

June
2025



Friendship...Education ...Action

LEADERSHIP



Our new club banner, partially funded by a CFUW National Grant. Makes us more visible for our events.

Our Club year 2024-25 is over. I would like to thank all of you for the support that you have given your Executive this year. The Executive works hard to try and provide the members with a fun and enriching experience. Personally, I would also like to thank all of you for your support of me as your President-in-training and for the confidence in me to continue into 2025-26.

Following the AGM in May, your Executive for 2025-26 is:

- President: Fiona Morrell Lhotka · Secretary: Linda Lehr
- Treasurer: Leanne Roy · Membership: Audrey Hobbs Johnson
- Programs: Marie Brazier · Awards: Linda Watson
- Advocacy: Fiona Morrell Lhotka · Member at Large: Pat Beaton
- Communications: Pat Beaton, Audrey Hobbs Johnson, Leanne Roy

You will probably notice that not all the positions have been filled. **Social and Fundraising** Chair positions are still vacant, so if anyone would like to step forward to fill these positions, please let me know. Even if you don't want to lead a committee, you can participate by helping with some of the functions. For example, the Social Committee organizes coffee, tea and treats for our meetings. It would be very helpful if someone would at least agree to take on organizing the beverages, so that we can continue to enjoy a cuppa at the meetings. It's a role that doesn't take up much time but is VERY MUCH appreciated by many!!

This is also a good time of year to reflect on what worked and what didn't this past year. I appreciate input from any member. The Executive will be meeting on June 19th to review

the past year and plan for next, so any input would be particularly helpful prior to that meeting. Ideas on potential speakers or activities are always welcome.

Thanks for a great 2024-25! *Fiona*



Annual Reports Reminder

Members of the executive and the Chairs of the Interest Groups are reminded that their Annual Reports need to be in **to Linda Lehr by the end of June**. Linda says it would be great to have some pictures along with the written reports.

ADVOCACY

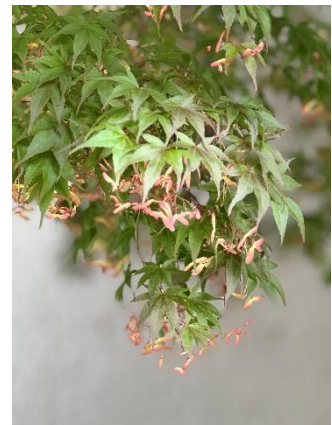
The disastrous fire at the Silverlynn Apartments on 27th Street in North Vancouver has raised the concerns of members of CFUW, North Vancouver. A fire in 2022 displaced many of the tenants there and after considerable work by BC Housing some of the residents were preparing to return to their homes when the second fire hit on May 10th.

We first became aware of the unsafe and unsanitary conditions at the Silverlynn in 2022 before the first fire occurred. We contacted BC Housing then about our concerns, and met with MLA Susie Chant to discuss the property which is a low-income apartment complex. The Community Issues interest group has asked the Advocacy Committee to take further steps to inform municipal and provincial officials of our present and ongoing concerns about the complex. – Pat Beaton

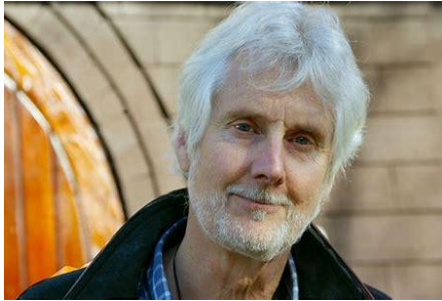
FUNDRAISING

Huge **thank you to all** who bought tickets and brought friends who bought tickets to our Deep Cove Theatre production, "Songs for a New World". We didn't sell out but were able to raise over **\$1300** for our ETF, which will help us to increase our BCIT endowment to match our others.

NOTE: The **Awards Committee** just sent off cheques from our ETF fund from 2024-5 donations & fundraising: \$2000 to top up our Legacy Award at Capilano U and \$3000 for our bursary at BCIT.



PROGRAM



On **Thursday, June 5th**, we will be having our **June dinner** at the **West Vancouver Yacht Club**. Well-known author, artist and educator Michael Kluchner, will be our speaker.

"Michael is a well-known author, artist and educator. He has written many best-selling books, including

'Vanishing Vancouver'. Michael's books contain interesting text, complemented by his own watercolours. In his latest book, 'Surviving Vancouver', he discusses the many changes that we are currently experiencing, such as multiple construction sites, etc. He will be able to offer a small selection of his books as potential sale items."

Marie Brazier

Program

The evening starts with drinks at **5 pm** and dinner will be served at 6pm. We are looking forward to seeing everyone at this special event.



