



**Our Theme this year:**

**Strong Women - Making a Difference**

**March 2024**

Leadership Circle Members:

**President Mary Ellen Campbell** [president@cfuwpq.ca](mailto:president@cfuwpq.ca)

**Vice President Christine Pagan** [vp@cfuwpq.ca](mailto:vp@cfuwpq.ca)

**Treasurer Bonnie Stableford** [treasurer@cfuwpq.ca](mailto:treasurer@cfuwpq.ca)

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

**Meeting: Friday, March 8, 11:00 AM at Knox United Church**

**Program: International Women's Day potluck lunch**

**Speaker: members and guests**

### **What To Look For:**

President's Message

Vice President's Report, CNOY, IWD, Resolutions, Social Media

BC Council Report

Social Housing Webinar

IWD Event in Mill Bay

BC Council AGM in May

Invitation to a Book Launch

Scholarship & Bursary Trust News

Global Outreach

Book Box Pickup Schedule

Diversions, Book Clubs and Book Review

## President's Message



Attending our new members' tea and observing the enthusiasm in creating the most delectable lunch for our International Women's Day event has caused me to remark (many times) that this is a happy time in the life of the club. When the members get involved in whatever way they feel comfortable, the club shines! Thank you for your willingness to cook, bake, create – to show up. While the club has been known to expect members to give all of their time, to make a one, two or even five year commitment - those days are long gone, thankfully. Now the club has the insight and the flexibility to accept whatever each member can offer. Together our efforts make the difference.

As a Leadership Circle, we will continue to reach out to the members to help in the tasks that we have identified. Conversely, members – please consider sharing what you would like to do in the life of the club – whether it be for one time or maybe even twice – perhaps being a greeter, introduce a speaker, be the speaker, facilitate a meeting, record the minutes, post on our social media, plan an event, start an interest group .....and so on.

I'm always happy to meet for coffee or email me your thoughts [president@cfuwpq.ca](mailto:president@cfuwpq.ca)

Thank you,  
Mary Ellen

(Contributed by Mary Ellen Campbell.)

## Vice President's Updates



I am standing in for ME as she takes a short, and very well deserved break in the sun (I wish I could join her). Despite the rain, it is beginning to feel like spring is not that far away, so Happy Spring!

We have a fun and packed program coming up for the next few months - our intrepid CFUW PQ Ramblers will be participating in the CNOY walk on February 24, raising funds for Oceanside Island Crisis Care Society (ICCS); we will be meeting on March 08 for IWD potluck lunch (yummy food planned); our National Resolutions process will be upon us in mid-March, which always inspires lots of lively discussion.

Later in the spring session, we will have a fascinating presentation on the work of the Marine Center at Deep Bay; and then in June our AGM, and nominations process, so please think of where you would like to see yourself helping to lead this organization - the Leadership Circle is a fun group, and we are hoping to bring fresh ideas to the table - shadowing one of the club officers for a year, or taking on one of the roles. We will round off the year with a club supper (and games!) at a local restaurant - so watch this space

So, sit back, and enjoy the newsletter...  
Christine (mctp)

### **Coldest Night of the Year (CNOY) sponsored walk: February 24**



**By the time you read this, 13 or so of us will have walked to raise awareness and fundraise to support Island Crisis Care Society (ICCS) who serve people and families experiencing hurt, hunger, and homelessness in our community.**

**Thanks everyone in CFUW PQ for your participation - as sponsors or walkers.**

**What A Team! See:** <https://cnoy.org/location/oceanside>

**So far:** (as of 22.ii.2024), Oceanside has 38 teams, 252 walkers, \$97,874 raised to date (96% of goal of \$101.000). CFUW PQ Ramblers (us!) with 13+ walkers and 50 donors/pledgers, have raised \$3,975.00. We are currently in 6th place Oceanside, and 3rd place nationally out of 25 CFUW National teams.

**Way to go CFUW PQ Ramblers.**

## **International Womens' Day 2024 (IWD 2024) - March 08**



Plans are well underway for our potluck lunch this year, on Friday March 08.

We will meet to celebrate each other's friendship and camaraderie, and to honour two young women who came to Canada as refugees and have made successful lives for themselves and their families.

