



cfuw
RICHMOND

Realizing potential. For all women.

www.cfuw-richmond.org

June 2025

President's Message: Christine Marin



As we conclude our 2024-2025 CFUW Richmond year, Sylvia (now Past President) has asked me to relay her deep gratitude for the dedication, hard work, energy and passion of you, our members. You each bring a valuable perspective and participate in your own ways, whether you are on the executive team, join in the projects of the Advocacy group, lead an interest group, attend the monthly meetings, or read our news from home.

On May 26 we held CFUW Richmond's Annual General Meeting to mark the end of the year, which was full of many fun and meaningful activities and events. We welcomed 11 new members this year who are well-suited to our goals of improving education, social justice, community involvement, and fellowship. Please read our Annual Report for details of our incredible year.

This month, three Executive members are completing their terms on our Executive Board: Gale Rocky as past president, Roberta Mayer as Program Coordinator and Anna Magryta for Membership. Thank you for your unwavering support over the past two years. Welcome to our Executive team: Mary-Lou Miles as Vice President, Moreen Takada and Brenda King as co-chairs for Program, and Karen Keogh as Membership chair. To our members who are continuing on the Executive team, taking leadership positions in interest groups, stepping up in non-executive positions, we thank you sincerely. To all of our members, you are the reason we are here – the friendships, connections and relationships developed are what inspire us!

We hope to see many of you on June 2 at Country Meadows, to celebrate the closure of this unforgettable 2024-2025 CFUW year.

Christine Marin

President, CFUW Richmond (2025–2027)

*Thank
you*



Outgoing Vice President
Christine Marin

As we end this 2024-2025 year, I look forward to seeing many of you at our June 2 Social at Country Meadows. I also find myself looking forward to our Open House on September 22, 2025, when we showcase our interest groups. We will hear from Dr. Lenore Newman of the University of the Fraser Valley, an engaging speaker that we met at the Abbotsford BC Council Conference this May. Dr. Newman is doing ground-breaking work in agricultural technology and innovative research on food production. She has interesting and novel ideas on future food security. You won't want to miss this! And you'll want to bring a friend! Thank you in advance for all your solid support and energetic participation next year.

Attached are the slides from Sherry Borsheim's presentation at our May meeting. They include the outline and resources. They will also be available on our website.

Enjoy your summer with friends and family.

CFUW Richmond General Meeting and Open House:



Monday September 22, 2025 at 7:00 pm at Caring Place

Speaker: Dr. Lenore Newman, University of the Fraser Valley

Hostess: Linda R; Co-hostesses: Lisa D-R, Suzanne B; Set up: Anna M, Wendy B



Scholarships and Special Events Committee **Judi Sponarski, Chair**

I am excited to report that we have 55 members attending our Social on Monday. The theme is **An Evening in White**, but there is no need to dress accordingly if you are one of those who does not have white in your wardrobe. This event is all about getting together as many members as possible to enjoy one another's company.

Thank you to Donna Sargent for her generosity in once again providing us with the decorations for our event and making it an even more special evening. Also thank you to our committee members for planning and organizing our Social: Chris Marin, Anna Magryta, Sue Priest, Lisa Colby, Bev Claassen, and Lila May.

Scholarships

CFUW awards 6 scholarships of \$700 each in the Richmond School District.

Thank you to Joyce Alisharan, Jenny Toone, and Kathy Moir for presenting three of these scholarships on our behalf.

Here is a note to Kathy Moir from Navshina Savory at the Richmond School District:

Thank you for being at the Indigenous Achievement Ceremony last night and thank you to CFUW once again for your generous support towards a student scholarship this year. Below is a blurb about Alec's plan for post-secondary that you may want to share with your CFUW community. Thank you again and I wish you a lovely summer and hope to connect again soon.

Navshina

Alec Tiljoe, from Burnett Secondary, plans to use this scholarship to pursue her ambition to study law and advocacy at the University of Victoria.

Your 2025-2026 Executive elected at the AGM:

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: Nancy Huntington
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





Advocacy Committee

Deb Track and Jenny Toone, Co-Chairs



At the May general meeting, the membership voted to support all seven National proposed resolutions. As an example of what feedback clubs provide by suggesting amendments, please see resolution 7 below in its original and amended form. Some of the adopted changes arose from our pizza night discussions. The amended resolution is concise, stronger and clearer. A job well done! Thank you to everyone who participated.

