



Canadian Federation of University Women – Parksville / Qualicum



Our Theme this year:

Strong Women – Making a Difference

October 2023

Leadership Circle Members:

President Mary Ellen Campbell president@cfuwpq.ca

Vice President Christine Pagan vp@cfuwpq.ca

Treasurer Bonnie Stableford treasurer@cfuwpq.ca

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

Meeting: October 16, Qualicum Beach Civic Centre, 7PM

Program: Winter Gardening for Birds, Bees & Butterflies

Speaker: Selina Pope

What To Look For:

President's Report

Explaining September 30

Program Information

Long Term Care study group

Murdered and Missing Indigenous Women – learning opportunity

Social Media Committee

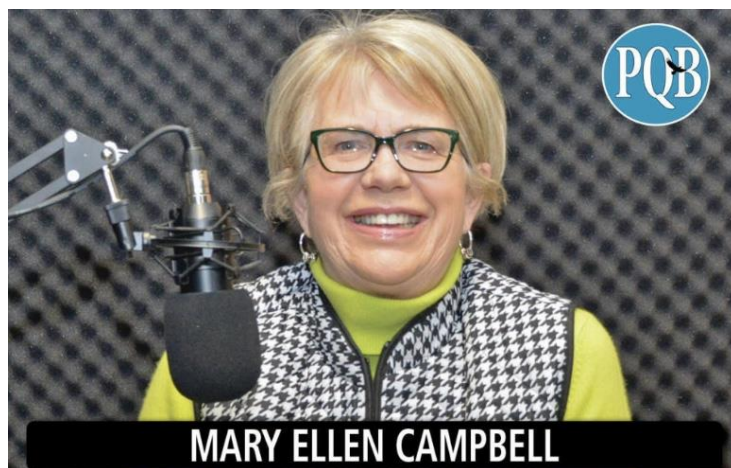
Global Outreach

Scholarship & Bursary Trust update

Book Club Information

Book Review

President's Report



Realizing potential. For all women.

More excitement in the life of CFUW. Our new brand, logo and tagline are set to emerge. Thank you to VP Christine for attending the branding roll-out workshops. VP Christine will lead our club in incorporating the new images onto our website and printed material.



When I attended the National AGM in July, I was intrigued by the individuals who created the logo and tagline. They listened to our collective stories including our history

and aspirations for the future and chose five words that describe who we are, who we were and who we hope to become. Imagine having that level of creativity operating within your mind!

Realizing potential.

Realizing is both to understand and make real. A state of mind – to become fully aware – a process which speaks to the foundation of lifelong learning in our organization

Potential is the outcome of our work. It's the vision that becomes the reality – seeing potential and bringing it to life.

As an organization and member community, we see a potential goal, come together to find a solution and bring it to life for the betterment of all.

For all women.

This is a statement with powerful duality that defines both our organizations members and purpose. Our organization is "for all women" – with our core focus being women's empowerment, education, representation, equality and human rights.

One more thing! In case you didn't know ☺we are the brand. The activities, the energy, the way we interact with the world on a daily basis is our living brand experience.

I'm feeling proud! 😊

(Contributed by Mary Ellen Campbell)

Understanding September 30

Why do people wear orange shirts on September 30? What is the meaning behind the shirts, and what does this bright colour have to do with residential schools in Canada?

Orange Shirt Day references a real orange shirt taken from a residential school Survivor

Now an adult, [Phyllis Webstad still remembers the new orange shirt that her grandmother bought for her when she was six years old.](#) She wore it proudly on her first day at a church-run residential school in Williams Lake, BC. But then school authorities stripped her of her clothes, cut her hair and took her shirt away. She never got it back. "The colour orange has always reminded me of how my feelings didn't matter, how no one cared," she writes. "I went to a treatment centre for healing when I was 27 and have been on this healing journey since then. I finally get it, that the feeling of worthlessness and insignificance, ingrained in me from my first day at the mission, affected the way I lived my life for many years."

The day aims to raise awareness of the residential school system in Canada

Webstad is one of more than 150,000 First Nations, Métis and Inuit children who attended Indian residential schools in Canada between the late 1800s and 1996. These schools were operated by the Canadian government and church organizations and were [part of Canada's official policy that aimed to eliminate Indigenous Peoples' languages and cultures](#) and, through assimilation, cause them to cease to exist as distinct peoples. It is estimated that between four to six thousand children died at residential schools.

