



**Our Theme this year:**

**Strength in Every Story**

**September 2025**

**Leadership Circle Members:**

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

**Vice President: Di Groffen** [vp@cfuwpq.ca](mailto:vp@cfuwpq.ca)

**Treasurer: Christine Pagan** [treasurer@cfuwpq.ca](mailto:treasurer@cfuwpq.ca)

**Webmaster: Val Gunn** [website@cfuwpq.ca](mailto:website@cfuwpq.ca)

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

**Meeting: Monday, September 8- join at 6:30 PM for 7 PM at QB Civic Centre**

**Program: How Do We Do It?**

**Speaker: members, organized by Mary Ellen Campbell**

**What To Look For:**

President's Message

Program Information, plus background for a motion

Picture collage of a Coffee Catch-up

Annual Report of Scholarship & Bursary Trust, Donation form for SBT

Copy of Media Release on SBT recipients

Membership News, Tribute to Linda F.

Talking Circle on Indigenous Issues Interest Group

Out and About - Coffee Catch-ups

Fun Walk Group

Coombs Fair Participation

Book ideas, Book clubs, Book review

## President's Message



## President's Report

Greetings on this lovely late summer day in Oceanside - enjoying a bit of cooler weather, but I am sure we have more heat to come!

First of all - welcome back everyone - it's a delight to be back as president for a second year, and to welcome our new Vice President, Di (Groffen), who brings energy and enthusiasm to her role, as well as great skills in the world of communications and advocacy. A warm welcome to our new committee chairs, and welcome back to those who are staying on - we have such a talented group of women in this club, and our team-based approach is working well - sharing some roles with each other, lightning the work-loads, and having fun.

As part of this streamlined and hopefully more efficient approach - I will keep my contributions short going forward - only to share external information - and let the newsletter speak for itself with your wonderful contributions.

Enjoy the rest of the summer, and looking forward to seeing you all at our September meeting

Christine

*Please visit the website ([www.cfwpq.ca](http://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](mailto:president@cfwpq.ca))*

(Contributed by Christine P.)

## **Program Information**

### **HOW DO WE DO IT?**

Raise \$18,000+ at the book sale; provide \$50,000+ in scholarships; support international projects such as CHES, DiL, Aldea Maya; read and discuss book after book monthly; socialize through food and activity; care for our members when happiness and sadness occur; support our community in various ways; discuss, study and visit Indigenous events AND keep our members and the community informed of all of the above?

Our September 8<sup>th</sup> meeting will provide an informative, inside look at our club. If there is one meeting not to miss – this is it! See you there – 6:30pm, September 8<sup>th</sup>, Qualicum Beach Civic Centre

(Contributed by Mary Ellen C.)

## **Information on Upcoming Motion**

### **International Women's Day**

In preparation for the September 8<sup>th</sup> meeting, the following is being provided as a background since a motion will be presented regarding International Women's Day, March 8, 2026.

You will note on the agenda for the September 8<sup>th</sup> meeting (agenda to be circulated by email on September 6<sup>th</sup>) there is a motion to approve International Women's Day be a public event.

### **Why have a motion?**

Three years ago, the membership voted that International Women's Day (IWD) alternate between a public event followed by a members-only event. The rationale for this is that IWD public events are expensive. Speakers may receive up to \$1000; facility rental is \$500+ and advertising may range from \$250 to \$500.

Two years ago, we hosted a very popular members only plus select guests pot luck lunch. Last year, we hosted a successful public event with speaker Alexandra Morton.

### **So what is happening now?**

At our most recent Leadership Circle meeting, the members were excited about the upcoming CFUW year; somewhat gregarious in their thinking of possibilities for the year. Some members expressed the desire to host another public IWD event in 2026 for various reasons; we have had two incredibly successful public IWD events – could a third be a possibility? In the community we are known for IWD events. Missing a public event may diminish our profile. But.....IWD public events are expensive and we did not budget for a public event. IWD events require planning and it's already the last week of August.

