



## June 2026 Newsletter

### President's Message

Another club year is coming to a close. I am looking forward to our June dinner and a chance to celebrate the great year of speakers, interest group activities and friendship that is the hallmark of our club.

I would like to thank the 2025-26 Executive for all their hard work and enthusiasm in making sure that our members have a year filled with interesting activities. The Executive was smaller than in previous years, but we still got the job done. It is my hope that with so many of you who have volunteered to help next year, that we will be able to continue with our current activities.



### Elections

Our club's Annual General Meeting was held on May 14th. I would like to thank the Nominating Committee of Kim Collett (Chair), Monica Macdonald and Lyn Webster for the amazing work they did to get so many of our members involved in all levels of our club organization. Thank you to everyone who has agreed to continue in their positions from last year and thank you to all those who have agreed to join in and help make our club an active, fun group.

### 2026-7 EXECUTIVE OFFICERS:

**President:** Fiona Morrell Lhotka

**Treasurer:** Leanne Roy

**Secretary:** Linda Lehr

**Vice – President:** Vacant

**Membership:** (includes TLC & Interest Groups) Kim Collett

**Member-at-Large:** Pat Beaton

**Past President:** Audrey Hobbs

## 2026-7 COMMITTEE CHAIR COMMITTEE MEMBERS

**Advocacy/Education:** Fiona Morrell Lhotka Pat Beaton, Donna Davies, Margaret Harrington, Audrey Hobbs-Johnson, Linda Lehr, Phyllis Scott

**Awards:** Linda Watson, Donna Davies, Pat Kotush, Sandi McIntosh-Kocaba, Marg Tingley, Leanne Roy

**Communications:** *Newsletter editor:* Pat Beaton *Friday Flash editor:* Leanne Roy *Publicity & Website:* Fiona Morrell Lhotka

**Fundraising:** Vacant – Executive Committee to manage

**Membership:** Kim Collett, Margaret Harrington, Catherine Kierans, Lois Smith-MacGregor *TLC:* Marie Brazier, *Interest Groups:* Kim Collett

**Program:** Marie Brazier, Pat Beaton, Sandi McIntosh Kocaba

**Social:** Pat Edgar *Sept. Lunch* – Lyn Webster, *Winter Party* – Monica Macdonald, Wendy Mickelson, Emily Rummel, *June Dinner:* Wendy Affleck

**Treasury/Finance:** Leanne Roy, Kim Collett, Martina Fischer-Kaessner, Fiona Morrell Lhotka



## 2026-7 INTEREST GROUP CHAIRS

*Book Discussion* Marie Brazier

*Bridge* Betsy MacDonald & Linda Watson

*Community Issues* Shared hosts from NV and WV

*Creative Memoir Writing* Kim Collett

*Happy Hour with Friends* Audrey Hobbs Johnson

*International Studies* Kim Collett (interim)

*Mah Jong* Connie McCalla

*Meander & Munch* Wendy Mickelson

*Technology Facilitator* position is vacant – contact Kim Collett if interested

*Walking Group* Heather Maxwell



### BC Council AGM

The CFUW BC Annual General meeting was held via Zoom this year. The conference began in the afternoon of May 1<sup>st</sup> with an opportunity to Zoom in to the presentation organized by the CFUW National Education Committee for Elder Action Day; "The Condition of Home Care in Canada: What Do We know? What Can We Do?". If you're interested, but were unable to attend this event, it will be available for viewing shortly. Keep an eye on the

Club Action News for a link to the recording.

Friday evening's Opening Ceremony was followed by a presentation by Kym Bird. An award-winning author, teacher and full Professor of Drama/Theatre in York University's Department of Humanities. Her presentation on women's Suffrage advocacy using theatre was very interesting and informative.

