025 year.

15 Years of Service: Linda McNab, De Whalen

20 Years of Service: Sylvia Gwozd, Lea Patchell, Gail Pearce

35 Years of Service: Susan Larsen

Silvia Boiceanu, Linda Holden Clode and Nancy Huntington are also recipients of the Recognition of Service awards for 20 years of service. Silvia and Linda will receive their certificate at a future general meeting. As Nancy is taking a year off from the club, her certificate was hand delivered to her.

Jean Garnett and Sarika Frey were also recipients of the Recognition of Service awards for 35 years of service; both were awarded their certificates at the year end social last June.

Thank you to all the recipients for their continued involvement with our club.



Happy February Birthday to:



- | | |
|--------------|----------------|
| 1. Nancy H. | 21. Bev S. |
| 1. Sandy B. | 22. Nancy K. |
| 7. Susan L. | 23. Margery E. |
| 9. Diana L. | 27. Cynthia I. |
| 11. Kathy T. | |

Young at heart. Other parts slightly older.

Plastics-Free Challenge

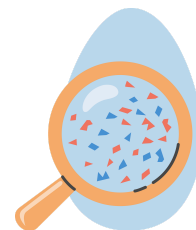
Reducing Exposure to Microplastics in Your Body (Part 1)

A Plastics-Free Christmas Challenge was published in the December issue of the CFUW newsletter. We hope the challenge helped to increase your awareness about how much plastic is in your daily life and your holiday traditions. Did you take any steps to reduce Christmas-related plastic? We have another plastics challenge for you so GET READY. This next challenge is focused on **practical ways to reduce the amount of microplastics in your body by identifying the pathways that allow microplastics to enter the body, and by identifying actions you can take to prevent or reduce them.**

Microplastics are ubiquitous, they are everywhere so it's not possible to totally avoid or eliminate them. Plastics pollution is a very serious problem... instead of worrying about it, enjoy your life while making a few changes to reduce your exposure to microplastics. You don't have to do everything at once, try to make a start with the actions that resonate with you and your family.

Before we start the challenge, here are a few **KEY POINTS** to keep in mind:

1. **Microplastics** are small pieces of plastic that measure less than 5mm (0.2 inch) in at least one dimension.
2. **Nanoplastics** are a subset of microplastics... they are very tiny pieces or particles of plastic that are measured in nanometres.
3. As soon as plastic is created, it begins to degrade. Unfortunately, **fossil fuel-based plastics are not biodegradable... the plastic pieces just get smaller and smaller and more dangerous. As microplastics decrease in size, the chemicals they contain leach out into the surroundings.** All the plastic that has ever been created is still on the planet in one form or another... **it never goes away!** Each year, 450 million tons of new plastic is produced globally; approximately 36% of that is for single-use packaging. **Plastics production is not going away or even slowing, it's increasing rapidly.**
4. There are **over 16,000 different chemical additives used in plastics production** depending on the product characteristics required. Many of those additives are unregulated and hazardous to human health, wildlife, and the environment. 6000 of those chemicals have been studied, of which over 70% were found harmful. The remaining 10,000 chemicals used in plastic production have not been studied yet.
5. As plastic breaks into smaller pieces, **microplastics are released and chemical additives leach out into the surrounding water, soil, and air.** It is from these sources that **microplastics and chemicals find pathways into our bodies through food, water, air, and dermal contact (skin).** Research suggests that we ingest a credit card's worth of plastic (~5 gm) weekly.
6. Microplastics and nanoplastics have been **detected throughout our bodies.** Some of the known adverse impacts on human health from microplastics, and the dangerous chemicals they contain, include: **immune system disruptions, metabolic issues, reproductive issues, pregnancy complications, brain issues, diabetes, obesity, heart disease, cardio vascular disease, renal issues, and some cancers.** Research on the impacts of microplastics on human health is fairly new, and is a rapidly growing area of study. New findings are released frequently.



This challenge was created through the joint efforts of
Ocean Legacy and the Canadian Federation of University Women (CFUW Richmond).



