



**Our Theme this year:**

**Strong Women - Making a Difference**

**May 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: Monday, May 13 6:30 mingle, 7P start, at Parksville Community Centre**

**Program: How climate change is affecting marine life**

**Speaker: Marnie Branfireun**

**What To Look For:**

President's Message

Vice President's Report, Nominations, CNOY, Resolutions

Thoughts

BC Council

Membership

Book Box Pickup Schedule and News

Thoughts and Smiles

Members' Corner

Book Clubs and Book Review

## President's Message



(Contributed by Mary Ellen Campbell.)

The big news for the month of May is that our annual CFUW BC Council AGM is held in Nanaimo and organized by our sister club, CFUW Nanaimo. Each year, a BC Council AGM is held in May, hosted by a BC Club and attended by members of BC CFUW clubs. It is always that much easier for we, island people, to attend when it is hosted on the island. In 1997 and again in 2006, CFUW Parksville Qualicum hosted the AGM here in our community.

I thought you might like to see how the three days will unwind. I will send out a synopsis at the end of the conference. There's still time to register if you are interested. Google BC COUNCIL AGM Nanaimo 2024 or email me for the link.

All members are welcome to attend. Some choose to attend for the full conference; others register for only one day. Here's how the days are planned:

### **Friday, May 3, 2024**

12:00 pm - 6:00 pm Registration Open at the Coast Bastion Hotel (Ballroom Foyer) Delegates pick up Accreditation / Voting cards

1:00 pm Afternoon Tours meet in Ballroom Foyer

3:30 pm - 5:30 pm CFUW BC Council Executive Meeting

6:30 pm - 9:30 pm Opening Reception with No Host Bar (finger food served)

9:30 pm Hospitality Suite open

**Saturday, May 4, 2024**

8:00 am - 9:00 am Breakfast Buffet

8:00 am - 9:00 am Conference Registration Table - Ballroom Foyer

9:00 am - 12:00 pm CFUW BC Council AGM – Sheila Service, Chair Includes refreshments and stretch break

12:00 pm - 2:00 pm Luncheon and Keynote Speaker – Jackie Hildering “a biology teacher, cold-water diver, underwater photographer, and Humpback Whale researcher.”

2:00 pm - 2:15 pm Break

2:15 pm - 3:15 pm Ay Lelum: The Good House of Design “We are a multi-generational Artist family who collaborate in making Coast Salish Fashions from our Design House on Snuneymuxw Territory.”

3:15 pm - 3:30 pm Refreshment Break (snacks, coffee / tea)

3:30 pm - 4:30 pm Jen Cody – Paths to Food Security

4:30 pm - 6:30 pm Free time / Hospitality Suite open 6:30 pm Social Time (No Host Bar)

7:00 pm Banquet and Charitable Trust 8:00 pm Entertainment

**Sunday, May 5, 2024**

8:00 am - 9:00 am Breakfast Buffet

9:00 am - 11:00 am CFUW BC Council program Includes Refreshments and stretch break

11:00 am – 11:30 Wrap Up and end of conference

Mark your calendar!

Our end of year celebration will be our June dinner, 5pm, Monday, June 3rd at Ricky's Restaurant in Parksville, corner of Island Highway East and Huntley Road. We will be ordering off the menu.

## Program Information

### **Aquaculture Research and Marine Education at VIU's Deep Bay Marine Field Station**

Marnie Branfireun will be sharing the research and education activities happening at VIU's Deep Bay Marine Field Station, which focuses on shellfish aquaculture and marine science.

Through the STEMantics Program, she delivers K-12 educational programs for Vancouver Island Schools, organizes STEM in/outreach activities in the faculty, supports recruitment events, and coordinates the public season for the Deep Bay Marine Field Station.

As Earth's climate becomes both hotter and more unpredictable, sustainable food sources become increasingly vital.

VIU's selective breeding initiative develops shellfish lines that are resistant to changing environmental conditions while still maintaining a sufficiently diverse genetic base. Having a source of broodstock that performs well commercially in Baynes Sound and the Salish Sea increases survivability of coastal oysters and scallops and increases production from local aquaculture farms. This and other research at the station contributes towards sustainable seafood and reduces pressure on marine ecosystems.

