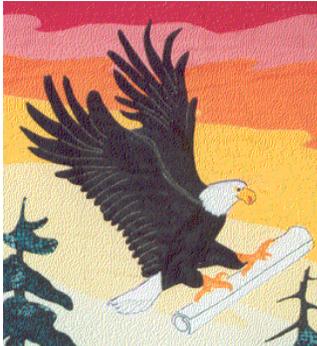


Canadian Federation of University Women – Parksville / Qualicum



Our Theme this year:

Celebrate Challenges: Facing Forward, Looking Back

October 2020

President: Valerie Gunn (250-468-7536)

Vice President: TBA (vacant position)

Club Address: Box 113 Qualicum Beach, BC, V9K 1S7 See: <https://cfuwpq.ca>

Meeting: Monday October 05, 7 PM (by Zoom)

Program: Against the Current: The Remarkable Life of Agnes Deans Cameron

Speaker: Cathy Converse

Greeters: none

What To Look For:

President's Message and Upcoming Events
Programme Information, Zoom Instructions
AGM Report
Global Outreach report – letter from our student, letter from CHES,
Scholarship & Bursary Trust – note of appreciation, first group of winner profiles
Gift Basket Update
Book Sale information
General Meeting report and pictures
Talking Circle News
Out and about News Flash
Book Club News
Quotes
Had You Noticed?
FYI: Information sent by members

President's Message October 2020



Welcome all to our 2021 year which, for the Parksville Qualicum club, is our 40th anniversary and be assured despite uncertain times we are planning to celebrate this milestone.

We had our first get-together on September 14 with the AGM at the Civic Centre and a short informal gathering afterwards for 22 members. I was very happy to see all who attended. We had a donation box for the Scholarship Trust. The donations given were once again very generous, but I will let the Trust Chair tell you about that.

This year for our club will be different (isn't everything) however, we are looking forward to embracing the club year with enthusiasm. The first is the meeting and program on October 5, which will be a Zoom meeting. I know many of you have participated in these, but some have not. See below as to how we are going to help you participate for those who have not done Zoom yet.

The November speaker has been booked, but no firm decision made if program will be in person or by Zoom or a bit of both, live and by Zoom.

The prevailing message at the moment is, Be Kind, Be Calm, Be Safe. Meaning for us and our club:

Be Kind, we have a rich diversity of members, with different ideas and backgrounds. Let us be kind and allow each member to express her point of view in a safe environment.

Be Calm, there may be longer time for ideas to be considered and changes to be made. Let's remain calm and allow our club processes to run, so that the evolution of change can occur.

Be Safe, we are following the most up to date protocols from the B.C. CDC and Provincial Health. As these may change often please be patient with your club executive and authorities as we make changes.

Wishing you all a bright October and happy Thanksgiving.

Valerie Gunn

Upcoming Events

This is a new calendar feature showing what is happening for CFUW members, as now we can connect virtually to many presentations across Canada.

October 5 CFUW PQ Program and General Meeting 7pm – 9 pm by Zoom (see following)

October 8 Indigenous Peoples Webinar Part 1 - 2 pm - 3.30 pm

October 26 Indigenous Peoples Webinar Part 2 - 2pm - 3.30 pm

See registration by Survey Monkey link for both presentations (see below).

Subject: Indigenous Peoples Webinar invitation and registration for Oct 8 & 15th

Hello CFUW Club Women,

Please find an invitation to all BC club members to attend 'A Historical and Educational Lens on our Indigenous Peoples' webinar. Originally offered in June 2020 as part of the national AGM, this Webinar is being offered once again to BC Club Members.

WEBINAR INVITATION FOR OCTOBER 8th AND 15th -2:00 pm-3:30 pm

A Historical and Educational Lens on our Indigenous Peoples

Hosted by CFUW North Vancouver, sponsored and supported by CFUW BC Council and the CFUW National Indigenous Peoples Sub-Committee

Part 1: October 8 2:00 pm -3:30pm

Historical Information 1600-2020

Education and background on current issues

Creating an authentic Land Acknowledgment

Part 2: October 15 2:00 pm-3:30 pm

An overview of current resources on:

Books including books for children and youth

Language that respects our cultures and encourages communication among us

Current organizations that support this work

The survey monkey link below will take you to a short form that will register you for both the sessions. (The organizers will understand if you can only make one session and we leave that choice up to you.) You will go on the attendance list and will be sent a link to the Zoom Access for both sessions.