**When:** Friday March 08. Come ~11:00 am to meet and mingle, sit down for lunch at 11:30am

**Where:** Knox United Church, Parksville, in the lounge

We have a wonderful group of volunteers who are organizing this: from meal planning, greeting, setting up, and cleaning up - in addition to all the fabulous foods that are being brought by members. Let's have fun!

***This will truly be a celebration of International Women***

## Resolutions



No BC Council Resolutions this year, so we will wait for the CFUW National Resolutions to be delivered to us on around March 15.

**Review and Study period:** Once received, I will load them to the website, and send an email (via the club President) with the link, and to canvas volunteers to declare an interest in participating in the study/review/amend process.

- Depending on member interest we will meet in small groups to examine individual draft Resolutions, or as one larger group
- Meeting locations tbd.

**Amendment and Voting process:**

- dedicated club meeting on April 08 to discuss and vote on our suggested amendments for CFUW National Resolutions.

## Social Media



### Rebranding

Hopefully this will delight everyone as much as it delights me, our rebranding exercise for the website cost less than \$800.00! That leaves plenty in the rebranding kitty for our books sale team to have the book drop box (outside the Save On Foods store) cleaned up, repaired and rebranded with our new logo and tagline.

### Club Zoom Account

We now have a dedicated zoom account for all club committees and interest groups to use - so we don't always have to use members' personal accounts. We tried it with reasonable success (despite a few glitches) for our Black History Awareness

presentation. It should come in very useful in the wet cold months of the year for our monthly meetings - but book clubs and other groups are also welcome to use it.

Please contact either Val or myself for the URL, and the cheat-sheet on how to set up a meeting with the account.

(Contributed by Christine Pagan.)

### **Report from BC Council Vancouver Island Representative.**

BC Council AGM, Nanaimo May 3-5<sup>th</sup>, Coast Bastion Hotel. See poster below.

BC Council Webinars: Topics are following up on previous BC council resolutions.

February 28, 4-6 pm BC Housing Issues, Zoom link on poster below.

March 28, Clotheslines, Electrical Energy and Environment. Time to be announced.

April 24, Restore and Update Seniors Home Care Services. Time to be announced.

May 2, Seniors Action Day, more to come.

National AGM and Conference, Edmonton, Alberta.

July 22 – July 24 (Monday to Wednesday)

Sandman Signature Downtown. Code 2607cfuw20

Early bird fee \$425.00 after April 30<sup>th</sup>, \$525.00

See poster in CFUW Action Newsletters every Friday.

(Contributed by Val Gunn.)

## **Social Housing in British Columbia Webinar**

Social Housing in British Columbia February 28, 2024, 4:00 pm PST Presented by CFUW BC Council and CFUW North Vancouver

Register on this link. <https://us02web.zoom.us/meeting/register/tZctde-qz8oGt2Jyvzyx3mVwtG5THpMCO25#/registration>

After registering, you will receive a confirmation email containing information about joining the Webinar

Social Housing in B.C: Transparency and Accountability for B.C. Housing and its Partners  
This webinar will provide background in: • the place of social housing in the current housing crisis, • the role of BC Housing • the role of non-profit agencies. The panel will address these questions: What are current challenges in the housing sector? What is the current state of social housing buildings across the province? How are non-profit organizations working with BC Housing to maintain these buildings? The goal is safe and secure housing for all. Join us for this presentation and take part in the conversation with the speakers to discuss success and challenges in this sector.

### **Speakers**

Michael Geller: Urban Planner, Architect, Adjunct Faculty of Simon Fraser University. Michael Geller has a high profile as a planner, real estate consultant and property developer with four decades' experience in the public, private and institutional sectors. He is a regular contributor to the Vancouver Courier and Vancouver Sun and a frequent commentator on urban issues across Canada. He is presently an adjunct professor at Simon Fraser University.

Sara Goldvine: VP Equity and Corporate Affairs, BC Housing Sara Goldvine brings broad experience from the public, nonprofit, and private sectors to her role as VP Equity and Corporate Affairs with BC Housing. She has a track record of effecting meaningful change in purpose-driven organizations through leadership roles with Coast Capital Savings, TVO, Toronto Community Housing, the Centre for Addiction and Mental Health, and the B.C. Legislature.