MEMBERSHIP

There is no change in membership fees again this year, nor in our national dues. **\$140 for full membership, \$40 dual.** Our constitution review made some changes which include a cut off time of July 15th for renewals, in order to have our membership book ready in September. Renewal forms will be out before the June dinner. Cheques will be accepted at the dinner or via mail. No postdated cheques please.

CFUW business cards have been distributed to members to hand out to interested members of the public. If you would like to have a few cards contact Fiona Morrell Lhotka.

INTEREST GROUPS

Meander and Munch

The Meander and Munch Interest Group is planning an outing to Fort Langley on June 13th. We will visit the Fort, do some shopping and have lunch. If you are interested in going to Fort Langley contact Wendy Mickelson by June 6th. Also please let her know if you need a ride or if you can drive.



COMMUNITY ISSUES

The Community Issues group has been very active this year. At our last meeting we discussed the book **"21 Things You May Not Know About the Indian Act"**. We also distributed the questionnaire **"How to plan for your own aging"**. Another issue we are deeply concerned about is the situation at the low-income housing complex, Silverlynn Apartments, in North Vancouver, which just suffered its second fire in three years. The group has asked the Advocacy Committee and the Executive to approve a letter to be sent to the Mayor and Council of the District of North Vancouver and to MLA Susie Chant expressing our concerns.

BOOK CLUB



The book club has had a great year under the impeccable leadership of Marie Brazier. Thank you to Marie for all your hard work! Our last meeting of the year is scheduled for June 24th and we will be discussing Richard Wagamese's novel "Starlight". Marie is looking for book suggestions for next year and for members to lead the discussions.

HAPPY HOUR with FRIENDS June 17, 4-6 pm

Please join us at Audrey's for our June 17th meeting, 4-6 pm. Bring what you would like to drink and a small appetizer to share! Glasses, plates and cutlery supplied! Outside or inside depending on weather.



INTERNATIONAL STUDIES



This joint North-West Van discussion group will have its last meeting this year **on Tuesday, June 17**, from 1 to 3 pm, at the home of West Van member Jane Barratt. New members are always welcome and our discussions, lively and engaging. For details, please contact coordinator Hebe Steinberg.

MEMORIES of CFUW and Good-Bye to Anne Junkin from Kim Collett

Twelve "almost original" current and former members of CFUW North Vancouver gathered at Kim Collett's for a morning goodbye coffee party to say farewell to Anne Junkin before her move to Victoria after being a member of CFUW North Vancouver for over 40 years and ... along with all of them, a member during the 1980s when it all began.

Amongst the early Presidents of the club were Kim Collett (2nd), Phyllis Scott (3rd), Anne Junkin (6th) and Lynn Simpson (7th). 1st President Joanne Gordon lives on Vancouver Island, 4th President Diane Meacher is cruising the north Pacific, and 5th President Linda Pelton died almost ten years ago.



Lynn Simpson chaired our Big 10th Anniversary Bash and recalled Phyllis and Kim doing some nutty skit that somewhere, for posterity, got kept on tape. (Does anyone have that one?) **Marian Ennis and Pat Kotush** were Presidents later and Eleanor Scarth President of West Van repeatedly as well as an Ontario club in between and Cheri Olund in Nanaimo - our early days were infectious.

Other early members present were **Gwenda Louie, Eugenia Mooney, Lois Smith McGregor and Lyn Webster** - all still members to this day. Also in attendance were 1980s members Hilary Matts, and Marian Ennis and Cheri Olund now members of CFUW West Vancouver. Other 1980's members **Pat Kotush** (an original member), **Diane Meacher, Marilyn Cleven, Eleanor Scarth and Fiona Lhotka** all sent their regrets being far away or busy grand-baby sitting.



Kim reflected on the almost 45 years of CFUW North Vancouver, pointing out how important CFUW NV has been to her life - as the living room was filled with about one-half of her very best friends. A remarkably affable and welcoming group, after living in Ontario and Quebec for almost 10 years and with two young children, Kim turned to CFUW NV which became the centre of her multiple interests and friendship circle. An amazing organization over the years and it still is.

Despite attempts to catch quotable quotes everyone was talking at once reminiscing about fashion shows, the 1st BC conference ever in Nanaimo, Phyllis' and Anne's and Kim's weekend immersion in Victoria in the celebration of constitutionalizing Section 15 of the Canadian Charter of Rights and Freedoms - and the birth of LEAF - the Legal Education & Action Fund established to fight test cases of the Charter on behalf of the rights of women: 15. (1) *Every individual is equal before and under the law and has the right to the equal protection and equal benefit of the law without discrimination and, in particular, without discrimination based on race, national or ethnic origin, colour, religion, sex, age or mental or physical disability.*

(2) *Section (1) does not preclude any law, program or activity that has as its object the amelioration of conditions of disadvantaged individuals or groups including those that are disadvantaged because of race, national or ethnic origin, colour, religion, sex, age or mental or physical disability.*



Weekends at Yellow Point, joint old and new Executive Meetings at Snow Water near Mount Baker with our sleeping bags, bathing suits and liquid refreshments, one speaker getting angry at us, and one telling us we were the nicest group she'd ever spoken to - and one sitting on Pat Kotush's dining room table and Pat terrified that she was going to break it!

