



Our Theme this year:

Strong Women - Making a Difference

April 2024

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: April 8, 6:30P mingle, 7P Resolutions, 8P Business/ Budget, at Parksville
Community Centre, Mills St.**

Program: Resolutions

Speaker: Christine Pagan, Chair

What To Look For:

President's Message

Vice President's Report, CNOY, Fireside Chat, IWD, Resolutions

Scholarship & Bursary Trust Information

Global Outreach

Book Box Pickup Schedule

Thoughts and Smiles

Book Clubs and Book Review

President's Message



Our April Business Meeting is commonly known as the 'Resolutions Meeting'. For some members, this is their favourite meeting of the year!

Within CFUW, there are National Resolutions and Provincial Resolutions. For this year, British Columbia clubs did not draft a resolution; hence, no provincial resolutions to study. While we might think we got off easy, there are nine proposed national resolutions. Fortunately or unfortunately, only five require study groups. One of the responsibilities of our Club Vice President is to chair the Resolutions meeting. Thank you to our Vice President Christine for organizing the study groups to discuss the five resolutions, chairing the April meeting and for submitting our club's feedback to CFUW National; whether we vote to accept; accept with amendments or reject the resolutions. Our Club designate to the National AGM (this will be a motion at our April meeting) will take our vote (the direction from the Club) to the National AGM in Edmonton in July.

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.

Last thought on the topic – did you know.....there is a Policy Book Sub-Committee which continually enhances the value and use of the CFUW Adopted Resolutions Book. They routinely review the contents of the CFUW Adopted Resolutions Book, recommending the following: archiving outdated policies, identifying policies that need updating, and identifying policy topic gaps.

This Sub-Committee also maintains the CFUW Archived Resolutions document, which contains outdated resolutions from 1919 to present.

OK – so maybe now you know I do enjoy the April meetings! See you there and at the study groups - Mary Ellen

(Contributed by Mary Ellen Campbell.)

Vice-President/ Advocacy/ Resolutions

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



Members, friends, and husbands too...

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

What A Team

Way to go CFUW PQ Ramblers

<https://cnoy.org/location/oceanside>



39 Oceanside teams, 292 walkers, \$115,950 raised (114% of goal of \$101,000).
CFUW PQ Ramblers (that's us!) with 19 walkers and 50 donors/pledgers, raised \$4950.00.
6th place Oceanside, 4th place Nationally out of 267 CFUW National teams.

Fireside Chat



Local Women's Group members meeting with NDP representatives

Gord Johns, our local NDP MP, and Jagmeet Singh, the leader of the Federal NDP invited local women to meet with them on March 06, at the Parksville Community Centre to reflect on local issues in the week of IWD. Eight women from CFUW PQ were amongst the thirty or so women

from various local community organizations, as well as interested individuals from across the constituency

The two politicians held small tabletop discussions with invitees and then opened up to a larger group discussion, where Jagmeet Singh took many questions and responded thoughtfully, bringing many personal insights to the evening.

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



Post-lunch presentation by our guests from CFUW Nanaimo



**Janet Farooq with our special guests
Mano Maow, Wardo Mahamed, and Rahma Mohamed (left to right)**

We had a lovely potluck luncheon on March 08, in the Knox United Church in Parksville. Judging by the boisterous conversation and laughter, it went well - everyone seemed to enjoy themselves.

There was way too much delicious food, thanks to our very generous members - lots of tubs of leftovers made their way out the door at the end - I for one didn't need supper! A special thanks to Janet Farooq and Vivien Sears for organizing the menu.

Our 4 teams of some 27 volunteers worked seamlessly together, a huge shout out to the team leads (Lorna Miller, Jennifer Mullet, and Val Gunn) who ensured that everyone was greeted and seated; the tables were set, and everything was ready to eat by 11:30; and that the kitchen and dining room were handed back to Knox in sparkling clean condition.