Ian Cullis: Director: Asset Management, BC Nonprofit Housing Association (BCNPHA) Ian's role includes support for innovative funding programs for the BC Non-profit Housing Association. This agency has developed policies and programs that encourage the development and management of resilient buildings, while working directly with non-profit housing providers to implement building improvement.

(Contributed by Val Gunn.)



## **International Women's Day Event March 2<sup>nd</sup>**

Arbutus Ridge Golf Course, Mill Bay, March 2<sup>nd</sup>. See poster below.  
If you would like to attend please contact V.Gunn and we can car pool.

# *CELEBRATE INTERNATIONAL WOMEN'S DAY* *2024*

**COWICHAN VALLEY CFUW PRESENTS:**



## **MLA: Sonia Furstenau**

**Leader of the Green Party of British Columbia**

**TOPIC: VIOLENCE AGAINST WOMEN IN POLITICS**

**WE INVITE YOU TO JOIN US**

**SATURDAY, MARCH 2, 2024**

**1:00 to 3:00 PM**

**ARBUTUS RIDGE CENTRE**

**LIGHT REFRESHMENTS WILL BE SERVED**

**RSVP to S. Service at [sershe@shaw.ca](mailto:sershe@shaw.ca)**

(Contributed by Val Gunn and Mary Ellen Campbell.)



## CFUW BC Council AGM

# Women Making Waves

CFUW BC Council AGM and Conference  
Nanaimo BC May 3-5 2024

**Gather with us  
May 3-5, 2024**  
at the Coast Bastion  
Hotel Nanaimo,  
just steps from the  
beautiful harbour and  
seawall walk.

A photograph of the Nanaimo logo, which consists of the word "NANAIMO" in large, white, 3D block letters. The letter "O" is replaced by a colorful life preserver. The logo is situated on a grassy area with a body of water and mountains in the background.

**Keynote Speaker**  
Jackie Hildering, the  
“Marine Detective”  
Other planned speakers —  
BC women making significant  
impacts in various fields

*Plus a number of tours,  
excellent meals  
and lots of good  
fellowship!*

For more details, and to register, click on this link  
[www.cfuwnanaimo.org](http://www.cfuwnanaimo.org)

(Contributed by Val Gunn and Mary Ellen Campbell.)

## Invitation to a Book Launch

**'Water Confidential'** by our Susan Blacklin

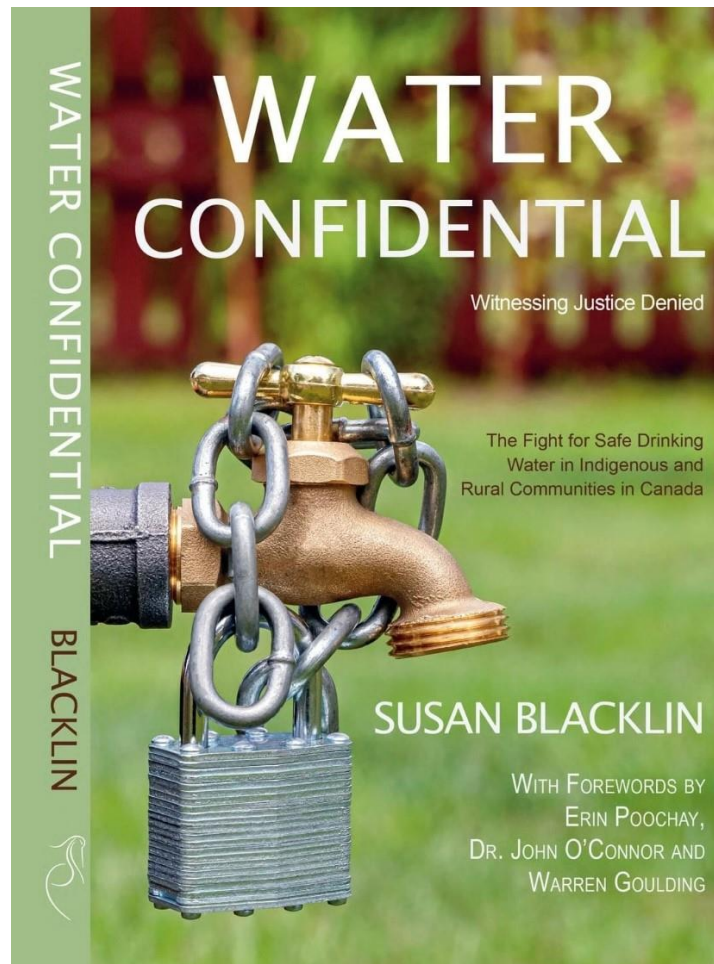
Thursday March 21<sup>st</sup> 7 to 9 p.m.  
Rotary Hall, Fern Road, Qualicum Beach