**What if .....** IWD 2026 focussed on the topic of wildfires on Vancouver Island and what if our speaker was a local female fire department captain?

**Could we ....** host a public event showcasing this individual's life experiences, career path, on the ground experiences with the Wesley Ridge wildfire and steps each of us can take to minimize fire destruction in our community.

### **How would it affect the budget?**

The proposed IWD event for 2026 would cost \$1250.00

### **How should I vote?**

The vote is yours! The important thing is to vote. Some members may feel discomfort voting for or against an issue – wondering how will they be viewed within the club; how will their friends who, possibly voted the other way, view them. The most important part of the vote is the discussion – regardless of how the vote goes, we have had the discussion and the club moves on.

(Contributed by Mary Ellen C.)

## **Collage of members at a Drop-in Coffee Catch-up in August**



Clockwise from bottom left: Janet F., Shirley S., Di G., Bonnie S., Vicky B., Brenda P., Sherri P., Audrey D., Noreen B., Lorna M



Sheila R., Noreen B., Lorna M., Janet F., Shirley S.



Audrey D., Susan R., Jane A., Val G., Val T., Sheila R., Noreen B., Lorna M.



Vicky B., Sherri P., Audrey D., Susan R.



Shirley S., Brenda P., Di G., Bonnie S.



Sherri P., Audrey D., Susan R., Jane A., Val G., Val T., Sheila R., Noreen B., Lorna M.



Vicky B., Christine P., Sherri P.



Di G., Bonnie S.

(Contributed by Brenda P, ( note on the event follows later), Collage created by Christine P.)

## **Final Report of Scholarship and Bursary Trust PQ 2024 – 2025**

The Scholarship and Bursary Trust (SBT) for 2024 - 2025 consisted of Valerie Gunn, chair; Christine Pagan, recording secretary; June Arnett, treasurer; Bonnie Stableford, corresponding secretary; Jackie Worboys, publicity; Sonya Felix, secondary school coordinator; Pat Morrison Wheeler assistant corresponding secretary; Vivian Sears, assistant treasurer (August through November)/ Sharon Sawkins (January through August). The group worked very well together all through the year.

We revised the generic application forms to be more straight forward for applicants and clearer for ourselves.

At the time of writing, the CFUW Apprenticeship Award administered by VIU has been awarded, but no word as yet, on NIC Trades award.

The ELM Foundation, a new donor last year, donated again, with no restrictions, but with specific interest in the Return to School Bursary.

The publicity posters used the new colour palette and logos which are very striking and effective. This is still the best method to get the word out in SD 69.

We face the continued problem of the secondary schools refusing to give us emails of candidates and winners, on privacy grounds. We use this information to contact students finishing first year post-secondary studies to make them aware of our valuable Memorial Scholarships. This is the best way to reach the small pool of SD69 women graduates. We revised the secondary school application form to ask for emails and gave posters for the school to display, but again a poor response. This issue will continue to be reviewed.

The applications were stored on Club storage, with strict access controls, which has made the applicants package uploading and downloading much easier.

The two new Trustees are Susan Richardson and Janice LeClerc each for a four-year term, as voted in at the June AGM.

The winners of our scholarships and bursaries were decided at the June 24 meeting. The results were communicated to the winners and their winnings were all given out in August. A report on the winners with their planned futures was sent to the PQ news. Thank you to Sonya Felix. See below.

I wish to personally thank all members of the Trust for their hard work this year their cooperation and their congenial attitude at meetings this has made my year an absolute pleasure to be in the chair.

Submitted by Val G., Chair SBT

## PLEASE DONATE TO THE SCHOLARSHIP and BURSARY TRUST

The Trust offers scholarships and bursaries to girls and women from School District 69. There is one scholarship for a graduating girl from each secondary school going on to a university degree programme. There are scholarships for university undergraduate and postgraduate students. Local women who want to return to their education at an accredited Canadian institution are eligible to apply for a bursary and there is an award for a women enrolled in Early Childhood Education. There are also two trades awards available, for programmes at VIU and North Island College.

