

Canadian Federation of University Women – Parksville / Qualicum



Our Theme this year:

Strong Women – Making a Difference

September 2023

Executive/Leadership Team Members:

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

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

Vice-President: Christine Pagan (403-606-0453)

Communications: Tammy Exner @ tamexner@gmail.com

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

Meeting: September 11, Qualicum Beach Civic Centre, 7PM

Program: The Wisdom of Scottish Women

Speaker: Norma Cameron

What To Look For:

President's Report

Program Information

Leadership Roles

Social Media Committee

Needlework Club

Nanaimo CFUW event

Scholarship & Bursary Trust appeal

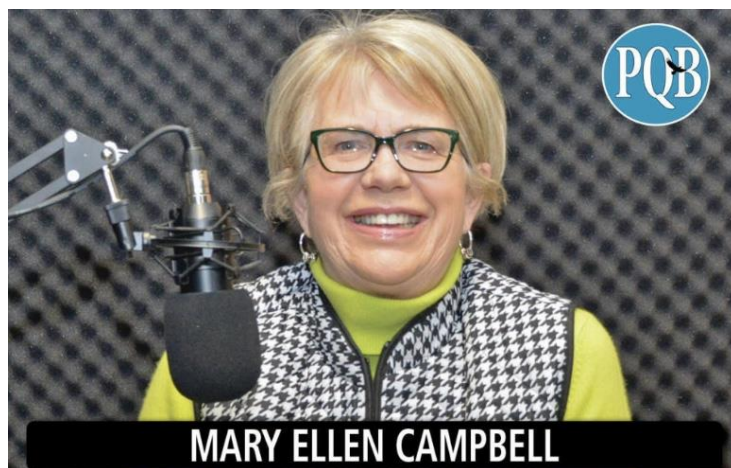
ALS Event

Book Sale Message

Book Club Information, Book Review

Book sale Information, Book Box Pickup Schedule, Book Sale Poster

President's Report



Welcome back, everyone; let another CFUW Parksville Qualicum year begin! At our September meeting, I will be looking for direction on two topics: food and fun ☺

First, food. At our annual Christmas meeting, would you prefer to meet for lunch or dinner? As many restaurants are closed on a Monday, would you be willing to attend on a different day – possibly the weekend?

Second, fun. Is it time for more interest groups? If so, what are your interests? Might it include?

- Read aloud from Jane Austen's novels and include time for lively discussion.
- Don't like to cook, or just need a break; join a relaxing group for a chat over lunch.
- Join a Canasta Hand and Foot group.
- Share a block of tickets for the Vancouver Island Symphony performances.
- Share a block of tickets for our local ECHO Players Theatre performances.
- Ready for a jaunt? If you enjoy an occasional day out experiencing what our Island has to offer, why not initiate a jaunt to your favourite place or for your favourite activity? Initiate a jaunt, including theatre, galleries, in town or out of town outings.
- Interested in heading up to Mt. Washington for downhill skiing, cross-country skiing, or snowshoeing?
- Explore our area on your road bike or E-bike, along off-road bike paths and local streets. We ride minutes, break for coffee and return to our starting point. Cycling distance approximately km. Helmets required all skill levels welcome.

- Share your travel experiences from near and far..... Europe, Asia, South America, Haida Gwaii, and on a variety of cruises.
 - Listen to a podcast chosen by one of the participants, and then come together for a discussion.
 - Chat . . . A small group for informal, friendly chats on two topics per week.
 - Watch a movie together
- *All of the above ideas came from other Vancouver Island CFUW clubs*

As to be expected, the formation of interest groups can be found in our bylaws.

PART 10 INTEREST GROUPS

1. The members of the Club may form Interest Groups.
2. The formation of any Club Interest Group must have prior approval of the Leadership Circle.
3. Participation in the Interest Groups is open to all members in good standing of the Club.
4. A non-member may participate in the activities of an interest group twice as the guest of a member and after that is required to become a member of the Club before continuing to participate.
5. The number of participants in an interest group or its activities may be limited due to capacity of the host site.