The business portion of the meeting was held on Saturday, May 2<sup>nd</sup>. The Financial Report was accepted, the budget was passed and the slate as presented was acclaimed. Your BC Council for 2026-28 is:

- President: **OPEN**
- Past President: Sheila Service (Cowichan)
- Secretary: Linda Lehr (North Vancouver)
- Treasurer: **OPEN**

- Archivist: Cathy Barford (Vancouver)
- Advocacy: Jane Young (Prince George)
- Resolutions: Lynne Kent (Vancouver)
- Communications (newsletter): **OPEN**
- Education: Audrey Hobbs Johnson (North Vancouver)
- Acting Media Manager: Cynthia F. (Nelson &

District) **OPEN requesting volunteers for social media**

- Regional Director BC West: Eleanor Scarth (West Vancouver)
- Regional Director BC Interior: Janice Murphy (Nelson & District)
- Regional Director Vancouver Island: Deborah Dancik (Saanich Peninsula)

The weekend ended on an inspiring note! Cindy Lise, Regional Facilitator for Our Cowichan Communities Health Network, spoke on making a difference in communities through collective Impact Initiatives. Her presentation gave concrete examples of how the Health Network has made changes in the way community agencies work together to benefit a community.

## Report on Age-Friendly Community Forum

The Advocacy Committees of our club and CFUW West Vancouver collaborated in the organization of a community forum which was held on May 27<sup>th</sup>. The "Age-Friendly Communities: What are they? What is happening in my community?" forum was a panel discussion that brought approximately 40 attendees and presenters together at St. Catherine's Anglican church in Edgemont Village.



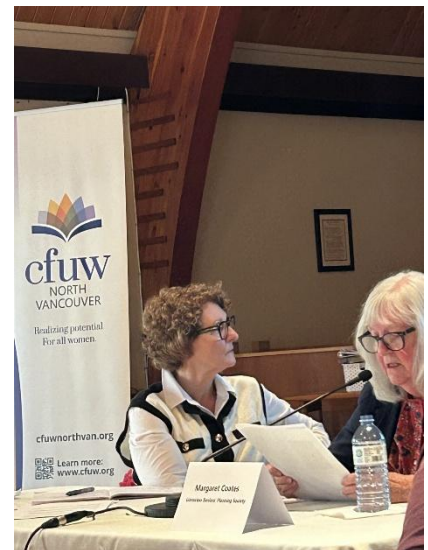
The forum began with the presentation by Dr. Mei Lan Fang, an Assistant Professor of Urban Aging at Simon Fraser University, who outlined the World Health Organization's concept of Age-Friendly Communities. This was followed by a presentation from Margaret Coates, Executive Director, Lionsview Seniors Planning Society, who talked about the concept from the perspective of the private sector and advocacy organizations. Daniella Fergusson and Lisa Wambaa, Planners, City of North Vancouver



and Tom Kwok, Planner, District of West Vancouver talked about the point of view of planners and how they put the concept into practice.

We were fortunate to have several politicians (i.e. decision-makers) attend to learn more about the importance of making our communities age-friendly, and what it really means on the ground. Mayor Linda Buchanan, City of North Vancouver and Councilors Lisa Muri and Herman Mah from the District of North Vancouver attended.

This forum was made possible by two factors: one, a \$500 grant from the CFUW National Advocacy Committee and two, a great organizing committee: Pat Beaton, Eleanor Scarth, Nancy Smith, Linda Lehr, Audrey Hobbs Johnson, Margaret Harrington, Phyllis Scott and I started working on this project in November of last year, and it has been very rewarding working with this wonderful group. Thank you for all of your hard work and dedication to this project!



The forum was an opportunity to learn more about how having an age-friendly community makes it easier to age in the right place!

*Fiona Morrell Lhotka*

## Report on DNV Stakeholder Engagement

On May 8th, several members of the Joint NV/WV Community Issues Interest group participated in a stakeholder engagement meeting at the District of North Vancouver offices for the DNV's "Ageing and Older Persons' Strategy" project. DNV Planner Tanja Oswald outlined the history behind the project and provided the context for the current consultations. We were pleased to have an opportunity to hear what the DNV is working on and be part of the community consultations which will shape their work.

