



**Our Theme this year:
Strength in Every Story**

October 2025

Leadership Circle Members:

President: Christine Pagan president@cfuwpq.ca

Vice President: Di Groffen vp@cfuwpq.ca

Treasurer: Christine Pagan treasurer@cfuwpq.ca

Webmaster: website@cfuwpq.ca

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

Meeting: Monday, October 6 - join at 6:30 PM for 7 PM at QB Civic Centre

Program: S.H.I.N.E.

Speaker: Fiona Sollitt, founder, Coast Karma Academy

What To Look For:

President's Message

Program Information

Garden Tour Plan update

Membership News, Coffee Catch-up Reminder

Christmas Event Plan

Anniversary Celebration Plan

Strategic Giving Report

Fun Walk Group

Jane Austen Event

Bookish ideas, Literary Review, Book clubs, Book review

President's Message



Welcome everyone - both members of 'long standing', and also our nine - yes - nine new members, many of whom were at our first meeting of the year last Monday. It's great to have you on-board.

The history of CFUW came up in conversations with some new members and I thought this link might be helpful in providing background to our national organization, and also to our local CFUW PQ (<https://cfuwpq.ca/who-we-are/about/>). Please take a moment to browse through the various drop-downs on this page - we follow in the footsteps of some interesting and impactful women - and it's an honor to carry that forward.

For those of you wishing to take a more active role in advocacy, Di G. (advocacy@cfuwpq.ca) is building out an advocacy committee, and welcomes your input and suggestions on projects and initiatives that the club could consider. Please contact Di if you would like to be involved.

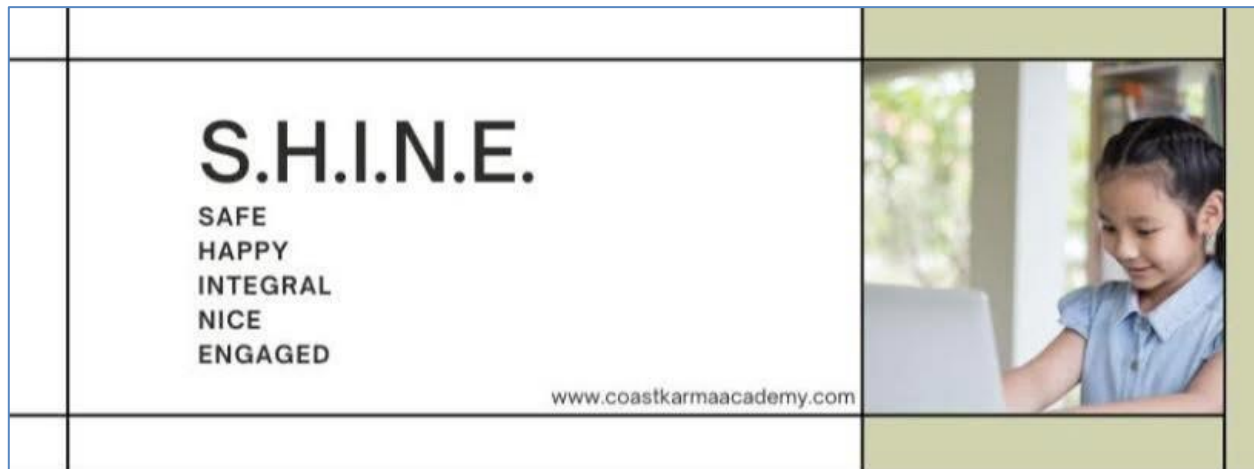
Again, it was lovely to meet you all, and I hope we can get to know each other more over the coming months. In addition to our regular Monday-monthly club meetings, we have our Ladies Who Lunch outing the last week of every month, and an informal Coffee Catch Up on the third Tuesday of the month. Please check the calendar on the website (<https://cfuwpq.ca/whats-happening/calendar/>) for the details.

...looking forward to seeing you all at our booksale! Christine
Please visit the website (www.cfuwpq.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@cfuwpq.ca)

(Contributed by Christine P.)

