



Our Theme this year:

Shine a Light on Our Community

February 2025

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: Saturday, March 8 2-4 PM, Knox United Church

Program: IWD program

Speaker: Alexandra Morton

What To Look For:

President's Message

Program, looking ahead

Website Update

CFUW BC Resolutions

New Members' Tea

IWD Update

Valentine's Day Luncheon

Ladies who Lunch

Thoughts and Smiles

Book Club News

Book Review

President's Message



Like the daffodils stretching up to the sun, it feels like we are reaching out for some brightness to take us out of the dark these days, as every day brings some news of fresh injustice and the continued erosion of human rights. I know all of us are doing what we can in our own way to push back on these many wrongs and calumnies, and I encourage us all to share what we are doing, and support each other.

Our club has a long history of 'standing up to the big guy' and speaking up for those who cannot speak for themselves - a quick scan of our website (<https://cfuwpq.ca/who-we-are/cfuw-pq/>) tells the story of our advocacy - and we are not done yet. We made a huge difference for the women and children at Parksville Haven House with our Christmas Silent Auction, we have raised over \$5600.00 for Island Crisis Care Society in the upcoming Coldest Night of the Year walk this weekend, and we will be helping some local groups financially with our Strategic Giving Project soon. However, advocacy is not just about money (though it does help!) - it's about using our intellectual and social capital, and moving forward I'd like to explore how we can increase our impact. Please take a look at the CFUW National website, and let me know if you'd like to be involved as we pursue some local advocacy initiatives as 'Partners in The Community' (<https://www.cfuw.org/advocacy-committee/>)

Our visibility in the community is important - we have 2 big events coming up - the 'Mothers' photography exhibition at The Old School House (TOSH) opening on March 04, and our much anticipated IWD public lecture on March 08, at Knox United Church. Both of these events contribute to us being recognized as a partner in the community, and will enable us to utilize our resources and skills - more effectively.

Enjoy the weekend, cheer our walkers on, and I look forward to seeing you all at the IWD presentation on March 08.

Christine

Please visit the website (www.cfwpq.ca) for more details on all our activities ... and don't hesitate to contact me if you have something to share, good or bad (president@cfwpq.ca)

(Contributed by Christine P.)



Thinking Ahead – Toward Next Club Year’s Speakers

Thank you to EVERYONE who has submitted ideas for our 2025 – 2026 programme. We will accept recommendations until May 15th. If you would like to join the programme committee, contact Mary Ellen. Only one organizing meeting per year....we are efficient!!

Thanks☺

Suggestions received so far -

- A. **Moira Aikenhead** –research focuses on federal and provincial responses to gender violence from a feminist perspective
- B. **Willow Bloomquist** - Dashwood Volunteer Fire Department; Fire Prevention Officer and FireSmart Coordinator
- C. **Nicola Cavendish** – actress living locally. Connie on Netflix ‘Virgin River’ series
- D. **Judy Edwards** – School District 69First Nations Cultural Kits
- E. **Celyne Gagnon** – Radio Canada
- F. **Dr. Kelly Hadfield** local physician and founder/director with Ghana Medical Help
- G. **Dan LaRocque** - Internet Security
- H. **William Litchfield** – BC Cancer Foundation
- I. **Jane McCormick** – Moms Stop the Harm.
- J. **Christina Mittermeier** – lives locally - photographer, conservationist, biologist, author Co-founder Sea Legacy – environment protection organization
- K. **Debra Nixon** – Building of a gas station: economic development on the Qualicum First Nation
- L. **Mischa Oak** – SD 69 leadership and advocacy for systematic change to support transgender and gender-diverse individuals
- M. **Kamal Parmar** , poet laureate for Nanaimo and , medical Dr.
- N. **Nick Rivers** - Arrowsmith Search and Rescue
- O. **Suzanne Simard**, author ‘Finding the Mother Tree’
- P. **Janet Thony – Coombs Farming Institute**
- Q. **Jon Waddell** – Fair Care Alliance
- R. **Halle Walle** – ‘bog butter’ “as archaeologically and historically accurate” as possible. She’s basing the recipe, storage containers and the environment on existing archeological literature.

(Contributed by Mary Ellen C.)

Website Content Request

Hello fellow website users.

I am happy to report all areas of the website are functioning and being regularly updated, after a period of outages for whatever reason.

I am thrilled to welcome a co website person, new member Diana Groffen. Diana is well versed in all things website, therefore is a tremendous help.

Welcome and thank you Diana.

It has come to my attention there are people who suggest the website needs content updating. Please send me your suggestions and Diana and I will work on updates.