Let's talk more about food and fun.


I look forward to seeing everyone at our September 11th meeting at the Qualicum Beach Civic Centre. Our meetings start at 7pm but we are encouraging everyone to come at 6:30pm for a chat, to meet our new members and reacquaint ourselves with the 'longer standing members'.

Let the excitement begin!

Mary Ellen

(Respectfully submitted, Mary Ellen Campbell.)

Program Information




THE POWER OF WOMEN WORKING TOGETHER

Advocacy • Learning • Friendship

CFUW Parksville-Qualicum
Socially Responsible Women

The Wisdom of Scottish Women

Speaker:
Norma Cameron,
storyteller and educator, is
back for an encore
performance to tell
stories inspired by her
Scottish granny.



Monday, Sept. 11, 2023
6:30 pm

Qualicum Beach Civic Centre

All welcome!

www.cfuwpq.ca

Welcome to the First Session of the Speaker Series.

Monday September 11th welcomes our returning guest storyteller, Norma Cameron.

Norma had a background in journalism, fundraising for charities and communications before founding The Narrative Company in 2006, to assist organizations tap into the power of the story. She currently sits on the Mid- Island Storytellers board and volunteers with ECHO players with the sound crew. Norma has delivered workshops and keynote presentations across Canada and world-wide.

You can watch Norma's Tedx Talk on storytelling,

<https://www.youtube.com/watch?v=1w9lom1NNH0>

The evening will start at 6.30 pm at QBCC with a meet and mingle to welcome new guests and members and to greet our longtime members.

After the presentation at 7pm there will be a club presentation and a chance for lively discussion with refreshments.

(Contributed by Valerie Gunn, Program Group.)

Speaker Series September 2023 - May 2024

Theme: Socially Responsible Women

September 11, Norma Cameron, Storyteller, The Wisdom of Scottish Women. QBCC

October 16, Selena Pope, Winter Gardening with Bees, Butterflies and Birds. QBCC

November 6, Andrea Blakeman, Affordable Housing, Answers for The Housing Crisis. QBCC

January 8, Nancy Randall, Linda Fullalove, Climate Actions for All. Parksville CC

February 12, Silva Mangué, Vancouver Island Black History. Zoom

March 8, International Women's Day TBD

April 8, Resolutions and Budget. Parksville CC

May 13, Deep Bay Marine Centre, Protection of Our Coast. Parksville CC

(Contributed by Valerie Gunn.)

Leadership Circle and Club Roles Information

CFUW Parksville – Qualicum (PQ)

Membership List 2023 – 2024

Website: www.cfuwpq.ca

Mailing Address: PO Box 113 Qualicum Beach, BC V9K 1S7

August 17, 2023

LEADERSHIP CIRCLE	Club Teams
President – Mary Ellen Campbell president@cfuwpq.ca	Book Sale – Chairs – Sharon Sawkins & Sheila Reed - Until October 2023 Team – Erin Holmes, Joan Michel, Claire Tallman, Brenda Pengelly, June Arnett, Leigh Dybenko, Jane Atagi, Carolyn Russell, Shelley Johnson booksale@cfuwpq.ca
Past President – Val Gunn	Membership Team – Chair Sheila Reed Team – Sharon Sawkins, Leigh Dybenko, Pat Morrison Wheeler, Brenda Pengelly, Jean Ogle, Sonya Felix, Val Gunn
Vice-president – Christine Pagan	Scholarship & Bursary Trust – Chair - Janet Farooq. Team – Val Gunn, Sonya Felix, June Arnett, Wendy Reimer, Christine Pagan, Jacqueline Worboys, Valerie Tutti
Treasurer – Bonnie Stableford treasurer@cfuwpq.ca	Global Outreach – Wendy Reimer, Catherine Khan
Membership – Sheila Reed membership@cfuwpq.ca	Archives – Noreen Ballantyne, Maggie Hawes
Leadership Secretary – Lorna Miller.	Newsletter – Barbara Bond
Program – Val Gunn & Leigh Dybenko programmes@cfuwpq.ca	Sunshine – Camille Lawson
Scholarship & Bursary Trust – Janet Farooq chairsbt@cfuwpq.ca	Out ‘n About - Christmas Dinner & Charity Auction-tbd
Social Media Committee Tammy Exner & Christine Pagan technology@cfuwpq.ca	
Global Outreach – Wendy Reimer globaloutreach@cfuwpq.ca	Interest Groups Shrinking Violet Book Club – Zoom – Jacqueline Russell & Val Gunn
General Meeting Managers – Noreen Ballantyne & June Arnett	QFP Book Lovers Book Club – Sheila Reed
Publicity - Mary Ellen Campbell events@cfuwpq.ca	Knitting Group – Maggie Hawes & Lorna Miller
Advocacy/Resolutions - Christine Pagan advocacy@cfuwpq.ca	Talking Circle – Robin Robinson