Phyllis and Kim were amongst those who started CFUW BC Council

- Phyllis was its first President, Kim its first Women's Issues Chair. We had a 'Mom's & Tots' interest group. Diane Meacher went into labour about 6 hours after our 1981 Annual Dinner and Fiona Lhotka's infant at the time attended planning meetings at Hycroft with us - a different era to be sure.

Those were wonderful years - full of joy and enthusiasm, lots of energy and hard work petitioning governments and holding public forums and workshops, from pensions to indigenous women's rights, from Girls in Maths and Sciences to the birth of Together Against Violence following a CFUW NV public forum on Violence Against Women, to Housing to ... a long list much of which I no longer remember. **We, collectively, definitely made a difference - nationally, provincially and locally.**

The sad part of our get together was remembering the wonderful friends we had with whom we shared so much of the past - the names of Sheila Bremner, Joan Fowler, Nimmu Hira, Zelma Pritchard, Betty Fisher, Fran Read, Margaret Ross, Juantia Valentine, Arva Reid, Mary Swan, who must have been 90 when she joined us with enthusiasm and joy that we, such an amazing group of women, existed and then past presidents Linda Pelton, Miemie Brink and Darlene Jacobi, and so many more.

It was a joyful get together as we all move on to new vistas, challenges and opportunities in our lives - with a great appreciation for what CFUW North Vancouver has given to us all over the years.

Happy Sailing, Anne. We will miss your vigorous and resonant room-filling presence at our meetings, our walks and many other group outings. It just won't be the same without you, Anne. **Bon Voyage.**



NATIONAL NEWS

We did it! After a sustained, vocal push from the feminist sector in Canada, the **role of Minister of Women and Gender Equality** is back in Cabinet. Rechie Valdez, MP for Mississauga—Streetsville, was sworn in as WAGE Minister this week. Thank you to all CFUW Clubs and members who joined in the calls for a WAGE Minister.

ASK AI and it says: **CFUW** is an organization that fosters a culture where members have opportunities to **learn, network, and lead**. In essence, CFUW is a dynamic organization that empowers its members to develop their talents, contribute to its mission, and build lasting connections.



The CFUW Charitable Trust wishes to thank the CFUW North Vancouver Club for your contribution to the Ecole Polytechnique Award.

These funds provide on-going support to women pursuing graduate level studies and are greatly appreciated.

We are planning to publish a list of donors in the Annual Report for CFUW and CFUW Charitable Trust.

Ruth Weaver Treasurer

GWI

Graduate Women International is thrilled to announce the **35th Triennial General Assembly and Conference** happening 11 - 13 September 2025 in Lusaka, Zambia!

This historic gathering marks a significant milestone for GWI as we unite members, advocates, and leaders from around the globe to champion education, equality, and empowerment for women and girls.

Read the GWI Press Release [here](#)

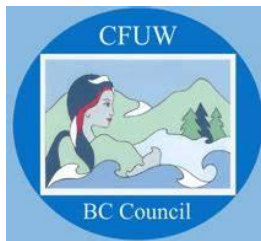


CFUW BC COUNCIL AGM Linda Lehr reports

Abbotsford BC Council Conference & AGM 2025

This year's conference, with the theme "**Embracing Change Together**", was held in Abbotsford from May 2 - 5. North Vancouver was well represented with 9 of our members attending.

These conferences follow a pattern with day one being mainly social. Most of our group took the 'Mt Lehman Wine Tour' on which they enjoyed views in the Fraser Valley as well as tasting wine. Our 3 BC Council Executive members attended the BC Council executive meeting scheduled at the same time. In the evening, we enjoyed the Opening Reception. With delicious hot and cold appetizers being available as well as a no-host bar, nobody needed to have dinner. This event is always a time for socializing and visiting with those from other parts of BC.



Saturday is the conference business day. During the morning we participated in the BC Council AGM. Various reports from Council members were presented. The most interesting part of the morning was to hear clubs report some highlights of their club activities in the past year. We even got some ideas for possible speakers for next year.

The luncheon keynote speaker was Dr. Lenore Newman who spoke on ***“Innovative Research on Improving Food Production”***. I had thought this to be a rather dry sounding topic. WRONG! The talk was entertaining and informative and had us in stitches as she took us on a romp through civilisation from a culinary and cultural perspective. She discussed her groundbreaking work in utilising technology and enhancing land use to facilitate productivity. An example was using GMO technology to capitalize on the potential of plant proteins to create facsimiles of foods we know and love (“salmon” pieces, anyone?). Dr. Newman made us laugh out loud - and think.