*Fiona Morrell Lhotka*

## SOCIAL



*June Dinner* West Vancouver Yacht Club. 5854 Marine Dr., West Vancouver

The annual CFUW end of year dinner takes place at the WV Yacht Club on **June 11<sup>th</sup>** beginning at 5:00 p.m. Thank you to *Wendy Affleck* for organizing this event and securing this beautiful venue for us.

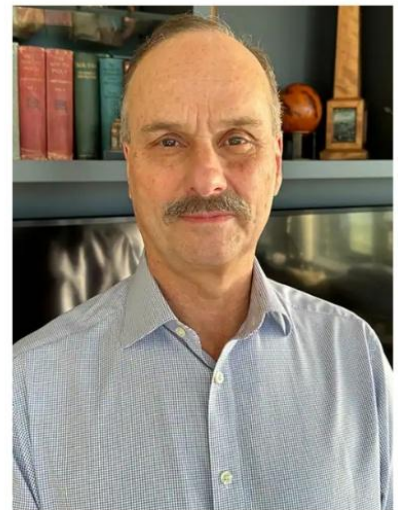
## PROGRAMS

**June Dinner Topic: The Two Best Spies of WW2**

Speaker: **Dennis Molnar** [will commence about 7:15pm].

**The Two Best Spies of WW2** including the James Bond Lady.

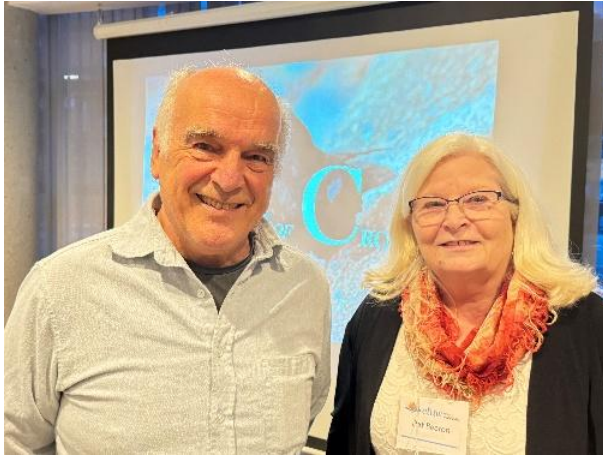
Her magnetic charisma attracted dozens of lovers but her real love was spying. Risking her life everyday thrilled her! She did the impossible by walking into a high security Gestapo Prison Camp and rescuing the most wanted man. Male spies were incredibly jealous because she was more successful. Come and learn about the greatest risk she took and how she became the inspiration for a James Bond Lady.



A not to be missed presentation!

*Marie Brazier*

## March Speaker – Dr. Rob Butler



At our March General Meeting speaker and ornithologist Dr. Rob Butler took us through a fascinating tour of the life of the crow. These beautiful birds, who we see every day, are resourceful, curious and intriguing creatures.

Dr. Butler told us of how he first became interested in crows as a boy growing up in North Vancouver. Also, as a young man he spent a summer on an island off of our coast studying these birds, tracking their feeding

habits and territory strategies.

One fascinating aspect of these birds is their nightly roost in the trees in Burnaby, on Still Creek Drive. Thousands of crows from the lower mainland fly to this area at dusk, create a cacophony of loud cries, then go to sleep in the trees. It is a sight to see and Dr. Butler recommended that everyone should go see it.

More information about crows can be found in Dr. Butler's new book, *The Society of Crows*. A film of the same name was shown recently on the Knowledge Network.

*Pat Beaton*



**May Speaker** - David Beers- Founding editor of The Tyee and Editor-In-Chief.

Topic: **Bad News, Good News.**

Our speaker, award winning journalist David Beers, founded one of Canada's first digital news sites, The Tyee, in 2003 as an experiment in new ways of doing online journalism. This Vancouver based, online publication, receives 1.3 million page reviews a month and is self sustaining due to its thousands of supporting members.