Social Media Committee, August 2023

Survey: Results and Workshop feedback have been shared with the members and are now awaiting the results of an electronic vote so that they can be actioned without further ado. If members require an overview at a later business meeting, then Christine or Tammy will provide that.

We also plan to provide some analytics on our website usage around the anniversary of the launch - such as the location of users, time spent per page, etc. This will help us decide how to focus our scarce resources on what adds value to the club rather than what is 'nice to have'

Website Updates: All pages have been reviewed for editorial content, and revised as appropriate. A call went out to members/committees/interest groups early summer for updates/edits, and all requests were actioned. The onus is now on individuals/groups to provide new information to Tammy and Christine rather than us requesting it. Please edit your contributions before sending, and send in PDF format for text, or JPEG for images.

Branding and Logo refresh - CFUW National initiative: all clubs will be required to revise our visual materials (logo, headers, letterheads, website, etc.) once CFUW National goes live with their new branding. This is expected to be in around November-December.

To keep costs at a minimum, Christine and Tammy will do as much of the updating as possible, without having to involve a third party. However, we will likely need some help from members - so *Watch This Space* - an ideal opportunity to learn everything about website management you didn't know existed and were afraid to ask 😊

(Contributed by Christine Pagan on behalf of the Social Media Committee.)

Calling All Knitters, Crocheters and Needle Workers

CFUWPQ knitters, crocheters and needle workers are welcome to join this group that has traditionally met twice a month for a couple of hours on a Wednesday afternoon at a member's home. We bring our current project to work on, enjoy one another's company and ask for advice if we've a problem to solve.



The first meeting of the season will be at 2pm on Wednesday, Sept.13 at L. Miller's home. Please let her know if you plan to attend. There will also be a sign-up sheet at the Sept. 11. meeting.

(Contributed by Lorna Miller.)

Event to Attend

cfuw THE POWER OF WOMEN WORKING TOGETHER

Save the Date!!

Women's History Month

Celebration Luncheon

Saturday, October 21, 2023

Museums – Then and Now

featuring

Geraldine Manson:

Snuneymuxw Elder and Knowledge Keeper; has worked with the Gabriola Historical and Museum Society for over 23 years; recipient of the Island Trust Community Stewardship Award



Barbara Winter:

Recently retired Director of the Museum of Archaeology and Ethnology at Simon Fraser University; recipient of the Lifetime Achievement Award from Heritage BC

Luncheon hosted by CFUW Nanaimo

Nanaimo Golf Club

**Scent-free
event**

Doors open at 11:30 am

Tickets \$45

Contact cfuwnanaimo@gmail.com

Support the Scholarship and Bursary Trust

PLEASE DONATE TO THE SCHOLARSHIP and BURSARY TRUST

The Trust offers scholarships and bursaries to girls and women from School District 69. There is one scholarship for a graduating girl from each secondary school going on to a University degree programme. There are scholarships for university undergraduate and postgraduate students. Local women who want to return to their education at an accredited Canadian institution are eligible to apply for a bursary. There are also 2 trade awards available, one for a Red Seal Trade, and a second for programmes at North Island College.