Link to registration survey: <https://www.surveymonkey.com/r/RS3BQN8>

Questions? Email: audreyhj@shaw.ca

This session is open to CFUW Clubs in BC.

Kind regards, Audrey Hobbs Johnson, CFUW BC Council

Program October 5 - by Zoom 7-9

Our theme this year is “Celebrate Challenges: Facing Forward, Looking Back.”

October is Women’s History Month and we are looking back at a woman who met many challenges by always facing forward.

Title of Talk

Against the Current: The Remarkable Life of Agnes Deans Cameron

Abstract:

Illustrated talk on Agnes Deans Cameron from Cathy Converse’s most recent book, *Against the Current: The Remarkable Life of Agnes Deans Cameron*.

Agnes Deans Cameron (1863-1912) was an author, journalist, educator, school trustee, sportswoman, orator, adventurer, and international celebrity. She was British Columbia's first female high school teacher and first school principal. She became one of Canada's most well-known writers, publishing in renowned international magazines and newspapers. Cameron was also a trailblazer in sports, earning the distinction as the first "Lady Centurion" in western Canada. In 1908 Cameron travelled the length of the Mackenzie River to the Beaufort Sea and back, a 10,000 mile journey. Cameron claimed she and her niece were the first non-indigenous women to reach the Arctic overland. Her book about these experiences, *The New North*, catapulted her onto the oratorical stages of Canada, the United States and England. Cameron is considered one of the 150 most significant individuals in the history of British Columbia.

Speaker’s Biography:

Cathy Converse is a number-one best-selling author with several books listed on the BC Bestseller List. She has been writing for over thirty years and has written and co-authored six books and numerous cover stories for magazines and academic journals. Her fourth book, *Following the Curve of Time: The Untold Story of Capi Blanchet*, was honored as one of the top five books chosen for the Bill Duthie Booksellers Choice Award in 2009. At Camosun College, Ms. Converse is the former chair of Social Sciences, was a faculty member in the Department of Sociology, and a founder of the women’s studies curriculum and ancillary programs at Camosun College. In recognition of her work in writing historical biography, Ms. Converse is listed in *Canadian Who’s Who*.



How to Zoom for the Program October 5, 2020

First, a few facts about Zoom, for those who are new to this video conferencing software app. Zoom allows you to virtually meet others by video or audio only or both.

Meetings can be joined via webcam/camera on your computer or cell phone or by telephone alone.

You join a meeting by receiving an invitation to attend, which you then join at the set time, by clicking the link on the invitation.

There is also a list of phone numbers to join by phone only.

You will then be prompted to download Zoom, if you are a new user, or if you have the Zoom app installed, to launch Zoom.

You may get a message that the host has not yet started the meeting, and you will be prompted to test your video and audio.

Once the host has started the meeting, you will be prompted to join with video and audio.

I will send the invitation with all the links, to the meeting late next week by email. That way it does not get buried in your email box.

I am sending the invitation to current paid members approx. 38-40 at the moment although all members 2019-2020 will receive this newsletter. If you wish to join the meeting and have not received an invitation please email me at valgunnpres2018@gmail.com.

I am also willing to give Zoom sessions, weekend of October 3 and 4th, if anyone would like some practice at Zoom meetings and to be sure the setup is correct. Please phone me at 250 468 7536 and I will send an invitation, and we can experience a live Zoom meeting for a short time.

AGM Results Sept 14, 2020

AGM Results Sept 14, 2020	2020/2021
Officers of the Club (term for all officers is one year-elected positions and confirmed at AGM)	
President	Val Gunn
Vice President	Vacant
Membership	Wendy Reimer (Brenda Correy volunteer to prepare Membership List)
Treasurer	Bonnie Stableford (Lynn Brown to assist)
Secretary GM	Catherine Khan
Secretary Exec Meetings	Lorna Miller
Leadership Circle (Incoming Officers/Committee Chairs to discuss at meetings)	Sonya Felix , Victoria Morris , Sheila Reed, Maureen Wood,