1. Wearing an orange shirt reminds us of the impact of residential schools still felt today

Residential schools are not far in the past; the last one closed in 1996. As Webstad's story attests, many Survivors are still coping with the trauma from their time at the schools, including physical and sexual abuse. The intergenerational impact is still felt through communities. Orange Shirt Day was created as an opportunity to discuss the effects of residential schools and their legacy. It honours the experiences of Indigenous Peoples, celebrates resilience and affirms a commitment that every child matters.

(Contributed by Mary Ellen Campbell.)

Melanie Bob, designer of orange shirts available at Snaw Naw As Shell Gas Station, Nanoose.



Program Information

Winter Gardening for Birds, Bees & Butterflies

While our gardens are not abundant with glorious blooms this time of year, there is still a lot happening in the garden.

In this presentation, community garden steward Selina Pope will help us learn to see and appreciate the senescent beauty of, and activity in, the winter garden. She will explain how our gardening activities over the fall and winter months support the local wildlife that share our urban spaces. Learn how to choose plants that provide winter interest for humans while providing protective habitat for overwintering insects, seeds and fruit for resident birds, and critical pollen sources for early season bees and other insects.



Introducing Selina:

For the past 20 years, Selina has been a Vancouver-based volunteer community gardener, working with community groups to create pollinator-friendly urban green spaces, sustainable gardening practices, and community-based food security in the Little Mountain Neighborhood of Vancouver. She is an active guerrilla gardener and proud steward of community gardens and green spaces that support biodiversity and nourish the human spirit.



Since becoming a Master Gardener in 2003, she has been active on the Healing Garden Committee, and involved with several local projects, most recently Riley Park Community Garden. Selina is also a Butterfly Ranger with the David Suzuki Foundation, taught in the pre-COVID program and was a member of the Indigenous Pollinator Map Initiative. She provides community engagement and educational outreach to Butterfly Rangers, Master Gardeners and the local community. Selina has recently transplanted herself to Vancouver Island and is learning about and enjoying living in a semi-rural community.

(Contributed by Leigh Dybenko and Val Gunn.)

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 Mangue, 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.)

CFUW LTC STUDY GROUP: 2023-2024 A Year of Action

SESSION 1: LTC and Elder Rights CFUW National Study Group
THURSDAY, SEPTEMBER 28, 10:00 -12:00 PM PACIFIC TIME 1:00 PM
EASTERN TIME

OPENING SPEAKER: Pat Armstrong

Reimagining LTC Residential Care: Bringing the standards into focus for both Residents and Staff. "Conditions of work are the conditions of care."

Pat Armstrong is a Distinguished Research Professor Emeritus at York University. A feminist political economist who studies social policy, women, and work as well as health and social services, she has led multiple research projects conducted in partnership with a range of organizations, especially with unions.



Her recent books include *Unpaid Work in Nursing Homes: Flexible Boundaries; Care Homes in a Turbulent Era* (with Susan Braedley); *Wash, Wear and Care: Clothing and Laundry in Long-Term Residential Care* (with Suzanne Day); *The Privatization of Care: The Case of Nursing Home* (with Hugh Armstrong).

Participant discussion and questions to follow the speaker.

Other items on the agenda will include, OVERVIEW OF YEAR, RESOLUTION PLANNING and FOCUS COMMITTEE.

Please let your club members know about this event, new participants welcome.

Further information contact one of the LTC facilitators: audreyhj@shaw.ca.
ivesbetsy@gmail.com

(Contributed by Mary Ellen Campbell.)

Missing and Murdered Indigenous Women and Girls MMIWG2S: Turn Knowledge into Action

Judge Marion Buller will talk about the work of the National Inquiry and how individuals and organizations can take action to implement the National Inquiry's Calls for Justice

This Webinar is presented by the CFUW Indigenous Issues Committee on **Wednesday October 4th at 7 pm ET.**

To register, see the national site: <https://mailchi.mp/cfuw-fcfdu.ca/specialeditionearthday2023-964545?e=b225941af5>



The Honourable Marion Buller is a member of the Mistawasis Nehiyawak, a Cree First Nation in Saskatchewan. Ms. Buller was a lawyer, practicing criminal and administrative law for six years before being appointed as a BC Provincial Court judge.

