



## **Canadian Federation of University Women – Parksville / Qualicum**



**Our Theme this year:**

**Strong Women – Making a Difference**

**March 2023**

**Executive/Leadership Team Members:**

**President: Mary Ellen Campbell (250-752-0868)**

**Past President: Valerie Gunn (250-468-7536)**

**Vice-President: open position**

**Communications: Tammy Exner @ tamexner@gmail.com**

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

**Program: CFUW PQ's International Women's Day Celebration "From Cairo to Cape Town on a Bicycle"**

**Speaker: Dr. Brenda Trenholme**

**Date: March 8, 2023 7PM, at Knox United Church**

**What To Look For:**

President's Report

IWD Information and Poster

BC AGM Poster

BC Council Resolutions

Thank You Messages

Global Outreach – Guatemala, Pakistan

Book Clubs

Book Review

2023 Book Sale Preparation, Book Box Pick-up Schedule

## President's Report



### Did You Know?

Our April Business Meeting is commonly known as the 'Resolutions Meeting'. Within CFUW, there are National Resolutions and Provincial Resolutions. As members, we will receive the resolutions and their corresponding background info the first week of March. As a club at our April meeting, we will vote to accept; accept with amendments or reject the resolutions. For some members, this is their favourite meeting of the year!

Our Club designate to the BC Council AGM and National AGM will take our vote (the direction from the Club) to vote on the Provincial Resolutions at the BC Council AGM in May in Vancouver and again to vote on the National Resolutions at the National AGM in August. By the time the resolution arrives at the AGM, it may appear different than originally written as clubs can submit amendments to the resolutions. The club that created the resolution can choose whether to accept the amendments or not.

As a club, we do have the opportunity to create a resolution. In the life of our CFUW Parksville Qualicum club, we have created two national resolutions. Both were successfully approved at the National AGM's.

#### 1. Low Level Test Flights over Labrador

##### 1989 CFUW Parksville / Qualicum

RESOLVED, That the Canadian Federation of University Women urge the Federal Government to discontinue the low-level test flights over Labrador-Quebec and withdraw its invitation to NATO to establish a high-tech fighter-training facility at Goose Bay until there can be an agreement with the indigenous [Innu] people who will be most affected by these flights and this base.

#### 2. Psychological Harassment in the Workplace

##### 2008 CFUW Parksville / Qualicum

RESOLVED, That the Canadian Federation of University Women (CFUW) urge the federal, provincial and territorial governments to enact and enforce legislation that ensures employees the

right to work in an environment free of psychological harassment; and requires employers to ensure that procedures are in place to prohibit and address all forms of workplace-related bullying or psychological harassment. **RESOLVED**, That the Canadian Federation of University Women urge the federal, provincial and territorial governments to inform all people in the workforce of their rights and responsibilities, options for redress, and penalties under this legislation.

**From our sister club, CFUW Nanaimo** – Long-time member Jo Lane passed away recently. Jo Lane was the CFUW Executive Secretary when CFUW National Office was located in Nanaimo from 1982 to 1985. She, along with then National President Margaret Strongitharm, helped establish the permanent National head office in Ottawa. (Before this, CFUW National was a perambulating office, which meant that every three years, it relocated to wherever the new President lived.)

### **CFUW PQ's International Women's Day Celebration "From Cairo to Cape Town on a Bicycle"**

QUALICUM BEACH, BC: As strong advocates for women and girls, the Canadian Federation of University Women Parksville Qualicum (CFUW PQ) always celebrates International Women's Day (IWD), which is held annually on March 8. This year, CFUW PQ welcomes members and non-members alike to come hear Dr. Brenda Trenholme, a retired physician and avid traveller, who will present a slideshow and talk about her 12,000 km cycling adventure through Africa from Cairo to Cape Town. The upcoming event will be held at Knox United Church in Parksville, on Wednesday, March 8 at 7:00 pm. While the event is free, donations are appreciated at the door.

Dr. Trenholme's four-month bicycle ride along the length of Africa was completed in 2016 as a way to raise funds for the Kenya Education Endowment Fund (KEEF), a charity based in Vancouver. KEEF offers scholarships and bursaries for secondary and post-secondary education in Kenya, where high school is not free. On March 8, Dr. Trenholme will share the story of her adventure, highlighting the cultural aspects unique to some of the African women that she encountered along the way.