Our final meeting of the year will be on June 10 at 2 pm at Jenny's home. We will assemble welcome bags containing teabags, chocolates and cards made by the Homma school children for the women who will be arriving at Harbour House. Thanks to Chris for organising the cards and to Jean for the tea donation.

Our special guest will be Audrey Hobbs-Johnson National VP Education and BC Council Advocacy chair. We will learn about National Education initiatives and continue the BC Council AGM round table discussions on how Clubs can connect with community partners.

Resolution 7: Housing as a Human Right and Social Good

Original received for review

RESOLVED, That CFUW urge all levels of government to work together to protect and respect the human right to housing within their jurisdictions, by implementing policies and initiatives that increase the affordability and availability of housing, using the maximum all available resources, and giving priority to those in greatest need.

RESOLVED, That CFUW urge all levels of government to allocate public housing funds to new and converted housing units that meet the accessibility criteria outlined in the Accessible Dwellings Standard affordable units, repairing and maintaining existing affordable units and converting housing units so that all meet the criteria outlined in the current Accessible Dwellings Standard and Building Codes.

RESOLVED, That CFUW urge the federal government to adopt measures to address the financialization of housing, such as, but not limited to: a. Continuing to restrict foreign ownership of residential properties. b. Regulating Real Estate Investment Trusts to prioritize long-term housing stability over profit. c. Encouraging public pension funds to invest ethically in housing as a social good.

RESOLVED, That CFUW urge the provincial and territorial governments to protect tenants' rights and preserve the affordability of rental housing by regulating rent increases and rent-victions.

RESOLVED, That CFUW urge municipalities to adopt innovative initiatives increasing affordability and availability of housing in their communities, such as, but not limited to, a. Reducing taxes on property improvements, b. Supporting co-housing arrangements, c. Switching to a Land Value Tax, d. Rezoning, e. Reducing or waiving permit fees for development or property tax exemptions, and f. Applying vacancy taxes.

Resolved Clauses – With Amendments Incorporated

Affirming Housing as a Human Right and Social Good

RESOLVED, That CFUW urge all levels of government to work together to protect and respect the human right to housing within their jurisdictions, by implementing policies and initiatives that increase the affordability and availability of housing, using all available resources, and giving priority to those in greatest need.

RESOLVED, That CFUW urge all levels of government to allocate public housing funds to new affordable units, repairing and maintaining existing affordable units and converting housing units so that all meet the criteria outlined in the current Accessible Dwellings Standard and Building Codes.

CFUW's Action Newsletter, which comes from National Office every Friday, contains relevant information pertaining to CFUW news and events. You are encouraged to stay in the know by signing up here:

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



Hostess Coordinator
Linda Riesterer

On behalf of our members, I would like to extend our appreciation to our volunteers, Hostess Pat A and Co-Hostesses Brenda D and Penny, for the most delicious treats and seasonal floral display at the May Meeting. Many thanks to the efficient team of Carolyn R and Kathy M who arranged the room setup.

As we reflect on the successful meetings held this year, we are reminded of the importance of the collective effort in supporting our social refreshments to enhance our membership connections.

Looking ahead, I am delighted to report many members stepped forward for our upcoming Hostess Schedule when we resume in September. Several spots remain open so, if you missed the meeting, just forward your request. Our next meeting will be the September Open House Meeting on September 22, with Linda R as Meeting Hostess and Co-Hostesses Lisa and Suzanne. Anna M and Wendy B will arrange the meeting setup. Enjoy your summer.

