

2025



cfuw NORTH
VANCOUVER

December Newsletter

Christmas Party

Thursday December 11th

All are invited to join this annual festive chat and chew of savouries and sweets plus a **consumable silent auction** for our donation to CFUW, GWI & conference fund. Be festive in your dress or as Christmassy as you can – scarf, sweater, hat, pin, or a necklace!

All are asked to bring a finger food this year. Thanks to those who signed up at our meeting and so far we have 9 sweets, but we need more savoury items.

As per usual, **bring your own mug and plate.** Please bring cash/cheque for purchases but also cash for a donated gift basket and 25/25/50 draw. We will start setting out our food offerings and items for the silent auction about **7:00.**

Consumables are things that are eaten, used, or worn or drunk or ???use your imagination. We all have enough 'things' but sometimes there are delightful items we can't resist. Baking such as tarts, cakes, squares, cookies, also candy, fudge, nuts etc, pickles, relishes, jams, and useful knitting, sewing items. Christmas themed items may also be popular. We will play games, sing, visit, laugh, eat and drink.



From President Fiona

The holidays are fast approaching!! I have to admit that I love this time of year and can't wait to go and choose our tree and decorate it and the house. Even though it is the darkest time of the year, I find that the warmth of the lights, traditions and sharing with friends makes it all seem very cozy.

I'm looking forward to our Christmas party on Thursday, December 11th. It will be a great opportunity to visit, celebrate the season and support our Community Outreach Project, Harvest Project and our Silent Auction Fundraiser!



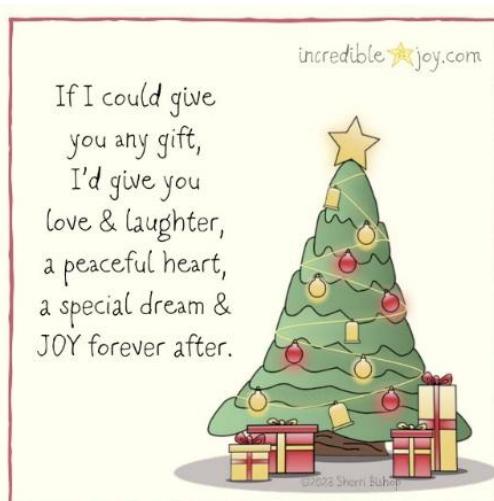
I attended a meeting of the CFUW BC West Presidents at Hycroft on October 29th. The meeting was organized by our BC West Regional Director, Eleanor Scarth, to coincide with the visit of our national VP Membership, Anne Cordon, to Vancouver. Also in attendance was our own Audrey Hobbs Johnson wearing her CFUW national VP Education hat. It was a great opportunity to meet with the other presidents face-to-face instead of our usual Zoom meetings. I am always inspired by the work done by other clubs and I come back with ideas to share with our Executive. I am also proud to be able to share our club activities with the other presidents! We are an amazing group!



ADVOCACY

In collaboration with CFUW West Van, our Advocacy Standing Committee is developing a **Community Forum** that we're planning for late April/early May 2026 that will be held outside our regular meeting time and that will be open to the public. The goal is to provide an educational opportunity for both our members and the public and also, to raise our profile in the community.

The topic will be related to "**Agging in Place**" and the specifics will be announced when we have more details.



I am continuing to work on the VAWIR Housing Project and presented the project to CFUW's national Gender Based Violence workshop on November 14th via Zoom.

The Cap U students will be presenting their final projects to the VAWIR project subcommittee on November 26th via Zoom. I am looking forward to hearing their contributions to the project which will help to move this work forward.

Walk to Remember

Friday, December 5th, CFUW NV was part of the commemoration of the **National Day of Remembrance and Action on Violence Against Women**. The march was held down St Georges to the Remembrance pole next to the RCMP on East 14th.

Fiona spoke well and CFUW NV participants enjoyed lunch together at the 80's.

[pictures from last year]



CFUW Christmas Charitable Donations

After a vote by the membership, Harvest Project was selected as our Christmas Community Outreach Project for 2025. They will be our February speaker too.

