



Our Theme this year:

Shine a Light on Our Community

December 2024

Leadership Circle Members:

President: Christine Pagan president@cfuwpq.ca

Vice President: Position Available vp@cfuwpq.ca

Treasurer: Christine Pagan treasurer@cfuwpq.ca

Website: Val Gunn website@cfuwpq.ca

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

Meeting: Monday, January 13, by Zoom, 6:30 for socializing, 7:00 meeting

Program: How Nanaimo & District Hospital Foundation supports healthcare here

Speaker: Barney Ellis-Perry

What To Look For:

President's Message

Program Information

Scholarship & Bursary Trust

Christmas Silent Auction Information

IWD Update

Talking Circle on Indigenous Affairs

Red Dress Display, Facebook, Future Event

Fun Walk Group

Book Sale Posters

Thoughts and Smiles

Book Club News, Book Review

President's Message



Christine is temporarily without much access to the internet (and her road is out!), so she has sent some information and asked Mary Ellen and I to see it through. (Barbara Bond).

Eva Hilborn - recipient of the King Charles III Coronation Medal

Eva Hilborn, one of our founding members, was awarded the King Charles III Coronation Medal on November 13, at a lovely ceremony in the Qualicum Beach Rotary Hall. I was honoured to be there for the event. I am attaching Gord's speech, as it says it all, and I also summarize Eva's response. It was a lovely, heartwarming afternoon.

Gord Johns' speech

"Eva, please come forward....."

Eva Hilborn, I am honoured to present you with this Medal in recognition of your outstanding volunteer service and relentless advocacy for early childhood education.

Since your first days of primary school teaching, 70 years ago, to your founding of the charity, 'Wonderful World of Books' at age 92, you have made a difference in the lives of thousands of Canadian children.

Thank you on behalf of families everywhere."

Eva's responses were not written down, but said from the heart - she talked about all her life being dedicated to education and that her mother told her that if you had gifts you had to use them, and you didn't deserve them if you didn't use them. That got a lovely chuckle and warm applause from the folks in the room. She then said that she started WWB when she was 92, and it had added more than 5 wonderful years to her life - Gord's response was that he hoped she would add many more. That also received a warm round of applause, and a few whoops and whistles!



(Contributed by Christine Pagan.)

Program for the January Meeting

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cfuw PARKSVILLE
QUALICUM

SPEAKER SERIES 2024/25

Shine A Light on our Community

Nanaimo and District Hospital Foundation

Speaker:
Barney Ellis-Perry, CEO of the Nanaimo and District Hospital Foundation, will highlight the Foundation's work with an emphasis on the Oceanside area. Barney holds a B.A. from UBC in social psychology and has more than 30 years of fundraising and constituent engagement experience. He became CEO of the Foundation in 2022.



**Monday
January 13
2025**

**The meeting will be held by Zoom.
Link opens at 6:30 for socializing, followed by the
speaker and general meeting at 7:00 pm.**

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How Nanaimo & District Hospital Foundation supports healthcare in Oceanside

Our January speaker is Barney Perry-Ellis, CEO of the Nanaimo & District Hospital Foundation. Barney has a B.A. in social psychology from UBC where he spent 14 years holding several key fundraising and alumni relations roles. Previous positions include Associate Vice Chancellor for Alumni Relations and Annual Giving at Vanderbilt University in Nashville, Tennessee and CEO of the University of California, Irvine (UCI) Alumni Association.

Spending so much time U.S. reinforced Barney's belief in the power of the Canadian Healthcare system. As CEO of the Hospital Foundation, he views the healthcare needs of the Central and North Island community as an intriguing challenge that can benefit from a more engaged community of donors and advocates. In the 2024 fiscal year, the Foundation has funded 25 projects with \$5.1 million in donation disbursements and supported 12 areas of care. His talk will highlight how the Foundation is supporting healthcare in Oceanside.

(Submitted by Sonya Felix.)

Scholarship Bursary and Trust

November finds the trustees ready to plan for the 2025 year of applications and June awards. First of all, I want to thank our PQ members and friends for their generous donations in the last 2-3 months. With this money we will continue to fund bright and courageous women from SD69. Last year we were able to give 29% more than 2023 because of a last-minute donation from 100 Men Who Give A Damn. However, I am confident we will be able to match our 2023 amount, approx. \$50,000 in awards, in 2025.