We depend on your generosity to support the Trust, and we thank you for your continuing support of education.

Your donation is eligible for a tax deduction from the Canada Revenue Agency.

There are two ways to donate:

1. Pay online by **e-transfer** our preferred method, via [treasurersbt@cfuwpq.ca](mailto:treasurersbt@cfuwpq.ca)  
Please include your full name and address in the message portion of the transfer.
2. By **cheque**, made payable to CFUW-PQ Scholarship & Bursary Trust and mailed with the form below to

**CFUW-PQ SBT**  
**Box 113**  
**Qualicum Beach BC**  
**V9K 1S7**

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### SCHOLARSHIP and BURSARY TRUST DONATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Donation Enclosed \$\_\_\_\_\_

(Contributed by Val G, SBT Chair)



17 July 2025  
Parksville/Qualicum

*Media Release*

## **CFUW PQ announces scholarship and bursary recipients**

Thanks to the generosity of local club members, legacy gifts and donations from local benefactors, CFUW Parksville Qualicum's annual scholarships and bursaries provide financial resources to help local women continue their educational journey. Since 1984, the organization has awarded over \$500,000 to local women. This year, CFUW's Scholarship and Bursary Trust (the Trust) is pleased to announce awards to 20 women pursuing higher education at a variety of post secondary educational institutions

Three graduating students from District 69 secondary schools each receive \$2,000 scholarships. **Ella Brown**, a Ballenas SS grad, will enter first year at Vancouver Island University (VIU); **Tovah Zydervelt**, from Kwalicum SS, is heading to the University of Victoria; and **Tatum Feere**, a CEAP grad, is also off to VIU.

With CFUW PQ committed to ongoing education, we are proud of our ability to financially assist women who haven't had a chance to pursue or complete post-secondary school studies. This year, four women receive Mature Student Bursaries, worth \$3,000 each: **Victoria Miller** will study at Pacific Rim Early Childhood Institute; **Jacqueline Munro** is enrolled in the Nursing Program at VIU; **Marissa Penney** is entering first year of the University of British Columbia's Northern Medical Program; and **Meredith Porter** is heading to the University of Victoria (UVic) for the Master of Nursing, Nurse Practitioner Program.

CFUW PQ also provides bursaries to women entering second year of a two-year Early Childhood Education Award and this year two women, **Nada Challis** and **Eva Galushka**, each receive the \$2,000 bursary.

The \$4,000 James Craig Reid Memorial Scholarship, generously provided by the Reid family for many years, goes to **Charlotte Telfer-Wan**. She will attend Trinity Laban Conservatory of Music and Dance in London, UK, to pursue a Masters of Fine Arts with a focus on rehabilitation practice for dancers.

CFUW PQ Memorial Scholarships, worth \$4000 each, go to four women this year: **Emily Godfrey** enters her last year at the University of British Columbia (UBC) to receive a BA in Kinesiology; **Emma Harvey** is in her third year studying at VIU for a BA in Education; **Sophie Jin** is going into her second year at Simon Fraser University (SFU) to earn a degree in Behavioural Neuroscience; and **Camryn Stannard** is in her third year at UBC studying Applied Animal Biology.

The Trust is also pleased to offer four CFUW PQ Post-Graduate Scholarships this year, each worth \$4,000. **Sophie Pawelko** is pursuing a MSc in Rehabilitation Science at the University of Alberta. At the University of Calgary, **Alexandra Roberts** is earning a PhD in Biophysical Chemistry. **Olivia Williams** is enrolled at LifeWest University in California to earn a Doctor of Chiropractic degree, while **Kara Windram** is studying for a Masters of Counselling Psychology at UVic.

As well as academic awards, the Trust honours women who enter the trades. Recipients of VIU's Red Seal Award of \$2,000 and The North Island College Trade Award of \$1,000 are yet to be announced but will be awarded in the fall.