We depend on your generosity to support the Trust, and we thank you for your continuing support of education.

Your donation is eligible for a tax deduction from Revenue Canada.

SCHOLARSHIP and BURSARY TRUST DONATION FORM

Name _____

Address _____

Donation Enclosed \$ _____

Payable by e transfer: treasurersbt@cfuwpq.ca

Or by cheque

Mailing Address: CFUW/PQ Scholarship & Bursary Trust

P.O. Box 113., Qualicum Beach, B.C. V9K 1S7

(Contributed by Maureen Wood, on behalf of the committee.)

ALS Walk on June 11, 2023, supported by CFUW members

Kudos to Lisa Marshall and her husband Peter Bubenzer, representing Rotary International and acting as Volunteer Coordinators for the Mid Island ALS Society of BC Move for the Cure event in Parksville on June 11, 2023. The event raised \$45,000 towards the development of a research centre at UBC to find a cure for this dreadful disease.

Several CFUW members personally took part including Val Gunn who assisted with the raffles; Sheila Reed and Brenda Pengelly who walked; Janet Farouk who saw them off; and others who donated or purchased raffle tickets. By Jun 14, Brenda had raised \$1500 in donations. As of Aug 24, Brenda says she has received \$1670 in donations!)

(Contributed by Brenda Pengelly on Jun14 and amended on Aug 24.)



(Left) Lisa Marshall, (Right) Brenda Pengelly and Sheila Reed.



(Left) Lisa Marshall and Peter Bubenzer, (Right) Valerie Gunn.

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. Also, see the book sale committee's renewed poster following the newsletter. You can use that page to spread the word.

Book Sale Message, as of August 24, 2023

The Book Sale is coming up quickly, and the book sale committee is finalizing the details. As usual, there will be a sign-up sheet at the September meeting for volunteers for various jobs, and all help will be greatly appreciated. Please contact Erin at booksale@cfuwpq.ca to pick up any books you may have for the sale. **Note that the last day for delivery of books to the storage locker is Friday, September 15.** Also, we cannot accept books at Arrowsmith Hall during the sale. We have been gathering wonderful books and are looking forward to another successful sale.

Book Clubs

Shrinking Violets Book Club Picks August 2023

Topic: Canadian Adventures

Kathryn Bridge - A Passion For the Mountains

Biography of Phyllis & Donald Mundy, who were hiking and mountaineering pioneers on North Shore and BC Coast in 1900s up to 1940s. Discovered Mount Waddington.

Jan Redford – End of the Rope: Mountains Marriage and Motherhood

Memoir of modern climbing community, challenges, heartbreak, and redemption.

Terry Milos – North of Familiar

Memoir of homesteading family life in Little Atlin lake, well documented with photos.

Adam Schultz – Beyond the Trees (2017)

A 4-month lone journey above the arctic circle line across Canada, by trekking and canoe.

Pierre Burton – Klondike – The Last Great Gold Rush 1896-1899

A wild interlude in the story of western development, dramatic tales of hardship, heroism, and villainy.

Phillip and April Vannini – In the Name of Wild

Ten countries, twenty Natural World Heritage sites, 5 years.

A thought provoking perspective on how we view the wild, nature, and wilderness.

Quality Food Parksville Book Lovers at 7pm on Date Book

SEPTEMBER 14 Ragged Company by Richard Wagamese

OCTOBER 12 Permanent Astonishment by Tomson Highway

NOVEMBER 9 Freshwater for Flowers by Valerie Perrin

DECEMBER 14 Educated by Tara Westover

JANUARY 11 Women Talking by Miriam Toews

FEBRUARY 8 The Phone Booth at the Edge of the World by Laura Imai Messina

MARCH 14 This Changes Everything by Naomi Klein

APRIL 11 The Family Chao by Lan Samantha Chang

Lessons in Chemistry by Bonnie Garmus

MAY 9 Lady Tan's Circle of Women by Lisa Se

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 with contributions or comments.

