
MARCH 2026 NEWSLETTER



President's Message

It's hard to believe that we're over halfway through our 2025 -26 club year! I'm looking forward to seeing everyone in person after our winter Zoom meetings. I hope that you will all be able to join us on March 12th for our next in-person meeting. It would be great to see you!

Our speaker will be Robert Butler on the Society of Crows. I think that this will be fascinating, particularly as we have resident crows in our garden! Guests are welcome.



April will be our meeting to review the resolutions that have been submitted for consideration nationally. I'm looking forward to seeing what issues have been addressed by our members from across the country. The April meeting will be our opportunity to weigh in on these issues. Your opinion counts, so please consider attending or sending me your input by email!

The 2026 United Nation Commission on the Status of Women (CSW70) is taking place in March and CFUW will be well represented. CFUW is co-hosting a virtual event as part of CAMEUS (Canda Mexico USA) entitled "Justice for Women Amid North America's Immigration Policy Shift". This event will be held on March 18th at 11:30 am PDT. If you wish to attend, there is a registration link in the Club Action News.

There will also be an in-person event hosted by CFUW called "Strengthening Justice: Women and Girls in Health, Law and Media" on March 13th. Even though this will not be on Zoom, there are plans to record this session, so that anyone interested will be able to watch it at a later date.

[CFUW YouTube Channel](#)

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MARCH 2026 NEWSLETTER

Overview

CAMEUS will host a virtual CSW70 session entitled Justice for Women Amid North America's Immigration Policy Shift. This event will explore the impact of recent changes in immigration policy across North America, focusing particularly on the effects experienced by women and children. Shifts in border controls, visa regulations, asylum procedures, and deportation policies have significantly affected access to migration, legal protections, and opportunities for migrants, exacerbating challenges for vulnerable groups.

Read the full article [HERE](#)

The poster is for a virtual event titled "JUSTICE FOR WOMEN AMID NORTH AMERICA'S IMMIGRATION POLICY SHIFT". It is organized by CAMEUS (CFWU, WG-USA) and the COMMISSION on the STATUS OF WOMEN. The event is a Virtual Parallel Event on March 18, 2026, at 2:30 pm ET. A Zoom registration link is provided: <https://us02web.zoom.us/j/91699999999>. The poster features a green statue of Lady Justice and four speakers: J.D. Kathleen Bush-Joseph (Overview of migration policies for women and children), Dr. Elisa Ortega Velázquez (Administrative violence against migrant girls in North America), Dr. Wendy Cukier (Understanding and Managing the Backlash: Maintaining Canadian Commitments to Equity, Diversity and Inclusion), and Dr. Nirshila Chand (Impact of 'One Big Beautiful Bill' and Policy Changes on Women's Health).



Encouragement to celebrate International Women's Day 3 videos

<https://youtu.be/Ac9RhIsZEIA>

What Happens When a Woman Takes Power-song

<https://www.youtube.com/watch?v=YcqQ6XLo3qA>

Song "These Lines"

https://www.boredpanda.com/famouswomeninventors/?cexp_id=72420&cexp_var=62&_f=featured

<https://www.bbc.co.uk/ideas/videos/the-woman-whose-paintings-changed-science-forever/p0c3tmh5>

Friendship...Education...Action

MARCH 2026 NEWSLETTER

Advocacy

The Advocacy Standing Committee, in collaboration with CFUW West Vancouver, is continuing to work on the organization of a community forum. ***“Age-friendly Communities: What are they? What is happening in your community?”*** will be held **Wednesday, May 27th at 7 pm** (location to be confirmed). This event will be open to the public and admission is free. **MARK YOUR CALENDARS! WE HOPE THAT YOU WILL ATTEND! BRING A FRIEND!**

There will be a panel discussion with 4 panelists. We have confirmed the participation of Dr. Mei Tan Fang from Simon Fraser University. Dr. Fang is an Assistant Professor of Urban Aging at Simon Fraser University, jointly appointed in the Urban Studies Program and the Department of Gerontology, and a Visiting Scholar in the School of Health Sciences at the University of Dundee. Her work focuses on co-creating healthy, inclusive, and age-friendly communities through participatory and community-engaged research.