We had 47 diners, including our two guests from CFUW Nanaimo, and our three delightful young guests, originally from Somalia, via Kenya. Hearing the personal stories from these young women, coming to Vancouver Island to study from a refugee camp in Kenya was especially humbling, and we are so grateful to them for sharing their experiences with us so openly and candidly.

Our CFUW Nanaimo guests, Kathy Torhjelm and Karen Skarpnes had us in stitches with their compelling presentation on why we should all sign up - immediately - for the BC Council AGM in May, hosted by CFUW Nanaimo. Guided tours, many interesting speakers, conviviality, and more food...! The delightful duo was made very welcome by our club.

...and as an apt end to the event, thank you Jackie for your lovely solo - we all enjoyed your delightful and impromptu rendition of Bread and Roses, the rallying anthem of the women who were a significant impetus in the early years of the Women's Movement.

CFUW National Proposed Resolutions



We have selected five Proposed Resolutions (PR) from the nine that were sent out by CFUW National for study and discussion amongst ourselves (the remaining four deal with the routine Resolutions Archiving process that CFUW National carries out on a regular basis)

The Proposed Resolutions fall into 3 logical groups: Environment and Natural Resources; Public Health; Long Term Care. Details on location and times of meetings were distributed in a recent

email from the President. Each group will study and debate the PR, and suggest amendments if they have any, and collate their findings.

The club will meet on April 08 to discuss the Proposed Resolutions, and vote on whether to 'support the PR as is', 'support with amendments', or not support. Our suggested amendments and comments will be sent to CFUW National, and our club vote will inform CFUW PQ's position at the CFUW National AGM in Edmonton in July.

More information on the Resolutions can be found in the Member Area of the website (password required)

<https://cfuwpq.ca/members-area/>

Scholarship & Bursary Trust

Lots of questions lately regarding our scholarships and bursaries; here's the info straight from the trust 😊

- **High School Scholarship:** winners are chosen by the school themselves (career counsellors, school administrators) - the Scholarship & Bursary Trust (SBT) recommends that they choose a girl with a very good academic record but not one who collects a lot of the scholarships. They seem to be doing this. One of our Trustees attends the graduation ceremony to present the award. Academic achievements (grades 11 & 12), community and school activities, outside interests, work experience, and career goals form the basis for their choice. In addition, the candidate submits a financial plan detailing estimated study and living expenses, with an overview of their own funding (other grants, student loans, personal savings).
- **University Scholarships:** these Memorial scholarships are available to girls who have graduated from one of the 4 SD69 High Schools, or have lived for at least 3 years in the SD69; and who have completed their first year in university. The SBT uses a numerical spreadsheet to rank applications for scholarships. It is an unbiased exercise, with points awarded in various categories - GPA, civic and community involvement, career goals and plans, and a financial plan detailing estimated study and living expenses, with an overview of their own funding (other grants, student loans, personal savings). Then the Trustees meet to add up the points awarded for each applicant from the individual trustees and the ones who gets the most points wins as there are usually 3 or more of these awarded. There is no prolonged discussion of individual candidates.
- **The JC Reid Scholarship:** Same process as the Memorials but candidates (female or male) must be in their 4th year of study or beyond in an accredited Canadian university academic programme. Preference is given to candidates specializing in Music, Fine Arts, Liberal Arts or Education. This award is financed entirely from a legacy.
- **The Mature Student Bursary** is awarded to women resuming their education after a gap of at least two consecutive years after graduating from an SD69 High School, or who have lived for at least 3 years in the SD. The process uses a similar marking tool and method to the Memorial Scholarship but with more emphasis on financial need.

(Contributed by Mary Ellen Campbell.)

Global Outreach

Below are parts from a recent biannual report on the DIL Ghazi School, Karachi which the Club supports each year through a donation to purchase books.



The 3rd quarter activities commenced in August featuring back-to-school activities and revision classes. Throughout the quarter, a series of events and initiatives were organized for students, including celebrations for Independence Day, the “Go Green” campaign, Book Week, quiz competitions, Spelling Bee, indoor games, storytelling contests, and two Project-Based Learning activities. To strengthen the connection between parents and the school, several PTM and PTA meetings were conducted. The

parents were informed that the school has decided to operate with grades Nursery to VI, discontinuing Grade VII as enrolment in the grade was very low.