Sharing knowledge about aquaculture, marine science, and marine ecosystems is important not only to emotionally connect youth and the public to the value and wonders of the Salish Sea, but also to supporting future scientists and informed citizens that will be more inclined to protect the ocean and its denizens.

Marnie Branfireun has taught environmental science for over 20 years at several Canadian universities, including the University of Toronto, Simon Fraser University, and Western University (University of Western Ontario). She is now one of two Public Education Coordinators for Vancouver Island University's Faculty of Science and Technology.

(Contributed by Val Gunn.)



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**cfuw** PARKSVILLE  
QUALICUM

## **SPEAKER SERIES 2023-24: Socially Responsible Women**

### **How climate change is affecting marine life**

#### **Speaker:**

**Marnie Branfireun**, B.Sc. M.Sc. is the Public Education Coordinator for the VIU STEMantics Program at Deep Bay Marine Field Station. She will share research and education activities happening at the Station, which focuses on shellfish aquaculture and marine science.



**Monday  
May 13  
2024**

**Program presentation  
7:00 pm  
Parksville Community Centre  
223 Mills St.**

**Realizing potential. For all women.**

[www.cfuwpg.ca](http://www.cfuwpg.ca)

(Contributed by Sonya Felix and Brenda Pengelly.)

## Vice-President/ Nominations/ CNOY/ Resolutions

### NOMINATIONS Your Club Needs You!



CFUW PQ has been a source of fun, friendship and learning for me, I have been honoured to meet so many interesting women, and I treasure the camaraderie and sense of purpose that we share

*...but it takes energy and organization to run the club, and as our club year draws to a close, we'd you to think about stepping forward to help out at the Leadership Circle.*

We are looking for nominations for the 2024-25 session. There are five positions that we likely need to fill, and seek individuals to take on those roles. They are not onerous positions, and there are always other members with previous experience and lots of enthusiasm willing to help out with advice **and** elbow-grease when required.

The positions are: Vice President; Secretary; Treasurer; Membership Chair; and Media coordinator. Here is a brief overview of the roles to get you excited:

*Vice President:* The VP is a signing officer of the club, and is the president's delegate when she is away or double-booked. She assists the President(s) in the performance of her/their duties, and is responsible for managing Resolutions.

*Secretary:* As a signing officer, the LC Secretary's role is to manage the monthly Leadership Circle (LC) meetings: call for LC reports: create and distribute the Agenda, take notes at the meeting, develop and distribute the Minutes, and preserve the documentation for the Minute Binder for archival purposes.

*Treasurer:* As a member of the LC, and as signing officer, the Treasurer collects and banks all the club dues, pays all of the bills, and keeps the financial records in order, including regular reports to the LC and the club showing revenues and expenditures to date, and for forthcoming activities. She is chair of the Finance Committee, which meets annually to work up a budget for

the upcoming year, based on historical revenues and expenditures. This proposed budget is presented to the LC for discussion, and then voted on by the club.

Membership Chair: The fun part of the position is reaching out in the community and meeting the women who are interested in joining. The ongoing actions are keeping an updated membership list, and attending the Leadership Circle meetings to ensure the members' voices are heard.

Media coordinator: The media coordinator ideally will manage a small group of club members (of her choosing) to ensure that our communications activities are aligned with club branding and purpose. This includes, but is not limited to updating the website (we have a website company on retainer who do the behind the scenes computery-stuff 🖱), uploading FB and Instagram posts, screening media and public-facing materials (e.g.posters, newspaper adverts, radio, etc.) and maintaining the shared document drive and generic email accounts. Currently one person is managing this, but it could easily be shared amongst a group of like-minded members. Training will be provided if required.