International Women's Day, which originated in women's struggle for safer working conditions, better pay and voting rights, went global in 1910 when the Socialist International voted to create a Women's Day to advocate for suffrage. In 1911 more than a million people took to the streets of Europe to call for women's rights. For most of the 20th Century, the day was acknowledged and celebrated by people at the grassroots level as a rallying point for social justice. It wasn't until 1975 that the United Nations adopted International Women's Day on March 8.

Today, IWD is still relevant as a time to recognize how far women have come towards gender equality and how far women still need to go. "We have rights our grandmothers could only dream about," says Mary Ellen Campbell, President of CFUWPQ. "But we still don't have complete equality. And the majority of the world's women aren't anywhere near as close to that goal as we are."

“More than 100 years ago, that first march was about ending harmful workplace conditions, equal rights, equal pay, and an end to exploitation. And sadly, those aims are still relevant today. Because the rights we have are not secure.”

**About CFUW-PQ:** CFUW-PQ is one of 100 clubs under the national federation founded in 1919. We are committed to promoting equality, education and opportunities for women and girls locally, nationally and internationally. Inviting guest speakers to our monthly meetings is one way we promote ongoing education. As well, CFUW-PQ's Scholarship & Bursary Trust (SBT) provides financial assistance to post-secondary and post-graduate students from Oceanside. In 2022, we gave out 12 awards totalling \$32,500 and this spring we will be accepting applications for the 2023 scholarships and bursaries. Funding for SBT awards comes from donations and money raised at our annual **Book Sale**. This year's **Book Sale** will be held Sept. 27 to Oct. 1, 2023 at the Coombs Fairground. For more information: [www.cfuwpq.ca](http://www.cfuwpq.ca)

(Contributed by Sonya Felix.)

**THE POWER OF WOMEN  
WORKING TOGETHER**  
*Advocacy • Learning • Friendship*

**CFUW Parksville-Qualicum**  
*Strong Women Making a Difference*

**INTERNATIONAL WOMEN'S DAY**

**From Cairo to Cape Town on a Bicycle**


**Speaker: Dr. Brenda  
Trenholme, retired physician  
and avid traveller, will  
provide a slide show and talk  
about of her 12,000 km cycle  
trip from Cairo to Cape Town**

**Wednesday, March 8, 2023  
7:00 p.m.**

**Knox United Church  
345 Pym Street, Parksville ON**


**All welcome  
Donations at the door**

[cfuwpq.ca](http://cfuwpq.ca)



**AN INVITATION FROM**  
**THE UNIVERSITY WOMEN'S CLUB OF VANCOUVER and the**  
**CFWU BCCOUNCIL**  
**AGM & CONFERENCE**  
***"Women Lead the Way"***  
**MAY 5 - 7, 2023**

Read all about it [HERE](#) and Register through The UWCV website [HERE](#)



THE UNIVERSITY  
 WOMEN'S CLUB  
 of VANCOUVER  
 at McCREAF



[www.uwcvancouver.ca](http://www.uwcvancouver.ca) | 1489 McRae Avenue, Vancouver, BC | 604.731.4661

Link to register: <https://www.uwcvancouver.ca/event/cfuwbccouncilagm/>  
 (Contributed by Val Gunn.)

## **BC Council Resolutions for 2023**

### **1. Club name: CFUW North Vancouver**

**Resolution Title: Social Housing in B.C.: Transparency and accountability for B.C. Housing and its partners**

**RESOLVED THAT** the Canadian Federation of University Women, BC Council (CFUW BC) urge the government of British Columbia to ensure that social housing in our communities is safe and secure by developing and implementing clear and comprehensive guidelines for the management of these projects by BC Housing and their non-profit, and for profit, partners, including provisions for oversight, accountability and consequences for non-compliance; and

**RESOLVED THAT** the CFUW BC urge the Government of British Columbia to review the BC Housing application and complaint processes and direct change where necessary, to ensure that these processes are easily accessible, equitable and receive prompt responses; and

**RESOLVED THAT** the CFUW BC urge the Governments of BC Municipalities to ensure that social housing in our communities is safe and secure by ensuring that these buildings are in compliance with applicable building codes.