Various assessments, including unit end, monthly and weekly, were implemented to assess students' academic progress. Mid-term exams (from the government) were conducted from November 25th to December 5th; the school broke up for the winter break on the 22nd of December. Exam results are shown below.

Project Coordinator:		Ishrat	School Officer:		Kiran Zia
Naz					
Total Students:		151	Total Teachers:		13
Girls:		97	Boys:		54

Grade	Nur	KG	I	II	III	IV	V	VI	Total
Students	20	23	21	17	21	18	19	16	155

Grade	1	2	3	4	5	6	Total
Average percentage	79%	76%	60%	53%	54%	59%	64%

Library Updates:

Total Books: 1816

Books borrowed by Community	Books borrowed by Students	Books borrowed by Teachers
32	700	78

Books Issued: 810

Library week

From August 8th to 12th, the school librarian organized a week-long event to promote a love for reading among students. In junior classes, (Nursery, KG and I), students invited grandparents to share stories, which resulted in joyful and laughter-filled moments. Grade III and IV students brought books they had read, presented synopses, and shared their preferences. Reading aloud and discussions on books took place during library and Social Studies periods. Students not only analyzed the books but also encouraged their peers to read through book reviews.



From Lax to Punctual

Conducted from 25th to 28th September, this project tackled the issue of students' late arrivals and attendance irregularity. Senior grades V & VI engaged in activities such as orientation sessions, poster creation, role-playing, creative writing exercises, and a celebratory event. These activities aimed to instill the value of punctuality and regular attendance while fostering skills like teamwork, decision-making, artistic expression, writing proficiency, and creativity among the students. The project successfully improved attendance rates, increasing the school's monthly average attendance percentage from 70% to 80%.

Healthy Eating

Grade IV took part in this activity from 12 to 16 October. Students used the IT Lab and library to research and create a presentation on healthy foods. They explored digital resources to learn about the nutritional value and benefits of different foods. Applying scientific principles learnt in class, they prepared a chart summarizing their findings. The presentation emphasized the importance of a balanced diet for overall health.



Go Green

During a two-day program, (23rd and 24th August), all students participated in planting small plants and seeds. They also painted pots in green and white, symbolizing their commitment to a cleaner and greener environment. These activities enhanced their understanding of environmental responsibility and contributed to the beautification of the school environment.



ECE Storytelling Competition

Students of ECE and grade I participated in a Storytelling Competition on September 15th, where they showcased their communication and storytelling skills. The purpose of this event was to encourage students to express their thoughts and emotions effectively through storytelling. The students not only narrated stories but also performed them. Their parents enjoyed the performances and appreciated their children's efforts.



Art Exhibition:

On November 18th, an Art Exhibition featured artworks created by grades III to VI students. The event displayed various pieces, exploring different themes and materials to show their creativity. Parents, invited to see the exhibition, were happy to see their children's artistic skills.



Pictorial Story Competition:

Grade IV students engaged in a Pictorial Storytelling Competition on November 16th, collaborating in groups to create enchanting visual narratives. The event celebrated creativity, teamwork, and presentation skills as students shared imaginative stories.

Field Trip:

On 31st October, students from grades III to VI were taken to the Karachi Zoo. The students were visibly excited as they observed animals they had previously read about in library and science books. Upon returning to school, the students eagerly shared their experiences with their peers.

**PTA**

4 PTA meetings were held in the reporting period, to discuss teacher vacancies, voluntary teaching, PTA member selection and student behavior. Five PTMs were also held: one focused on informing parents about the storytelling competition, two addressed punctuality and absenteeism concerns, and two were dedicated to discussing and improving student behavior.