Harvest Project is a community-based urban relief organization and registered Canadian charity. Since 1993, Harvest Project has been reaching out to those who are experiencing the challenges of family trauma, illness, job loss, and the threat of poverty. We connect with hundreds of people each month – as we provide one-to-one client-coaching and active-listening, a rent bank, a grocery-support program, clothing supports, assistance for workforce re-entry, food-recovery and redistribution, and our retail

Clothes for Change Thrift Boutique. Harvest Project is supported by volunteers and donors from every corner of the North Shore and from across Metro-Vancouver and beyond.



Harvest Project serves the North Shore, 'extending a hand up' to those in need. We provide assistance to residents from Deep Cove in the east to Horseshoe Bay in the west. Our vision is to enlarge our work as a compassionate presence for North Shore residents, by North Shore residents. We're working to help the North Shore become the most inclusive, healthy and diverse community in Canada. We aim to collaborate with the other excellent services and not-for-profit agencies operating in our community.

Wendy Mickelson has kindly offered to coordinate this project. She will be receiving donations at the Christmas Party at the Legion on Thursday, **December 11th or you can make arrangements to drop off at her house or at one of our walks.**

There are two ways to support this effort: Donate some of the "**Most Needed Items**":
Canned fruit or fruit cups, jams or spreads [no PB] cookies, crackers, 1 lb coffee, flour, sugar, salt, pepper [1-2 lb packs] oil, vinegar [500 ml] soup broth/bouillon, pasta sauces, rice [1 lb bag], dish soap, laundry soap, dishwasher soap

Personal items: Shampoo, conditioner, toilet paper, feminine hygiene products

OR

Cash donations. Any donation directly to them over \$20 is eligible for a tax receipt. You can give Wendy a cheque made out to Harvest Project or you can donate directly on their website to the agency. IF YOU Choose to make a direct donation, **PLEASE LET WENDY KNOW SO THAT WE CAN CALCULATE OUR COLLECTIVE IMPACT** in this campaign.



PROGRAMS



OCTOBER Review **David Hunter**

Our October speaker commenced his interesting presentation with a historical perspective of climate change. Dave informed us that we are currently experiencing our Third Industrial Revolution. The First started in Britain during the mid 18th to 19th century (coal and the steam engine). The Second occurred during the mid 19th to early 20th century (oil, new technological advancements). The Third Industrial Revolution began in the 1950s (the electronics industry).

Dave also spoke of the many women who have been, and the many who continue to be, committed to climate advocacy. For example; Rachel Carson's book 'Silent Spring' (1962) spurred the creation of the USA Environmental Protection Act.

Currently, there are a number of women from our own North Shore who are committed to climate advocacy. One such young woman, Lily YangLiu, is a Grade 11 student from Mulgrave School in West Vancouver! This year, Lily was a recipient of the Top 25 Women of Influence Award, in part, "... for driving impactful change in both local and global conversations on climate actions". Congratulations Lily!

Our speaker's presentation concluded with reasons for optimism. The links that he shared during his talk focuses on environmental groups that individuals can join. Dave has very generously sent me a copy of these links, in addition to a PDF which includes the slides he used during his presentation. You should have received a copy of his slides. As one of Dave's slides cautioned, ... "**We should not go**

back to normal, because normal was the problem”!

Hopefully, some of us will feel compelled to accept the calling to help with this existential threat!

Marie Brazier, Program Chair

NOVEMBER SPEAKER

In November our members and guests were treated to an informative and interesting presentation by B.C. Seniors Advocate Dan Levitt. He talked about the role the Seniors Advocate Office takes in monitoring senior services in B.C. and in advocating for changes. They are pushing for a United Nations plan to recognize the rights of Seniors. He said if this is adopted the province will have to make changes to improve the lives of seniors.

Some issues they are advocating for also include: providing free Shingles vaccine shots to seniors, improving transportation such as better Handy Dart service and Taxi vouchers, increasing seniors subsidized housing, implementation of a provincial dementia plan, investigating complaints about rising costs of private independent living.