### **2. Club Name: Canadian Federation of University Women North Delta/Surrey**

**Title of the Resolution:** Restore and Preserve Canada's Peatlands

**Be it Resolved,** that the Canadian Federation of University Women take action by asking municipal, provincial, territorial, and federal governments to:

1. restore and prevent further loss of Canada's peatlands;
2. create policies to protect and restore peatlands within their jurisdiction;
3. promote public education programs in all jurisdictions to encourage the restoration and preservation of peatlands;
4. fund research concerning the value of preserving peatlands in protecting the ecosystem and the environment;
5. create legislation and/or policies to prevent the commercial sale of peat.

### **3. CLUB Name: KELOWNA**

**TITLE: Creating Policy a Clothesline Act**

**RESOLVED,** that CFUW BC Council urge the BC Government to enact a Clothesline Act which would allow the use of a clothesline outdoors at a single family dwelling, and on the ground floor of a multi-unit resident building, and clothes drying racks on any outdoor balconies.

## Thanks to us:

From Haven Society “thank you for your kind donation of \$925. Your gift will support the services that are vital to those who access our programs on a daily basis such as Stopping the Violence counselling; Community Victim Services; Outreach program; Children’s PEACE Program and the Haven House in Parksville.”

From Island Crisis Care Society “thank you for your donation of \$385. Your gift will make a significant impact in the lives of those most in need. We work every day to share hope and dignity within our community.....but we can’t do it alone. When our community comes alongside us, as you have done, we are reminded that there is hope for a better future for those we serve.”

From Nature Trust British Columbia “to our friends at CFUW Parksville Qualicum, thank you for kindly remembering The Nature Trust of BC with the gift for the Brant Wildlife Festival. We hope you can join us from Friday, March 31<sup>st</sup> to Sunday, April 9<sup>th</sup>.”

(Contributed by Mary Ellen Campbell.)

## Global Outreach Aldea Maya

This note from Louise Sosa regarding the student, Rosario, we help sponsor (through Aldea Maya in Guatemala) gives some background on the needs of students in this programme. We have shared information about Rosario, a nursing student, in previous newsletters.

**Rosario has been on a 10 week practicum from the middle of November until the end of January. She is working in a hospital in Jutiapa. This hospital is 6 hours away from Chuk Muk. Aldea Maya covers all her costs from travel, accommodation, food and new uniforms. This is an excellent program but it is very expensive. Rosario will have 2 large practicums in 2023.**



(Contributed by Louise Sosa and Catherine Khan.)

### **Update on DIL and the Floods In Pakistan**

I just wanted to share with our CFUW community the latest news on the schools in Pakistan. As I reported earlier, the school I finance was not affected by the floods as it is in a suburban area with adequate drainage. But a lot of other DIL schools have been affected or lost. I recently received the email below from the lady (friend) who started the NGO.

Dear Janet,

Since August 2022, when floods ravaged Pakistan, our school communities have suffered tremendous loss and trauma. Not only have our students lost loved ones but they have also lost their homes and all their belongings. But with your generous donations, DIL has been able to provide our communities with immediate relief and the hope of returning to normalcy.

To date, we have helped a total of 2,628 families, distributing 2,532 ration bags (equivalent to 1,367,280 meals), 1,100 quilts, 1,765 bed nets, and 2,602 pieces of attire to get them through the winter. Further, our schools have begun replacing lost or destroyed learning materials, library books, and fixtures.

At present, your contributions are also directly easing the psychological trauma our flood-affected students have undergone. Partnering with a mental health organization, Taskeen, we are equipping our teachers with skills to manage children who are back in school but displaying signs of depression and anxiety.

Lastly, we are waiting for the soil to fully dry before reconstructing our flood-affected school buildings. Meanwhile, we have started repairing and replacing damaged fixtures, learning materials, flooring, and classroom furniture. This will undoubtedly take time, and we will keep you updated on reconstruction progress in the coming months.

On behalf of all the students and families that have benefitted from your generosity, a heartfelt thank you.