Editor's note: I just realized I put the wrong month's birthdays in the May newsletter! Here is the correction below:

Happy Belated May Birthday to:



5. Pat A.
8. Lila M.
9. Peggy M.
20. Carolyn R.
26. De W.
28. Hermie S.
28. Sue P.
30. Deborah T.

Happy June, July & August Birthday to:

3. Sylvia G.	2. Colleen G.	2. Marilyn M.
3. Karen W.	12. Louise C.	5. Marilyn T.
6. Linda H. C.	13. Zoe-Ann W.	13. Brenda D.
7. Anne Marie K.	20. Vicky E.	14. Chris M.
20. Suzanne B.	21. Trish G.	15. Mary B.
22. Jenny T.	22. Tabitha G.	17. Fran M.
24. Jean A.	23. Judi S.	24. Brenda R.
26. Jean G.	25. Moreen T.	26. Amelia McD.
		26. Lynda P.
		29. Susan J.
		30. Linda C.

A note from Navneet Bhangu, one of our presenters on the Tunnel Project:

Can't believe the last time we met was in February! I am circling back to share information on the Public Comment Period as part of our Environmental Assessment Process and am inviting you to a 60-minute webinar on Tuesday, June 3, 2025, at 12:00 pm. As a reminder, the Ministry of Transportation and Transit is replacing the George Massey Tunnel with a new, eight-lane immersed tube tunnel. Please join us at a webinar to learn more about the Fraser River Tunnel Project and how you can participate in the Environmental Assessment process.

We're inviting you as your perspectives and experiences are key to ensuring our project addresses the unique interests and values that matter most to the communities you serve. Please limit attendees to 2 representatives from your organization.

To join us, register here https://ca01web.zoom.us/webinar/register/WN_j55SA7ATSxGUc93D4Hkohg.

Update on the project's Environmental Assessment Application

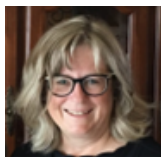
The Environmental Assessment Application identifies potential Project effects and proposed mitigation measures. Participating First Nations, the public, and interested parties have the opportunity to review and provide input on the Application, helping to inform the assessment and ensure community interests are considered. We welcome you to review the Application materials and provide feedback through the Environmental Assessment Office from May 22 until June 23, 2025 <https://engage.eao.gov.bc.ca/FraserTunnel-AR>.

We also encourage you to join us at one of two upcoming open houses:

Wednesday, June 4, 2025 4 to 8 pm in Delta at Cascades Casino Conference Centre; 6005 BC 17A, Delta

Thursday, June 5, 2025 4 to 8 pm in Richmond at John M.S. Lecky UBC Boathouse; 7277 River Road, Richmond

Thank you for your continued interest in the Fraser River Tunnel Project.



The Grapevine by Sandy Richard



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 a picture or two is welcome.



This year's **BC Council AGM and Conference in Abbotsford** on May 2-4 was attended by Jenny T., Pat A., Betty C., Fran M., Susan J., Marg P., Mary Lou M., Diana L., Sylvia G. and Christine M. Inspirational, provocative and fun! (Shared by Chris M.)

A vibrant and hearty laugh-inducing adaptation of Jane Austen's "Pride and Prejudice" at the Gateway Theatre in April. (Enjoyed by Marg P, Jenny T., Fran M., and Sandy B.)



Change in the greater Community, Change in Life

For those of you who have shopped at South Coast Casuals in Ladner over the years, you may be interested to know that the owner of that shop, Jill McKnight has recently been named as a cabinet minister for the newly elected Liberal government. Jill will hold the position of Minister of Veteran Affairs and Associate Minister of National Defense.

Many of you have met this lovely woman over the years as you purchased clothing in her shop. As such, it is interesting to see where Jill's life has taken her. (Shared by Judi S.)

Grapevine continued...