I am very happy to announce that we have received a **\$500 grant from CFUW National Office** to help with the costs of this event!! In the last couple of years, CFUW national has introduced a variety of grants to support local clubs. Last year, we received funding that helped with the cost of our banner. This year, we're successful in the Advocacy grant category!!

More details regarding the event to follow.

Fiona Morrell Lhotka

Website

We have started the process of revising our website. The technical parts have been updated, and the design has a new look to reflect the branding introduced by the National Office. We will be adding new content and updating some things, but the basics are there.

The previous website had a public page and a “Members Only” page that was password protected. The “Members Only” side had mainly been used to store the minutes of our meetings. As these minutes are emailed to all our members, saved by our secretary and then sent annually to the North Vancouver Archives, the Executive has decided that we don't need the “Members Only” side and it has been removed.

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MARCH 2026 NEWSLETTER

The Executive also decided to include our newsletter on the website to allow anyone interested in joining our group to see how much fun it is to belong to our club! Prior to uploading the newsletters, I removed any personal information such as phone numbers and personal emails.

You may also notice that the contact information on the website refers to generic emails such as cfuw.northvan.president.ca. We are using these for 2 reasons: one, so that the email remains the same no matter who is in the role and two, for security reasons. We are avoiding having personal information on the website. Members can still use the personal emails that you find in the Membership booklet for the Executive.

Please have a look at the website at **cfuwnorthvan.org** and let us know what you think.

I would like to thank my son, Daniel, for all his work on the website. I know I definitely could not have done it without him!

Fiona Morrell Lhotka

Programs

February Review **Harvest Project: Hidden Poverty on the North Shore**

Our Speaker, Wendy Hiebert, provided us with an excellent presentation. She gave a brief history and an overview of this worthwhile North Shore Charity.

Poverty and the North Shore don't usually go together. However, following a life challenge: such as a divorce, an accident/disability, a financial upset or an illness, residents can spiral into poverty and potential homelessness.

Harvest Project responds to residents who seek help, by providing a variety of services which include:

- * matching the client with a dedicated care partner who provides one-on-one coaching, on going support and referrals to community services when needed.

- * a \$150 gift card for each adult monthly. This ensures that clients can 'spend' the money at The Harvest Project store on items of clothing (which are donated to the store), services such as a Hairdresser, an Optometrist including free spectacles, and Dental work. Clients report that the gift card process carries less stigma.

It should be noted that all of these professionals donate their time and services.

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MARCH 2026 NEWSLETTER

In addition, clients have access to a Rent Bank which supports low to moderate income renters to regain housing stability. This is done by providing one-time emergency no-interest loans to pay for security deposits, utility deposits, arrears and rent.

It was not surprising to learn that more than 88% of the clients who seek help are women, many of whom are single parents, seniors and new Canadians.

Clients report that at Harvest Project they are treated respectfully and without stigma.

Other client feedback includes remarks such as:

"I came without hope!" "I came with a plan to die; now I plan to live!"

What wonderful testimonials these are!

Listening to Wendy's presentation certainly made me feel proud to know that this incredible organisation is in the midst of our community.

You are invited to donate clothing and other items, cash and/or your time to Harvest Project.

Marie Brazier

Hi Marie,

Thank you so much for the lovely card and the donation to Harvest Project – it is greatly appreciated!

It was a pleasure to speak to your group. Thanks again and all the best,

Wendy

"Life is short

... forgive quickly, kiss slowly, love truly, laugh uncontrollably...

and never regret anything that made you smile."



MARCH 2026 NEWSLETTER

March Program

In person

At the Legion

Thursday, March 12th

7 pm



Our **March** speaker will be renowned scientist, author and artist **Dr. Rob Butler**.

For more than half a century, Robert Butler has been a voice for nature through science, popular writing, film and art. His consistent message is the fundamental importance of nature in everyday lives. Known for pushing the conventional with new ways of seeing nature, his science writing, art, and communications are recognized nationally and internationally.