To reserve your seat contact

Mulberry Book Store, 130 Second Ave., Qualicum Beach

Phone: 250-752-9722

Email: [mulberryqb@shawbiz.ca](mailto:mulberryqb@shawbiz.ca)



(Contributed by Mary Ellen Campbell.)

## Scholarship & Bursary Trust

### Good news for the Scholarship and Bursary Trust

This past month has been a banner one for the Trust in terms of donations received. Not only did we receive a few more donations from members who have been most generous this year, but our club grant from the Club was augmented by part of the profits from the very successful book sale. In addition, a significant donation from a local private foundation, another from a local business and a third from a friend of a member will be put to good use this year. All of these monies will go towards scholarships and bursaries for local women attending post-secondary academic institutions. We make our decisions of award recipients in June. Because the funding is now established, as it is at this time every year, the trustees have decided on the minimum number and types of awards to be given and we will soon start advertising these anywhere we can, including through club members. The website has been updated to include the application forms at [cfuwpq.ca/what-we-do/scholarships/](http://cfuwpq.ca/what-we-do/scholarships/). We also contact last year's winners and other applicants to encourage them to apply again. Hopefully we will receive many applications!

(Submitted by Janet Farooq, Chair, Scholarship and Bursary Trust.)

## Global Outreach

### Letter from Aldea Maya

Hola CFUW PQB,

I just got back from a wonderful trip to Guatemala. It is so rewarding to see all our programs doing really wonderful.

If you would like to know more about Rosario, who is going into 3rd year nursing, go to our webpage: [www.aldeamayaca.ca](http://www.aldeamayaca.ca) Then up at the top corner push Student Portal. You will need to scroll down to Rosario. The password is **sponsor60**.

Rosario is absolutely loving the nursing program. The major costs for nursing at university are the practicums. The practicums can be several months long, in a location that can be 7 hours away. Aldea Maya covers all the costs from transportation to room rentals. In 2023, Aldea Maya spent Q21,544.25 on Rosario, which works out to \$ 3,720.



You can see how only the wealthy Guatemalans or a student with a scholarship can study nursing.

Thank you for making this possible.

Warmest regards

Louise

(Contributed by Wendy Reimer, with the message from Louise Sosa, of Aldea Maya.)

### **Book Sale – Drop Box Collection Procedure**

We are trying a slightly modified version of picking up from the CFUW PQ Book Drop Box. The book team members will email their team before the month they are assigned to. They will discuss a compatible meeting time at the book storage at Island Self Storage, 1340 Alberni Highway, Parksville. The member who is picking up books will cull the books and take the books to storage at the agreed upon time and will help the team member put the books in the proper categories. If further culling is needed the team member will take the books home to disperse. These changes are to eliminate last minute drop offs and pickups which can make the weeks just before the sale rather hectic. The rest of schedule will be completed in February.