Please contact any of our Nominations Committee if you think you would like to take on one of these roles - we would be delighted to hear from you 😊

## **Coldest Night of the Year (CNOY) final update (for this year!)**



**Members, friends, and husbands too...**

**What A Team  
Way to go CFUW PQ Ramblers  
We Raised \$5615.00**

39 Oceanside teams, 294 walkers, \$119,672.00 raised (118% of goal of \$101,000).  
CFUW PQ Ramblers (that's us!) with 19 walkers and 50 donors/pledgers, raised \$4950.00.  
4th place Oceanside and Nationally out of 27 CFUW National teams.

## CFUW National Resolutions



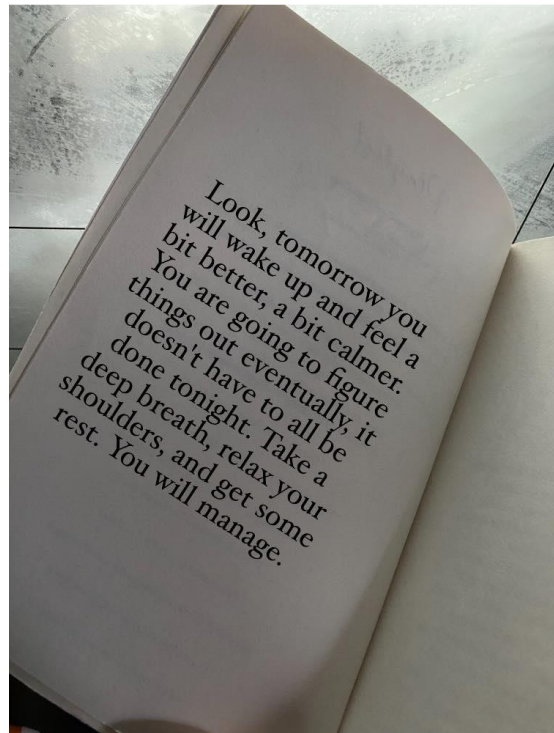
Study Groups met to discuss each of the 5 pertinent Proposed Resolutions, reports were sent to the club, and members met on April 08 to discuss and vote on our collective position. Our VP will send suggested amendments and comments to CFUW National by April 24 and our club vote will inform CFUW PQ's 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 <https://cfuwpq.ca/members-area/> (the usual user id & password are required - **please check with Christine or Mary Ellen if you have forgotten it**)

(Contributed by Christine Pagan.)

## Thoughts

Tip your server. Return your shopping cart. Pick up a piece of trash. Hold the door for the person behind you. Let someone into your lane. Small acts can have a ripple effect. That's how we change the world.





## BC Council News



### UPDATE AND RESTORE HOME SERVICES FOR SENIORS

Presented by CFUW BC Council and  
CFUW VICTORIA AND SAANICH  
PENINSULA

CFUW BC Council and CFUW Victoria and Saanich Peninsula invite you to Webinar on  
April 24, 10:00 a.m. Vancouver (Pacific Daylight) Time

You are invited to a Zoom meeting.  
When: Wednesday, April 24, 2024, 10:00 AM Vancouver

Register in advance for this meeting:  
[https://us02web.zoom.us/join/zoom/register/tZIsce2pqzsjGdSZ81R\\_VjRsh3wmSmhRhoQP](https://us02web.zoom.us/join/zoom/register/tZIsce2pqzsjGdSZ81R_VjRsh3wmSmhRhoQP)

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

### Some Facts

#### UPDATE AND RESTORE HOME SERVICES FOR SENIORS (Adopted Resolution: BC Council AGM May 2021)

Approximately 4,200 long-term care beds in BC are occupied by seniors who could live in the community if they had access to adequate and affordable home support. Public home support is unaffordable to most seniors. A senior with an income of \$27,800 is expected to pay \$8,800 a year for a once-daily home support visit. **Canada is an outlier among developed countries, spending only \$1 on home care for every \$6 on institutional LTC. Most others spend roughly equal amounts, and those most highly regarded for the high quality and happy outcomes of enabling seniors to age well, — Denmark and the Netherlands, do the reverse. They spend more on home and community services than on institutional care.** Don Drummond et al, "Ageing Well", Queen's University, Nov. 2020.

#### April 2023

There are 1,016,365 seniors in B.C. They are **20% of the population**, 5,000,880 of the total population.