Mr. Levitt’s talk included facts and figures about seniors and how ageism affects people over 65. He is an energetic speaker and was well received by our members and almost 30 guests. **Pat Beaton**



We received a lovely letter from Dan Levitt after his talk with us: Thank you once again for the warm welcome and the opportunity to speak at the CFUW North Vancouver Meeting on November 20th. It was a pleasure to engage with your audience and to be part of the meaningful conversations taking place within your community.

In my role as BC Seniors Advocate, I am committed to listening, learning and amplifying the voices and experiences of older adults across the province. If any issues or themes emerged during the event or if there are ongoing concerns affecting seniors in your community, I encourage you to share them with our office by emailing info@seniorsadvocatebc.ca. Your insights are vital in helping us identify systemic issues, address challenges and advocate for lasting change.

To stay connected with the work of the Office of the Seniors Advocate, I invite you to [subscribe to our email updates](#) and follow us on [Facebook](#) or [X](#). You can also explore our recent reports and initiatives on our [website](#).

Thank you once again for your hospitality and for the opportunity to be part of your event.

Dan Levitt, BC Seniors Advocate

January Program on Zoom Protect Yourself: Scams & Frauds

One of the local Community Service **RCMP** will make a presentation to us regarding the **scams and fraudulent tactics** that we are being faced with these days. Details and poster to invite interested friends will be sent out in early January.

INTEREST GROUPS



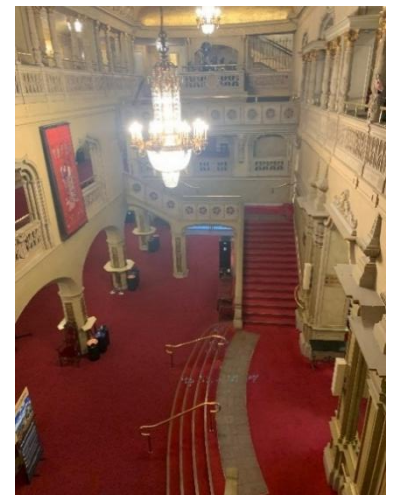
Community Issues Pat Beaton

The North Vancouver/West Vancouver Community Issues Interest Group has had three very informative meetings this fall. **Eleanor Scarth** hosted our September meeting where we discussed the latest CFUW resolutions. In October **Jennifer Petersen**, Executive Director of Fire and Flower (and Margaret Harrington's daughter) shared information about this organization which is a grassroots group which offers empowerment programs for pre-teen girls and gender-diverse youth. Margaret organised the meeting which was held at the home of Donna Davies.

In October Wendy Mickelson and Pat Beaton hosted a meeting with **Canadian Mental Health Association** speakers Chloei Andres and Sam Wilson. They presented a power point, followed up by a lively discussion, about their services and programs on the North Shore. Among their services is the CRCL program where a mobile unit of two staff members, who have 100 hours of training, will visit people experiencing a mental health crisis. **STEPS** is a youth program which uses nature and recreation to support youth 13 to 29 years of age. The goal is to develop healthy habits and reduce symptoms of anxiety and depression. Other programs include outreach services which help people who have housing needs, and or need support developing life skills. This is an excellent community resource, and their office is located at 312-2030 Marine Drive in NV.

Meander and Munch Wendy Mickelson [and photos]

On Oct. 18, several members toured the Orpheum theatre. Did you know? The Orpheum was built in 1927, in less than one year. This was possible because many of the materials were available right down the street. It has been used as a vaudeville house, a movie palace and a concert hall. It was threatened with demolition in the 70's, but a huge public outcry led to its restoration into a permanent concert hall and home of the Vancouver symphony.





The tour took us right through the theatre from its Granville St. entrance to the very top of the theatre, above the dome. The guide had many fascinating stories. I would highly recommend this tour for yourself or visitors, available through Vancouver civic theatres on certain days for only \$11.

Walking Group Heather Maxwell

[photos by Fiona]

On October 21st, some of our Walking Group members went out to Abbotsford for an adventure! We met our friend Marcia Foreman, at Lepp Farm Market, who led our day, with Abbotsford CFUW members.