If you have questions, please reach out to any of the trustees.

June Arnett, Bonnie Stableford, Sonya Felix, Jackie Worboys, Pat Morrison Wheeler, Vivien Sears, Christine Pagan, Valerie Gunn.

Submitted by V Gunn
CFUW PQ, SBT Chair

Our Christmas Silent Auction

I hope that you are looking forward to our auction as much as I am and are already wondering what to donate or what treasure you'll find. You will have the opportunity to vote for the Charity which should receive the funds this year. There will be some changes in procedure for this year's auction.

If you are a donor:

You must send an email to Lorna Miller by noon Dec. 6 telling her what you are donating and its approximate size. When you arrive at the Bayside you'll receive a completed Bid Sheet from Lorna and be directed to one of our 4 auction tables.

Successful Buyers

As usual you'll retrieve the bid sheet and item, take them to the Treasurer to pay in cash, by cheque or debit/credit card.

See you on Dec. 9, Lorna Miller

International Women's Day Working Group Update

Update as of November 13, 2024:

Cfuw Parksville International Women's Day Event

2pm – 4pm Saturday, March 8, 2025

The Sanctuary

Knox United Church

Parksville

Responsibilities of the IWD Committee:

Book meeting space and confirm room logistics - *confirmed*

Book speaker - *confirmed*

Contact treasurer for honorarium and payment of room rental

Confirm members to introduce and thank speaker

Confirm members to work at event: two members to greet

One member to monitor donation bowl

Two members to answer queries from attendees

Create poster: forward to website - Val; newsletter – Barb; and social media – Brenda

Publicity – newspaper –

Insurance – President Christine

Budget: \$1350.00 (*from the approved budget the following breakdown: room equipment rental \$600 + speaker travel and expenses \$500 +honorarium/donation to speaker's charity if applicable \$250 Please note \$500 advertising is included in basic ops advertising*)

Expenses pending:

Knox Sanctuary Rental \$469.00 (includes equipment + tech)

Speaker honorarium: \$1000.00

Speakers selected as possibilities by the speakers selection committee: Noreen

Ballantyne, ME Campbell, Sonya Felix, Jacqueline Russell, Wendy Reimer

- A. **Christine Sinclair** – 14 time winner of the Canadian Soccer Player of the Year award
- B. **Suzanne Simard**, author ‘Finding the Mother Tree’ professor of forest ecology at UBC
- C. **Christina Mittermeier** – lives locally - photographer, conservationist, biologist, author
Co-founder Sea Legacy – environment protection organization
- D. **Alexandra Morton** – lives Telegraph Cove - marine biologist 30 year study of killer whales

Happy News! Alexandra Morton accepted our invitation.

Alexandra Morton has been called "the Jane Goodall of Canada" because of her passionate thirty-year fight to save British Columbia's wild salmon. Her account of that fight is both inspiring in its own right and a roadmap of resistance.

Alexandra Morton came north from California in the early 1980s, following her first love--the northern resident orca. In remote Echo Bay, in the Broughton Archipelago, she found the perfect place to settle into all she had ever dreamed of: a lifetime of observing and learning what these big-brained mammals are saying to each other. She was lucky enough to get there just in time to witness a place of true natural abundance, and learned how to thrive in the wilderness as a scientist and a single mother.

Then, in 1989, industrial aquaculture moved into the region, chasing the whales away. Her fisherman neighbours asked her if she would write letters on their behalf to government explaining the damage the farms were doing to the fisheries, and one thing led to another. Soon Alex had shifted her scientific focus to documenting the infectious diseases and parasites that pour from the ocean farm pens of Atlantic salmon into the migration routes of wild Pacific salmon, and then to proving their disastrous impact on wild salmon and the entire ecosystem of the coast.