Ms. Buller was the initial First Nations woman to be appointed as a judge in any level of British Columbia courts. She presided in Provincial Court in many locations across BC, including the northern circuit court. Ms. Buller founded and presided in the First Nations Court, in New Westminster, BC. This was the first Indigenous Court in BC. She also built the foundation for BC's first Indigenous Family Court.

(Contributed by Valerie Gunn.)

Social Media Committee



Whoo Hooo! We have a new look!

CFUW National are now rolling out the new logo and tagline - see above - and we hope you agree - it's rather swish!

All clubs will be required to use these visual materials (logo, headers, letterheads, posters, website, etc.) going forward so you will see us gradually updating materials as time and resources permit.

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. 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 😊

Speaking of Website Updates: Please send mctp (Christine Pagan) anything you want for inclusion into the website.

This includes news of anything that you might be involved in personally (for instance, Elder College) that you think might be of interest to others to participate in on an individual level. I will upload it to the calendar (with a note that it is not a 'club' activity) so that other members can decide if they want to join in. We want to enable all members to share and celebrate the local activities that they support as individuals.

Please edit your contributions before sending, and send in PDF format for text, or JPEG for images.

Respectfully submitted by mctp on behalf of the Social Media Committee

Global Outreach

Tutorial Sessions in Tanzania

Think back to when you went to school. How would you feel about entering Grade 8 and having to cope with 9 out of 10 subjects in your third language? Imagine, too, attempting to learn some pretty sophisticated math without the assistance of a regular math teacher. These daunting challenges face virtually all our students in Tanzania.

Primary school classes in rural Tanzania often have 60 or more students in each class and formal English lessons don't begin until standard (grade) 3. Also, English is not widely used in Tanzania. In every day conversation people speak either their own mother tongue or Swahili. Learning the days of the week or the numbers up to 100 plus vocabulary or verb tenses in English certainly helps, but many students find themselves initially lost in secondary school having to listen to teachers lecture in English on topics such as the implication of the 1885 Berlin Conference or how bees pollinate a flower. Math is taught well in primary school but students are expected to listen and learn, there is seldom time for questions and clarification.

To help our girls succeed CHES provides a one-month tutorial session during the school holidays in June and July each year. Two weeks are dedicated to Math and another two to English. In 2023 eighteen teachers (many of whom were CHES grads) were hired to work with the 237 (out of 244) girls who attended. Smaller classes, focused study and a variety of teaching methods combined to assist the students prepare for their year-end exams. In their final week students

wrote “mock” exams similar to those they will sit for in November. The success of this program has been proven by the increase in the number of girls graduating from Form IV with marks entitling them to continue on to Form V, and VI, known in Tanzania as high school.

The tutorial report, prepared by our office staff in Katesh for 2023, stated “The support that our girls get through these programs is very valuable and all of us here in Tanzania appreciate and treasure it. The help the girls are getting makes a big change in our girls’ lives. We appreciate and thank one and all for the huge support.”

The students are accommodated at the Sara Williams Hostel. As our girls attend 29 different schools during regular term time, it is a wonderful opportunity for them to meet and work with each other. Often lifetime friendships begin here.

The cost for all this is covered by the sponsorship fee of \$650. This annual event cost \$19,500 last year. This included all the necessary food security, teacher fees and classroom rentals. It worked out to a bit more than \$4 per day per girl.



(Sorry, this picture of all 237 girls is not as clear as we would wish.)

As this program has proven to be instrumental in improving the marks – and therefore the futures – of virtually every girl, it is, indeed, a bargain.

Written by CHES board members Chris and Catriona Harper for the CHES newsletter, Fall 2023, Newsletter #80. [Used with permission.]