Sincerely,  
Fiza Shah  
CEO, DIL

As the UN Commission on the Status of Women is focusing on the use of digital learning to help educated marginalized girls, I thought I would look at what DIL has been doing. I knew my school had a small computer lab powered by solar panels on the school roof, had tablets for the students to borrow to help with reading skills, and used videos in the classroom and for teaching training. It seems that they now have a new learning tool TEAL which even the government is using in its school. The description of TEAL can be found in the DIL.org website, under Our Work, then Technology Driven Learning.



A map is in order, showing the country of Pakistan, the port city of Karachi where the DIL school we support is located, and the Indus River which rises in the Karakoram Range, in Central Asia. In August 2022, during the season of the Monsoons, one third of Pakistan was submerged in what the UN called an “unprecedented climate catastrophe.” Sindh province, just to the south-east of Karachi, was the hardest hit province, with a population of 50 million, getting 471 % more rain than the 30 year average.

Colossal volumes of water poured into the Indus River, which flows down the middle of the country from its northern peaks to its southern plains, bringing flooding along its 3180 km length. The port city of Karachi had its water supply cut. Reports from the Provincial Education Department show at least 18,000 schools damaged. The one our club supports was not, but there is terrific need in other DIL schools.

(Contributed by Janet Farooq and Wendy Reimer.)

### **Book Sale Information**

The book sale group have set some priorities and made some decisions about the sale for 2023. Information about the book sale you have seen before (but possibly forgotten) follows the rest of the newsletter, to remind you of the book box pickup schedule and guidelines for handling donations.

## Book Club Updates

Shrinking Violet's Zoom Book Group  
Reads for January 2023

Theme: The Classic Novel.

Lucy Maude Montgomery, Anne of Green Gables, Emily of New Moon, Jane of Lantern Hill  
Quintessential YA coming of age novels in print for over 100 yrs

Francis Hodgson Burnett, Secret Garden  
Orphan girl story healed with a secret garden and Yorkshire moors.

Wyla Cather, Oh Pioneers  
Struggles against the primacy of male dominance, a woman inherits a farm and devotes to making it viable.

W.O. Mitchell, Who Has Seen the Wind  
Ageless story, small town, interesting and convincing characters in Saskatchewan prairies 1930's.  
Told unsentimentally, a boy learning about life and death.

D.H. Lawrence, Women In Love  
Comment on British class society before WW1, based his on marriage and that of author Katherine Mansfield.

Virginia Wolfe, Mrs Dalloway  
About coping with changes in life, aging, class mobility, war and peace, exploring cultural change after WW1, using stream of consciousness to enter minds of characters.

William Makepeace Thackeray, Vanity Fair  
Satirical of middle and upper class British society, exposing pride tyranny, hypocrisy, snobbishness, greed and corruption raging early 19C.

(Contributed by Val Gunn.)

### CFUW-PQ QFP Book Lovers'

We meet in the small room in the upstairs of Quality Foods Parksville.

Date	Facilitator	Book
OCTOBER 13	Val	The Book Women of Toublesome Creek by Kim Michelle Richardson If interested - sequel – The book Women's Daughter
NOVEMBER 10	Linda	Cloud Cuckoo Land by Anthony Doerr
JANUARY 12	Sam	Looking For Jane by Heather Marshall

FEBRUARY 9	Susan	White Fragility: Why It's so Hard for White People to Talk About Racism by Dr. Robin DiAngelo
MARCH 9	Brenda	The Beekeeper of Aleppo by Christy Lefteri
APRIL 13		
MAY 11		

(Contributed by Sheila Reed.)



### Book Review of the Month

I hope that others of you who are reading interesting things will also be inspired to tell us about it! In the meantime, I hope this one interests you. Please mail the editor, Barbara Bond at [babond@telus.net](mailto:babond@telus.net) with contributions or comments.

*The Lincoln Highway* (2021), by Amor Towles as of Dec 31, 2022

After the high point of his previous book, *A Gentleman in Moscow*, the author is to be congratulated for daring to write another. Expectations are high and comparisons inevitable. Let me say that I thoroughly enjoyed this book but I liked the previous one even more. I raved about that book to everyone I know but, for this one, I heartily recommend it. It is a lot of fun and is fascinating for all of its 576 pages. I kept thinking that the multiple stories may stop cascading in and I was wrong.