David provided a brief history of how newspapers were very profitable prior to the onslaught of the internet, when newspapers once reaped vast sums of revenue, mostly



from advertisements. The internet breeds misinformation and uses algorithms with emotional spiking to keep readers on various sites. Unfortunately, many of the younger generation obtain their news via social media, which employs paid influencers. As a result, top journalism is a dying art.

The Tyee, which covers both B.C. and Alberta, is a nonprofit news outlet devoted to fact-driven reporting and analysis that holds power accountable. Our speaker described various newspaper models and noted that The Tyee employs Investigative and Solutions Journalism that operates with no paywall. He takes pride in the fact that this digital model focuses on community values. If you are interested in receiving free publications of this online news magazine, you may contact [thetyee.ca](http://thetyee.ca)

*Marie Brazier*

Tulips from M&M Harrison Trip



## OTHER

**Annual Reports** from Table Officers, Committee Chairs and Interest Group Chairs are to be submitted to Secretary, Linda Lehr, by **June 30th**. A photograph or two and a paragraph would be appreciated.



Do you remember our quilted banner?

Thank you to **Fiona** for our new 'logo' name badges for meetings.





## EDUCATION

### CFUW Scholarship News

It's Scholarship Season in the high schools! At every secondary school in North Vancouver, school scholarship committees and counsellors are gathering to select the successful students who will receive the many scholarships and bursaries that are available these days to graduating grade 12 students.

Among those awards are the CFUW North Van Scholarships which our Club provides to each secondary school in the district. These awards, which range from \$800 to \$1600 this year, assist deserving young women to pursue a post-secondary education.

Recently, we heard from one of last year's winners of a CFUW scholarship, who has just completed her first year at the University of Victoria. Charlotte Davidson is a graduate of Sutherland Secondary, and has embarked on a degree in engineering.

Here's her letter to CFUW North Van:

***"I'm sending this to update you and everyone at CFUW after my first year of University. I was the lucky recipient of a Canadian Federation of University Women North Vancouver Scholarship last year.***

***I'm pleased to say that my first year in engineering was a blast! It was definitely challenging at times but I learned a lot and I'm confident that engineering is the career I want to pursue. I declared into civil engineering last month and I've been reading over my courses for next semester every day because I am so excited!***

***The CFUW scholarship has made a huge impact on my schooling and I wanted to say thank you once more. Please pass along my gratefulness to everyone at CFUW.***

***Have a wonderful evening,***

***Charlotte Davidson"***

Most of our funding for the high school awards comes from a grant from B. C. Gaming that our Treasurer, Leanne Roy, applies for each year. We supplement the awards as needed from our Education Trust Fund.

The bulk of activity in the Education Trust Fund goes to the five university endowments that CFUW North Van has established at Lower Mainland institutions. We have endowments totalling over \$185,600 at SFU, UBC, BCIT, and Capilano University (2 endowments at Cap). Each of those endowments

provides annual scholarships to North Vancouver university students ranging from \$1,000 to \$2,000.

Our recent "No Fun Fundraiser" raised over \$3800 for the Education Trust Fund this spring. Thank you to everyone for your generous contributions! Tax receipts will be issued for all donations. Adding the "No Fun" proceeds to the existing money in the ETF, we will be able

to provide an additional \$4,000 for our endowments this year.

Your contributions really make a difference in fulfilling our mission as champions of education for young women in our community.

*Linda Watson* Chair, CFUW  
North Van Awards Committee

## INTEREST GROUPS

### MUNCH AND MEANDER

On May 1st, 8 Munch and Meander members and guests visited the Tulip festival in Harrison. Billed as the largest tulip festival in Canada, we enjoyed a profusion of thousands of blooms of all types and colors. There were food trucks for snacks and a gift shop to buy all manner of tulip related souvenirs, and real flowers. We were able to travel there on the Bloom bus from Lougheed mall, so members did not have to make the long drive. [all tulip photos in this newsletter are from Wendy]



One of the popular choices for Munch and Meander from my recent survey was a day trip to **Bowen Island**. Tentative plan is to go on **Monday, June 8<sup>th</sup>**, leaving on the ferry from Horseshoe Bay at 10:35 a.m., and returning on the 3:15 ferry. We can lunch at the Artisan Eats Cafe, walk around a bit and browse the shops.