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

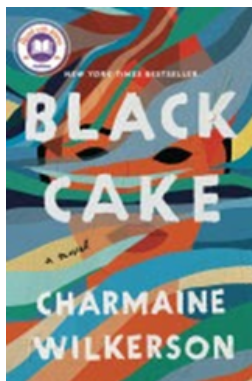


Nonfiction = learning through information

Bookworm = one who reads like their life depends on it

Fiction = learning through imagination

Bookdragon = hoards books like treasure



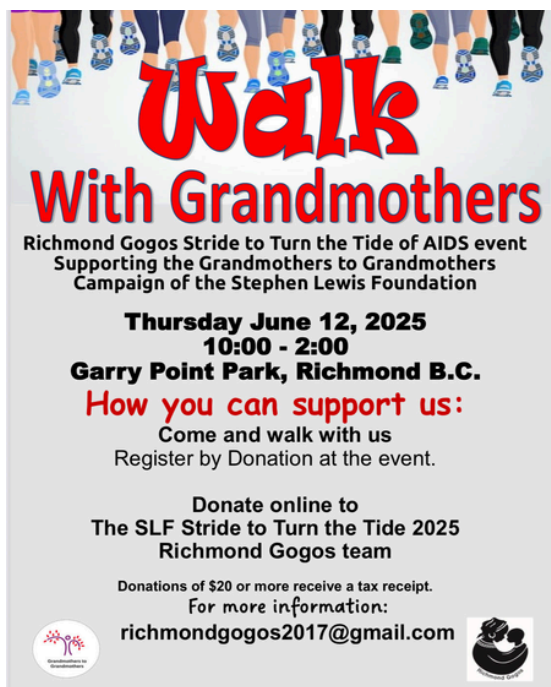
"In present-day California, Eleanor Bennett's death leaves behind a puzzling inheritance for her two children, Byron and Benny: a black cake, made from a family recipe with a long history, and a voice recording. In her message, Eleanor shares a tumultuous story about a headstrong young swimmer who escapes her island home under suspicion of murder. The heartbreaking tale Eleanor unfolds, the secrets she still holds back, and the mystery of a long-lost child challenge everything the siblings thought they knew about their lineage and themselves.

Charmaine Wilkerson's debut novel is a story of how the inheritance of betrayals, secrets, memories, and even names can shape relationships and history. Deeply evocative and beautifully written, *Black Cake* is an extraordinary journey through the life of a family changed forever by the choices of its matriarch."

(Recommended by Diane B. "I loved it.")



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?



Walk With Grandmothers
Richmond Gogos Stride to Turn the Tide of AIDS event
Supporting the Grandmothers to Grandmothers Campaign of the Stephen Lewis Foundation

Thursday June 12, 2025
10:00 - 2:00
Garry Point Park, Richmond B.C.

How you can support us:
Come and walk with us
Register by Donation at the event.

Donate online to
The SLF Stride to Turn the Tide 2025
Richmond Gogos team

Donations of \$20 or more receive a tax receipt.
For more information:
richmondgogos2017@gmail.com

WALK With Grandmothers. Richmond Gogos Stride to turn the tide of Aids. Thursday, June 12, 2025, 10:00 – 2:00 Garry Point Park.
(Supported by Diane S. and Kathy M.)



Fresh, live spot prawn sales have started down on Fisherman's Wharf, the delicious Spot Prawns & Seafood "Dine About" kicks off May 31st, and Spot Prawn Day takes place June 7th (with live music, circus acts, a culinary stage, kids zone, and more).

Details here <https://bit.ly/3B8H4d3>

Steveson Insider What's On Richmond BC Spot Prawns Prawns on the Spot Steveston Spot Prawns Steveston Harbour Authority #SpotPrawns #StevestonVibes

Steveson Spot Prawn & Seafood Celebration



Steveson WINE FEST
CHERRY 2025

Presented by O'Hare's GastroPub & Liquor Store

Saturday, June 21, 2025
7:00pm - 9:30pm
Gulf of Georgia Cannery
Tickets: \$78.75 + Applicable Fees

Partial proceeds support the Richmond Christmas Fund and other local charities.

Tickets are available online at
rcrg.org/SWF



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.

The Healing Rhythm of the Ocean

Ocean waves follow a rhythmic pattern of 12 cycles per minutes – the same as the breathing pattern of a relaxed human. This is why sitting by the ocean instantly puts you into a meditative state without even trying.



Grapevine continued...

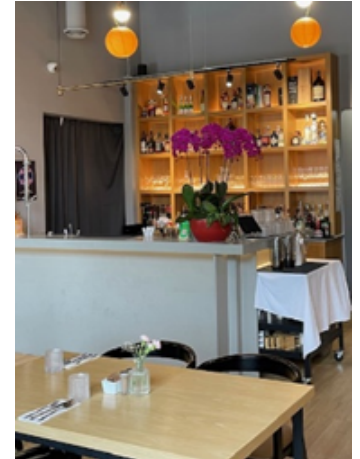


FOODIES FAVOUR: Tell us about your favourite dine in or dine out establishments. Had a great meal lately? Share favourite cookbooks, recipes, wines.