Achievements

- More parents are getting involved in school activities, regularly attending meetings and exhibitions. Many parents feel that they see positive changes in their children. A parent of 4th grader expressed gratitude to the school during the Art Exhibition. She said her child, who used to be shy and reserved, is now gaining confidence by the day.
- During the hiring process for three vacant teaching positions, a meeting took place with the school officer, PTA, and those parents who regularly visit the school for updates on their children's progress. During this meeting, PTA members generously offered to contribute as substitute teachers at various time slots.

(Contributed by Janet Farooq.)

Book Box Pickup Schedule and News Updates

We would like to thank the ladies who have already picked up twice. You will not see your name on the list again, until 2025. The storage coordinators are keeping things well organized in the storage locker as well as sending out reminders to pick up books. Thanks to everyone!

APRIL 2024		MAY 2024		JUNE 2024	
Storage Coordinators	Sheila Jane	Storage Coordinators	Susan Deb	Storage Coordinators	Erin Claire
April 1 -7	Jacqueline R	May 6 -12	Janice	June 3 - 9	Christine
April 8 - 14	Barbara B	May 13 - 19	Liz	June 10- 16	Lisa
April 15 - 21	Dianne A	May 20- 26	Pat	June 17 - 23	Erin /Claire
April 22 - 28	Vicki S	May 27 - June 2	Valerie Tutti	June 30 -July 7	Valerie Tutti
April 29 -May 5	Shelley J				

2024		2024		2024	
JULY		AUGUST		SEPTEMBER	
Storage Coordinators	Brenda Sheila	Storage Coordinators	Vicky J Vicki S	Storage Coordinators	Book Team
July 7 - 14	Mimi	August 5 - 11	Vicky/Vicki	Sept. 2 - 8	Carolyn R
July 15 -21	Val G	August 12- 18	Janice	Sept. 9 -15	Mary Ellen
July 22 - 28	Sheila/Brenda	August 19 - 25	Jackie W	Sept. 16 - 22	Book Team
July 28 - Aug 4	Jackie W	Aug 26-Sept.1	Sheri	Sept. 23 -29	Book Team
				Sept. 30- Oct 6	Book Team

2024		2024		2024	
OCTOBER		NOVEMBER		DECEMBER	
Storage Coordinator	Sheila Vicky J	Storage Coordinator	Erin Deb	Storage Coordinator	Susan Erin, Sheila
Oct. 7 - 13	Jennifer M	Nov. 4 - 10	Deirdre	Dec. 2 - 8	Maureen W
Oct. 14 - 20	June	Nov. 11 - 17	Jennifer	Dec. 9 - 15	Susan
Oct. 21 - 27	Nora	Nov. 18 - 24	Nora	Dec. 16 - 25	Erin
Oct. 28 - Nov. 3	Bonnie	Nov.25 - Dec.1	Bonnie	Dec. 26- Jan. 5	Sheila

Pictures from the Storage Locker.



The banker boxes you see piled up are full (about 70). We assembled Ellen Whitehouse's donation of 20 banker boxes, today. Thank you very much. The banker boxes are so much safer to handle and stack. The boxes on the shelf are full of puzzles. The picture to the right is the containers for sorting fiction.



Please save these containers from your bedding out plants as we need more for the sale. Thanks!

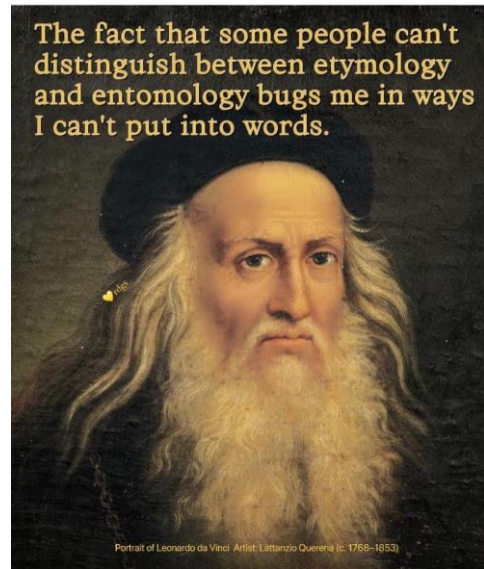
These are the non-fiction sorting containers.