Ferry fares for seniors are free to walk on. We can take a car or walk on, parking in Horseshoe Bay.

Please let me know if you would like to come, if you can drive, if needed, or would prefer the walk on. **Please RSVP to me by June 1st.** This promises to be a fun and interesting outing.

*Wendy Mickelson*

## BOOK CLUB

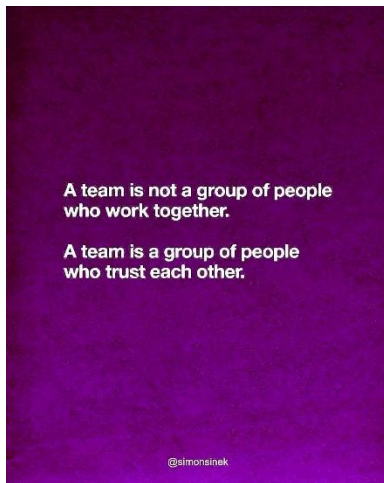
On Tuesday, June 30th, our book is Reservations: The Pleasures and Perils of Travel by Steve Burgess. This non-fiction book will be facilitated by Marie in the home of Wendy A.

As usual, bring finger foods to share or if you prefer, your individual lunch. Our Hostess will provide tea, coffee, and water. Please arrive at the location 11:30 – 12:00.

*Marie Brazier*

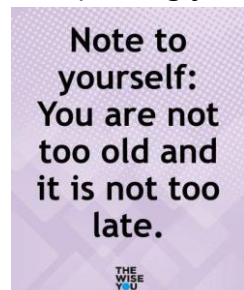


## COMMUNITY ISSUES



The joint North Vancouver/West Vancouver Community Issues Interest Group has had many interesting and diverse presentations this year. At our May meeting Linda Lehr hosted a wide-ranging discussion on First Nations Truth and Reconciliation – the progress and problems. Other topics this year included Mental Health, the present state of post-secondary education for women, climate change and health, the non-profit organization Fire and Flowers that works towards the empowerment of pre-teen girls, and our CFUW Resolutions.

Community Issues usually meets the third Friday of each month (except July and August) at 1:00 p.m. in members' homes. We will meet at Audrey's House June 26 at 12:00. *(Note change of Friday Date for meeting, 4th Friday not the third Friday.)* Bring a picnic item to share. There will be cold drinks, tea and coffee here along with dishes and cutlery. Check Club Members' booklet for address. Note lots of parking just outside the gate and in front of my house. If it rains, we will picnic inside.





## HAPPY HOUR WITH FRIENDS



### All CFUW North Van members invited!

Meet at the Tap House in Park Royal at 4:00 pm Tuesday, June 16<sup>th</sup> [always the 3<sup>rd</sup> Tuesday of the month]

Happy Hour drinks are a good price and we all share food!

Best piece is we have lots of laughs as we talk about some things that make us " **Happy**" RSPV to Audrey so she can reserve a table so we can be together and chat.

## WALKERS

Always out and about so join us Tuesdays at 9:55. Love our walks and chats! So fun!

Contact **Heather Maxwell** to get the locations!



## UPCOMING EVENTS



### Cross-over Meeting

Linda Watson – awesome hostess with a great house for a meeting with a pool, garden, deck and lots of space!

The June Cross-Over Executive Meeting takes place June 18<sup>th</sup>. This is a **potluck lunch** for all outgoing and incoming Executive **AND** Committee members at Linda Watson's home at 11:00 a.m.





## CFUW ANNUAL PICNIC



Suggested dates:  
**Monday, August 17<sup>th</sup> or 24<sup>th</sup>**  
11:30 -2

***Suggested  
locations:***  
Little Cates  
[straight down  
Dollarton Road -free  
parking]



**OR**

Big Cates in the glade [where we have been before]  
Let me know your 'druthers" before end of June.