<b>OCTOBER 2023</b>	<b>NOVEMBER 2023</b>
Team Members: Erin Holmes & Susan Marlatt	Team Members: Joan Michel & Claire Tallman
Oct 2-8      Ann Stevenson	Oct 30-Nov 5      Diane Anderson
Oct 15-21      Noreen Ballantyne	Nov 6- 12      Carolyn Russell
Oct 16-22      Sharon Sawkins	Nov 13-19      Barbara Bond
Oct 23-29      Lorna Miller	Nov 20-26      Paulette Harcourt
	Nov 27 Dec 3      Lisa Marshall
<b>DECEMBER 2023</b>	<b>JANUARY 2024</b>
Team Members: Sheila Reed & Brenda Pengelly	Team Members: Sheila Reed & Shelley Johnson
Dec 4-10      Shelley Johnson	Jan 8-14      Wendy Smith
Dec 11-17      Liz Douglas	Jan 15 21      Mary Ellen Campbell
Dec 18-28      Brenda Pengelly	Jan 22-28      Jacqueline Russell
Dec 29-Jan 7      Sheila Reed	Jan 29-Feb 4      Vivien Sears



FEBRUARY 2024	MARCH 2024
Team Members: Erin Holmes & Susan Marlatt	Team Members: Claire Tallman & Brenda Pengelly
Feb 5-11      Ann Stevenson	Mar 4-10      Pat Morrison Wheeler
Feb 12-18    Noreen Ballantyne	Mar 11-17    Sherri Plummer
Feb 19-25    Deb Sullivan	Mar 18-24    Jane Atagi
Feb 26 -Mar 3   Lorna Miller	Mar 25-31    Sharon Sawkins

Anyone with a large donation PLEASE email – [booksale@cfuwpq.ca](mailto:booksale@cfuwpq.ca)

(Contributed by Sheila Reed.)

## Thoughts and Smiles

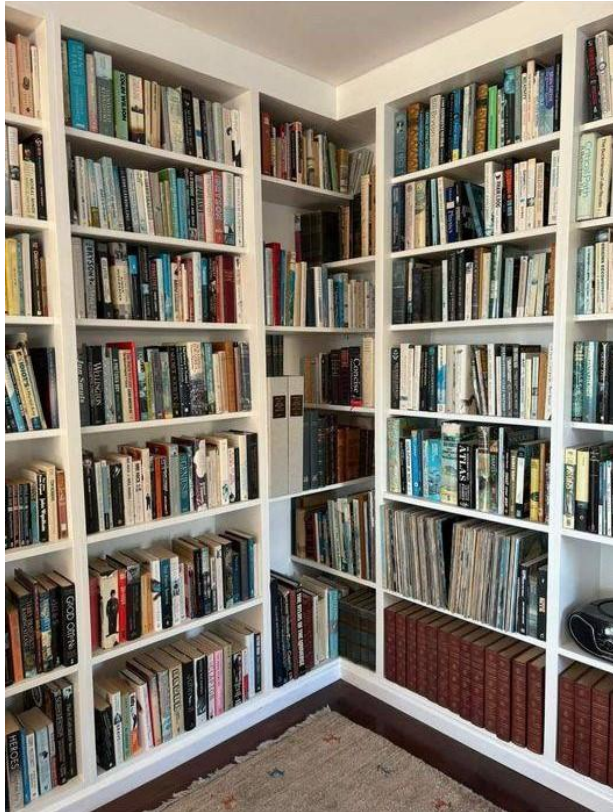
The dedication to this is unmatched



Reading Circle for *Where the Wild Things Are*



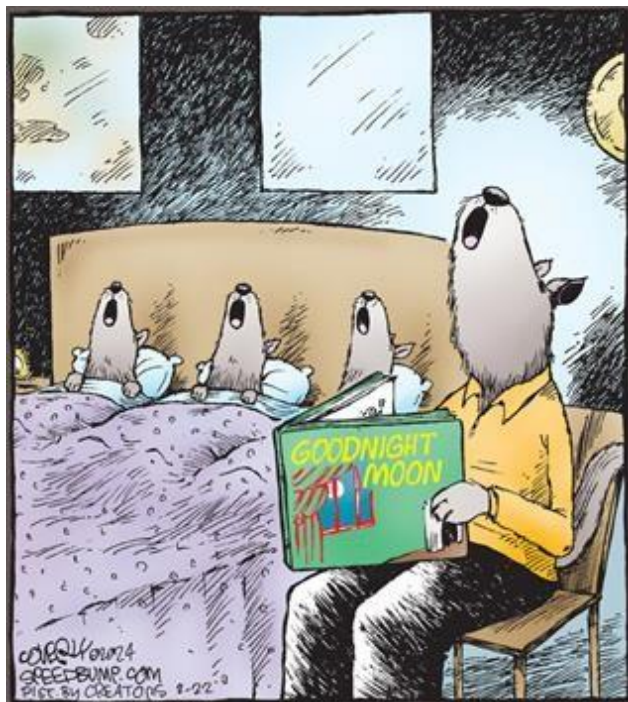
Corner Problem and Tall Book Problems?