His presentation is entitled "**Society of Crows**". From a remote island to the urban jungle, the ever-popular Society of Crows will take you on a journey into the mind of the crow to explore its complex social interactions. Dr. Butler will enchant, amaze and entertain you as he describes from his latest book, he and his wife's explorations of crows from remote coastal islands in British Columbia to bustling urban centres.

Bring your crow stories and join the fun!

Pat Beaton

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MARCH 2026 NEWSLETTER

Interest Groups



International Studies, a joint CFUW NV-CFUW WV interest group, has two new members - West Van members Louise Morin and Sally Stacey. At our Zoom meeting on January 20th, we decided on the following format for the rest of the year

Meeting "date" - the 3rd Tuesday afternoon from 1:30 to 3:30 pm (no meeting July and August)

ZOOM meetings - September, October, January, February., April, and May

In-home Meetings- November, March and June (March at Jane Barratt's; June at Phyllis Scott's)

ZOOM Host; Barb MacLellan (CFUW NV) - when possible.

This year, International Studies is emphasizing **how Canada is reflected in and is reacting to international issues** that we are looking at. Most recently, this emphasis included Canada and China, Canada and Greenland, Canada and NATO - and the speed at which everything is moving these days and an attempt to keep up. We are hoping to make personal contacts with friends/relatives in other countries to get their take on the above. Between meetings, on line we share pertinent readings, programs, books etc.

Our next ZOOM meeting will be Tuesday, March 17th 1:30 pm to 3:30 PM at the home of Jane Barratt, West Vancouver. Contact Kim for details on meeting and/or for more information.

Kim Collett, acting coordinator

Meander and Munch

I am seeking ideas for Meander and Munch outings. Please email me your ideas and I will try to get something organized in the next month or two.

Thanks for your suggestions.

Wendy Mickelson



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MARCH 2026 NEWSLETTER



Book Club

Tuesday March 31st

'**THE SECRET KEEPER**' by Genevieve Graham at the home of Pat B. This novel will be facilitated by Wendy A.

Availability

NVCL - Book 1, eBook 1.

NVDPL - Books 4

WVML - Books 2, eBooks 2.

Wendy A. - Book 1.

Thank you to our hostesses, Kim and Pat. As usual, bring finger foods to share or, if you prefer, your individual lunch. Please arrive at the location between 11.30-12 noon. Our Hostess will provide coffee, tea and water.

Please consider selecting and facilitating a book, especially if you haven't done so previously. I would be pleased to offer any support if needed.

Marie

Walking Group



February walk in Edgemont! Had a great walk, the weather was perfect, and we got a photo with our group and snowdrops, on a resident's lawn.

Heather Maxwell

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MARCH 2026 NEWSLETTER

An Open Letter to Our Members

Advocacy. What does it mean?

We hear the word a lot at CFUW. I like to think the “**A**” in **Advocacy stands for Action**. All of us at CFUW North Vancouver have advocated for the advancement of women and girls through our yearly contributions to the Education Fund that provides scholarships for local girls. But what else have we done?

- We advocated for the rights of children aging out of foster care. Through our advocacy (and that of many other groups) we convinced the government to provide free post secondary education to foster kids.
- We advocated for \$10 a day Child Care and B.C. now has many spaces across the province. The program is presently under review and we need to press the provincial government to continue it.
- We advocated for the housing rights of low income and disabled members of our community and created a provincial CFUW resolution on housing that was accepted unanimously by the BC membership.
- We are currently in the process of developing (along with CFUW West Vancouver) a community information session on Age Friendly Communities. This will be held on May 27th.

And how have we done our advocacy? We wrote letters – to our MPs, our MLAs, our municipal officers, and we held meetings with our local representatives.

Now here is my question to our members? ***What would you like to do as a club to help better our community?*** Recently you were asked to fill out a survey about what you would like to see happen in our local organisation. A lot of you said you **would like us to be more visible** in our community and **engage more in local issues**. How do you think this should be done? How can we improve on what we are already doing? What issues are important to you? **Please think about these questions and contact any member of the executive with your ideas.** Thank you!