Plastic-Free Food Preparation & Food Shopping

IMPORTANT: When plastic is heated, microplastics and chemicals are released.

1. **Never** heat or reheat food in plastic containers in the microwave. This applies to all food and drinks including, and especially to baby food and plastic baby bottles. “Microwave Safe” refers to the structural integrity of the container when heated, meaning that it won’t melt, warp, spark, or burn in the microwave. It does not mean that the plastic container won’t release microplastics and leach chemicals into your food when heated. Research has found that microwaving plastic containers can release more than 4 million microplastics and 2 billion nanoplastics per every sq cm of the container.
2. **Never** prepare any kind of food in plastic oven roasting bags, or plastic steamer bags for microwave or stove.
3. **Never** put hot food into a plastic container.
4. **Never** store food in plastic containers; instead use glass, metal, bamboo, or ceramic containers, beeswax wraps, or cotton tea towels.
5. **Never** store food in plastic zip bags or pouches. Plastic freezer bags shed microplastics over time.
6. **Choose** stainless steel, carbon steel, cast iron, ceramic, or glass cookware and bakeware because they do not release microplastics during cooking or baking. Avoid non-stick coated cookware (e.g. Teflon™, T-Fal®).
7. **Choose** kitchen utensils made of wood, bamboo, or metal; avoid plastic cooking utensils, especially black coloured utensils due to PFAS release (PFAS are forever chemicals).
8. **Choose** wooden, bamboo, metal, or tempered glass cutting boards; avoid plastic cutting boards.
9. **Choose** small appliances (such as kettles, blenders, toasters, air-fryers) made of plastic-free materials. Use what you have until it breaks or wears out and then upgrade to plastic-free alternatives.
10. **Avoid** microwave popcorn, the inside of the bag is coated with a thin, grease-proof layer of plastic. Instead, think retro and pop corn on the stove top.
11. **Avoid** paper cups with a thin coating of plastic on the inside to prevent leakage. Choose plastic-free cups.
12. **Assume** that most canned foods come in plastic-lined cans. Check the label and research the brand to get more information. The same is true for beverage cartons with plastic linings, research the label and brand.
13. **Avoid** plastic tea bags and paper tea bags sealed with plastic adhesive. Instead, brew loose tea or use plastic-free tea bags from companies such as Yogi, Pukka, Clipper, and Bigalow. Studies show that one nylon plastic tea bag can release 11.6 million microplastics and 3.1 billion nanoplastics into a cup of tea.
14. **Avoid** single-use coffee pods made of plastic. Instead, use recyclable plastic-free pods or buy your own metal pods and fill them with your favorite coffee. Also, avoid using plastic filters in your coffee maker.
15. **Avoid** plastic dishes and cutlery, plastic mixing bowls, plastic measuring cups, plastic serving dishes, and replace kids’ plastic dishes and utensils with wood or metal.
16. **Choose** salts with low or no microplastics. Some salt brands source their salt in clean terrestrial and ocean environments and use effective filtration systems to remove most microplastics. (e.g. Redmond’s Real Salt, Celtic Grey Sea Salt, Maldon Sea Salt, Vera Salt, Ava Jane’s Colima Sea Salt, and Murray River Salt).
17. **Avoid** microplastics in bulk bottled water and tap water. Instead, filter tap water using a simple countertop water filtering system that removes most of microplastics from tap water (e.g. Santevia Water Systems in Delta, BC, santevia.com (filters down to 0.3 microns [0.0003 mm])).
18. **Avoid** processed foods, if possible. Highly-processed foods contain much higher levels of microplastic (e.g. highly-processed chicken nuggets contain 30 times as many microplastics per gram as a chicken breast).
19. **Avoid** buying food packaged, wrapped, or shrink wrapped in any kind of plastic. Instead, shop plastic-free at markets and bulk stores. Bring your own containers or bags for bulk shopping. Any food that comes packaged in plastic will have microplastics shedding off the plastic into the food. Ask your butcher and bakery to wrap your purchases in brown paper instead of plastic bags and plastic wrap.
20. **Avoid** take-out food that comes in plastic containers. Provide your own containers, if possible.
21. **Choose** beverages that come in glass bottles rather than in plastic bottles. Nanoplastics release into the liquid inside plastic drinking bottles, especially if they warm in the sun or are inside a hot vehicle. Research has found that 1 litre of water in a plastic bottle can contain up to 240,000 plastic fragments.
22. Higher levels of microplastics have been found in the following foods: fish and shellfish, rice, salt, sugar, spices, honey, beer, some fruits and vegetables, tofu, bottled water, tap water, tea, coffee, chewing gum, and ultra processed foods.