CFUW PQ's educational awards benefit not only students, but the community as a whole. Many applicants say they plan to return to Oceanside to practice their professions after graduation. All of this is possible because of generous donations and gifts to the Trust that sustain our ability to offer scholarships and bursaries year after year.

The trust is also grateful for the support of CFUW PQ club members who donate directly and/or help with the organization's annual book sale held at the Coombs Fairground. All year long, the book sale team prepares for the major fundraising event by collecting, sorting and storing books and puzzles. A portion of the book sale proceeds go towards scholarships and bursaries. Those who wish to donate books for the sale can use the drop-off box outside Save-On-Foods in



Parksville. The 2025 sale will be held September 23 - 27 10am to 7pm and from 10am to noon on September 28.

We wish each scholar well and look forward to supporting more students in the future.

(Prepared by Sonya F, Contributed by Val G.)

## **Membership Report**



On June 8th, six members of CFUW PQ took part in the Mid Island ALS Move for the Cure at Parksville, supported by donations of other club members.

Our thoughts are with friends and families who are dealing or who have previously dealt with this debilitating disease.

Sadly this was the last day some of us saw Linda F. before her sudden death.

Sheila R., Linda F., Christine P., Dianne A., Val G. and Brenda P.

(Contributed by Brenda P.)

## **Rest In Peace Linda Fullalove**

In early June, we received the sad news of the unexpected death of one of our beloved club members, Linda Fullalove. Linda joined CFUW Parksville Qualicum in 2010, and was a very active volunteer and participant in our activities: from book sales to book clubs, organizing and serving at our pot-luck and new members' teas,

participating in sponsored walks, and sharing her love of gardening with other members. The day before she died, we talked about plans for a Summer Solstice Garden Tour, and how excited she was to bring her ideas to the group.

As a beautiful tribute to Linda's love and knowledge of gardening, three of our members opened their own gardens for an impromptu and informal 'pop-up' garden tour, to come together in a way that was both meaningful to us all, and which would have been special to Linda. Janet F., Susan B., and Louise S. hosted members in their own beautiful gardens, where memories were shared with laughter and tears, and accompanied by glasses of Rose's Lime Juice cordial or Ribena - both of which were childhood favorites of Linda's from her early years growing up in Britain.

I share here a picture of Linda in her 'happy place', hiking in the deep forest (photo courtesy of Di A.)

Christine



## **Talking Circle on Indigenous Issues Interest Group**

Talking Circle participants learn about and discuss aspects of culture, history and matters concerning the Indigenous in Canada. “By understanding and respecting our cultural differences, we can move toward full reconciliation between Indigenous and non-Indigenous peoples.” [quotation from Bob Joseph and Cynthia F. Joseph in their book, “Indigenous Relations: Insights, Tips & Suggestions to make Reconciliation a Reality” by Bob Joseph with Cynthia F. Joseph (2019) (paperback ISBN 978-1-989025-64-2)].

Over the coming months, discussion topics will include “Becoming a Matriarch” by Helen Knott, and the recent judgment in Cowichan Tribes v. Canada (Attorney General), 2025 BCSC 1490 concerning aboriginal title over fee simple title to land.

Usually we meet at a member’s home on the fourth Monday of each month, starting at 1:30pm. Please contact Lisa M. if you wish to join or would like further information.

(Contributed by Lisa M.)

## **Out and About - Coffee Catchups**

Val G. and I hosted informal coffee catchups July 15th and August 19th at Serious Coffee Parksville to help members stay connected over the summer when regular meetings are not held. These also provided an opportunity for new members who joined over the summer to connect with established members before September.

Coffee gatherings will continue throughout the year on the third Tuesday of each month at 2 pm. The next will be September 16th at Serious Coffee, in Parksville. These informal gatherings don’t require any sign up - just simply show up.

(Contributed by Brenda P.)