Program Information

OCTOBER - Monday, October 6th, 6:30PM, Qualicum Beach Civic Centre
Speaker: Fiona Sollitt, founder, Coast Karma Academy



NOVEMBER - Monday, November 3rd, 6:30PM, Qualicum Beach Civic Centre
Speaker: Jane McCormick, Moms Stop the Harm

JANUARY - Monday, January 12th, 6:30PM, Qualicum Beach Civic Centre
Speaker: members to bring their favourite or least favourite or most profound or most entertaining book

(Contributed by Mary Ellen C.)

Summer Solstice Garden Tour 2026

Report from the organizing committee -
This is the second meeting of the organizing committee.

We confirm the following:

- ✓ The date will be Saturday, June 20, 2026, 10 am – 4pm
- We have been in communication with Des Kennedy, organizer of the bi-annual Denman Island Garden Tour, which will be held on June 13th and 14th, 2026. There is no conflict with this event.



- ✓ There will be six gardens in our tour. The homeowners have confirmed their participation.
- ✓ After all expenses have been paid, the profit from the garden tour will be awarded to an organization operating within School District 69. Each year of the garden tour, a different organization will be chosen by the membership of CFUW Parksville Qualicum.
- ✓ For the first year, 2026, the organizing committee recommends Island Crisis Care Society will be awarded any profit from the garden tour.

(Contributed by Mary Ellen C.)

Membership Report

This September we are delighted to welcome 9 new members who bring with them enthusiasm and varied interests, skills and background experiences all of which are valuable for our club:

Anna T, Colleen B, Jacquie H, Kath N, Mari Lyn K, Perry P, Sharon R, Shelley P and Robin E. Perry was previously a member of our club and Shelley belonged to an Ontario club.

My thanks to Maureen W and Liz D and others who assisted with membership at the September 8th meeting.

Coffee gatherings will continue throughout the year on the third Tuesday of each month at 2 pm. These informal gatherings don't require any sign up - just simply show up.

(Contributed by Brenda P.)

Coffee Catch Up

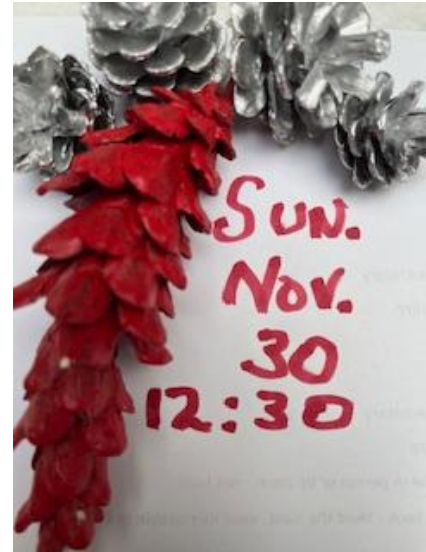
Brenda and Val invite you to the monthly Coffee Catch Up Tuesday October 21st, 2-4 pm Serious Coffee Parksville. This is for new or considering to be, and existing members to meet in a casual atmosphere, to chat and to get to know each other. We have held 3 of these meetings over the summer which have been enjoyed by all who attended.

We hope to see you next catch-up session.

(Contributed by Val G.)

Mark your Calendar

It's time to mark your calendar for CFUW PQ Christmas Event. We'll be having Lunch at 12:30 on Sunday, Nov. 30 at Cuckoos. It'll be a prepaid lunch, from salads to dessert and tea/coffee for \$35. More details in October.



(Contributed by Lorna M.)

FUN! FUN! FUN!

Let's Celebrate our CFUW PQ 45th year of being a part of an organization that has advocated for women for more than 100 years!

We have tentatively booked Arrowsmith Hall for June 8, 2026, to celebrate. The celebration will include our annual spring dinner. What we do at this event is to be decided. Contact Sheila R. to assist with this event.

(Contributed by Sheila R.)

Strategic Giving Group

Time is running out to apply for funds that are still available to our members. There is \$1500 which will end on November 30th. The purpose of these funds is to give money to causes in the community which will make a difference and will put our name forward. If interested please look for the application form on our website under the Strategic Giving Group. Forward the application to me at: swsawkins@gmail.com. It will be shared and discussed with the committee and results will be forwarded to you.

(Contributed by Sharon S.)

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.