Contributed by Val G.

CFUW PQ Website

Feedback requested for CFUW BC Council Resolutions 2025

CFUW BC Council's Resolution process requires that clubs' feedback is received by March 31, to enable inclusion in the provincial AGM.

There are no new Provincial Resolutions this year, instead, BC Council is asking for our feedback on a resolution about archiving old policies. The text and rationale for their resolution is below.

We will not have a club meeting to discuss these, so please read the materials and if you have any comments, please send them to me by email by March 15, so I can pass them on before Council's deadline.

RESOLVED

That CFUW BC Council Clubs support the transfer of the following adopted resolutions from the current online BC Council CFUW Adopted Resolutions Policy book to the BC Council CFUW Archived Policies section:

- **Conservation of the Burns Bog 1997**
- **Burns Bog and the Vancouver Landfill 1993**
- **Preservation and Ramsar Designation of Burns Bog 1997**

The above 3 are covered by: Restore & Preserve Canada's Peatlands - 2024 (National)

- **Drug and Alcohol Abuse 2000**

Completed: action was a survey due Nov 2000 – so no longer applicable?

- **Strengthening the Provincial Trespass Act 1993**

Completed: Act was amended in 2018 and it appears to cover all the asks in the resolution

- **Substance Abuse Services in BC 2001**

Covered by: Canada's Opioid Crisis – 2021 (National); Drug Addiction – 1967 (National)

- **Electoral Reform CFUW 2002**

Completed: action requested referendum regarding proportional representation which has happened

- **Cross Gender Monitoring in Municipal Detention Centres 2005**

Completed

- **Sexual Exploitation of Girls in communities such as Bountiful 2004**

Note that this resolution was specifically reviewed by the Nelson Club as it has local application. Covered by: Fair Opportunities for Women & Children in Polygamous Communities - 2024 (BC); Sexual Exploitation of Girls in a Polygamous Community - 2005 (National)

Rationale:

A review was undertaken of the oldest policies in the BC Council policy book. The above listed policies were selected for assessment and have been evaluated by assessing which issues are no longer current and which policies were superseded or duplicated by later BC Council or National resolutions. Feedback from proposing Clubs was included and resulted in the recommendation to archive by moving these policies to the Archived Section of the Policy Book.

(Contributed by Christine P.)

New Members' Tea



New Member's Tea

On Feb 8th, 30 CFUW PQ members attended the New Member's Tea at Knox United Church to celebrate 7 women who joined CFUW PQ in 2024/25.

Our new new members are Sue D, Alja D, Cindy J, Eva G, Adriana B, Susan R, Diana G. We are delighted to have them join our club and appreciate all that they bring to our activities.

It was a happy occasion that provided a wonderful opportunity for members to become acquainted with each other. Thanks to all members who contributed to this fun event: Christine P, Claire T, Dianne A, Ellen W, June A, Linda F, Liz D, Lorna M, Mary Ellen C, Maureen W, Pat MW, Sheila R, Susan B, Val G and Vicky J. I am grateful for all the many ways you contributed to ensure the event went off without a hitch.

- submitted by Brenda P.

(Collage contributed by Christine P., using pictures taken by June A.)

International Women's Day Working Group Update

Update as of February 2025:

CFUW Parksville International Women's Day Event

2pm, March 8, 2025

Knox United Church

Parksville

Guest speaker: Alexandra Morton

If I believe everything I am hearing, we are in for a phenomenal success on IWD 2025. I'm told the 350 chairs at Knox will fill quickly. Please come and see for yourself ☺

The doors open at 1:30pm.

Thank you to the steering committee who planned the day and our six volunteers on site who will ensure order and organization prevails.

(Contributed by Mary Ellen C.)



cfuw PARKSVILLE
QUALICUM

Realizing potential. For all women.

CFUW Parksville-Qualicum

Strong Women Making a Difference

INTERNATIONAL WOMEN'S DAY

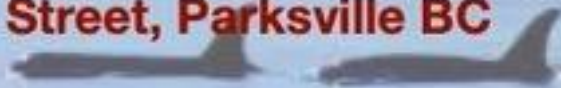
Speaker:

Alexandra Morton is a marine biologist and activist who spent 35 years researching and working to protect orcas and BC wild salmon. She is author of *Not on My Watch*, a book about her 30 year effort to halt the impact of industrial salmon farming on wild salmon and BC the coast.



Saturday, March 8, 2025
2:00 to 4:00 p.m.

