



Welcome Back Luncheon September 11th 11:30

We are all looking forward to our luncheon at the **Liberty Kitchen** in North Vancouver (in the same shopping plaza as Canadian Tire and Michael's). Please let Fiona know by Sept. 4th if you plan to attend so that the kitchen will know how many they will be serving. To make things easier, the restaurant asked us to have a look at the menu (available on line) and order ahead.

LEADERSHIP



Welcome to our club year 2025 – 26! I am looking forward to seeing all of you again as our activities start up again with renewed energy and enthusiasm.

It's also a great time to welcome new members, so please feel free to invite potential new members to one of our activities.

Our Program committee is hard at work organizing a year of educational and entertaining speakers and our Interest Group leaders are getting their groups together to enjoy some of our favourite activities.

Our Executive still has several vacancies, so if you are interested in taking on a role in the organization of our club, please let me know and we can talk about the available opportunities.

One of the consequences of a smaller Executive is that we do not have a Social Chair. **As a result**, we **will not be providing coffee/tea and snacks** at the meetings. All members are welcome to bring their own beverages or purchase something from the bar in the Legion.

Parking for meetings at the Legion is a challenge we face every year. We have now realized that the parking lot at the City Library on 14th Street is **open until 9:30 p.m.** on Thursdays and is only \$1.25 per hour. This provides us with an alternative to street parking. There will likely be a few of us utilizing this

option, so we can arrange to walk together back to the lot in the dark, if there is anyone who would prefer not to walk alone.

REPORT on the CFUW National AGM

I attended the CFUW 2025 Annual General Meeting **as our Voting Delegate** from July 11 to 13. This year the conference was held via Zoom. There were 81 clubs registered out of 90 clubs across Canada.

Did you know that the first woman to receive a university degree in the British Empire was Canadian Grace Annie Lockhart at Mount Allison College (now University) in 1875? CFUW Nepean Past President Joan Conrad wrote and presented her play, "At Least She Didn't Do Anything with It" based on Grace Annie's life.

On Saturday morning there was a panel discussion "Canadian Women in Politics" moderated by CFUW Executive Director, Jaime Beagan and CFUW National President, Linda Sestock. The panelists were Pam Damoff, CEO, The Pearson Centre and former Liberal MP for Oakville North-Burlington; Rachel Loewen Walker, University of Saskatchewan, NDP candidate in the spring federal election; and Christina M. Smith, Mayor of Westmount City Council (Quebec). These panelists were part of an excellent discussion of the challenges faced by women in politics in Canada at the municipal, provincial and federal levels. This session was recorded and will be available to members for viewing.

At **the Saturday business session**, the proposed amendments to the Bylaws, Financial Statements and Budget were passed.

On Sunday morning, the CFUW Charitable Trust Brunch speaker was Jasper Crockford, 2025 recipient of the Ecole Polytechnique award. She is a Medical Science MSc/MD student in the Leaders in Medicine program at the University of Calgary. Her research explores how menopausal experiences – including changes in estrogen, menopause symptoms and hormone therapy use – may relate to risk and resilience for Alzheimer's disease. This inspiring 24-year-old gave a very informative presentation on her work which affects all of us. This presentation was also recorded and will be available for viewing.

The **policy session** followed to consider the proposed resolutions. All seven resolutions were passed. No one spoke against any of the resolutions (though some clubs chose to vote against some of the resolutions).

Next year, the AGM will be an in-person meeting to be held in Montreal. Fiona Morrell Lhotka



ADVOCACY

As mentioned in the AGM report, all the Proposed Resolutions were passed. The Advocacy Committee will now be looking at the now Adopted Resolutions to see if there are any that our club might want to pursue further.

Members of the Advocacy Committee met with MLA for North Vancouver-Seymour [Susie Chant](#) to discuss the situation at Silverlynn Apartment following the second fire at the building, the need to not let up on the push for \$10/day daycare spots and her view on violence against women in politics.