Lessons in Chemistry (2022) by Bonnie Garmus

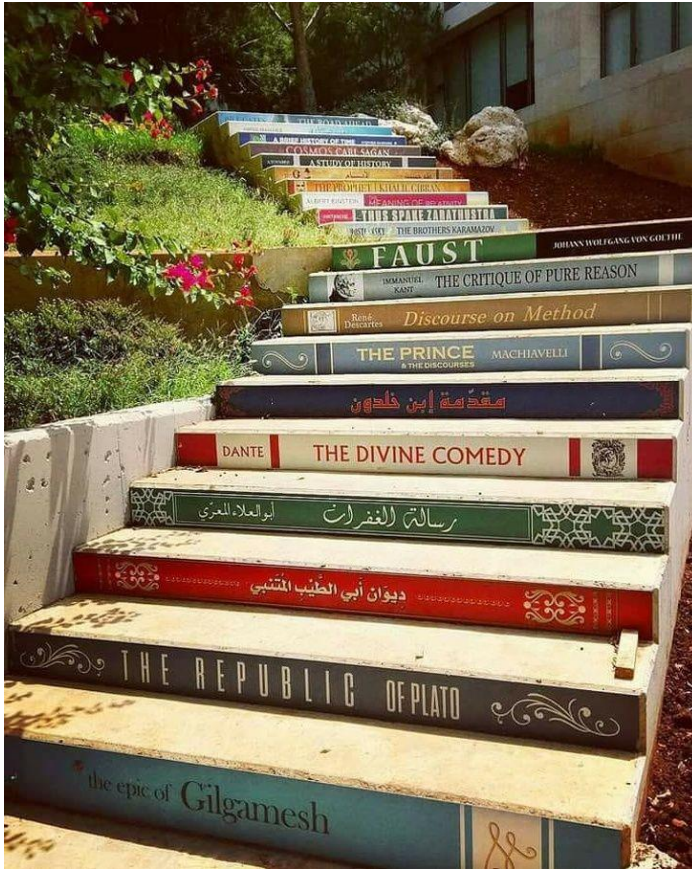
Home sick, I plucked a book off a pile that was on my 'maybe' list. It looked funny and I needed a change from murder mysteries (my usual comfort fare). It was funny, but it was also smart and was a tonic to read. The Guardian calls it "polished, funny, thought-provoking" and the New York Times calls it "opinionated, funny, and intelligent." Well, can you ask for more?

The year is 1961 and our heroine is Elizabeth Zott, a former research chemist now hosting an afternoon cooking show called *Supper at Six*. Elizabeth is a single mother (a rarity at the time) and she struggles to care for her elementary school-aged daughter, Mad (not short for Madeline, but due to Elizabeth's not hearing the question being asked). She had been sidelined and then fired from her job in chemistry, unfairly discriminated for her daring in being a woman scientist. Although it makes her life hard, she just cannot do other than tell the truth and be herself.