Alex stood against the farms, first representing her community, then alone, and at last as part of an uprising that built around her as ancient Indigenous governance resisted a province and a country that wouldn't obey their own court rulings. She has used her science, many acts of protest and the legal system in her unrelenting efforts to save wild salmon and ultimately the whales — a story that reveals her own doggedness and bravery

but also shines a bright light on the ways other humans doggedly resist the truth. Here, she brilliantly calls those humans to account for the sake of us all. Her most recent book:

"Not on My Watch" is an urgent, essential read for anyone who cares about the rapidly dwindling wild salmon population of British Columbia. Meticulous, penetrating and passionate, Morton's thorough exploration of the history and effect of placing an industrial zone in prime wild salmon habitat is chilling and infuriating.

(Contributed by Mary Ellen Campbell.)

Talking Circle on Indigenous Issues

The Talking Circle met in October to continue discussions on moving toward reconciliation. Several members shared what they learned from "Unbroken" by Angela Sterritt. For those who have yet to read this book, the advice is to start with the preface and Ms. Sterritt's letter to her son. The "In Memoriam" chapter is very powerful in its simplicity – a list of the names and ages of the Indigenous women and girls who were murdered or went missing in British Columbia along the Highway of Tears.

Some members were lucky to have attended Cliff Cardinal's "As You Like It or The Land Acknowledgement" at the Port Theatre. A solo performance aimed to make us think, deeply.

Members are encouraged to read "The Knowing" by Tanya Talaga, and this book will be discussed at February or March 2025 meeting. The Knowing has been serialized on CBC Gem.

Susan gave an update on her drinking water regulations petition. **The next Talking Circle meeting will be at Susan's home on November 25 at 1:30pm.** Please contact Susan if you wish to come (reserve your spot).

Christmas Pot Luck Lunch: Robin will be hosting the Talking Circle Christmas Pot Luck Lunch. This event will be on Friday, December 13, starting at 12 noon for 12:30pm feasting. Please contact Robin if you wish to come (reserve your spot). Those attending are asked to bring a sweet or savory dish (what fun if we all bring desserts!).

(Submitted by Lisa Marshall)

Red Dress Displays at Qualicum Beach Town Hall and Parksville City Hall marking the U.N. 16 Days of Activism against Gender-Based Violence

Members of the Talking Circle will be meeting at Qualicum Beach Town Hall at 12 noon on Monday, November 25, 2024. Please join us. (Submitted by Lisa Marshall)

CFUW PQ Facebook page

Please comment, post and share on our CFUW PQ Facebook page
Let's see more traffic, more shares and more comments too. Did you know you can even
comment anonymously? Submitted by Brenda Pengelly

Future Event

Mark Your Calendars!

Our New Member's Tea has a new date and time - Feb 8 from 1:30 to 3:30
It will be held at Knox United Church 345 Pym St Parksville.

Submitted by Brenda Pengelly

The Fun Walk Group

It was another Fun Walk on November 3 along
the trails of Parksville's wetlands park (located
at the civic address of 790 Hirst Avenue West).
We were lucky the weather cooperated!
According to one of us Fun Walkers, we walked
4.8 kilometers at a brisk pace. Amazing
considering it felt like we were just strolling
along, chatting happily with each other!

Please contact Lisa Marshall if you want to
participate in the next Fun Walk or join the Fun
Walk Group email list. Please note participation
is at own risk and expense.



(Submitted by Lisa Marshall)

Book Sale Team News

Below is the Book Sale Poster for 2025. Also below is a new poster for this year, "Seeking donations." Good quality copies of the posters have been printed by ParksWest, and the "Seeking donations" poster is currently being distributed in our area. Both posters will soon be available on our website. Please feel free to contact Sheila or Erin if you know of a good spot to put one up. We are approaching medical offices, churches, shops, etc., hoping to reach everyone in our community.

(Contributed by Erin Holmes.)



Seeking donations

of like-new **BOOKS**  and perfect **JIGSAWS** 

Donation Drop Box at the side of Save-On-Foods, opposite Canadian Tire



For large donations, contact booksale@cfuwpq.ca

Our 40th annual SALE ~ Sept. 23 – 28, 2025

We really appreciate our community for making our sale a success. Proceeds support scholarships and other initiatives for women & children - locally and internationally.

Realizing potential. For all women.