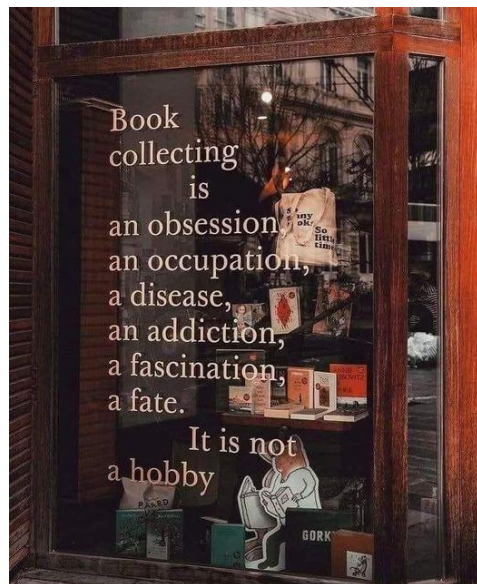
Thoughts and Smiles



"Your story is quite the booze-filled dive into the depths of depravity. Is this your first children's book?"



**Only Willie Nelson
could look perfectly normal
in this situation . . .**

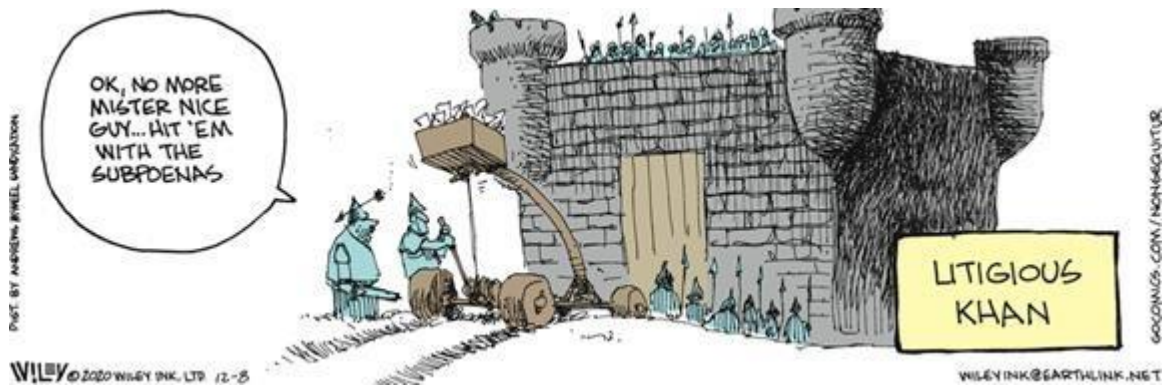
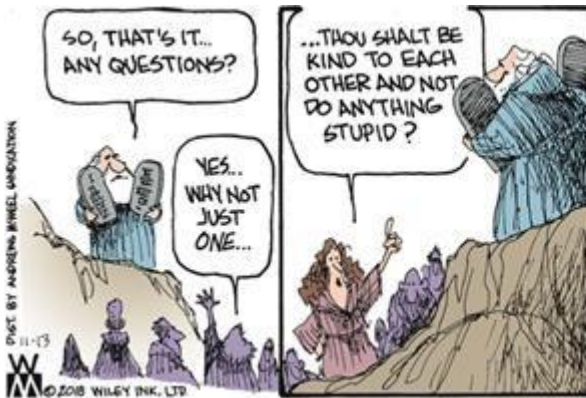


did I "kill a plant" or did
the plant not have what it
takes to thrive in this
fast-paced environment

**The irony for mankind
is that a computer
program asks a human
to prove that they're
not a robot.**



"When we asked you to paint the ceiling of the Sistine Chapel, Michaelangelo, we were hoping you'd snazz it up."



TIM IS BROUGHT UP TO SPEED ON WHICH ONE OF HIS REMARKS IS NO LONGER CONSIDERED POLITICALLY CORRECT



Book Clubs, Book Review

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

Shrinking Violet Book Club Tuesday January 23rd, 2024.