Committees of the Club (appointed coordinator positions-endorsed at AGM)	2020/2021
1) Advocacy	Betty Price/Debbie Wetmore/Sherri Plummer
2) Archives/Historian	Noreen Ballantyne/Maggie Hawes
3) Communications	
Newsletter	Barbara Bond
Publicity	
Website/Social Media/Email Contact list	Jacqueline Russell
4) Fundraising	
.....Book Sale Coordinators	Sheila Reed/Sharon Sawkins
5) Global Outreach	Wendy Reimer/Catherine Khan
6) Governance	
7) Nomination Committee Chair	
8) Program	Val Gunn
9) Resolutions	Sheila Reed
SBT Confirm at AGM	
Scholarship & Bursary Trust Chair	Noreen Ballantyne (year 3)
Scholarship & Bursary Trust Trustee 1	Valerie Tutti
Scholarship & Bursary Trust Trustee 2	Maureen Wood
SBT Confirmation from 19-20 to continue	Janet Farooq
General Assignments	2020/2021
Events: Out n' About	Vivien Sears
Event: International Women's Day	Sonya Felix
Dinner Meetings	Vivien Sears - Xmas Event and June Event
Hospitality	Lynn Brown/Brenda Correy
Greeters	Delores Saulter
Photographers	Barbara Bond/June Arnett/Jacqueline Russell
Sunshine	Camille Lawson (to be confirmed)
Interest Groups (leads decided amongst groups)	2020/2021
Book Clubs	
Wed PM	
Thurs AM	
Thurs PM	
Talking Circle	Robin Robinson
Bridge	
Knitting	Maggie Hawes
Memoirists Writing Group	Janet Farooq

(Contributed by Jacqueline Russell.)

Global Outreach



CANADIAN HARAMBEE EDUCATION SOCIETY

#102B-9030 King George Blvd., Surrey, BC V3V 7Y3 CANADA

Telephone: 778-565-5261

Email: CHES@canadianharambee.ca
www.canadianharambee.ca

September 2020

Dear Tanzanian Sponsors,

On March 17, 2020, Chris and I, at the request of Prime Minister Justin Trudeau, were beating a hasty retreat for Canada after spending two and a half weeks engaged in CHES work in Katesh and preparing for a Canadian Grade 12 Global Perspectives' class visit to build a library in a local Secondary school. The school visit had been cancelled the day the WHO declared the Corona Virus pandemic. On our drive to Kilimanjaro Airport that day, the first Covid-19 case in Tanzania was identified and all schools were instantly closed. We were on the last flight out of Tanzania and on the last KLM flight from Amsterdam to Vancouver.

Our Tanzanian Form 6 students, due to Graduate at the end of June, were recalled on June 1 and sat their final exams on June 29 and successful grads are now preparing for college or university in September or looking for work to support their families. Forms 1 – 5 students were recalled July 1 and all our Form 5 students returned to school and will start Form 6 in September.

Our 260 Form 1-4 students, whose school year is January to December, did not fare so well. Twenty-six did not return to school. Some are pregnant and others were married off and the fate of others is unknown. This picture is typical of what is happening in third world countries as a result of the Corona Virus pandemic. Teenage girls have been the group most vulnerable and most affected by not being at school. Our girls in Tanzania all come from families in the Hanang District which has one small town and a huge area of subsistence and pastoral people living in extended family compounds. In times of trouble, the girls are desperately needed to help support and even ensure the survival of their families. **

The girls who returned to school are now working extremely hard to complete their year. The July holiday was cancelled, and the school day has been extended by two hours and many schools are holding classes on Saturday and Sunday so that the students will catch up. Our girls are finding this very difficult.

Julia and Joy have been working hard in the CHES Office in Surrey to inform sponsors if their girl has not returned to school and Naomi and our CHES Tanzanian Board members are finding replacement girls for those they lost.

The knowledge that 26 of our girls have lost their chance at having an education is very hard for us to take. However, being aware that this group of teenage girls is multiplied by many, many girls worldwide and that this group is taking the brunt of the effects of the pandemic in third world countries reinforces our commitment to continue supporting girls' Secondary Education. From the bottom of our hearts at CHES we thank you, all our sponsors so very, very much for all your caring, commitment, and continued support.

Sincerely,
Catriona Harker, CHES Director

****** 'Our girl', Maria Ng'obeshta, 17, did return. She is now safely in Bassotu Secondary, completing Form 1. Her present fees cover Form 1. Since CFUW PQ is not fund-raising in 2020/21 we don't have a budget for Form 2 CHES fees, or our other usual sponsorships. A group of about 6 club members have offered to pay them directly this Fall. We thank them for their generosity. We feel we have a moral obligation to help this student finish secondary school as we are her only source of fees.