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BOOK SALE

and PERFECT JIGSAWS



COOMBS FAIRGROUND



Tues. - Sat., Sept. 23 – 27, 2025 ~ 10am to 7pm

Sun. Sept. 28 ~ 10am to noon

Books \$3 each, Pocketbooks \$1

Debit, Credit or Cash

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

Proceeds support scholarships and other initiatives
for women & children - locally and internationally.

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

Realizing potential. For all women.

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Thoughts and Smiles



Yes, English can be weird.
It can be understood through tough
thorough thought, though.



"You put a round thing on a spinning plate with a needle and then you play with buttons and knobs ... only old people know how to do it!"

Book Clubs, Book Review

QFP (Quality Foods Parksville) Booklovers

Date	Facilitator	Book
Sept. 12	Sheila	The Woefield Poultry Collective
Oct. 10	Linda	The Salt Path
Nov. 14	Val and Dianne	The Heaven and Earth Grocery Store
Dec. 12	Susan	Too Soon Old, Too Soon Smart
Jan. 9	Maureen and Tracy	The Island of Sea Women
Feb. 13	Liz	The Postcard by Ann Berest
Mar. 13	Brenda	The Nightingale
Apr. 10	Pat	Greenwood
May 8	Sam	The Phoenix Crown
June 12	Jane	Always Pack A Candle, Marion Cook

(Contributed by Dianne Anderson.)

Book Review of the Month

The Covenant of Water (2023) by Abraham Verghese

Many will remember Verghese's smash hit of 2009, *Cutting for Stone*. I read that book as part of a book club and for years afterwards the members would tell you that it was the best book they'd ever read. Verghese's second book is not mentioned often and, to be honest, I found it forgettable. This new one takes me back to his first. It is as sprawling, as energetic, as engaging. It is long, at 715 pages. The setting this time is the Malabar coast of India in the state of Kerala, which is on the western coast of south India. On the eastern coast of the sub-continent is the nearest big city, Madras. Fittingly, given the title, it is a place of water – rivers, canals, rice paddies, the ocean. It is tropical and backed by a mountain range, the Western Ghats, where tea thrives at the higher elevations and rubber, coconut, mangoes, bananas, and spices are prolific at the lower levels. As a spice producer, it was long the focus of Arabian trade routes, before Europeans found a sea-borne route without middlemen and founded fortunes.

The epic tapestry sprawls across three generations of one family, from 1900 to 1977. A twelve-year-old bride from Travancore in the far south is married to a forty-year-old widower with a young son and goes to live at his property. She arrives at Parambil to become step-mother to the little boy and to live her life there, where she becomes the matriarch. They are all part of the ancient St Thomas Christian community, who believe that St Thomas (of the Bible) founded

their church. Only gradually does Big Ammachi (as she becomes known) find out that her new family hides a secret inherited affliction. In every generation, one member drowns.

The story bounces along and for India as a whole, there are major changes. The Second World War takes place as India is simmering with the idea of independence. By the time the book ends, India has long been her own nation and the state of Kerala is part of a country that is still affected by its long history as a British possession. The people of Kerala are bilingual. They speak Malayalam but those who go to school are taught English. And school (at one time) was only for the children of property-owners. The estate workers were second class citizens for a long time.

At first, in 1933, when the reader is suddenly following a young working-class man from Glasgow the reader wonders how this thread will become part of the whole. He trains as a doctor and takes a position in Madras. However, as a British white man, he is automatically accorded a status previously unknown to him. Indian doctors (no matter how skilled) are less preferred by many. It is a way to illustrate and investigate how caste, colour, and class affect the central characters. The family experiences both tragic loss and devoted love. The book has depths, but also breadth. It follows medical skill and a tradition of artistic ability within families.

Big Ammachi comes to think about the family tragedy as The Condition. The threat of disability and an early death affects each generation. Once the Condition's cause is identified, traced in family histories, and named, the path toward treatment begins to crack open. A separate but interwoven thread is leprosy (now known as Hansen's disease) which is now understood and for which treatment is effective. Perhaps the Condition will also become avoidable and treatable. The wide time frame allows for change in all areas that affect the lives of the characters. The author's choice of a long and wide canvas of ideas and an array of people centred around a distinct place gave him scope. It allowed him to develop flowing water as the theme of the book and the connecting thread between all people. Quite appropriately, considering the watery environs in which it is centred, the book is immersive.