Pat Beaton

“If you want to be happy, you have to make someone else happy. If you want something, you must first give something of yourself. You need to surround yourself with good, friendly, and interesting people and be one of them.”

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MARCH 2026 NEWSLETTER



THANK YOU'S

Dear Leanne & CFUW NV,

How delighted we, at **60 Million Girls**, are to receive your kind donation from your Christmas Silent Auction. Thank you so much for considering us for this gift. It's greatly appreciated.

You may have already seen this short video from the project CFUW helped support in Nepal last year. I find it always so touching to know how much all the planning work, fundraising and coordination finally makes it so far away in support of the local girls.

https://healthbridgeca.my.sharepoint.com/personal/kpinter_healthbridge_ca/_layouts/15/stream.aspx?id=%2Fpersonal%2Fkpinter%2Fhealthbridge%2Fca%2FDocuments%2FAttachments%2FStudent%20of%20Karnali%20sharing%20about%20MLL%26CSE%20Session%2C%20Bishnu%20Yogi%2C%20Age%2D15%2C%20Class%2D10%202%2Emp4&ga=1&LOF=1&referrer=StreamWebApp%2EWeb&referrerScenario=AddressBarCopied%2Eview%2E78a25329%2D0627%2D4b7e%2D8c77%2D22db6039c020

Please enjoy the short video and thank your chapter on our behalf.

All my best, *Wanda*



The CFUW Charitable Trust wishes to thank CFUW North Vancouver for your donation to the Ecole Polytechnique Fund from your Christmas Auction. We will publish your name on a list of donors in the CFUW Charitable Trust Annual Report. These funds provide on-going support to women pursuing graduate level studies and are greatly appreciated.

Sincerely, Ruth Weaver Treasurer

MARCH 2026 NEWSLETTER



A fond good-bye to Gurmeet Kubicek

I'm moving to PEI on March 16 to be close to my daughter. I haven't attended much lately due to being away. Now I'm busy packing and doing all the other stuff when you move.

I have enjoyed my time with CFUW. I have learned so much and met so many strong and capable women. Unfortunately, there is no club in Charlottetown due to an aging population.

I wish you all the best in working on behalf of women and girls.

Gurmeet

BLACK HISTORY MONTH

Eleanor Collins, Canada's "first lady of jazz."
She made her television debut on the CBC in 1954 and became one of the first Black artists in North America to host a weekly national television show. Through her groundbreaking television work, she broke down barriers and paved the way for a more racially diverse entertainment industry.



Learn More About Black History in Canada

February is a meaningful time to deepen our understanding of Black history in Canada, and we are pleased to highlight two rich resources that bring these stories to life.

The **Canadian Museum of History's "Black Women Changemakers of the 19th and 20th Centuries"** is an in-depth learning package that celebrates Black women through the lenses of identity, joy, resilience, and activism. It highlights trailblazers such as Mattie Mayes, Joan Jones, and Michie Mee, along with influential community movements like the Coloured Women's Club and the 1989 protest at the Royal Ontario Museum. This resource centres Black voices and explores the cultural strength, creativity, and advocacy that shaped a representative Canada.

Friendship...Education...Action

MARCH 2026 NEWSLETTER

Explore the resource:

<https://www.historymuseum.ca/teachers-zone/black-women-changemakers-of-the-19th-and-20th-centuries/>

The **Black Life: Untold Stories** project offers a complementary and immersive digital experience. In addition to its eight-part CBC documentary series, the initiative includes an engaging online platform that functions much like a virtual museum visit. Through archival materials, interactive storytelling, historical context, and multimedia elements, it reframes over 400 years of Black experiences in Canada. The online experience dispels long-held myths, highlights stories of resistance and creativity, and provides a nuanced understanding of Black Canadian history for contemporary audiences. We encourage all members to explore these resources and engage with the rich, complex, and essential histories they illuminate

Learn more about the project:

<https://www.blacklifeseries.com/>.

Editor Pat Beaton Publisher Leanne Roy

"Laughter is wine for the soul – laugh soft, or loud and deep, tinged through with seriousness. Comedy and tragedy step through life together, arm in arm. ... Once we can laugh, we can live."