Shrinking Violet Book Club Tuesday February 27, 2024

Theme: Uplifting Stories

Searching for "The joy of a happy ending" J R Tolkien

Sheila Handcock - The Two of Us, My life with John Thaw"
Up close and personal with "Morse". Biography

Des Kennedy – Commune
Musings on island life, back to the land in the 70's

Robin Wall Kimmerer – Braiding Sweetgrass
Indigenous wisdom and botany together explained.

Sue Townsend – The Queen and I
A fun romp what if QE11 no longer reigned England.

Nina George – The Little French Bistro
Tale of dreams realised in a small French village.

Francoise Malby-Anthony - Elephants of Thula Thula,
Finding Peace and Happiness with the Herd
The third book in series about a wildlife reserve in Africa.

Michiko Aoyama – What You Are Looking For is in the Library
Five interlocking short stories about self-discovery through books

Sarah Winman – Still Life

Story set in Florence 50's and 60's

Book Review of the Month

Horse (2022) by Geraldine Brooks, as of January 17, 2024

Wow, just wow. You know that I admire and respect all the books I tell you about but some stand out. It is a book club choice, but I already knew some of the author's work so I happily endorsed it.

Supposedly it is about horseracing, but it is also about so much more. As the author says, her research told her that “this novel could not merely be about a racehorse; it would also need to be about race.” Blacks (enslaved and free) were critically important to the horseracing culture in the United States. They were often included in portraits of horses commissioned by their wealthy owners. I learned how very important horse-breeding and horse-racing was at the time. The author wove strands of all these stories in a tapestry that includes art and science and stretches from 1850 to 2019.



The writing is not only skilled but it is beautiful. She says of Lexington, the most famous and best racehorse of his time, “he moved into his characteristic low running posture as if he were made of silken fabric, not flesh and bone.” The American Thoroughbred book says, “After him there were merely other horses.” The story traces this extraordinary horse's life alongside that of the thirteen year old slave boy who witnessed his birth and later, sat with him as he died. The story also sweeps out to include the painter who created portraits of the horse when he was alive, scientists studying his skeleton in the Smithsonian Institution, a twentieth century art gallery owner, and an art history student doing a PhD study. Race relations are integral to the United States of the nineteenth century and are every bit as persistent an issue in the twentieth century.

A love story begins when Theo, an art history student, is given a surprisingly attractive painting of a horse found in a junk pile and he is curious enough to find out more about the artist and the

subject. Meanwhile, a paleontologist, Jess, is cooperating with a British scientist to identify and re-display the skeleton of that same horse. Comparing the painting and the actual bones is one way to identify the painting's subject correctly. Meanwhile, the nineteenth century story follows Lexington and his devoted companion, variously known as Warfield's Jarret, Ten Broeck's Jarret, Alexander's Jarret and finally as simply Jarret Lewis. It follows Thomas Scott's career as the man who wrote about and painted Lexington's portrait. Martha Jackson, the owner of a mid-twentieth century art gallery, receives one of those paintings. The story moves back and forth between the people and the time in which they live. The author takes the trouble to carefully distinguish between them in language appropriate to the person, time, race, and position in life. It was skillful to slowly change Jarret's speech as he gains in education and experience. By making Jess Australian and Theo black but not American, their unawareness of current cultural attitudes in America shows their experiences in a clearer light.

I had some knowledge of the history of the nineteenth century in the United States, the tensions between the North and South, the Civil War, and the condition of slavery, but the book brings out the variability between decision-makers and their individuality. For instance, Kentucky tried to remain neutral, but suffered trying to do so. Some Southern aristocrats were vocal in favour of emancipation. A free black business owner in New Orleans owned sixteen slaves. The situation was not strictly a matter of black or white, Union or Confederacy. The Afterword of the book outlines the biographies of many the characters and it was fascinating to understand the amount of research Brooks had done and realize the accuracy with which she portrayed a new look at them (and modern American life).