The Grapevine by Sandy Bichard

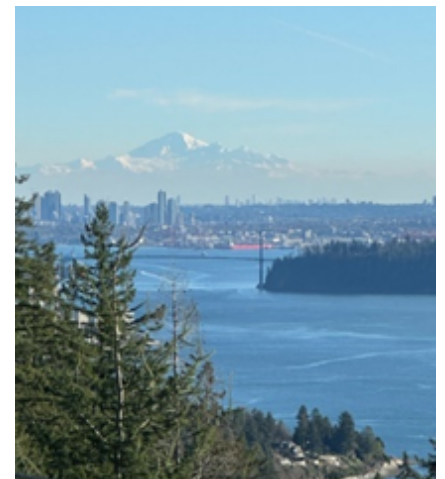


I hope many will continue to participate in the Grapevine. If you have any upcoming events you'd like to share, or would like to comment on any of these topic areas (just a line or two would do – no formal report needed!) please send them to me at sandybichard045@gmail.com.



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

And what a beautiful outing it was! Lunch Bunch bus trip to Yaas Grill, a Persian restaurant on Lonsdale, North Shore, followed by beverages at the Shed, a beautiful scenic spot on Cypress Mountain. Sylvia G shares “the food was tasty, plentiful, and very reasonably priced. Outdoor style eating indoors. Afterwards we went to a beautiful scenic spot on the way to Cypress mountain....”



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



Making tough decisions.....ponder this.....do you agree?

If it's not a clear yes, it's a 'no'.

'Maybe' is just 'no' with anxiety.

'Let me think about it' is 'no' with false hope.

'I'm not sure' is 'no' dressed up as open-mindedness.

If you're trying to talk yourself into it, you already have your answer.

Grapevine continued...



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



"All Her Fault" by Andrea Mara

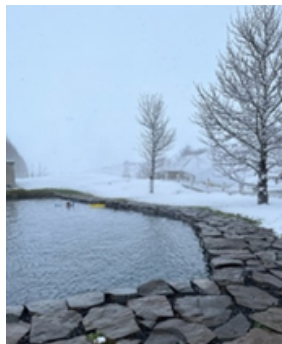
When Marissa Irvine goes to pick up her young son Milo from his first playdate with a boy at his new school, the woman who answers the door has never seen or heard of either Marissa or her son -- beginning every parent's worst nightmare. Great mystery with lots of twists and turns. It's also a series now on some streaming services. (Recommended by Anne Marie K.)



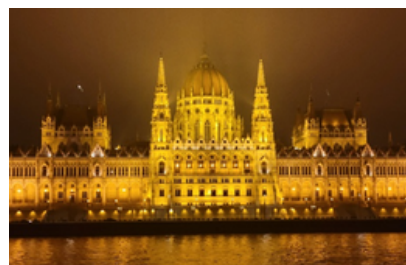
TRAVEL ADVENTURES: Armchair travellers enjoy hearing about others' travel experiences. Please share some highlights of your travel adventures.

Heather C reports: I traveled to Iceland in October - November 2025 for a tour of the Northern Lights and Snaefellnes Peninsula with my husband, Mike and our son, Adam. It was an amazing holiday in many respects. We saw vibrant northern lights on three separate nights. We experienced the 'record breaking snowfall for the month of October' that closed the airport and roads on one snowy day, October 28. Because of the snowfall many tours were cancelled, but not ours. Our small group of 15 went on a tour of the Lava Caves and enjoyed the peaceful serenity of the Secret Lagoon, both of these without competing tour groups. Thanks to Hilmar, our experienced driver and guide (and chef!)