*"Mariamu Omary wrote her Form 4 exams in November 2019 but did not get high enough marks to continue to Form 5 (similar to Grade 13 in Canada.) We had sent fees for Form 5, but CHES gave us a new Form 1 student instead for 2020. This new girl is Maria Ng'obeshta."

First letter from new CHES student, Maria Ng'obeshta, Form One, dated February 2020. Maria comes from the village of Dabaschand. Below is Maria's mailing address. You are encouraged to write to her at her school. Maria, 17, lost her father at 5 so her mother has raised her since.

c/o Bassotu Secondary
PO Box 221,
Katesh, Hanang, Tanzania
February 14, 2020

Dear Sponsor,

How are you? Me and my family members are well doing. How about you and your family members? I would like to thank you for your sponsorship, making me a CHES student, because without your sponsorship I could not attend school.

Also I would like to tell the short story about my family. My name is Maria Ng'obeshta. I am seventeen years old. I live with my mother and my father was passed away in 2008. In my family these are eight children - four boys and four girls and I am the sixth born. I am requesting help because my mother has not the



ability to pay my school fees. My mother has not any kind of work to do so she goes to work on the farm of another person for a low salary in order for us to get anything for living.

Lastly, I would like to promise you that I study hard in order to reach my goal of becoming a teacher. May God bless you for your kind heart.

Your loving daughter,
Maria Ng'obeshta

(Contributed by Wendy Reimer on behalf of the Global Outreach committee.)

CFUW/PQ Scholarship & Bursary Trust

A sincere thank you to all members who were so generous with donations to the Trust both through the mail and at the AGM in September. With over \$16,000 received in donations Trustees are feeling much more optimistic about their ability to fund a good range of scholarships and bursaries in 2021. Your generosity was exceptional and your support of the work of the Trust is much appreciated.

At the August meeting of the Trust we welcomed two new Trustees – Val Tutti and Maureen Wood while thanking Shirley Ledrew for her time and contributions as she retired from the Trust.

Trustees plan to meet again in November when we review our funding and calculate and confirm the number and value of awards for 2020-2021.

Noreen Ballantyne, Chair, Scholarship & Bursary Trust.

Scholarship and Bursary Award Winners

Please note that the Scholarship and Bursary Trust distributed fifteen awards this past year. We will celebrate the achievements of these young women over several months. The first group (of five winners) follows. (Ed.)



Lucy Feng – BSS Scholarship - \$1000.

Having only arrived in Canada four years ago, Lucy has focused on academic excellence and participating in the school and local community. Lucy aspires to become a Forensic Pathologist and will begin this journey by studying Sciences at UBC.

Shelby Bell – KSS Scholarship - \$1000.

Shelby’s academic achievements, school and community involvement are all impressive. She has balanced maintaining high grades with active sports participation. One proud achievement for Shelby was the planning and formation of a Student Council at KSS. Shelby is entering the Rural Pre-Medicine Program at Selkirk College. Her goal is to become a physician, specializing in pediatrics.



Ivy Miler – PASS Scholarship - \$1,000



Ivy has been a student at PASS since she was 12 years old and art has always been her passion. Her art teacher states that Ivy “has developed her skills and style to a high level, despite all of her life’s challenges.” Ivy is entering the Bachelor of Fine Arts program at VIU.

Avery Dorsay – CFUW Memorial Scholarship - \$4,000

Avery is entering her 3rd year at VIU where she is pursuing her Bachelor of Arts in Child and Youth Care. Her community involvement led her to study in an area that will allow her to advocate for health wellness of children and youth in Canada and beyond. Her goal is to work abroad after graduation and then return to a Master program in clinical counselling.



Reece Koch – CFUW Memorial Scholarship - \$4,000



Reece will be entering her 4th year as an Honours student in the Bachelor of Commerce program at UBC. Her entrepreneurial work continues, with her latest success being the establishment of a thrift store on campus, fulfilling the dual goals of sustainability and offering budget-conscious clothing for students. She spent a semester studying abroad at the University of Edinburgh.

CFUW P-Q GIFT BASKETS DURING A PANDEMIC

I was very pleased to be able to provide a gift basket to Forward House for their AGM which was to be an in-person event. There may not be many other opportunities for us due to the restrictions imposed by COVID 19. Please do let me know if you learn of a gathering where you think a basket might be welcomed. This is our opportunity to support like-minded organizations and to promote CFUW P-Q.