#### Key Question

What opportunities do we have to influence policy makers as the BC Provincial October 2024 Election continues to be part of our daily news?

- Most home support clients (51%) are at high or very high risk of placement in a long-term care facility. Despite this, almost one-third of family caregivers are in distress
- 90% of Seniors want to age in home and community, however the support is difficult to access, is not always consistent and reliable and is very expensive in British Columbia.
- 86% receive less than two hours of home support, on average, per day.
- On average, 82% of clients of distressed caregivers receive less than two hours of service per day. **Funding levels need to be restored.**

### SPEAKER



#### Andrew Longhurst

Andrew Longhurst, MA, is a political economist, health policy researcher, and PhD candidate in the Department of Geography at Simon Fraser University. He publishes regularly as a research associate with the Canadian Centre for Policy Alternatives, and is a frequent commentator on health care issues, including seniors' care, wait times, financing, and system reform. His research and commentaries have appeared in the *Canadian Journal on Aging*, *Globe and Mail*, *Policy Options*, *Toronto Star*, *The Tyee*, and on CBC's *The National*.

Andrew provided research and support to this CFUW Resolution in 2021. His presentation and our questions and conversation will explore ways to move this implementation forward.

To register for this presentation, see Zoom link above

For more information email [audreyhj@shaw.ca](mailto:audreyhj@shaw.ca) or Betsy Ives [ivesbetsy@gmail.com](mailto:ivesbetsy@gmail.com)

## Restore and Update Seniors' Home Care Services

### Relevant Legislation & Canada's Obligations

- Canada Health Act, RSC, 1985, c. C-6; cash contributions by Canada for "insured health services", and uninsured "extended health services", which includes Home Care Service, and Long Term Care.
- Public Health Act of BC: "publicly subsidized home and community care services
- Continuing Care Act, RSBC 1996 Charter 70, current to June 2, 2021: provides one or more health care services to persons with a frailty, acute or chronic illness, or disability that do not require admission to a hospital.

### Take Action

- Call on CFUW Interest Groups and Book Clubs to read We Can Do Better, Home Support Review 2019. BC Seniors Advocate: [www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca); and books: Neglected No More, Andre Picard, 2021 and Being Mortal, Atul Gawande, 2014,
- Lobby local MLA's and Federal Seniors Minister, Deb Schulte for expressions of support of the Resolution,
- Write letters to local media – individual letters have an impact,
- Utilize template letters provided for CFUW and non-CFUW members,
- Ask the Program Committee to invite a speaker to raise awareness to the lack of home support services in BC,
- Ask CFUW Neighbourhood Group and Interest Group Coordinators to discuss the resolution, and the importance of club support,
- Submit information articles regarding the Resolution in CFUW newsletters in clubs across the province.

The COVID pandemic has forced us to look critically at our eldercare system. New public policy focused on improving and increasing home supports could turn the situation around and improve the lives of seniors.

### Restore and Update Seniors' Home Care Support Services– 2021

**Proposed by:** CFUW Saanich Peninsula and CFUW Victoria

**Adopted at the 2021 AGM**

**RESOLVED**, That BC Council urge the Provincial Government to provide viable options of home care support for seniors who choose to age in place in their own homes by establishing regulations for the delivery of Home support that:

- create standards for the quality of care with established and enforceable accountability measures;
- strengthen and integrate home care services for seniors;
- promote consistency of home care support service delivery; and
- provide education, continuous training opportunities and adequate remuneration for Home Care Support workers.

[cfuwbcadvocacy@gmail.com](mailto:cfuwbcadvocacy@gmail.com)

## Membership

It is now time to begin thinking about the CFUW PQ 2024 -2025. To make the transition easier: Please bring a cheque dated for July 1, 2024. If paying by e-transfer, please wait until after July 1, 2024. Thank you.

(Contributed by Sheila Reed.)

## Book Box Pickup Schedule and News Updates

Plans for this year's book sale, scheduled for Tuesday, October 1 to Sunday, October 6, are moving forward well.

The Drop Box at Save-on has been cleaned and repaired, with new stickers with the CFUW rebranding attached to the box.