I also participated in the Zoom meeting on August 27th to provide feedback to our CFUW delegates to the GWI Triennial Conference in Zambia in September. GWI is considering some constitutional amendments as well as eight proposed resolutions, four of which were proposed by CFUW! [Thank you](#) to our CFUW North Vancouver members who provided some very helpful feedback and an interesting discussion on these resolutions. [Fiona Morrell Lhotka](#)

PROGRAMS

October 9th Preview

Topic: [Climate Change: Past, Present & Future](#)

Speaker: David Hunter

Location: The Royal Canadian Legion



The topics of global warming and climate change are not new. Scientists raised these issues in the early 1900's with discussions continuing today.

David will speak on behalf of Regenerate BC (RegenBC), an agency which encourages climate action at four levels: individual; family and friends; community and local institutions; and policy and legislative levels. Action is needed at all levels.

David's talk will include the many significant contributions women have made and the actions that they have taken re climate change during the past 100 years.

Attend David's interesting presentation and learn how YOU can take action, no matter how small and insignificant your efforts may seem to you. Change starts with a first small step. Future generations will thank you for your endeavours!

[Marie Brazier](#), Program Chair

November 20th Program

*****Please note the date change for this meeting. We will meet on November 20th due to the Legion's Remembrance Day responsibilities.***



Topic: **Seniors' Issues**

Speaker: **Dan Levitt, B.C. Seniors Advocate**

Location: The Royal Canadian Legion

We are delighted to have B.C.'s Seniors Advocate Dan Levitt coming to speak to us on November 20th. He has been a tireless champion of seniors' rights for over 30 years, and will be talking to us about a variety of seniors' issues. Please invite your friends and acquaintances to this meeting as the Seniors Advocate will have the latest information on issues affecting all of us.

SPOTLIGHT on INTEREST GROUPS

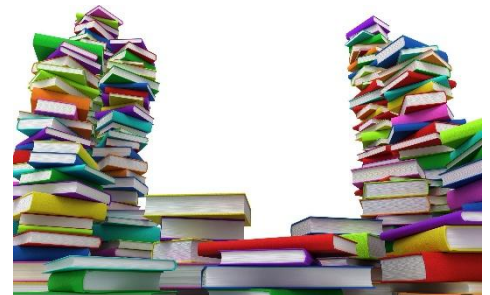
BOOK CLUB

With the exception of July, August and December, our Book Club members meet on **the last Tuesday of each month** to discuss the book choice for that month. We arrive at the designated location between 11.30 am and noon and just after noon, we share finger foods. If desired, members bring their individual lunch. Our hostess provides coffee, tea and water.



This popular interest group currently consists of 18 members, however, due to travel, illness, and other commitments, approximately 12 - 15 members are usually present at any given time. Because it is sometimes difficult to accommodate our large numbers, we are resourceful in finding a variety of locations. For example, during warm, sunny weather, we might enjoy a picnic and a discussion in a local park.

Members are encouraged to choose a book and then to lead the ensuing discussion (which is usually quite lively)! Occasionally following a discussion, it is not unusual to find oneself changing one's opinion/perspective of the book.



The books that we select and read, may be fiction or nonfiction, however, our members more often choose fiction. Due to a diverse selection, we explore and discuss a wide variety of topics, locations and situations. While we have fun, we are also learning!

As I see it, we have **two main challenges**. Both are due to the size of our club:

- * We cannot select recently published books because there are not enough library copies.
- * It is sometimes difficult to find a large enough venue for our meetings.

Having said that, those members who still have big enough homes to accommodate our group are very generous in hosting us! We respect and enjoy each other, so we have chosen to remain as one larger group.

Marie Brazier, Book Club Facilitator

BRIDGE

Our first bridge of the year starts Wednesday, September 24th. We have eight players which gives us two tables of bridge. We play the second and fourth Wednesday of each month except in December we do not play. We take turns hosting the bridge in our homes. We have delicious food and an abundance of laughter.



COMMUNITY ISSUES

The Community Issues Group meets at **1:00 PM in person on the third Friday of each month**, except in December. We will be discussing issues which the members feel are important, with an emphasis on local concerns. This is a joint CFUW North Van and West Van interest group. Each home hostess is in charge of the topic for the month.