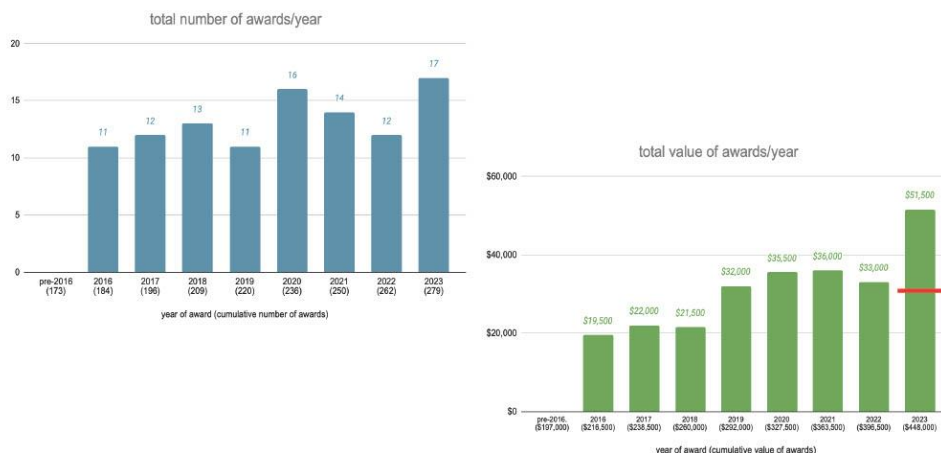
(Contributed by Wendy Reimer.)

Scholarship and Bursary Trust Report

The trust members met today and are beginning preparation for the awards year 2024. We thank the club members for their very generous donations to date, this amount will create an excellent base for our awards next year.

At the September general meeting Trust Chair Janet Farooq spoke about the board positions and role of each member and produced the graph below.

CFUW PQ Scholarship & Bursary Trust Awards



This shows the number of awards per year and the total value of the awards per year. The red line for 2023 indicates the increase in value due to a legacy award given to the trust, which we dispersed in full.

Submitted by V Gunn
Corresponding Secretary

Book Clubs

Calling Jane Austen Readers

The Nanaimo Club has a read aloud Austen group which meets the first and third Thursday morning by Zoom.

We are calling for new members for our small group. Currently we are halfway through Mansfield Park.

If you would be interested in joining us or trying us for size,

Contact Valerie Gunn 250 468 7536
Membership in CFUW PQ club mandatory.



Shrinking Violets Book Club Picks September 2023

September 2023 Topic, Canadian Women Authors

Kate Harris; Lands of Lost borders, Out of Bounds on the Silk Road

RBC Taylor Award, Memoir of cycling the Silk Road, dares us to challenge the limits we place on ourselves and the natural world, modern Marco Polo.

Margaret Mc Millian; The War That Ended Peace

Looking at parallel threads of European thinking in 1890's populated with characters of strong will and weak minds.

Histories People, Personalities and the Past

First line "I like to think of history as an untidy sprawling house."

Lesley Crewe; Spoon Stealer

Based on life of her aunt, a recipe for a good life, and only stole spoons when they were significant or needed to be liberated.

Megan Gail Coles; Small Game Hunting at the Local Coward Gun Club

A day in a bar maid's life in St Johns Newfoundland, every situation revealed.

Donna Morrissey; Pluck

Newfoundland expats in oil sands, memoir.

Kate Beaton; Ducks; Two years in the Oil Sands

Graphic Narrative Memoir, the dark job you take for money, working in a male environment.

Carol Shields; Larry's Party

Underlying theme of ordinary people retracing their steps, going different routes to try to achieve fulfilment.

Stone Dairies

Recount of a life of domestic plenitude and paucity.

Rosemary Sullivan; The Red Shoes, Margaret Atwood Starting Out.

Biography of M Atwood, red shoe story is a metaphor for having the courage to believe in herself and not be a famous poet dead by the age of thirty.

Margaret Atwood; The Edible Woman

Extremely funny and observant of female role model expectations in mid-sixties Canada.

Quality Foods Parksville Book Lovers

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

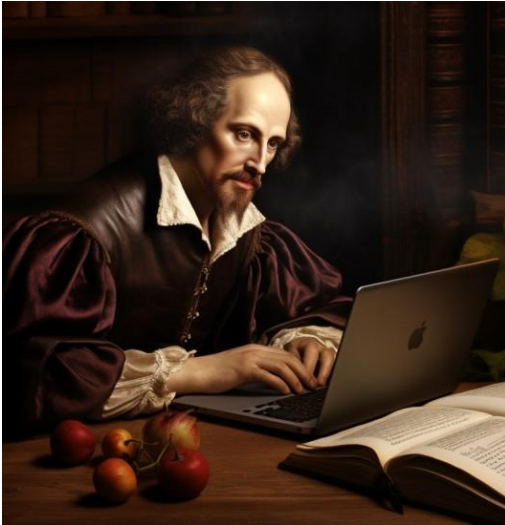
MARCH 14 This Changes Everything by Naomi Klein