Lorna Miller

Book Sale Update

COVID Causes the CFUW PQ to Delay Their Annual October Book Sale

For the first time in 35 years the Canadian Federation of University Women Parksville/Qualicum (CFUW PQ) will not be holding their annual book sale near the end of October. We will announce to the public when the next sale will be, once we deem it is safe for both the workers and customers.

We are continuing to collect donations from our drop box at Save-on Foods and have them safely stored with help from Island Self Storage.

CFUW is a national and international group that has advocated for the rights of women and girls for 100 years. As education is the most powerful tool for the independence of all persons, the funds we raise from the book sale are used to enhance our scholarship fund for women in Oceanside as well as fund other educational endeavors locally, nationally, and internationally.

Thank you to all who make our sale successful. For on-going information about CFUW and the sale please visit: www.cfuwpq

CFUW PQ Book Sale Coordinators: Sharon Sawkins and Sheila Reed

General Meeting September 14, 2020

Report by Barbara Bond

On a wet and smoky evening, members met for our postponed AGM and enjoyed a brief time exchanging news, mostly on club matters.

As you entered the large hall at the QB Civic Centre, Maureen Wood (in a mask, with handwipes close by) was there to greet you and record your name and phone number, should it be needed. She was also making sure we had a quorum. Lorna Miller (in a mask, naturally) was nearby, passing out tickets (at arm's length) for a beautifully wrapped door prize (later won by Lynn Brown). The chairs were well spaced out. All attendees wore masks or face shields. Speakers removed them temporarily so as to be more audible.

Not only was essential club business accomplished, we had an update on some of the initiatives we are continuing to support in a different way this year (some of which are outlined in more detail elsewhere in this newsletter).



On the left, Sheila Reed and Bonnie Stableford wait for the meeting to start. Behind Sheila is the table at which members could drop off their dues cheques or make a donation to Scholarship and Bursary Trust. In the centre picture, Val Gunn is at the podium speaking, with Catherine Khan taking the minutes. Wendy Reimer and Claire Tallman listen closely. In the picture on the right, Lorna Miller and June Arnett chat.

The mutual regard, respect, and warmth we feel for each other was on full display and our continuing support for our shared values and aims was fully endorsed (not to mention our adaptability!). I left reassured by the precautions, warmed by friendliness, grateful for those who volunteer their time to keep the wagon rolling, and moved by the generosity of those determined that we not falter in our commitments.

(I was also delighted to win a beautiful potted mum chosen by Maureen Wood!) BB

Talking Circle News

Fall Greetings to CFUW PQ members,

The Indigenous Talking Circle will carry on, depending on membership interest.

Here are some ideas to keep yourselves informed and in the Indigenous loop.

1). Watch for the CFUW BC Council's Indigenous Person Webinar (featuring our very own Jacqueline Russell!) on October 8 and 15th at 2 pm. Jacqueline has put a lot of effort into the webinar; it first aired in the spring at the CFUW National level and now the B.C. Council is making it available. **WORTH WATCHING!**

2). Listen to the CBC Radio programme "Unreserved". It comes on at 7pm Sunday and at 1 pm on Tuesday, it can also be heard on the Unreserved podcast CBC.

Rosanna Deerchild has been the host for several years; she is moving over to CBC Books and will be working on a podcast that will air next year. There is a new host who I heard with Rosanna last Sunday Sept. 13 (Do not remember her name) who was also very good.

Rosanna wrote a book, "Calling Down the Sky" that tells her Mother's story. I think the book would make for a very good discussion if people wanted to read it and do so. I also suggest looking Rosanna up using a search engine.

3). Some of us 'met' Kent Monkman in the CBC Series "Eighth Fire". There is an art exhibition featuring his work being held at the Museum of Anthropology (UBC) until January 3, 2021 entitled "Shame and Prejudice: A Story of Resilience". His work is what I would call titillating and totally irreverent to "settler" sensibilities, it is also really good art. See Kent Monkman on your search engine. I hear Val Gunn and Vivian Sears are suggesting a small group day trip to Vancouver to see the exhibit.

4). If you still have the "Boulevard" Magazine that came with the PQ News recently - see page 70, The Haida return.

5). Truth and Reconciliation - how does that resonate with you today?