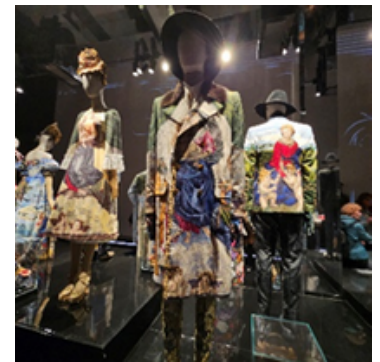


Little Karp Seafood and Bar, #110, 8631 Alexandra Rd. (free parking in lot behind building). Relaxing minimalist décor, contemporary seafood forward dishes. Attentive service – each female guest is given a basket by her seat to hold her purse.

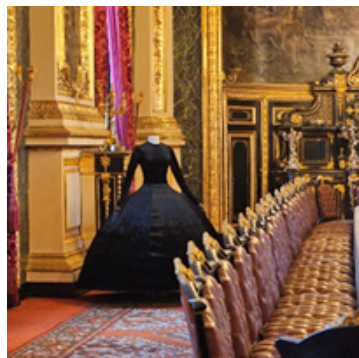
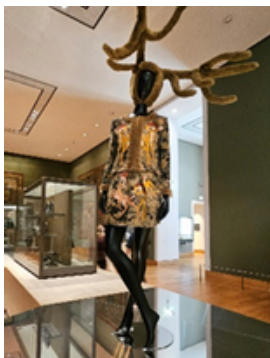
A London Fog and Seafood Mix Benny. (Recommended by Sandy B. I'd definitely go back more than once to try other dishes.)



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



Paris Couture: Two incredible exhibitions. A magnificent exhibition at the Grand Palais by Dolce and Gabana (above) and the first ever Couture Exhibition in the Louvre (below).
Enjoyed by Roberta M.



Grapevine continued...



Highlights of Australia (shared by Suzanne B.)

My husband, David, and I recently returned from a trip to Australia. We cruised around the continent for 28 days and visited most of the major cities, including, Sydney, Hobart, Melbourne, Adelaide, Perth, Broome, Darwin, Cairns, and Brisbane. I particularly enjoyed the flora and fauna of the country, and the time we added on to explore more fully the beautiful cities and surrounding countryside of Sydney and Melbourne. But, the highlight of the trip for me was our visit to Uluru, and Kata Tjuta National Parks - formerly Ayers Rock and the Olgas. These red sandstone monoliths are sacred to Australia's Indigenous population and the area is now administered in partnership with the local indigenous people.

The 3-hour flight from Sydney to Ayers Rock Airport in Yulara (in Australia's Red Centre) gave us a sense of how vast, unpopulated, and arid this great country is. (Australia is the sixth largest country in the world, but only has a population of 25 million people living mostly near the coastlines). Stepping out of the plane into 39 degrees celsius temperature was like stepping into an oven and the landscape was stark and beautiful with more vegetation than we expected. Our three days in Yulara were spent exploring the various sites and learning about the Anangu people and some of their traditions and existence on this land. It was a privilege to visit these sacred areas!

A visit to Japan: what an amazing experience.

One of the most memorable places we visited was Hiroshima. The Industrial Promotion Hall has been preserved to remind us all of the devastation caused by the atomic bomb that fateful day in August 6, 1945.

On a lighter note, we enjoyed visiting several shrines, temples and the ubiquitous fish markets. If the opportunity presents, I wouldn't hesitate to recommend a trip to Japan. (Shared by Lea P.)



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

Duty Free Shopping: "What are the savings...? In the European Union, the standard VAT for the member countries range from 8 to 27 per cent....foreign visitors can apply for a refund at the end of their trip. In general...alcohol, tobacco and cosmetic are...good savings....Will Tariffs affect duty-free prices? ...The duty-free stores could..pass along the higher prices to their customers. Duty-free will probably continue to be a cost savings for consumers....airlines and airports rely on amenities such as duty-free to entice travellers." (Excerpt from "A Guide to Duty-Free Shops, by Andrea Sachs, Vancouver Sun, May 17, 2025.