APRIL 11 The Family Chao by Lan Samantha Chang

Lessons in Chemistry by Bonnie Garmus

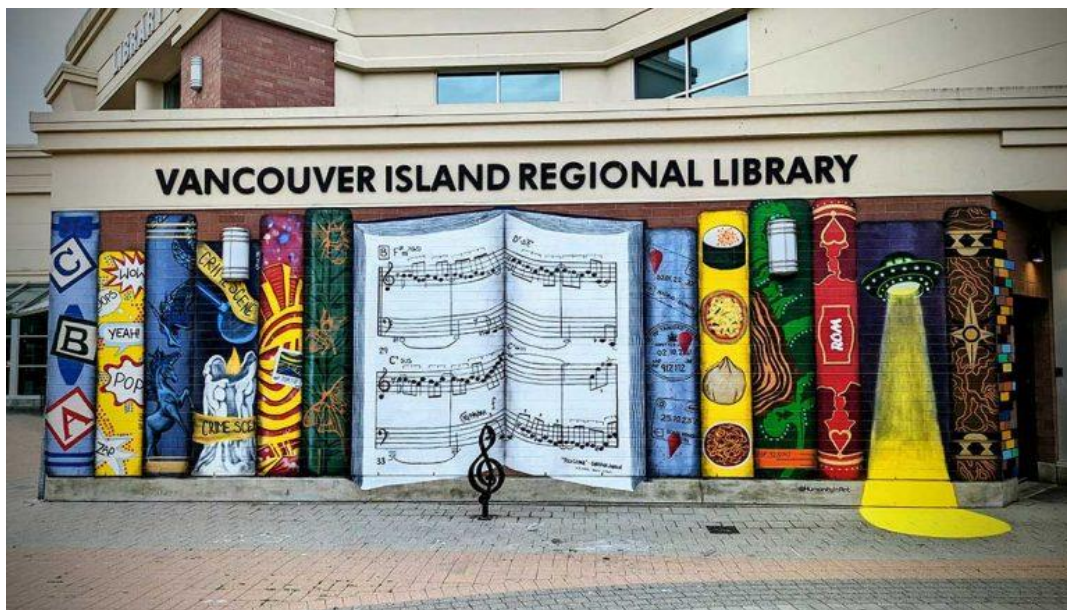
MAY 9 Lady Tan's Circle of Women by Lisa See

Confession of a book lover: “I have no shelf control.”

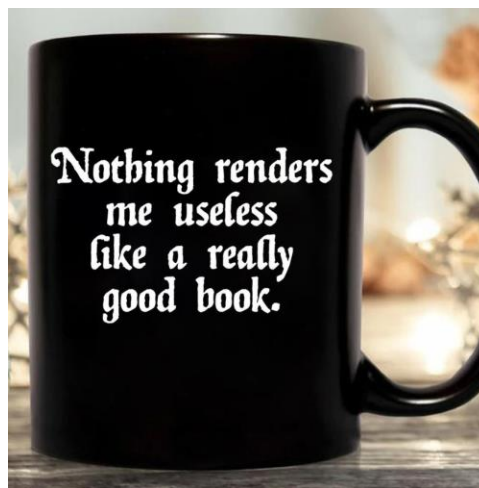
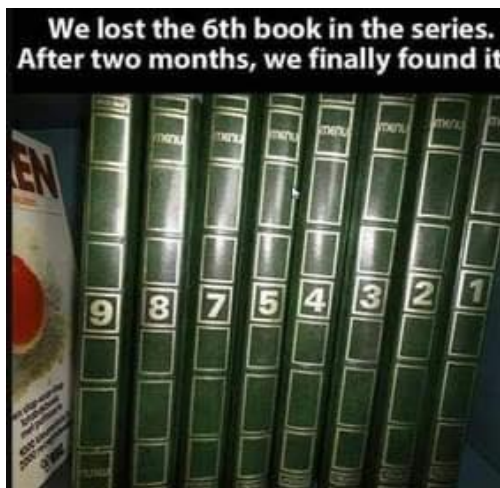


What is he working on?

A Mac-beth



Nanaimo Harbourfront branch, on Commercial Street



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.