There were many more memorable moments during our two-week holiday, however one memory I would like to share with you is about a film I watched in flight. We flew Icelandair and while watching the documentary *The Day Iceland Stood Still*, I learned that our flight day of October 24 was exactly 50 years to the day when 90% of Icelandic women took the 'day off' from paid jobs, housework and care of their children to honour the United Nations declaration of International Women's Year in 1975. It was a truly inspiring story, including interviews of notable women who spoke of and realised their dreams and transformed their society. When checking online, I didn't find any streaming platforms for the film, however more information is available at <https://www.thedayicelandstoodstill.com/story>.



Mary Lou and Alan took a seven day Christmas Market Cruise on the Danube from Budapest to Munich the first week of December. Highly recommend! You can never have too much gluhwein and bratwurst. Besides the Christmas markets, we toured towns and cities, concerts in Vienna, and the architecture is unbelievable. Be prepared to walk for sure.



Grapevine continued...

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



Have you been to these establishments recently? So much deliciousness to enjoy.



Village Donair, 3804 Moncton, casual eat in, takeout, or delivery. **Village Curry**, 3791 Bayview. Sarika F. shares she recently enjoyed a delicious lamb donair (\$10.99) at Village Donair which is owned by the same people who own Village Curry, another favourite.



Enishi Japanese Kitchen, #140 – 12251 No. 1 Rd
The newly opened restaurant ‘carries the torch of providing a genuine Japanese experience in the village. That is, Japanese-run and Japanese-owned. The name “Enishi” itself means a meaningful or special connection....the head chef...opened Enishi with a friend who is now the manager, and both have previously worked in Steveston.’ The vibe inside is casual with a mix of table seating and spots right at the sushi bar. (Source: noms magazine Guide to Vancouver food www.nomsmagazine.com)



honey glazed ahi tuna tataki salad



grilled pineapple and prawn tacos

Blue Canoe. I hadn’t been in awhile, but I thoroughly enjoyed lunch offerings at the Blue Canoe recently (Sandy B.)



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?

Free puzzle and games library in Steveston looking for donations.



Allison Sam, a Richmond teen, received a Youth Neighborhood Small Grant administered by Richmond Cares, Richmond Gives, for a free community puzzle and games exchange library. Donations can be dropped off at O’Hare’s Gastro Pub & Liquor Store.

(Source: Richmond News article, “Free puzzle, game library in Steveston looking for donations”, by Maria Rantanen, Dec. 26, 2025)



Grapevine continued...



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.

Telehealth

Having access to a regular family physician or nurse practitioner is essential to good health. However, last Saturday afternoon we found ourselves needing a timely medical consultation when I became concerned that my husband might be developing pneumonia. We were unable to see our regular doctor for several days, and we wanted to avoid exposing him to urgent care or the emergency department.

My daughter, a health professional, suggested using a telehealth (virtual care) service and recommended Tia Health <https://tiahealth.com>. "Tia Health offers online appointments with a network of health-care providers, including family doctors, nurse practitioners, specialists, naturopaths, and more." (The site also includes coverage in Ontario and Alberta.)

We found the website easy to navigate, the services were covered under BC Medical, and we were able to book a phone appointment with a Vancouver physician within an hour. By the end of the appointment, a prescription had been faxed directly to our local pharmacy. Telehealth proved to be a helpful additional option for accessing care when in-person visits aren't readily available. (Shared by Sylvia G.)

Community News

Coldest Night of the Year

Hi, Everyone. It's that time of year again when we get out and walk, volunteer and/or donate to the Coldest Night of the Year to raise funds. This year the event will occur on Saturday, February 28.

Walkers can join me and Team CFUW - Richmond Steps Up by registering and donating or encouraging others to donate. We will meet at 8060 No.1 Road in Richmond at Gilmore Park United at 4:30 where you can sign in and find me and rest of the team.