*Leanne*

## JUST IN!!!

*Hello from NVDPL!*

*I'm a librarian at Parkgate Library and am helping organize an event happening at Lynn Valley Library. It's a presentation by UBC Policy Professor Paul Kershaw with Generation Squeeze on Old Age Security reform and eliminating seniors' poverty.*

*I saw a poster in our library for the Age-Friendly Communities panel discussion you are organizing, so I thought the Generation Squeeze event may be of interest to your members.*

## **A Practical Plan to End Seniors' Poverty-Lynn Valley Library June 11**

The North Vancouver District Public Library is hosting a presentation and discussion with Paul Kershaw, UBC Policy Professor and Founder of Generation Squeeze, on how Canada can eliminate seniors' poverty by making Old Age Security responsible, modern and fair.

Ottawa sends \$18,000 in OAS subsidies to retired couples with \$185,000 in household income, while 400,000 seniors live in poverty. This presentation explores a straightforward fix that most Canadians support: Ask retired couples with incomes over \$100,000 to take \$3,000 less from OAS.

**Thursday, June 11 11:00 a.m. – 12:30 p.m.** Lynn Valley Library Community Meeting Room

Registration is required. Log in with your library card or book by phoning the library.

**Maya Keeven (she/her)**

**Adult Services Librarian** North Vancouver District Public Library- Parkgate

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**This has happened to me.... LR**

## **CFUW NATIONAL Notice: Email Phishing Alert**

It has come to the attention of the National Office that spam emails have been received by various members from an unknown source. This email below is an example of what some members have received. We highly suggest deleting and reporting the email. Do not click on links found in the emails.

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### **EXAMPLE:**

Subject: Important Meeting Report and 2026 Special Updates

You've received a secure email from **[NAME]** via Canadian Federation of University Women.

### **To view your message**

Save and open the attachment (SecuredocMessage.html), and follow the instructions. If you have any questions, please contact us at [admin@cfuw.org](mailto:admin@cfuw.org) or call us at 955-388-864.

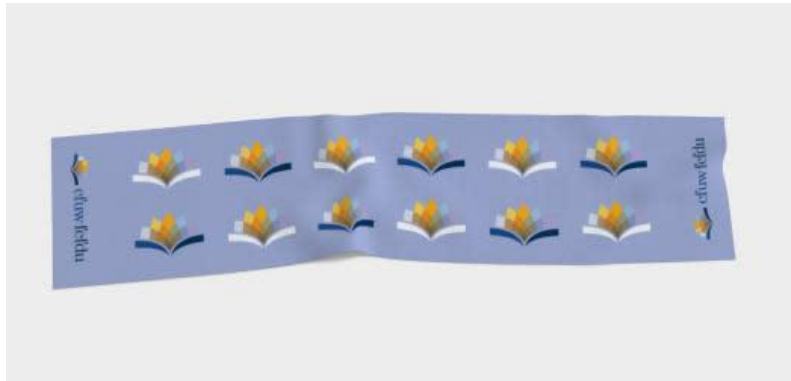
Alert: 572663

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A few things to remember when receiving emails that seem suspicious:

1. Our National Office emails end with cfuw-fcfd.ca. Any email you receive with a different ending (like the example above- cfuw.org) is not from the office.
2. Please look at the phone numbers in the email. The example above does not match the National Offices number
3. The National Office or CFUW National Board will never send a secure message to members. Any information we send out is accessible in the body of the email and does not require you to click a link.



## Announcing: NEW CFUW National Scarves!

CFUW National has new scarves that will be available to order soon. Each delegate that attends the CFUW National AGM and Conference will receive **one (1) scarf** in the Welcome Package along with some other CFUW branded items.

In the coming weeks, we will be opening an order form for Clubs/members to purchase them. The scarves that are purchased through the online form, will be available for pick-up at the National AGM and Conference in Montreal. Scarves are a polyester blend and 10" x 45".

Scarves are \$25.00/each (taxes included). Please keep an eye out in our weekly newsletter for the order form.

### JUNE Newsletter CREDITS:

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