Our first meeting will be on **Friday, September 19th**, at Eleanor Scarth's home. We will be discussing the final CFUW resolutions and their follow-up actions plans.

countries of the world and other various forms of trying to self educate ourselves on this broad subject on International Studies. We have learned individually and collectively through readings of all sorts, videos, comparative journalism from various countries of the world, speakers, forums – live and on zoom – etc. etc. etc. And our individual learnings we have shared with one another. Especially with and since Covid, we have been relying more and more on information sharing via emails – information about and in any form in which we think the others in the group may be interested. Sometimes we comment



on them, often we don't. But we do keep on sharing – helping one another to better understand what is happening in the world and why.

The group continues but no longer meets monthly nor does it have learning/teaching sessions. Last year we tried meeting three times during the year for "discussions and tea". And I suggest we should try this format again. We have no group leader this year.

To that end, I offer to hold the *first meeting on Tuesday, October 21st* at my home. (A little earlier than last year, as we got "stormed out" and the November get-together was cancelled). Coffee/tea and cookies will be offered.

Kim Collett

MAHJONG

We will begin the "season" Wednesday, September 17, 1 pm. Host is Sharon Warner.

October game is Oct 18, 1 pm. Host is Ann Baker. Other games will be 3rd Wednesday of the month excluding December. New players are welcome.



MEANDER & MUNCH



I am once again looking for ideas of fun and interesting places that we can visit and enjoy a good lunch.

If you would like to be added to this list or removed from it, just let me know. I look forward to hearing from you. *Wendy Mickelson*

WALKING GROUP

Our CFUW Walking Group is a group of active women, who meet **once a week on Tuesday at 10am**, generally at different locations on the North Shore. We walk 45 minutes to one hour. All levels are welcome! We range from age 60 to late 80's. Everyone is encouraged to go at your own pace and ability. It is **ALL** about the fun, friendship, exercise, and being a part of an amazing group of women! After our walk, we join for coffee. Totally optional!



If you are interested, I would be very happy to email you the list of walks.

Tuesday, Sept. 9th Please meet at 10am, at Loutet Farm. Take 14th east off of Grand Blvd., to meet at the parking lot. Coffee at the Sandwich Shop on Queensbury if good weather to sit outside!

Consider joining for happy times and great health! **Heather Maxwell** dheather60@gmail.com

CFUW NV Scholarships are Appreciated *Linda Watson Awards chair*

Every year, we award scholarships at each of the North Vancouver Secondary Schools to help young women pursue their post-secondary education. These awards are funded by a grant from B. C. Gaming, assisted by our Education Trust Fund as needed.



Dear CFUW members,

I hope this message finds you well. I am writing to sincerely thank the CFUW NV for selecting me as one of the candidates of this Award.

I am truly honoured and grateful for your support. I am proud to be connected to an organization that values academic achievement and community involvement. Thank you once again for this generous support and for the work you do in empowering young women in education. This will really help me ease into the finances for post-secondary education and motivate me to strive for excellence.

Warm regards, Jenieca..... from Carson Graham Secondary School. She will be pursuing a science degree in marine biology at the University of Victoria in the fall.

Dear Ms. Watson

I am writing to express my sincere gratitude to you for choosing me as a recipient of the CFUW NV Scholarship. I am deeply appreciative of your support.

This fall, I will be beginning my bachelor's degree in engineering at U Vic. I plan to continue my studies further, post graduation, and earn a master's degree in mechanical engineering; Your support has helped me significantly to fund my schooling and to achieve my goals. Because of what you have done for me I can follow my passion and graduate with undergraduate degree in 2029. I think it's especially important for young women to pursue STEM careers. I have never met a female engineer so I hope I can become one for young girls to look up to. Thank you again for you very important financial assistance.

Sincerely, Charlotte D... from Carson Graham



Did You Know? AI (Artificial Intelligence) and Technology - Jeannette Mergens

In case you are unaware, social media, too, has a big AI factor involved in it! **Social Media Feeds – TikTok, YouTube, Instagram**

If X (formerly Twitter) is not your go-to platform, maybe it's Facebook, Instagram, TikTok, Snapchat, or any of the myriad social media apps out there. Well, **if you are using social media, most of your decisions are being impacted by artificial intelligence and algorithms.**

From the feeds that you see in your timeline to the notifications that you receive from these apps, everything is curated to you. It does this through complex algorithms that take all your past behavior, web searches, interactions, video watches, and more as sample data.