## **Fun Walk Interest Group**

The concept for the Fun Walk Group is to meet up for some light exercise (think stroll!) and fellowship with club members, and to enjoy Oceanside’s beautiful parks and quiet urban areas. Please contact Lisa M. if you wish to be added to the mailing list for this group.

(Contributed by Lisa M.)



## Coombs Fair August 9 & 10, 2025



A big thank you to all the cfuwpq members who volunteered at the Fair this year. They collected the admission fees at the main entrance gate to the Fair. Wearing spiffy new cfuwpq T-shirts, they had the opportunity to chat with hundreds of happy fairgoers and had a bit of fun with attendees who were trying to guess what cfuw stands for. But the best was about an hour before shutting down on Sunday, a gentleman that was leaving looked at our logo and said: Canadian Federation of UNBELIEVEABLE Women, and we are, a whole mixed bag of life experiences, career paths, personalities and an overall zest for life. So happy to be a part of this group.

In addition, some club members assisted with the setup of the Exhibition Hall on the Thursday and Friday before the Fair.

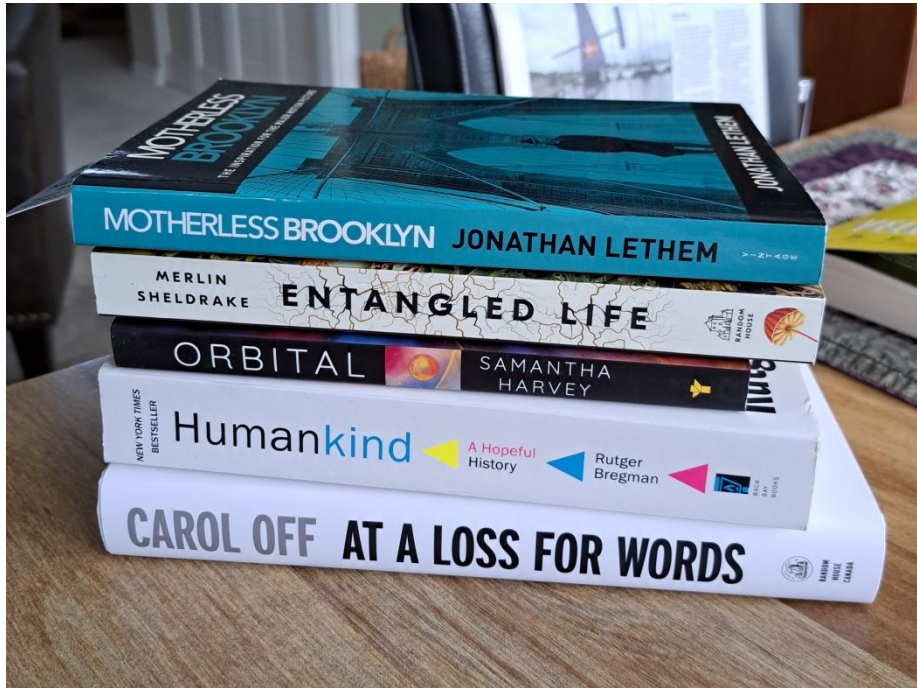
These activities represent one way that our club can create a meaningful presence in our community. The annual fair, over 100 years old, is operated by the Arrowsmith Agricultural Association (AAA).

We hope to make the same arrangements with the AAA for next year.



(Contributed by Sheila R. and Erin H.)

## Bookish Ideas



This is the result of a foray to a local store that sells both second-hand and new books.

Please do not ask a bookworm if they are going to finish the books they have before buying more. It is very offensive in our culture.

## **QFP (Quality Foods Parksville) Booklovers**

We meet upstairs the second Thursday of the month at 7 p.m. Sept. 11 is our first gathering and the book "Always Pack A Candle" is our selection. The remainder of the year is as follows:

Oct. 9 The Forgotten Home Child, by Graham  
Nov. 13 Revenge of the Tipping Point , by Gladwell  
Dec. 11 Precious Cargo, by Davidson  
Jan.8 The Briar Club, by Quinn  
Feb.12 The Berry Pickers, Peters  
Mar. 12 Walking in Two Worlds, by Kinew  
Apr. 9 Brother, by Chariandy  
May 14 All the Quiet Places, by Isaac

(Contributed by Dianne A.)