Or if you are unable to walk on that night, but are wanting to donate, then see the link below and look for my Team Page CFUW - Richmond Steps Up.

[Richmond Gilmore Park \(Chimo Community Services\) - CNOY Canada 2026](https://cnoy.org/location/richmondgilmorepark)

<https://cnoy.org/location/richmondgilmorepark>

Our fundraising goal is \$2500.00. Help us reach it. Thank you.

Team Captain, Kathy Moir

A note from Peggy Murdoch:

Language Immersion in Spain

If you're interested in having a fun 8-day volunteer experience in Spain speaking English with Spanish speakers, contact Pueblo Ingles. They have multiple locations in Spain, and are considered one of the best language immersion programs in the world. Not only will you meet people from Spain; you will meet English speakers from around the world.

Contact: Ana Rodriguez, The Volunteer Department
+34 910 889 404

PuebloIngles®

C/ Infanta Mercedes, 90
28020 Madrid, Spain

Open to all native English speakers in the world.

www.volunteerspuebloingles.com

www.thisispuebloingles.com



Interest Group News **February 2026**

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.

Interested in setting up a new interest group? We welcome new interest groups in our club. All a group needs is someone willing to be the leader. Contact me for details.

Book Discussion Groups

Afternoon Book. Leader Claire Smythe clairesmythe@icloud.com. We will meet on Wednesday, February 4 at 1:30 pm at Betty Coles' to discuss The Phoenix Crown by Kate Quinn and Janie Chang.

The Tuesday Murder Club. Leader Linda McNab 604-277-7450, mcnab.linda@gmail.com. We will be meeting at 1:30 pm on Tuesday, February 17 at the home of Fran Mitchell. We will be discussing Susan Juby's novel "Mindful of Murder".

Lit Lovers - Evening Book. Leader Sandy Bichard 604-961-5433, sandybichard045@gmail.com. We will be meeting Wednesday, February 18 at 7:30 pm. Anna Magryta will be hosting. We will be discussing "My Friends" by Fredrik Backman – a book club set Lit Lovers donated to the Richmond Public Library this year.

Fun and Games

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

Euchre. Leader Lisa Delarue-Riffel 604-448-1650 delarif@telus.net. We will be meeting on Thursday, February 12 at 1:30 pm, location TBA.

Mahjong. Co-leaders: Karen Keogh (604-842-5688; karen_keogh@dccnet.com) and Priscilla Bollo (604-290-3364; priscil@telus.net). Our next session will be at 1:30 pm on Friday, Feb 27 at Wisteria Place. Please note that the Mahjong Group now meets on the 4th Friday of the month. **Please note: due to our large group, we will now only take the first 16 players who sign up each month. We will have a waiting list for others who are interested in playing, in case any of the first 16 are no longer able to play.** Please let Karen know if you wish to play.

Food and Conversation

Coffee Group. Leader Penny McFarland 604 275-0232 pemcfarland@gmail.com. The coffee group get together will be Friday, February 6 at 10 am at Kathy Tisdall's; her helper is Linda Riesterer. Please park on Seventh Avenue. All club members are welcome to attend and this is a great place for new members to get to know others. Everyone, please wear your name badge if you have one.

Knitting Group. We will be meeting at 1:30 pm Monday February 2 at the home of Jenny T. If you aren't on the mailing list but would like to come, please contact Jenny.

Dinner Group. Leader Vicky Erickson, erickson4vicky@gmail.com. The Dinner Group will continue to host dinners this month with an Asian/Southeast Asian theme.

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 have a Chinese New Year Celebration at noon on Thursday, February 19 at the Empire Restaurant, London Drugs Plaza. Please let Priscilla know if you plan to attend.

TALK. Leader Jean Garnett 604 277-1130, jeangarnett@shaw.ca. Next Philosophers' Corner will be at Wisteria Place at 10 am February 5. Topic: Canada is at a major crossroads: what now? \$5 drop in; no preregistration necessary. See our programs, including our special event on the future of food at www.kpu.ca/talk.