After enjoying a little shopping at this special Market, we carpoled for about a 5-minute drive to Willband, off of Highway 11, in the soggy Wetlands of Abbotsford. Located on the Sumas Flats, there are 2.5 km of flat, gravel trails which are built around storm water detention ponds. and is popular with Migratory birds. On our walk, we had informative talks from Sheila, an Abby member, and saw a Bald Eagle, housing for Bats, Owls and Osprey, as well as many Cackling Geese above with their chatter, and other birds. A great spot for Fraser Valley Birding- 135 different species have been noted.



From there, Marcia led our group to **Local Harvest**, who is in partnership with the Fairmont Vancouver Hotel. Their fresh produce is like no other! Beets the size of cantaloupes, celery about 2 feet long, large purple winter radishes, and a bakery to 'die for', as well as Anita Mills organic food products and others. Our carts were filled, and our fridges were saying, 'are you kidding me?' From there we went to **Farmhouse Brewing** on Lickman Rd., in Chilliwack. Amazing food- a favourite salad was Candied Pecan and Paneer, and specialty pizzas like King Prawn, and Autumn Harvest, with a local Cider were enjoyed! Casual and relaxing! Wow!! From there we headed to the Great Heron Reserve, and visited the Interpretive Centre and exquisite gift shop!

An absolutely wonderful day! The weather was perfect, we met new Abby members, and I know Marcia said, they all loved hosting us, meeting and chatting with us all. So great to have a sister club! Thank you to all that came. Soooo fun!



Ian and I were pleased to host my annual Christmas lunch at our home for the walkers on the first Tuesday in December.

You are all so kind, wonderful and amazing!!



Creative Memoir



Our group is sad to report the loss of our 98-year-old hostess at Seastrand in WV for this joint interest group. *Joey Taylor* passed away suddenly at the end of November. We will miss her indomitable spirit, her enjoyment of writing, her huge appetite for learning and improving her writing and her humour. She was *Tumbleweed* in our Seastrand Story Blog.

Persons' Day at Hycroft

Several CFUW North Vancouver members attended the event at Hycroft on October 15th, marking **Persons' Day**. This day marks the day in 1929 when the historic decision to include women in the legal definition of "person" was handed down by the Privy Council (our highest court of appeal at the time). This gave some women the right to be appointed to the Senate of Canada, paving the way for increased participation of women in public and political life.

Independent Senator from Manitoba, **Marilou McPhedran**, spoke about the importance of this decision and reflected on her experience as a woman in politics. She also commented on how CFUW is a respected organization and advocate for women.

Also, newly elected President of GWI, **Pat Patton** (CFUW member), was at the event and spoke about the strong connections between CFUW and GWI, with several CFUW members elected to the GWI Board in September 2025.

Thanks for inviting us, Bev Wong!!



Fiona Morrell Lhotka



CFUW has been a strong advocate for the \$10/day daycare program. This is a letter from Sharon Gregson urging our continued support for the program.

I'm writing to share an important op-ed that has been published. I co-authored it with Geoff Meggs, who was the Chief of Staff to Premier John Horgan. Together, we lay out a clear and urgent case for why British Columbia must move decisively to deliver the \$10aDay child care system families were promised.

Despite some early progress, too many parents still face child care fees of up to \$95 a day, years long waitlists, and extra fees, while programs struggle to attract and retain qualified educators

Affordable child care has already added \$5.8 billion to B.C.'s GDP. It has enabled 33,000 more parents — mostly mothers — to participate in the workforce. It is one of the smartest economic investments a government can make. The public overwhelmingly supports \$10aDay. What we need now is the political will to deliver on what was promised and ensure every family that chooses child care has access to high-quality, \$10aDay programs.

- Read the full op-ed here
- Tell Premier Eby you support quality \$10aDay child care

Thank you, as always, for your support and for continuing to advocate alongside us. Families and educators in every community across B.C. deserve a child care system that truly works — and together, we can keep pushing to make it a reality. Warmly, **Sharon Gregson**

On behalf of the communications committee: *Pat, Leanne & Audrey*

Seasons Greetings, Merry Christmas and a Happy New Year!