Here is a suggestion: we could read the "Calls to Action" from the TRC Commission. I can order some copies of the booklet (picture below). The booklet is not intimidating and the suggestion is that groups go through the booklet at their own pace, then decide WHICH grabs our attention, imagination or one action that we care about deeply, then choose an action to work on.

If there is interest, I can order the booklets from the United Church Office in Toronto.



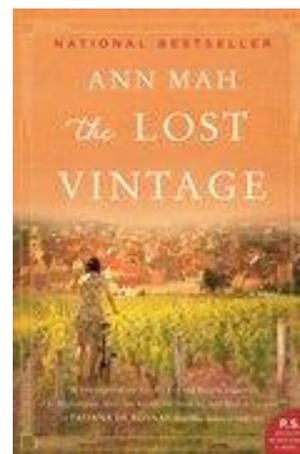
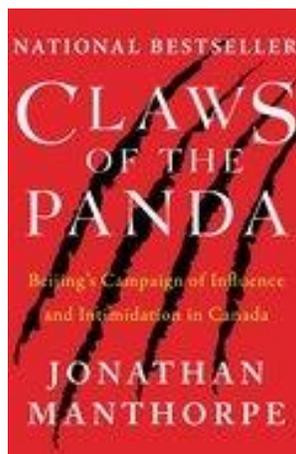
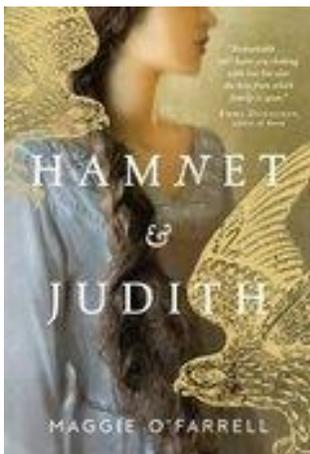
(Contributed by Robin Robinson.)

Out and About News Flash

Our intrepid Out and About leader Vivien Sears is planning intimate dinners for maximum six women, at brand new as well as well-loved restaurants in the next weeks. Look for emails to come soon.

(Contributed by Vivien Sears.)

Book Club News



For October, the Tuesday afternoon book club is reading *Hamnet and Judith* by Maggie O'Farrell. The Wednesday night book club is reading *Claws of the Panda: Beijing's Campaign of Influence and Intimidation in Canada* by Jonathan Manthorpe. The Thursday morning book club is reading *The Lost Vintage* by Ann Mah.

(The information was contributed by Wendy Heuberger, Edie Ross and Vicky Burton. The image is courtesy of Mulberry Bush Bookstores.)

Quotes

He braced himself for his late breakfast and Grace's half-smile, which she employed as her disguise for concern: it never fooled William, but in the game of marriage he had learnt it was easier to appear to accept a spouse's offering as the truth, rather than provoke complications by asking questions.

From *Easy Silence* by Angela Huth

What else can you do when your stage is an ember
and your audience a gun?
That's what you had to do.
You had to write poetry with the top of the flame
And set fire to your fear and silence.

Sherko Bekas (1940-2013), quoted by Ava Homa in *Daughters of Smoke and Fire*

"When your best is no longer enough, when your name is no longer pronounceable, when your identity becomes an obstacle to human connections, you know you are an immigrant," I wrote to Shiler that night.

From *Daughters of Smoke and Fire* by Ava Homa

Life was a landfill. What made one humane was the ability to convert the waste into a valuable resource and to enjoy the occasional flowers that bloomed in the refuse. Or perhaps life was compost. Our experiences piled up, broke down into a rich soil, and in the heat of life, some seeds buried in the dark began to sprout.

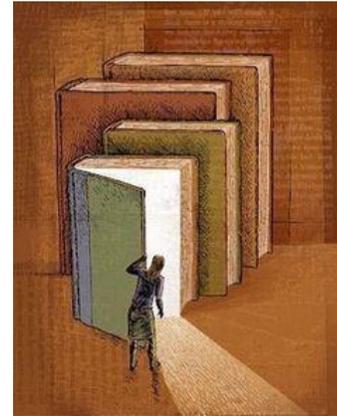
From *Daughters of Smoke and Fire* by Ava Homa

Everybody stole. Organized, they called it.

They organized coal off moving trains. They organized cars left alone in the streets. They organized pipes from houses where unexploded bombs nested on the roofs. Mostly, they organized food. Dug up fields and slaughtered cows. Hijacked trucks and robbed stores.

From *The German Heiress* by Anika Scott.