Another Creative Storage Solution



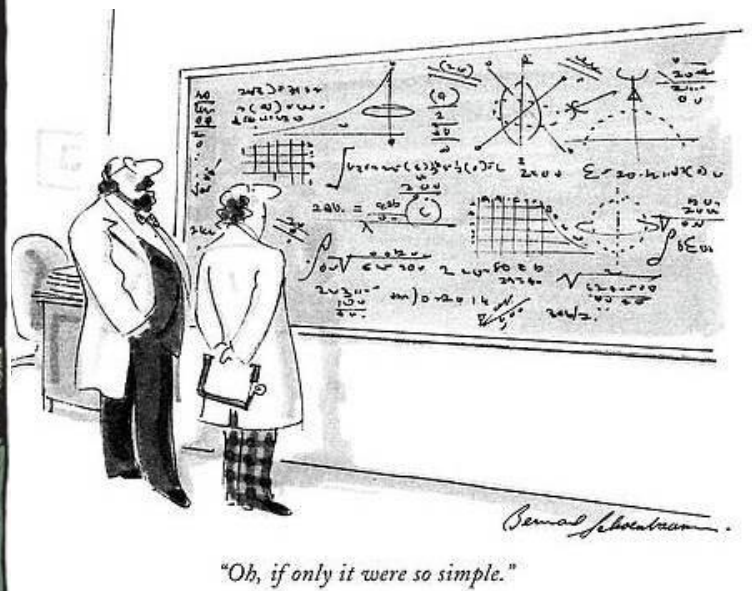
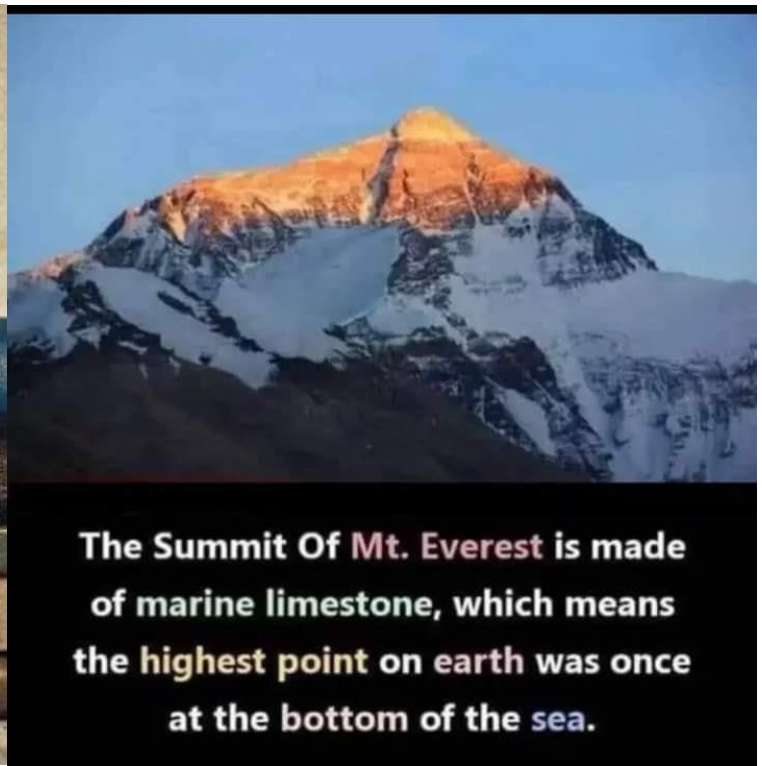
Reading a Bedtime Story: *Goodnight Moon*



Beetle Portrait









**Book Clubs, Book Review**  
**Quality Foods Parkville 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

**Shrinking Violet Book Club Tuesday January 23<sup>rd</sup>, 2024.**

Theme; Prize Winning Books or Authors.

