



cfuw
RICHMOND

Realizing potential. For all women.



President's Message: Christine Marin

www.cfuw-richmond.org

September 2025

It is with great enthusiasm, humility and gratitude that, as your new president, I welcome you to our 2025-2026 CFUW Year.

My own journey with CFUW has been regrettably short, having joined only 4 years ago, and I look with envy at members who have enjoyed the club for decades – growing, learning, advocating and laughing together, forging relationships that have and will support them – past, present and future. If you are relatively new to the club, I hope you will find ways to connect with other members. Our Interest Groups provide small, informal settings in which to get to know each other ‘intimately’. Our Advocacy Committee provides the opportunity for serious support of women and children both locally and internationally, focusing on the mission of CFUW: to achieve educational and economic equality and social justice for women and girls, through continuous learning and empowerment. It is one of the reasons that I joined the club, and I encourage you to attend the Advocacy meetings, or to participate in any of the many events that they organize and support.

My sincere thank you to this year's Executive members: Vice-President Mary Lou Miles (who was club president 20 years ago!), Past President Sylvia Gwozd, Secretary Carolyn Robertson, Treasurer Diana Leung, Communications chair Sandy Bichard, Membership chair Karen Keogh, Program co-chairs Moreen Takada and Brenda King, Scholarships and Special Projects (social events) chair Judi Sponarski and Advocacy Committee co-chairs Jenny Toone and Deb Track. Jean Garnett creates our vibrant newsletters, calendars, brochures and our invaluable membership directory and is our guide in all things! Thank you, Executive members, for your time and dedication this year.

Our club currently has 91 members, and we are hoping to grow that number this year. Jean will be publishing the new membership directory in October, to include all members who have paid their dues **by Sept. 29**. I cherish this directory as it helps me put names to faces, reminds me of the password for our website, of our interest groups and helps me easily find contact information and addresses!

Our annual fee will be the best **\$165** you'll ever spend! Your fees go towards scholarships, a special funds project, national and provincial dues, insurance, rental for our meeting venue as well as our directory, and support for special events. Your fees will open the doors to our Interest Groups and General Meetings. This year's Interest Groups include the Afternoon Book Club, the Lit Lovers evening Book Club, The Tuesday Murder Book Club, Afternoon Bridge, The Euchre Group, Mah Jong, Friday Morning Coffee, the Lunch Bunch, the Dinner Club, the Walking Group and TALK. At the General Meetings, you can sign up to be a hostess or part of the setup crew – another great opportunity to make new friends. Take a leap into one of the new worlds awaiting you!

This summer I had my first leap into the virtual National AGM, “Women Standing Strong.” The 7 Resolutions: Addressing Period Poverty and Menstrual Inequity in Canada; Expanding Access to Sexual and Reproductive Health Services; Supporting 2SLGBTQ+ Rights; Strengthening the Awareness and Safekeeping of Individuals and Their Animals Experiencing Domestic Violence; Equitable Phase Out of Fossil Fuels; Archiving Select CFUW Adopted Resolutions; and Affirming Housing as a Human Right and Social Good were all adopted.

Charitable Trust recipient Jasper Crockford spoke to us about the links between Alzheimer's disease, menopause and hormone treatment therapy. She is pursuing exciting research towards solving this important puzzle. I also enjoyed the Keynote Speaker Panel, and the extremely engaging 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 do in social media.

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If you have the possibility of doing so, I sincerely encourage you to attend a National or BC Council AGM and Conference. Next year's National AGM will be in Montreal – July 20-24! *J'y serai! C'est une invitation à considérer sérieusement!*

I encourage you to connect with our National team, through the Member's Drive at <https://drive.google.com/drive/folders/1tHzN0kVajjGc18bPaBrNAtbsioo3rkH> or by subscribing to the National Club Action Newsletter, at <https://members.cfuw.org/club-action-newsletter>.

Our first General Meeting on Monday, September 22 will be an Open House. You are encouraged to invite family or friends who might be interested in joining our club. The evening promises to be exciting, sharing our Interest groups, connecting and re-connecting with members, and will include a short business meeting.