The afternoon speaker was Dr. Martha Dow who spoke on ***“Current Challenges Facing Universities.”*** The challenges currently facing higher education are very much a reflection of the social and political challenges in society generally.



She stated as far we have come from our struggles in the '70's and now to be threatened with diminishment of our rights is not something we should take lightly. Issues of health, public safety, abortion, education and equity are playing out in the international landscape and seeping into Canadian society. Higher education has been an arena where such topics could be freely explored and individuals could learn how to respectfully debate with one another across varying perspectives but is now being included in accusations of “wokeness.” Funding continues to be reduced, the freedom to express what to some are threatening ideas is being challenged while the curriculum is becoming a contested space. We need to renew the forward energy we garnered in the 60's and '70's for change.

The evening was another fun social time. It began with a banquet at which there was assigned seating rather than letting us sit with our friends – thus a chance to meet new people. The meal was delicious as had been all of our meals at the conference. After dinner we were entertained by Alyssa Neilsen an ABBA tribute artist who was talented and

entertaining. In time, she had the group singing and the majority were up dancing to the music. A good time was had by all!

Sunday morning we participated in a serious advocacy conversation: We gathered under Audrey's leadership to think about the symbolic representation of Red Dress Day; to honour and remember the M.M.& I. women and to consider a Call to Action in our clubs. As often happens the discussions led to interesting ideas being presented and a wish for additional time to talk.

Soon it was time to say good bye and return home. A fun, successful weekend was had



by all. Congratulations to the Abbotsford club for a well planned, interesting conference.

Bev Wong made sure that a photo of the North Shore attendees was taken. Regretfully Fiona was ill and ended up missing most of the conference. Thus, she is not in the photo.

CFUW NV, WV & Vancouver

delegates with Sheila Service Council President, Jaime Beagan, CFUW Executive Director

UPCOMING EVENTS

June 5 Annual Dinner at West Vancouver Yacht Club 5 pm

June 13 Meander and Munch trip to Fort Langley

June 19 Crossover Meeting at Linda Watson's home



CFUW ANNUAL PICNIC *Mark your calendar*

Monday, August 18th 11-2ish with a rainout date of Aug 25th. Planned again for **Cates Park**- in the glade between the upper portion by the washrooms and the covered picnic area. Hope that we can

sparkle up the event with various creative activities to get us out of our chairs and mixing our conversations. Ideas? Let Leanne know.

No RSVP's necessary unless you want to carpool. Bring chair, food to share, utensils & drinks, sun cover and an enthusiastic attitude. Potential new members also maybe? Reminder will be sent out again in a Friday Flash.

OTHER

TECH HINT

When researching for information or advice, many people prefer the medium of **text** rather than **video**. Watching videos requires concentration, and often take too long to get to the point. It also doesn't have the ability to extract and summarize key information automatically. Whereas with text, you may scan (back & forth), search, skip, back up, or zoom in on specific words quite easily.

With an **AI tool**, you can ask it to **watch and summarize** a video for you. So instead of spending, say, half an hour to watch a video, while having to take mental or physical notes that need to be organized and compiled later, you can ask your AI tool to accomplish all that in seconds.



All you'll need is to enter "**Summarize this video < link >**" in the AI search box. In mere seconds, you'll get your summary in text format which you can copy, save or edit to your heart's content.

YMMMMMMM

The monthly meetings of the **Book Club** always include a pot luck sharing of finger foods. Several members asked for this recipe:

Cheesy Cheese Bread

1 cup Tea Bisk

1 cup grated cheddar cheese

½ cup grated cheddar cheese

1 egg, slightly beaten

1/3 cup milk

½ cup chopped onion Poppyseeds

1 Tbsp butter

Butter an 8" pie pan and set oven to 425 degrees.

Mix together the Tea Bisk, ½ cup grated cheese and milk. Beat until smooth. Knead together ten times on floured board.

In a small pan sauté onion and butter until onion is soft.

Spread the Tea Bisk mixture on the bottom of the pan. Combine the cup of grated cheese and egg and spread on top of the crust. Sprinkle with onion-butter mixture and poppyseeds.

Bake at 425 degrees for 20 minutes. Best served hot.



Editor Pat Beaton
Publisher Leanne Roy

Floral photos by Leanne Roy



Next newsletter at the end of August

Keep Watering Yourself With:

- Good thoughts
- Good people
- Patience
- Empathy
- Healing
- Hope
- Open mind
- Kind words
- Self-belief
- Acceptance
- Love