Knox United Church
345 Pym Street, Parksville BC



Vivien's Valentine Day Lunch for four

I was the last woman standing on one of our Christmas silent auction offerings for a catered lunch at my home, compliments of Vivien Sears. Three friends and I enjoyed an outstanding gourmet meal. Prior to the day she and I decided on the menu of appetizers, the entree and dessert. She offered wine but not to this group. The table was adorned in red and white complete with chocolates,

Vivien tells me that she enjoys doing this so look out at our next Christmas auction for her offering.

Dianne A.



This is Vivien S, displaying the dessert cake.

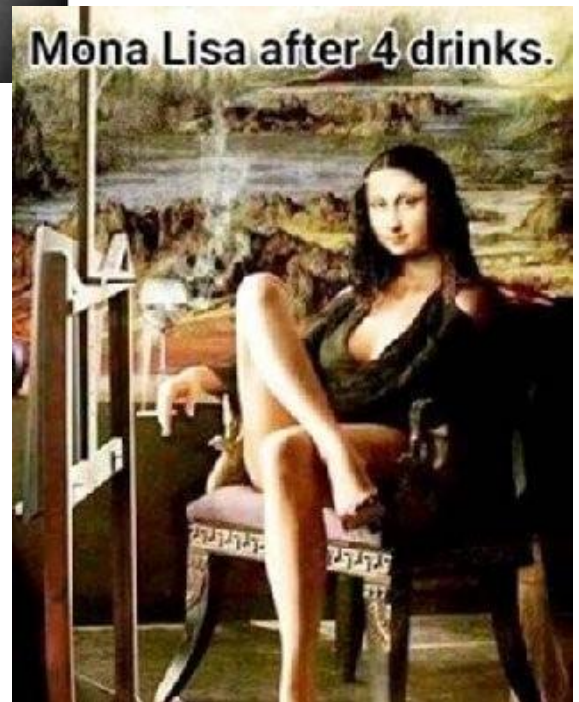
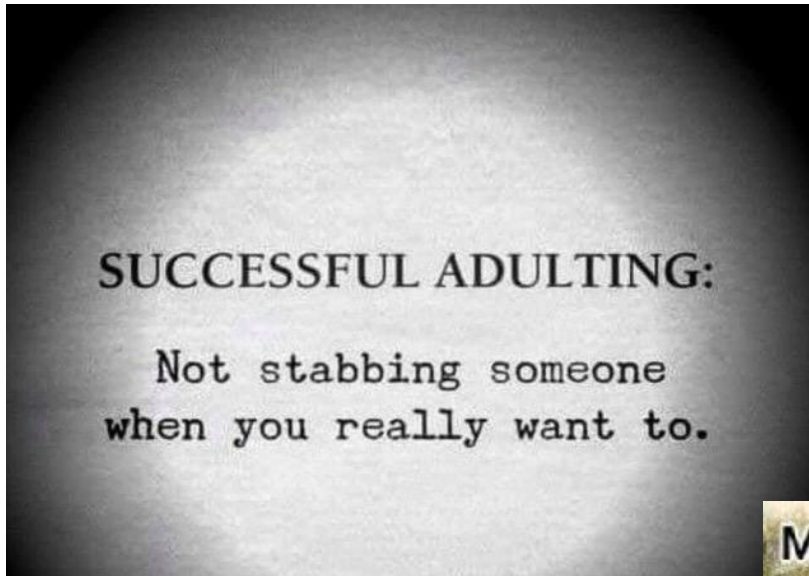
Seated below are: Penny P, Irene P. and Christine H.



First Ladies Who Lunch

The first group of CFUW PQ members will have had lunch on Monday, Jan. 27 at Deez. This gave us a leisurely opportunity to visit. The next lunch is planned for Tuesday, Feb. 25 at The Bayside at 12 noon. If you're free, mark your calendar and let L. Miller know you'll be coming. The plan is to change the day and venue each month so we can find the days you're free to come. See you in February, Lorna M.

Thoughts and Smiles



Canada begins construction on a wall at the Canada US border 🇨🇦 🐻



Julia Stewart started working as an IHOP server at age 16. Years later, she became the president of IHOP's competitor, Applebees. When Applebees didn't offer her the CEO position, she left to become CEO of IHOP. **She then bought Applebees.**



Margaret Mitchell's husband said to her "For God's sake, Peggy, can't you write a book instead of reading thousands of them?" She went on to write "Gone with the Wind."

Canada

TO HELP SAVE WHAT'S LEFT OF THE ECONOMY,
THE GOVERNMENT WILL ANNOUNCE NEXT WEEK
THAT THE IMMIGRATION DEPARTMENT WILL
START DEPORTING SENIORS (INSTEAD OF
ILLEGALS) IN ORDER TO LOWER OAS, CPP AND
MEDICAL COSTS.