See pick up schedule below.

The book sale team would appreciate your help with any donations of the following: 1. black plastic bedding plant trays 21" x 11'. We need as many as possible. Please wash. Thanks. 2. banker boxes for packing books at the storage locker. 3. fiction books.

(Contributed by Erin Holmes.)

APRIL 2024		MAY 2024		JUNE 2024	
<b>Storage Coordinators</b>	Sheila Jane	<b>Storage Coordinators</b>	Susan Deb	<b>Storage Coordinators</b>	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	
<b>Storage Coordinators</b>	Brenda Sheila	<b>Storage Coordinators</b>	Vicky J Vicki S	<b>Storage Coordinators</b>	Book Team
July 7 - 14	Mimi	August 5 - 11	Vicky/Vicki	Sept. 2 - 8	Carolyn R





"Who d'you think wants to drink that after you've been sitting in it?"



"The long term forecast ... sunny with periods of cloud and rain. Winds will vary."



"The figure at the bottom is what you owe in taxes. Do you need a moment to freak out?"

## **Members' Corner**

At the April general meeting Val Gunn spoke about PQALS.

Parksville Qualicum Adult Literacy Society (2018) was formed to improve the delivery of ESL, basic literacy, math and computer tutoring for adult learners by supporting The Tutoring Program.

We have been able to provide \$50K to date, buying teaching resources, student workbooks, online subscriptions and computer access for online learning as well as paying for increased staff hours.

Like all small charities we are constantly searching for funding to fuel the cause. We are very grateful for the individual donations we receive and the small grants from local foundations, however stable funding is imperative.

Looking forward we would like to apply for a BC Community Gaming Grant. A healthy Society membership is an important factor for this to be successful, so we are currently looking for new members to the society who appreciate the benefit PQALS' work brings.

Our membership fee is \$20 annually Jan1-Dec 30 application at [www.parksvilleadulthoodliteracy.ca](http://www.parksvilleadulthoodliteracy.ca)

We are grateful for the memberships and connection of like-minded people who value life-long learning for all members of the community.

(Submitted by Val Gunn.)

## **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 March 26, 2024.

Theme: Biographies, Autobiographies, Memoirs

Morton, Alexandra, 2022. *Not on My Watch - How a renegade whale biologist took on governments and industry to save wild salmon* (Toronto, Penguin Random House Canada)

- One woman's lifelong journey to save the wild salmon of British Columbia. Informative on marine biology, but especially on how real science is not given credence by 'experts', if it does not fit the *status quo*.

Mercer, Rick, 2023. *The Road Years, A memoir, continued...* (Toronto, Penguin Random House Canada)

- Rick's travels from coast to coast to coast in search of everything that's best about Canada, especially its people. Uplifting and fun.

Ackroyd, Peter, 1990. *Dickens* (London, Random House)

- Ackroyd's love-hate relationship with Dickens - the man and his work. Rambling, adulatory, exhausting, irritating, snide. Places Dickens' work in the context of his life, but in a gossipy, star-struck way.

Tomalin, Claire, 2011. *Charles Dickens, A Life* (London, Viking)

- Tomalin's objective but warm and sensitive tome deals with the early years of the ambitious author, and how it impacted the plight of Dickens' wife Catherine and his secret lover Nelly Ternan. She also interweaves Dickens' writing and his life together so that you can better judge how one affected the other.

Gill, Charlotte, 2023. *Almost Brown* (Toronto, Penguin Random House)

- Gill's father is Indian. Her mother is English. They meet in 1960s London when the world is not quite ready for interracial love. a memoir that is both deeply intimate and intellectually ambitious. It fearlessly examines race and the issue of belonging, and at the same time is a tender, touching, often very funny tale of growing up and finding your way

Maclear, Kyo, 2023. *Unearthing, A story of tangled love and family secrets* (Toronto, Scribner Canada)

- A DNA test shows that the author's father (Anglo-Canadian war correspondent Michael Maclear) is not the man she was brought up by, and thought of as her father. The memoir lays out the complicated life she led before and after the discovery, and the solace that both she and her Japanese artist mother find in gardening. She explores: what gets planted, and what gets buried? What role does storytelling play in unearthing the past and making sense of a life? Can the humble act of tending a garden provide

common ground for an inquisitive daughter and her complicated mother? A lovely meditation on the hidden past and the blossoming future.