It then uses all this to tailor the experience just for you. The sole purpose is to make the apps so addictive that you come back to them time and time again. As we have already seen, AI in social media is definitely winning this battle.

Not to mention the recommendations you see on Amazon after adding a product to the cart or based on your browsing history; all of them are curated to you. Even Netflix recommendations are smartly curated using algorithms to show you movies and shows that are tuned to your preferences.

Now you know....

Some Interesting Offers with the CFUW Membership nationally!

We're excited to share that CFUW has partnered (again) with 1-800 Members to bring you **exclusive discounts** through their affinity program! These new benefits include savings with UPS, Lenovo, Budget, and Avis.

Make the most out of your **Canadian Federation of University Women** membership and take advantage of some of the most competitive rates available on shipping services with the **UPS Members Benefit Program**. We're excited to share this opportunity with you and enhance our

members' savings through UPS. T

Lenovo

CFUW members are eligible to save up to 50% off the everyday public web price of Lenovo's entire product line. CFUW members also receive free ground shipping on all web orders, monthly limited-time special offers, access to energy-efficient green technologies, and award-winning service and support. Experience the Lenovo difference! Be sure to check the website often – special offers change frequently.

Avis

CFUW Members can save up to 35% off Avis PAY NOW rates when making a reservation with Avis . Complete your reservation and receive instant online and email confirmation of your travel plans., plus more. With complimentary membership in Avis Preferred®, you'll travel better, save time and gain access to exclusive offers.

Budget

CFUW members can enjoy savings of up to 35% off Budget PAY NOW rates when renting a vehicle from a participating location in the contiguous U.S. and Canada.



**2025-2027 International Service Project Launches
September 5th!**

Young, Happy, Healthy & Safe - Zambia

The 2025-2027 International Service Project is with our new partner the **Stephen Lewis Foundation**. Over the upcoming year, our goal is to raise \$15,000 from CFUW Clubs and members to support girls learning about sexual and reproductive health in rural Eastern Zambia. Education for girls on health and rights information can help protect them from early marriage and pregnancy, gender-based violence, HIV infection, caregiving responsibilities and other determinants that directly impact their quality of life.

A number of our members attending the 35th GWI Triennial General Assembly and Conference this September in Zambia will be visiting our project partners as part of their travel plans. This is a unique and exciting opportunity for our Club to connect in the field with the Stephen Lewis Foundation at their project sites.

We are also hosting a webinar on the project with the Stephen Lewis Foundation on **October 1, 2025 at 6pm ET**. Mark this date in your calendars to learn much more about this exciting new project and hear about our member's experiences in Zambia.

**This could be our Silent Auction GWI Donation*

Find attached Invitation to a "Bridge to Africa" fundraiser from the West Vancouver Gogo's to support the Stephen Lewis Foundation.

UPCOMING EVENTS

CFUW West Vancouver invites CFUW NV members to attend our **Tuesday, September 23** meeting at the Kiwanis Great Hall, 975-21st Street, West Van. The meeting time is 2pm - 4pm.



Our featured speaker this month will be **Michelle Dodds, Executive Director, North Shore Women's Centre**. Among other items, we will be addressing the proposed funding cuts to the federal Ministry of Women and Gender Equity, and its impact on local women's support services.

Michelle is honoured to have worked as the Director of the North Shore Women's Centre since 1999, following an MA in Women's Studies from Simon Fraser University and community work in women's social justice and advocacy organizations.

INVITATION to hear Senator Marilou McPhedran speak at Hycroft



On **October 15th**, at the **Persons Day Commemoration**, the University Women's Club of Vancouver will be hosting a talk by The Honourable **Senator Marilou McPhedran**. CFUW North Vancouver members are invited to attend. Senator McPhedran is an excellent speaker and has worked tirelessly to advance women's rights throughout her career. F4661. Cost: \$35