## **Shrinking Violets Book Club**

Next time to gather will be Tues Sept 30<sup>th</sup> which is also National Truth and Reconciliation Day.

Our theme choice: Writer Indigenous, BC. So plenty of time to read as many books, or just that special one, that relates to this theme.

And the next Book Club date after Sept 30 is Tues Oct 28<sup>th</sup> and the theme is 'African Continent'.

(Contributed by Noreen B.)

## **Book Review of the Month**

*The Only Café* (2017) by Linden MacIntyre

This is a deeply Canadian book in that it brings in other faraway cultures. It is a deeply personal book for the author. Young Cyril Cormier is twenty-four. He has begun an internship in the field of broadcast journalism (for a program not unlike *The Fifth Estate*, with which the author was identified for many years). Naturally, he is eager to make a good impression. Oddly, the team's current focus on terrorism in Canada seems to have connections to his father's life. His father, who has been missing for five years after an explosion on board his boat off Cape Breton, (the author's home base) has been declared dead. His father left the wish that a roast be held at the Only Café in Toronto and that a man named Ari (amongst others) should attend. This mystifies Cyril. He and his father had not been close. His father had left the family when Cyril was 12 and he knew little about him then and nothing more recently. He

knows his father came to Canada from Lebanon and changed his name in the early 1980s after the massacres in the Palestinian refugee camps of Sabra and Shatila. A Lebanese Christian force, the Phalangists, perpetrated the massacre with the knowledge of the Israelis. (The author covered that story.) Pierre Cormier eventually became a high-priced lawyer for a Canadian mining company and had travelled to Indonesia on their behalf. After a violent incident there, he was scapegoated and left the company. He retreated from his new, younger wife (even though she was pregnant) to his boat off Cape Breton. There was a huge explosion but no one knows why. Cyril had never been able to find out more. However, some of his father's notebooks might tell more, once the Arabic is translated.

Cyril's new colleagues are well-informed about world events and good at finding out more about anything. Once he tells them the minimal facts he knows about his father, they are interested, especially so when one meets Ari and understands exactly who he is: "IDF. Israeli military macho. The confidence. The poise. Hard to imagine that these were the most vulnerable, paranoid, and victimized people in the world until just a few generations back." If Ari is IDF, is he still active? Is he watching the nearby mosque? For whom? Cyril travels to Cape Breton and finds a man who knew things about his father's last days and about people watching him. The situation is actually relevant today and dangerous.

As Cyril and his news team work to unravel a few strands of the current intelligence situation and better appreciate the ramifications of their investigation, I was busy trying to understand more about Lebanon. Wikipedia was my friend. For instance, when Cyril talks to a police officer from INSET who knew his father, the name Elie Hobeika is mentioned. Along the way, I was interested to spot Benjamin Netanyahu's name on a list of previous commanders of the Israeli special forces, the Saycret Matkal (the military intelligence unit, the equivalent of the British SAS). The reader may come to better understand more of Cyril's father's life, but realistically, never truly know all the ramifications and connections. The past remains the past. We can focus on "The present, the only true reality and how it might evolve. Memory is sentiment. The future, impenetrable. Anxiety a waste of time and energy."

For me, the various trailing possibilities were an opportunity to learn more about something about much of which I am ignorant. For some reviewers, the book was unnecessarily complicated. True, many of the details of Pierre's and Cyril's lives are extraneous, but life is messy. After thought, I realized that the ending (which does not reveal all) is true to life. We cannot know. Secrets and half-truths may be advisable. Like us, Cyril has to decide what to care about and why. Maybe it is best we do not know.