We have invited Dr. Lenore Newman from the University of the Fraser Valley to speak about "The agricultural singularity: The surprising future of technology and food". Several of us heard her speak at the BC Council AGM in Abbotsford last spring and decided we absolutely had to have her speak at our Open House. Thankfully she agreed. You will be surprised and delighted, not only by her food-loving message, but by her engaging delivery. If you want to get in the mood, check out her books *Speaking in Cod Tongues: A Canadian Culinary Journey*, *Lost Feast* and *Dinner on Mars*.

As your new president, I welcome you to a year of blossoming friendships, dedicated advocacy and life-long learning! Please reach out to me with any ideas, suggestions or questions. I am looking forward to our year together.

Christine Marin President, CFUW Richmond (2025–2027)

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

Please contact Membership Chair Karen Keogh if you are bringing guests.



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: 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



Our 2025/26 membership directory will be produced in October. Please look carefully at your entry in the current directory and let Jean know ASAP of any changes you would like to make. Please email jeangarnett@shaw.ca.



Program Committee

Brenda King and Moreen Takada, Co-Chairs

We are continuing Roberta's previous practice of having each interest group arrange for a presenter for one of our meetings this year. The following is a list of the interest groups and the month they are responsible for finding a speaker or presentation.

Month	Interest Group
Oct 2025	Mystery Book
Nov 2025	Advocacy
Jan 2026	Euchre
Feb 2026	Walking Group
Mar 2026	Lunch Bunch
Apr 2026	Dinner Group
May 2026	Morning Coffee

Interest group Leaders were emailed in June. Please contact both Moreen Takada and Brenda King, the Program Co-Chairs, if you need any assistance or have already chosen a speaker. This will allow us to announce the upcoming program at a general meeting and in the monthly newsletter. Thank you to those interest groups who have already secured speakers.

We had some great speakers/presentations last year and look forward to more of the same this year!

Brenda King (branda31@gmail.com) (604 657 2498)
 Moreen Takada (mtakada2507@gmail.com) (604 868 3793)

Happy September Birthday to:



1. Wendy B.
3. Linda R.
5. Lea P.
14. Donalda B.
30. Amy Y.



Membership Committee

Karen Keogh, Chair

With the addition of 11 new members, we ended the 2024-2025 year with 91 members. We hope to continue to attract new members and we can start by inviting family members, friends and colleagues who may be interested in joining our club to our Open House on September 22.

To help prepare for the Open House, we would like to have an idea of how many guests will be in attendance at the Open House. If you are bringing guests, please let me know at karen_keogh@dccnet.com by Friday, September 19, the number of guests that will be attending with you.

Our membership fee remains at \$165. An e-transfer of \$165 can be made to richmondcfuw@gmail.com (Subject Line - Your Name and Membership Dues) or a cheque can be made out to CFUW Richmond and brought to the General Meeting/Open House on September 22. If paying by cheque and you are not attending on the 22nd, you can give it to a friend to bring to the meeting or you can mail your cheque to Diana Leung at #1208 - 8811 Lansdowne Rd. Richmond, BC, V6X 3T4. Payment made by September 29 ensures that you will be included in the Membership Directory.

I will be taking orders for anyone without a name badge at the General Meeting/Open House. The cost remains at \$9.00. Payment can be made by cash or a cheque.

Please let Jean know if any changes need to be made to your Member's Profile in the Membership Directory.



Advocacy Committee

Deb Track and Jenny Toone, Co-Chairs

Several of our members attended the Harbour House Open House in May and residents have now moved in. This is a project co-sponsored by the City of Richmond (land), BC Housing (funding), and Turning Point Society (operating). Residents are women and children who are experiencing or have experienced domestic violence. They may also be in recovery from substance abuse. They can stay at Harbour House for up to 18 months.

At our June meeting, we prepared a small gift bag for each woman and included CFUW cards and cards made by Homma school students. Thanks to Chris Marin for organizing the welcome gifts.

We are awaiting details of volunteer opportunities for their various planned programs.