Fink-Jensen, Christopher & Randolph Eustace-Walden, 2016. *Aloha Wanderwell: The Border-Smashing, Record-Setting Life of the World's Youngest Explorer* (Fredericton, Goose Lane Editions)

- born in Winnipeg in 1906, Idris Welch moved to Qualicum Beach (!) with her mother and stepfather (Herbert Hall). Unsettled and always looking for adventure, in 1922, as a 15-year-old girl, fed up with life in her French convent school, she answered an ad for a travelling secretary. Tall, blonde, and swaggering with confidence, she might have passed for twenty. She also knew what she wanted: to become the first female to drive around the world. Her name was now Aloha Wanderwell. Drawing upon Aloha's diaries and travel logs, as well as films, photographs, newspaper accounts, and previously classified government documents, *Aloha Wanderwell* reveals the astonishing story of one of the greatest — and most outrageous — explorers of the 1920s.

(Contributed by Christine Pagan.)

## **Book Review of the Month**

*Three* by Valérie Perrin, Trans. Hildegard Serle (this edition: 2022)

The 'three' of the title refers to three people, Nina, Étienne, and Adrien, who meet as youngsters in 1987 (aged 10) and maintain a very close friendship for all their school years. They swim at the municipal pool, spend time at the reservoir and spend hours listening to and making music. They make plans for their joint future. Things happen, though, and the story also touches down in 1991 when they are 15, then in 1994-5 at the age of 18, and then not again until 2017. As she did in her first book translated into English, *Fresh Water for Flowers*, Ms Perrin's characters are ordinary French working-class people and there are mysteries that are only gradually explicated. This book is more ambitious, dealing as it does with the three people and their families as well as multiple secrets. Why did that young mother abandon her infant? Whose skeleton is in the car dredged out of the reservoir? Who else is involved in the triumvirate? She keeps the reader guessing, and you might continue turning pages just to find out if your guesses are right! With 551 pages, there are a lot to turn! If I have a criticism, it would be that my attention flagged at a certain point on the long road to the end. It is a marathon, not a run.

For readers who are unfamiliar with rural France, it is an excursion into a less well-known time and place. In common with most young people, these three youngsters love music and you will hear the names of the then-current French artists and groups they follow. Their small town feels restrictive and boring for them, and like many other young people, they long for bright lights and



big cities, which means Paris. Another area that might be less well-known to readers is that one of them becomes the manager of an animal shelter. There is something to learn about that. There is also a character who is a spousal abuser, and that may be something to better understand. What is it like to vacation on the Costa del Sol, to live within driving distance of Italy? What is it like to publish a book, write a play? How does such a close and long friendship endure? When you consider the many situations the characters experience, it is no wonder the book is substantial.

The biggest less well-known area is sexual identity. As the reader advances, some chapters are devoted to a person who is un-named but obviously intimately well acquainted with Nina, Étienne, and Adrien. It is puzzling until an idea presents itself: one of them must be trans-sexual. However, curiosity will have to wait until the right moment for more to be explained. This person, it turns out, has known that they were dual all their life. It is not a decision; it is an inescapable fact. If you have little knowledge of that situation, you can learn more. Especially, you can understand the dilemmas that such a person faces.

Beyond the various mysteries, including why the three are estranged for over twenty years, you will probably enjoy the writing. Nina regrets having ignored reading a book written by her old-time friend Adrien (using a pen name). “There are some books we miss, like some encounters, we pass by stories and people who could have changed everything. Due to a misunderstanding, a book’s front cover or bland blurb, a preconception. Thank goodness that life, occasionally, perseveres.” Thinking of people with whom you’ve lost contact, you may realize, “Lulls, silences, and absences had crept in between the phone calls and reunions.” So, for an excursion down roads less-travelled, guided by a native who promises that you will eventually be shown the answers, try the book.