Grapevine continued...



FEATURE MEMBER These past many months we've had the privilege of getting to know some of our new members who have been showcased at a monthly meeting. To help new members get to know more of our long time members, (emphasis on long time!) we would like to feature some of these amazing members in the Grapevine each month.]



Featuring Kathy Tisdall who joined in 1998

1. What drew you to CFUW? Why did you join? (frankly speaking 😊) .

We had just moved from Toronto to Vancouver with our two sons and knew no one. Through our dog (Benji) we met a family who lived up the street from us who also had a dog. As a result of our dogs getting along, Helen Collinge and her husband became our first friends. She suggested I join the CFUW in Richmond. Funnily enough, at the same time, our Ontario friends suggested it would be a place to meet like minded women and, with these two suggestions coming around the same time, I agreed to give it a try.

What keeps you in the Club?

It was certainly the best thing I could have done as the members were most welcoming which alleviated the homesickness I was facing. Most importantly quite a few members have become great friends. I feel so fortunate to be part of this wonderfully caring and active group of women.

2. Where's your 'happy place'? What makes it your happy place?

I have many happy places. Being with my husband, two sons, daughters in law and three grandchildren can't be beat. Being with my longtime Ontario friends along with their families is right up there along with my new Richmond friends. Tahiti and Hawaii as vacation spots along with cruising in the sunshine and warmth to anywhere is pretty special.

3. **My Mother would have said my best characteristic is** friendliness & optimism **and my worst characteristic is** impatience!

4. **Never have I ever** been to Mount Everest Base Camp **but I'd like to!**

5. **Worst vacation ever!** There's never been a bad vacation.

Best Vacation ever! Being with our entire family in Maui celebrating our 50th Anniversary.



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





Interest Group News June 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. Our final meeting of the year will be on Wednesday, June 4 at Jean's house. We will discuss the novel "A Great Country" by Shilpi Somaya Gowda.

The Tuesday Murder Club. Leader Linda McNab 604-277-7450, mcnab.linda@gmail.com. We will be meeting at 1:30 pm on Tuesday, June 17 at Penny McFarland's home for our annual potluck lunch and planning meeting.

Lit Lovers - Evening Book. Leader Sandy Bichard 604-961-5433, sandybichard045@gmail.com. The Lit Lover's Book Club will be meeting Wednesday, June 18 hosted by Deb Track. The group will be discussing "The Observer" by Marina Endicott.

Fun and Games

Bridge. New Leader Heather Campbell 604-271-5045. The May Bridge gathering was enjoyed by all. It included recognition of Agnes for all she has contributed to the group as coordinator for many years. The bridge group will resume meetings in the fall. We play once a month in our homes in groups of four. A schedule is circulated indicating the hostesses and the members who will play in each group. All levels of play are welcome.

Euchre. Leader Lisa Delarue-Riffel 604-448-1650 delarif@telus.net. We will be meeting on Thursday, June 12 at 1:30 pm, hosted by Linda Riesterer.

Knitting / Crocheting. Leader Brenda Denchfield brlade2015@gmail.com. We will meet at Jenny Toone's home on Thursday, June 5 at 2 pm.

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, June 20 at Louise Corral's. Please let Karen know if you wish to play.

Food and Conversation

Coffee Group. Leader Penny McFarland 604 275-0232 pemcfarland@gmail.com. This month's coffee group get together will be Friday, June 6 at 10 am at Kathy Tisdall's; her co hostess is Brenda Denchfield.

Dinner Group. Leader Vicky Erickson, erickson4vicky@gmail.com. The Dinner Group will conclude this month with Greek food as the theme.

Wednesday Walking. 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). Our last lunch gathering for this "term" will be on June 19 at noon. We will go to Tsujiri Japanese Restaurant, 1535-4777 McLelland Rd., in the shopping center at Garden City and Alderbridge Way (aka Walmart mall). Please let Priscilla know by June 15 if you plan to attend.

TALK. Leader Jean Garnett 604 277-1130, jeangarnett@shaw.ca. Philosophers' Corners and TALK courses have ended for the summer. Watch for news about the fall season late in August. 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.