The title of the book leads you to think that it is a road trip and it is, but not in the pattern of starting somewhere and ending somewhere else. The cover art has a highway alongside a railway and the first pages are a map of America's first transcontinental highway stretching between New York and San Francisco. You may be assuming that the book is about that journey, albeit with adventures along the way, but this book is full of surprises. Turn a corner,

meet someone new, and you enter a new story, one that you had not imagined. And your initial impressions of people and situations will likely alter.

In 1954, eighteen-year-old Emmett Watson has been serving time in a youth detention facility in Kansas and the warden drives him to his family's farm (which now belongs to the bank) in Nebraska, where his father has died (his mother is not around) and his eight-year-old brother Billy needs care. Emmett's plan is to pick up Billy, travel to California, and build a new life for them both. The first surprise is when Emmett discovers that two fellow inmates have escaped and travelled in the trunk of the warden's car to Nebraska. They have a different idea of where to go and what to do. It is just a 'short deviation' that involves New York City and upper New York state, and then they'll be on their way. Naturally, it is not quite that straight-forward.

The book takes some adjustment. For one thing, it starts with chapter 10 and goes forward to chapter 1. It encompasses 10 days of adventures before we start the adventure that Emmett has in mind. We begin to realize that we are moving toward *in media res* (the classic middle of the story, where the 'main' story usually begins).

The focus changes constantly from person to person. Each distinct individual has his or her own story. Some people may find the shifting focus difficult. But, as time passes and we learn more about each of them from not only what that person says, but what they do, and what others say about them, we learn a lot about human nature, how childhood circumstances might affect people, and how people process the sensory world in different ways. We learn a lot about the effect of the Second World War on former soldiers and their families. We learn to see the world of that time from male and female perspectives, black and white, rich and poor, young and older. We learn about honour and the necessity of maintaining your concept of correct, or fair, behaviour and allowing others theirs. The book is rich in story. It will reward you for your attention.

## **2023 BOOK SALE Information and Schedule for Pick-Up of Donations**

CFUW PQ book sale team - Sharon Sawkins, Claire Tallman, Joan Michel

Where: Arrowsmith Agricultural Association/Coombs Fairgrounds - Arrowsmith Hall

When: Sunday, September 24 to Sunday, October 1, 2023

### **Book Storage**

Storage locker – Island Self Storage - 1304 Alberni Hwy, Unit # 6105

Storage contact – Erin Holmes - phone 250-752-1467 or Sheila Reed - phone 250-954-2226

Volunteer organizer – Lorne Reed - phone 250-954-2226

After completing your week, call Lorne or Erin: to arrange to meet at the storage locker or to arrange for book pick-up at your house

**Please cull the books** as directed below and put the rejected books in your own garbage. **PLEASE LEAVE THE CULLED BOOKS IN BAGS.** Lorne will pack and stack.

### **Book Culling**

When collecting books from the drop-box at Save-on-Foods, or receiving books from neighbours or friends or an estate, **PLEASE** follow these **NEW\*** guidelines:

**1. DO NOT ACCEPT**

- any book with a MILDEW or other smell, or physical damage
- any atlas, community-group cookbook, dictionary, encyclopedia, magazine, medical book, reference book, textbook, or yearbook (Not enough of these books sell to justify the expense of moving and disposing of them; discard them in your garbage.)

**2. ACCEPT** only if in Very Good Condition, regardless of date of publication

- fiction
- biography, memoir, autobiography
- local/BC history especially on lumbering & fishing & First Nations (customers look for these)

**3. NEW\*** For all other books, **PLEASE** check the publication date on the copyright page and

**ACCEPT only if the publication date is 2015 or later**, and only if in Very Good condition

**4. NEW\*** Do NOT accept DVD's, CD's, or VINYL. (Not enough of these books sell to justify the expense of moving and disposing of them.)

**5. ACCEPT only if in perfect condition**

- nice jigsaw puzzles with all the pieces. The pieces must be in a sealed plastic bag, in the box.