Miriam Toews, Women Talking.

Imagined response of women to crimes committed in a Bolivian Mennonite community 2005-2009.

Elizabeth Hay, Late Nights on Air.

Grown up coming of age story, canoe trip to Barons, Alberta.

Omar El Akkad, What Strange Paradise.

A critical look at refugee crisis, from a non-North American viewpoint.

Kate Beaton, Ducks

Graphic novel, view of the oilsands industry from one who lived it.

Lynden McIntyre, The Bishops Man

Giller prize 2009 Novel, Sexual abuse by diocesan priests Antigonish, Cape Breton, Nova Scotia.

Anuja Varghese, Chrysalis

GG 2023 short stories, women struggling against the constraints of society and winning.

Joan Thomas, *Five Wives*

GG 2019 Historical fiction, set in rainforest of Ecuador, 5 women left behind after missionary husbands are killed.

Alice Munro, *The Runaway*

Nobel Prize writer, mainly short stories, about ordinary lives that describe large dramas.

## **Book Review of the Month**

*Ducks: Two Years in the Oil Sands* (2022, 2023) by Kate Beaton

This is an autobiographical graphic novel that relates a significant part of the author's life between 2005 and 2008, when she lived and worked north of Fort McMurray, Alberta, in the region known as the oil sands. She goes there, as many people from Atlantic Canada must do, for the money. She has just graduated from university and has a student loan to be paid off. And she meets many people from 'home' but there are distinct differences between them. She is an exile among many exiles.

Now, the oil sands is on our 'horizon' in Canada and elsewhere and it is notorious for environmental damage and disregard for indigenous well-being. At the time, though, it was not a very well-known and understood industry and as the author points out, smartphones and ubiquitous social media were not as prevalent as they now are. She asks us to remember how isolated they were. In that light, some of the focus in the book on such topics may be afterthoughts. However, in her sources, one of the interviews with a First Nations person dates to 2007. Perhaps the awareness of environmental damage was known, but not nearly as widely known as it is now. I smiled when the workers setting up a new site laugh at the idea that it is less damaging to the environment than the previous sites. Certainly, they knew.

Reading a graphic novel is different than reading a text novel. Half (or more than half) is told in pictures. A person who is oriented toward text may hurry past and not absorb some of the significant moments. It does require looking and well as reading, especially since the 'character' Katie is a woman of few words. Since she is handling sensitive topics like the times she was sexually assaulted, her reactions, and the comments of her co-workers, close attention to the drawing is necessary to understand her unexpressed feelings. She gets tougher in time, especially since complainers get criticized and blamed. When there are fifty men to every woman and everyone is bored and lonely, it is a natural (if incredibly difficult) experience for too many. Drug use is rampant. The roads are a death trap. The 'company' (whichever one it is) pays lip service to such dangers, as it does for emotional and mental health as well as safety equipment and usage.

The author does not focus exclusively on the danger and misery of the job and job site. Many of her co-workers are really decent men and do what they can to make her more aware and to protect her. Some open her eyes to the natural beauty of the place. One worker takes photographs of the aurora borealis, for instance, shares his pictures with her and gives her an enlarged copy to keep. Kate Beaton includes marvelous two-page spreads of industrial sites, which have their own interest and appeal. They have a certain architectural majesty. The site's lights at night are beautiful. There are sketches of geese on the wing, a rainbow, and animals like foxes and bison that live in the northern forest zone. In fact, busloads of tourists come to see the natural attractions of the area.

As far as story-telling, there are no real surprises. A young woman goes far away to an industrial site to earn good money to pay off her debts. She leaves to work for a year in Victoria but cannot pay off her debts and pay rent with part-time work, so she returns. It is lonely and hard, but she stays long enough to pay off her loan and she goes home. So, do not read it for the story but read it to find out more about what it is really like there, for the workers. Read it to acknowledge the continuing existence of harassment and predation on job sites, especially for young women. Be glad you are not doing that.