5:00 p.m. Reception with appetizers 6:00 p.m. Keynote Address

7:30 p.m. Dinner

Biography

Born and raised in rural Manitoba, Canada, called to the Bar of Ontario (1978-2007), named a Member of the Order of Canada (1985) in recognition of her co-leadership in the successful campaign for stronger gender equality protections in the Canadian constitution and appointed to the Senate of Canada by Governor General David Johnston on the recommendation of Prime Minister Justin Trudeau in 2016, Marilou McPhedran is a legally trained advocate and educator who specialized in teaching and developing systemic and sustainable change mechanisms to promote equality and diversity, having co-founded several internationally recognized non-profit Canadian organizations, such as LEAF - the Women's Legal Education and Action Fund, which has conducted constitutional equality test cases and interventions for 30-plus years, METRAC - the Metropolitan Action Committee on Violence Against Women and Children, and the Gerstein Crisis Centre for homeless discharged psychiatric patients.

She founded the International Women's Rights Project in 1998 and the Institute for International Women's Rights at Global College in 2009 - based on her intergenerational models "evidence-based advocacy" and "lived rights". When Chief Executive Officer of a Federal Centre of Excellence based at York University, Canada, she directed staff and programs that included a cyber research network on women's health and rights.

A pioneer in research and advocacy to promote human rights through systemic reform in law, medicine, education, governance, she chaired the 2006 international Forum on Women's Activism in Constitutional Reform, was appointed Chief Commissioner of the Saskatchewan Human Rights Commission in 2007, and was Principal (Dean) of The University of Winnipeg Global College in Manitoba from June 2008 to July 2012, then served as the Human Rights Fellow in the UNFPA Geneva Liaison Office and taught as a Visiting Professor at the UN-mandated University for Peace in Costa Rica.

EDITORIAL A Viewpoint

Your life, or a friends, could be richer from involvement with CFUW NV. My example: It's been a busy CFUW year for me. I was part of the Program Committee and helped line up some speakers for our meetings. My favourite was Andy Prest, Editor of the North Shore News. I am also a member of the Advocacy Committee and as part of that committee I attended meetings with our MLA Susie Chant and MP Johnathan Wilkinson. It's always a pleasure meeting in person with our elected officials, both of whom are very welcoming and enjoy our input on issues that concern us.

I am also an avid member of several Interest Groups. I have walked with the Walking Group since I joined CFUW. I love getting out onto the local trails and enjoying nature with friends. I also belong to the Writing Group and the Book Club. With the wonderful support of the Creative Memoir Writing Group, I have completed "Snippets" a short memoir of my life which I gave as a gift to my grandchildren. And through

the Book Club I have been introduced to books I would not otherwise have read and, again, enjoy the socializing with this great group of ladies.

The Community Issues Interest Group has been wonderfully informative as we have looked at a variety of issues affecting our community. And through Meander and Munch we have had outings to different corners of our community.

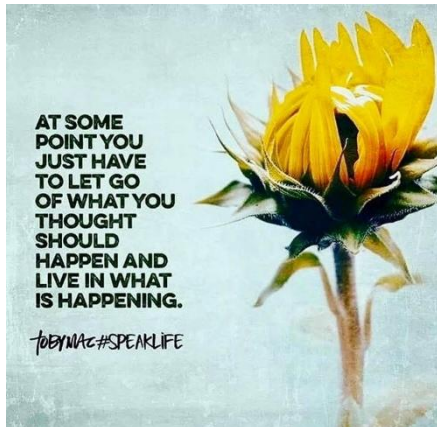


Lastly, I have helped edit the North Vancouver CFUW Newsletter which is so wonderfully supported by our members and beautifully formatted by Leanne.

Do you have a friend that would like to have interesting experiences with us? Invite them to lunch or a meeting and share your experiences.

Pat Beaton

Next issue of the Newsletter will be published the first week in December.



Please submit your articles to Pat Beaton and Leanne Roy by Nov. 25th

FYI Mark Your Calendars

General Mtg.	Time	Location
Sept. 11	11:30	Liberty Kitchen
Oct. 9	7:00	Legion
Nov. 20	7:00	Legion
Dec. 11	TBA	TBA
Jan. 8	7:00	Zoom
Feb. 12	7:00	Zoom
Mar. 12	7:00	Legion
Apr. 9	7:00	Legion
May 14	7:00	Legion
June 11	5:00	West Van Y.C.