Our next committee meeting will be on **Wednesday September 10**, 2 pm at the home of Fran M. Please RSVP to Fran to arrange suitable seating. Please note this is a day later than our usual Tuesday meeting due to a conflict with a charity golf event.



Hostess Coordinator

Linda Riesterer

We are excited to welcome our returning members and invited guests to our September Open House. Our meeting volunteers are Lisa DR and Suzanne B as Co-Hostesses with me as Meeting Hostess. Wendy B and Anna M will arrange the Open House room setup.

Of course, our usual delicious platters of goodies are always a welcomed bonus. Please remember to bring your own mug to the meeting (and one for any guests you are bringing.) Bring your calendars as I will circulate the Hostess Sign Up to request volunteers for the upcoming year.

As Hostess Coordinator I will connect in advance with detailed instructions, room layouts and to answer any questions prior to the meeting. See you on September 22!



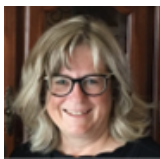
Book Sale Fundraiser

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. 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.





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.

June Social – An Evening in White at Country Meadows



The Party Planners - What a Crew!



15+ Years Service Certificates



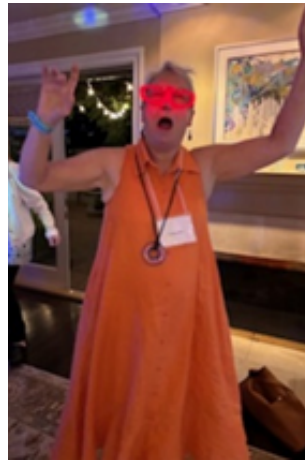
The ties that bind take many forms in this Club!



Grapevine continued...

Family Celebrations

Engagement Party with nuptials to take place in October in Olivetti, California.



Kathy M., the Mother of the Bride, honing her dance moves.



Celebrating our new, hat wearing, President's Birthday



Back Row: Joyce A., Diane S., Gale R.
Middle Row: Carolyn R., Chris M.
Front Row: Fran M., Kathy M., Deb T.

Sad News. Some of you may remember **Joan MacLean** who joined CFUW in September of 2018. Although health issues only allowed her to spend two years in the club, she really treasured the time that she spent with many of the members. Sadly, she passed away on May 20, 2025 at the age of 81 years in Vancouver. Joan was a secondary school teacher and a social worker in Ontario, a social services administrator in Montreal, a lecturer in the business schools of Mexico and Simon Fraser Universities and a professor of business at Kwantlen Polytechnic University. Her students described her as an exemplary educator with much to give. Shared by Judi S



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



Lady Tan's Circle of Women by Lisa See

This is a powerful historical novel set in the 15th century during the era in the Ming Dynasty in China. It is based on a true story of women supporting and helping each other and illustrates the power of female friendships. We learn about a grandmother helping her granddaughter to break free of tradition within an arranged marriage and to lead an educated life of value. In this story we are educated about the pillars of Chinese medicine, the history of foot-binding and the relationship between doctor and midwife in those times. It immerses us in the beauty and challenges of a close relationship mired in class and outside influences and how the two women navigate their individual journeys.

I highly recommend this book and I hope you enjoy it. (Shared by Linda C.)



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?



London Farm Country Fest Fun for the entire family!

Culture Days: Arts, Culture, and Community
Culture Days highlights the talents of artists, cultural producers, dancers, designers, makers, musicians, performers, photographers, writers, and others who open their creative spaces to the public or present free, participatory activities and experiences. Visit www.richmond.ca or text for events and activities throughout Richmond and Steveston, September 19 through October 12



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

BC Ferries Tsawwassen to Schwartz Bay. On your next ferry sailing, check out the Seawest Lounge, 'the quiet lounge', Deck 6, at the stern. Entry fee is \$14 which includes complimentary tea, coffee, juices, pastries, cheese and crackers, fruit, and current newspapers and magazines. Cell phone calls are not permitted, conversations to be spoken quietly, the seating area is spacious, and the individual seats comfortable. Well worth the entry fee, especially if traveling on a day when seniors travel for free. (Highly recommended by Sandy B. who doesn't like sitting anywhere near high school sports teams, non-stop talkers, loud cell phone callers, or the children's play areas.)