Image on the value of reading, sent by a friend:



Thoughts during a pandemic, as sent to me by a friend:

"I wish it need not have happened in my time,' said Frodo.

'So do I,' said Gandalf, 'And so do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us.'"

- J.R.R. Tolkien, "The Fellowship of the Ring" (edited)

You are not working from home, you are at home during a crisis trying to work

The secret of change is to focus all of your energy, not on fighting the old, but on building the new. Socrates

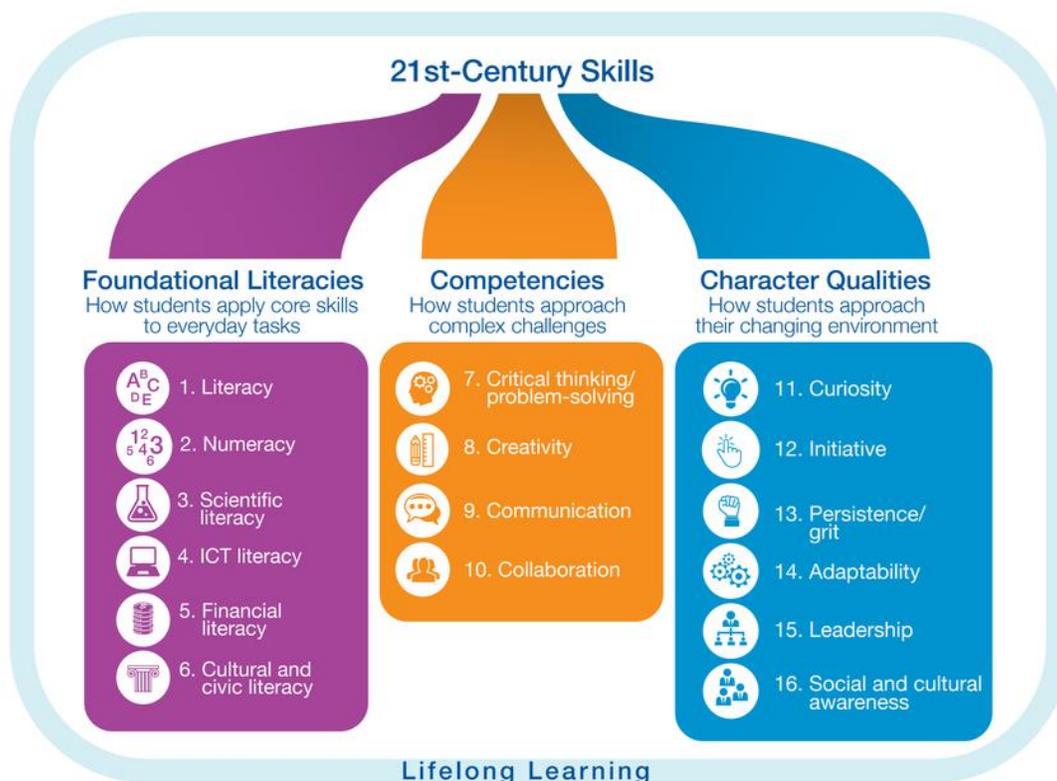
Reading gives us somewhere to go when we have to stay where we are. Mason Cooley

Promise me that you'll remember you are BRAVER than you believe, STRONGER than you seem, SMARTER than you think. A.A. Milne

Had You Noticed?

Robin Robinson's name was mentioned and she was quoted in connection with the success of her group, the Friends of French Creek Conservation Society, in their efforts to conserve the French Creek estuary.

FYI: Information for you



“Reading, Writing and Arithmetic taught to the tune of hickory stick “are not enough for people to cope in today’s World.

As the Chart indicates an educational curriculum has a wider scope. Teachers and parents are partners in this Childhood Development process.

The chart emphasizes the three Categories of Learning: Foundational Literacy, Competencies and Character Qualities that are now included in the school curriculum. These topics have always been in the curriculum but not specifically in writing.

For further information go to my Facebook or Barbara Du Moulin page, click on Additional information or Google STEM: Science, Technology, Engineering and Math.

Eva Hilborn

Washable Grocery Bags

A tip to make your own washable grocery bags, from a concerned member, who is worried about the hygiene of the stiff reusable bags we currently use.

Take a large size cotton tee shirt, cut off the sleeves, sew the bottom together. The sleeveless arms are the handles, the neck opening is the open top. A bag that can easily be thrown in the wash.