Tom Lake (2023) by Ann Patchett

This novel is built around the story that a mother tells her three young adult daughters. As a young woman, she had been the girlfriend of a man who later became a huge movie star. The young women are avid for details and so, as they work, the mother tells her daughters about the time when she herself was young and was chosen to play a role in a summer theatre production of the play *Our Town*, by Thornton Wilder. That summer and that play changed many things.

Since I did not know the play that is so central to the story in the book I felt somewhat left out of the conversation, although the author provides enough detail so that I got the general idea of the characters and actions. The author adds a note that says: “the play has been an enduring comfort, guide, and inspiration throughout my life.” The play was meant to be a reminder of the transience of life. As we live it (immersed in trivialities as we usually are), we do not lift our eyes to live fully in the present moment, care for others, and appreciate the wonder of it all. I found a version of the play online, starring Peter Newman. If you wish to ‘do your homework’ before you read the book, find it here:

<https://www.google.com/search?client=firefox-b-d&q=Was+the+play+Out+Town+ever+made+into+a+movie%3F++#fpstate=ive&vld=cid:ab5cfcc1,vid:Y1DRm69QFfg,st:0>

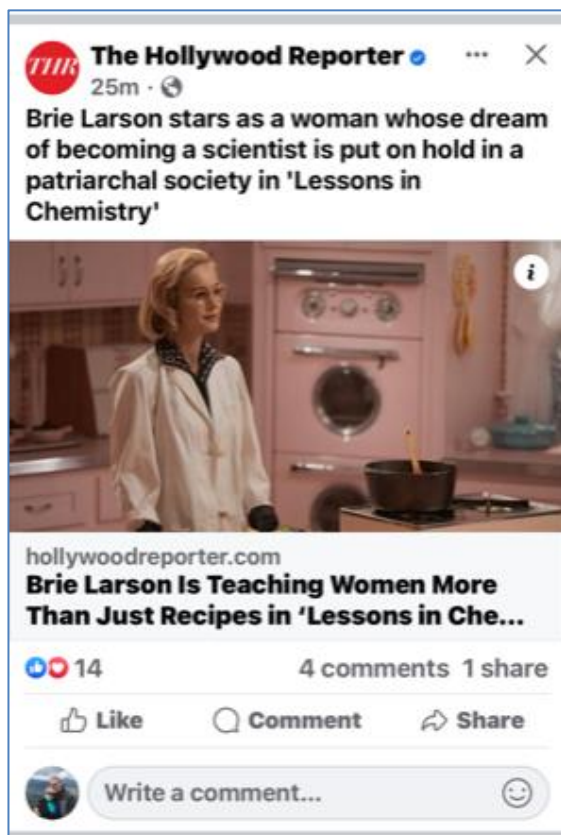
The Covid-19 lockdown provides the circumstances that put the family together in one household for an extended period of time. The family owns a fruit orchard in northern Michigan and it is time to pick the sweet cherries. Since many farm workers did not come this season, the daughters are essential workers. Those cherries must be picked and shipped now. And then, the tart cherries must be harvested and the trees pruned before it is time to get in the apple crop. The

rhythm of farm life is the rhythm of the book, too. We must all work. We will rest and we will continue the story, but then we work again. Drudgery and uncertainty, as well as the beauty and pleasure of life on a farm is the background of the story.

The top note of the book is the story we are also eager to hear. It takes place in summer and not that far away, in Michigan – at Tom Lake, in the preparation and performance of the play, those many years ago, within which is the story of the passionate youthful love between two of the actors. The experience was so intense that it marks all the participants in ways they may not even recognize.

Lara, the mother, does not necessarily tell the whole truth. Some things should not be told. She learns things with her new perspective. She says, “The number of things I’d failed to grasp back then was as limitless as the stars in the night sky.” The experience of re-visiting and the recalling those events of so long ago has transformed her. It made me think about what we are attracted to when we are young and how our values change with time. What we thought was true might, perhaps, not be.

I learned a great deal about the rhythm of a theatre production. I thought I understood the dynamics of adult children and older parents and story-telling, but I re-learned what I know. I learned a great deal about farm life. Now, I will not buy cherries without thinking of the growers and pickers. You may have a young love in your past and you can re-evaluate that experience. All together the book was a wonderful experience – a journey - in which I immersed myself. It re-affirmed my confidence in Ann Patchett.



Re last month's review: *Lessons in Chemistry* (2022) by Bonnie Garmus

An alert friend sent the message that there will be a movie made of the book.