OLDER PEOPLE ARE EASIER TO CATCH AND
WON'T REMEMBER HOW TO GET BACK HOME.

BE SURE TO SEND THIS NOTICE TO
YOUR RELATIVES AND FRIENDS, SO THEY'LL
KNOW WHAT HAPPENED TO YOU.

I STARTED TO FEEL SAD WHEN I THOUGHT OF YOU.
THEN, IT DAWNED ON ME...
I'LL SEE YOU ON THE DAMN BUS.



Anton Rubaclini

@AntonRubaclini

I live in constant fear that President Trump will deport my latina mother-in-law, who lives at 1837 Third Street, Los Angeles, CA 90023 (blue house). She gets off work at 6 PM.

(If ever you wish to have a copy of anything in the newsletter, just email me (Barbara B.) and ask.)

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 A.)

Shrinking Violets Book Club Tuesday, February 18, 2025

Theme: Books About Climate Change

- Ariza, Mario Alejandro. Disposable City: Miami's Future on the Shores of Climate Catastrophe. 2020
- Bjornerud, Marcia. Timefulness: How Thinking Like a Geologist Can Help Save the World. 2018
- Christie, Michael. Greenwood: a Novel. 2020
- Goodell, Jeff. The Heat Will Kill You First: Life and Death on a Scorched Planet. 2023
- Klein, Naomi. This Changes Everything: Capitalism vs the Climate. 2014
- Vaillant, John. Fire Weather: the Making of a Beast. 2023
- Winter, Jeanette. Wangari's Trees of Peace. 2018

(Submitted by Noreen B.)

Book Review of the Month

Lady Tan's Circle of Women (2023) by Lisa See

This book was suggested by a woman I know who is a good reader, so I ordered it from the library. I did not expect to be as absorbed in this book as I was. The main character, Lady Tan, lived from 1461 until 1556, during the Ming dynasty period of China. Even though much of the thinking of that time and place was foreign to me, I became quite fascinated. Even better, it is based in truth. There really was a woman named Tan Yunxian who became a doctor whose remedies are still used today. She wrote an early but influential book on her process of reaching a diagnosis and providing a remedy to cure or alleviate the condition, based on her own case histories.

The striking thing about Lady Tan is how she managed to pursue her calling despite the restrictions of her gender, class, and circumstance, not to mention the prohibitions of medicine at the time. Naturally, I kept comparing conditions in China at the time with conditions in Europe. I kept thinking of Hildegard von Bingen (circa 1098), an abbess who was one of the very early practitioners of medicine in Europe. In China, prudent managers protected their family and household from smallpox by variolation, while vaccination was not available in Europe until 1721. As in many other countries, the senior female managed all household needs and, quite frequently, highborn women did not leave seclusion.

Yunxian was an unusual woman. She was raised by her grandparents, who were both doctors, and it was very rare for a woman to be a doctor. In this story, her grandmother allowed Yunxian to learn alongside her friend Meiling, who was an apprentice midwife. The two women became fast friends, despite their professional roles being strictly limited. Only a midwife could touch dead bodies or blood, so they were considered unclean. If a doctor was called to see a female patient, his questions would be relayed from behind a screen. In taking a woman's pulse, several layers of cloth intervened. However, Yunxian's life was also restricted by her mother-in-law, who forbade her from practicing medicine, even within the household. Her primary duty as a high-born wife was to learn how to manage a large household and to produce sons. In this, she eventually succeeded, despite her husband's frequent extended absences studying to advance in the empire's administrative ranks. I valued learning more about the practice of foot-binding. It was the duty of every ambitious mother to ensure her daughter's feet were bound, so as to invite an advantageous marriage. Fortunately, Lisa See cites the historical sources she consulted, so we have confidence that the portrayal of the conditions of women's lives is accurate to the place and time. Lady Tan's book of medicine also provided hints as to the parameters of her life, as recorded in her notebooks. Unusually, she recorded treating some working women of low degree.

Doctors then and there were unlike our expectations. A number of professions dealt with various medical needs. Broken bones were treated by a bonesetter. The army employed men practiced in treating wounds. The variolation man circulated. Herbalists supplied herbs and made recommendations for different ailments. Traditional Chinese medicine from a doctor was the choice of well-off people.

The relationship of Yunxian and Meiling is a central feature of the book. Their loyalty to each other is tested at times and they must overcome barriers to sustain the friendship, but it was a sustaining feature of both their lives and mutually beneficial. You can celebrate female friendship. I suggest you read the book for a highly absorbing visit to a different time and place.