### **Book Donations Pick-Up**

Book donations drop-box – outside the entrance to Save-On-Foods, on the right-hand side

Pick-up supervisor - Erin Holmes – 250-752-1467

Directions: If your week does not work for you, please try to trade with someone else. If you need to withdraw from picking up books, please call Erin. **Please call the next person on the list to remind them that it is now their turn** once your week is finished.

Please follow the guidelines to cull the books and use your own garbage (this will keep the trips to the transfer station to a minimum). Once culled, **please put the books in bags** and arrange for storing them (see [Book Storage](#) above).

**October 2022 – October 2023 Schedule of Book Donation Drop-Box Pick-Ups**

Oct. 3 -9	Jacqueline Worboys	Oct. 10 - 16	Noreen Ballantyne
Oct. 17 - 23	Barbara Bond	Oct. 24 - 30	June Arnett
Oct. 31 – Nov.6	Mary Ellen Campbell	Nov.7 – Nov. 13	Liz Douglas
Nov. 14 – Nov. 20	Lisa Marshall	Nov. 21 – Nov. 27	Joan Michel
Nov. 28 – Dec. 4	Pat Morrison-Wheeler	Dec. 5 – Dec. 11	Valerie Gunn
Dec. 12 – Dec. 18	Lorna Miller	Dec. 19 – Dec. 25	Sheila Reed
Dec. 26 – Jan.1	Sheila Reed	Jan. 2 – Jan. 8	Erin Holmes
Jan. 9 – Jan. 15	Sherrol Tait	Jan. 16 – Jan. 22	Christine Pagan
Jan. 23 – Jan. 29	Brenda Pengelly	Jan. 30 – Feb. 5	Sheri Plummer
Feb. 6 – Feb. 12	Jacqueline Russell	Feb. 13 – Feb. 19	Sharon Sawkins
Feb. 20 – Feb. 26	Vivian Sears	Feb. 27 – March 5	Bonnie Stableford

March 6 – March 12	Claire Tallman	March 13 – March 19	Valerie Tutti
March 20 – March 26	Catherine Watson	March 27 – April 2	Maureen Woods
April 3 – April 9	Jacqueline Worboys	April 10 – April 16	Noreen Ballantyne
April 17 – April 23	Barbara Bond	April 24 -April 30	June Arnett
May 1 – May 7	Mary Ellen Campbell	May 8 – May-14	Liz Douglas
May 15 – May 21	Lisa Marshall	May 22 – May 28	Joan Michel
May 29 – June 4	Pat Morrison-Wheeler	June 5 – June 11	Valerie Gunn
June 12 – June 18	Lorna Miller	June 19 – June 25	Erin Holmes
June 26 – July 2	Sherrol Tait	July 3 – July 9	Christine Pagan
July 10 – July 16	Brenda Pengelly	July 17 – July 23	Sheri Plummer
July 24 – July 30	Jacqueline Russell	July 31 – Aug. 6	Sharon Sawkins
Aug. 7 – Aug. 13	Vivien Sears	Aug. 14 – Aug. 20	Bonnie Stableford

Aug. 21 - 27	Claire Tallman	Aug. 28 – Sept. 3	Valerie Tutti
Sept. 4 – Sept. 10	Catherine Watson	Sept. 11 – Sept. 17	Maureen Wood
Sept. 18 – Sept. 24	Jacqueline Worboys	Sept. 25 – Oct.1	Sheila Reed
Oct. 2 – Oct. 8	June Arnett	Oct. 9 – Oct. 15	Noreen Ballantyne



# **CFUW PQ BOOK SALE**

## **and PERFECT JIGSAWS**

### **COOMBS FAIRGROUND**

***new hours for 2023!***

**Wed. – Sat., Sept. 27 – 30, 9 am to 7 pm**

**Sun. Oct. 1 ~ *HALF PRICE* ~ 9 am to noon**

**Books \$3.00 each – Cash Only**

**Bargain Books \$1.00 each**

***Please bring your own bag.***

***Proceeds support educational scholarships for women & girls – locally and internationally.***

**Book Donation Drop Box is located at Save-On-Foods.**