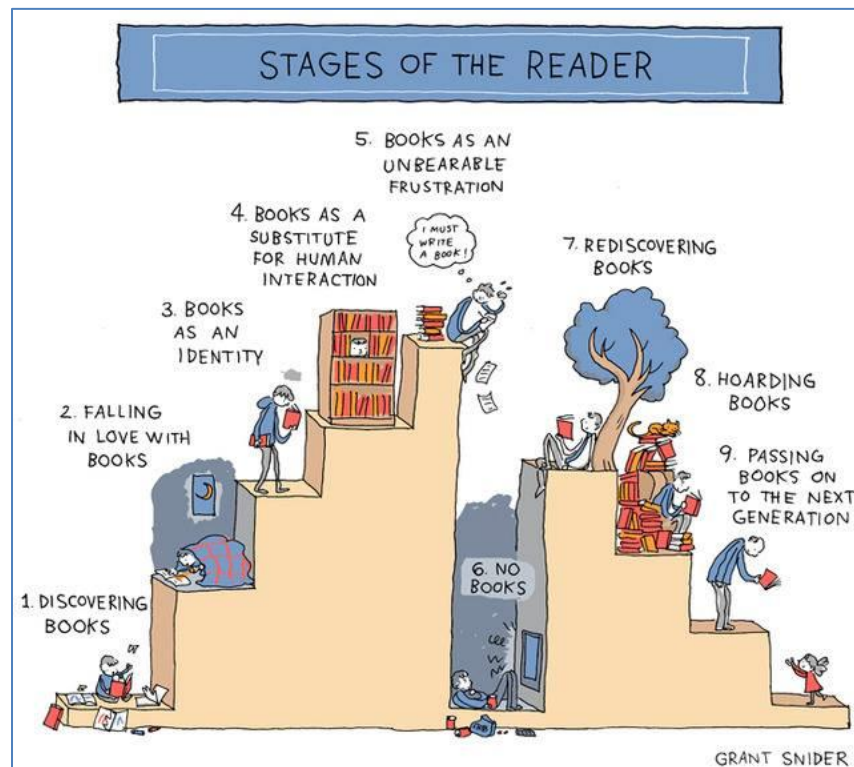
Elizabeth overturns the standard fare of programs 'designed for women' that assume that housewives are completely and solely focussed on children, cleaning, and cooking. She knows that cooking is just chemistry and speaks to her audience as though they are functional human beings with the ability to understand what she says. (Although, the TV station did receive calls asking what CH_3COOH was. It is acetic acid, vinegar in other words). She encourages her audience to take time for themselves and always signs off with: "Children, go set the table. Your mother needs time for herself now." The food she cooks is delicious and healthy. "Take one can of soup" is barred from her lexicon. She advocates for women to fulfil their potential and follow their dreams. That may be all very well now, but in 1961 it was heresy. So soon we forget about the blatant discrimination and patronizing attitudes of the time. Sponsors, the producer, and the program manager despair over her lack of obedience but the audience loves her.

Elizabeth has suffered for her identity as a woman in a non-traditional field. She has been sexually molested, ignored, demoted, overlooked, and her work has been plagiarized. The great love of her life was Mad's father, a scientist as odd as she is. He was brilliant but very much an individual. Unfortunately, he died before they had an opportunity to reconsider their decision not to marry or realize that they were pregnant. The mystery of his background and family is gradually unravelled and owes much to sheer luck and coincidence. A very smart child and a very smart dog are involved but as things eventually evolve, Elizabeth is less alone and less overlooked in her professional field.

If you watched the *Mad Men* TV show (which was set at the same time as this book), you had a refresher course in the attitudes of the time. Women at work fetched the coffee. Women who married stopped working. The cultural expectations of the time resisted change. Women often perpetuated the cultural norm. The world was divided into two genders: one earned the money at work and one stayed at home and raised the children. Anyone trying to disrupt the accepted way of doing things was regarded as dangerously radical and disruptive. You may read this and think, "Goodness, we have come so far." Well, yes, but not without struggle and the work is not done. We who were there at the time can be advocates for education and opportunity for all. We experienced that revolution. Besides, you need a laugh!



Landscaping Suggestion to the left and 'Stages of the Reader' so you can decide where you are and have been, below, and a Reminder of the importance of Reading, below right.



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 BOOK SALE



and PERFECT JIGSAWS



COOMBS FAIRGROUND

(Turn at the Dutch Store - Ford Rd.)

new hours for 2023!

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

Sun. Oct. 1, 9am to noon

Books \$3 each - cash only

Pocket Books \$1

Sunday ~ Fill a Bag with Books ~ \$10, students \$5

Proceeds support educational scholarships for women & girls - locally,
nationally, and internationally.

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