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



In July, Peter and I travelled to France to celebrate our son Daniel's wedding to his long-time love Danielle. They married in Annecy, France, a place that had special significance for them. They were joined by many overseas friends and close family. Prior to the wedding we took a one-week river cruise with Croisi Cruises up the Rhone River from Lyon. I would recommend this river cruise for those who are interested. The wonderful chef was French, as was the wine. Not too many English speakers on board, but that did not seem to be a problem. (Shared by Vicky E.)



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.



On the August long weekend, I had the pleasure of having lunch at Miku, a Japanese restaurant in downtown Vancouver with my son and daughter-in-law. It has fantastic food, beautifully presented, and excellent views. I love almost any Japanese food, but my daughter-in-law is from Japan and is very choosy. She highly recommends the restaurant. She also suggested that we drink Sapporo beer and I listened to her. My son, who is definitely his own man, got a mimosa. We teased him about his "girlie drink" but he didn't care. Actually, it was the best mimosa I have ever tasted, nothing like the ones offered at brunch buffets a few years back.

They have a large menu and helpful servers will patiently explain it to you. We each had various combos, mine came with an adorable little dessert. The roasted brussels sprouts were a shared appetizer. You should expect to pay a bit more than usual if you go to Miku, but it's well worth it. (Enjoyed by Wendy B.)



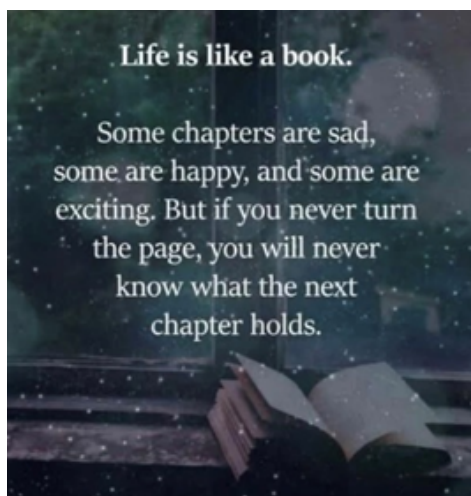
Life Hacks 101: Humorous or serious tips and tricks on any topic: health and wellness, sports, technology, photography, household, gardening, automotive; best or worst advice ever received or given; or anything else that you've learned along the way that helps ease life's big and small challenges.

Ponder this...why??

- Why do we drive parkways and park on driveways?
- Why do people say 'heads up' when you should actually duck?
- Why do 'fat chance' and 'slim chance' mean the same?
- Why do we press harder on a remote control when we know the batteries are getting weak?



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





Interest Group News **September 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 first meeting after the summer will be on Wednesday, September 3 at 1:30 pm at Pat Atkinson's home.

The Tuesday Murder Club. Leader Linda McNab 604-277-7450, mcnab.linda@gmail.com. We will be meeting at 1:30 pm on Tuesday, September 16 at Suzanne Barclay's home. We will be discussing mysteries and crime novels that members read over the summer.

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. Suzanne Barclay will be hosting the first meeting of the 'new year' on September 17 at 7:30 pm. Members will be sharing recommendations for book(s) they have read over the summer break.

Fun and Games

Bridge. New Leader Heather Campbell 604-271-5045. Contact Heather for information about the plans for the month of September. 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, September 11 at 1:30 pm, hosted by Linda Riesterer.

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, September 19 in the Family Room at Wisteria Place. Please let Karen know if you wish to play.

Food and Conversation

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

Dinner Group. Leader Vicky Erickson, erickson4vicky@gmail.com. The Dinner Group will be making plans for the new season. Stay tuned!

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). Plans are afoot for new dining locales. Contact Priscilla if you're new to the group and interested.

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. Registration opens Sept. 8. Check out the free special event Sept 29: AI & ChatGPT for Seniors at White Rock Community Centre. Get a carpool going! First Philosophers' Corner will be October 2: How do we define freedom? 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.

SEPTEMBER