Our recent fun walk was on 14 September along the Qualicum Beach Community Park/dog trails (just us, no dogs). The weather was perfect, and lovely to be walking under those trees. At the end of our walk, a kind person took our photo (the dogs in the photo belong to the "photographer", and they were not interested in coming home with any of us!).



Our next Fun Walk is on 5 October, meeting outside the front entrance of the QB Museum – we will be starting at 2pm so please be there just before 2pm.

Please contact Lisa M if you wish to be added to the mailing list for the Fun Walk interest group.

(Contributed by Lisa M.)

A Different Outing for CFUW PQ Women



Jane Austen Interest Group (CFUW Nanaimo) invites you to;

High Tea, Grand Hotel Nanaimo
Sunday November 2nd 12.30pm.

Our sister club in Nanaimo has a JA read aloud online group. We are meeting to celebrate Jane Austen's 250-year birthday by attending High Tea Sunday November 2nd.

Our group will be dressed in costume, but Sunday dress with a hat are excellent.

We invite you to join us:

The all-inclusive cost is \$75 (tax and gratuities included)

To join us please contact Val G. by October 27th

Grand Hotel, 4898 Rutherford Road, Nanaimo

(Contributed by Val G.)

Bookish Ideas

Literary Review of Canada: A Journal of Ideas

How many of you have thought of subscribing to this magazine? I am sure it is familiar to the librarians in the group, but not to the rest of us who may be looking for something thought-provoking and with Canadian content.

The Literary Review of Canada is a Canadian magazine that publishes ten times a year in print and online. The magazine features essays and reviews of books on political, cultural, social, and literary topics as well as original Canadian poetry.

In addition to the reviews and essays which are all written by people knowledgeable in the particular field, several pages are advertisements from different publishers where a hidden gem may lurk! This is the only type of advertising in the magazine.

I have found this a great place to check out new books and to be early in the race to put a hold on them at the local library.

(Contributed by Catherine K.)

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 30th 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 28th and the theme is 'African Continent'.

(Contributed by Noreen B.)

Book Review of the Month

Humankind: A Hopeful History (2019) by Rutger Bregman. Trans. Elizabeth Manton and Erica Moore.

A friend suggested this book to me. Wow. As a review quoted on the front cover says, "In a sea of cynicism, this book is the sturdy, unsinkable lifeboat the world needs." Yes. Many people feel troubled by the state of the world at the moment. I know several people who refuse to watch or read the news because they find it makes them feel anxious and depressed. Perhaps this book can gently, calmly persuade them that those who suggest that humans are irredeemably selfish, aggressive, and prone to panic may be quite wrong. Maybe, realistically, we are not selfish, but generous, kind, and trusting.

The writer is an historian and well-versed in philosophy. He knows exactly whose opinion holds sway over those who believe that we need to be controlled lest our beastly nature prevail. He will trace, for you, the theories that various thinkers and writers have promoted and trace their effect.

One influence that caught my attention is the effect of the book *Lord of the Flies*. It was required reading in high schools for many years. Having read that book, you may well assume that humankind is prone to bullying, factions, and violence. The author investigates the influences on the author and tries to find real life examples of such scenarios, which should exist if the premise is true. What he found was the opposite. A group of Tongan schoolboys who were shipwrecked on a remote rocky islet cooperated and built the sustaining fixtures they needed in the year and a half they waited for rescue. The book includes pictures of the ship captain whose boat rescued the boys and of one of the boys (now an older man). That investigation alone tells me that my frequently skeptical outlook is warranted.

The writer investigates our human history to determine when we supposedly became greedy, addicted to rules and laws, xenophobic, and warlike. Early humans were not like that, judged by modern hunter-gatherer societies who generally trade and eat together before separating peacefully. Certain modern social psychology experiments seemed to prove that humans are cruel, will obey punitive orders, and revel in powerful roles. However, those experiments were radically manipulated to achieve that end. A closer look reveals the true result being kindness, compassion, and restraint.

Notorious examples of societal cruelty (including the Holocaust) were examined in detail, as to how and why these appalling situations happened. He examines soldiers at war to understand how men learn to kill (and discovers how few actually do). His scope is wide and he interrogates many situations where a breakdown in ordinary discourse supposedly happened and when it was provoked or falsely reported. He also examines our institutions and the premises on which they operate. He wonders if they need to be that way. He examines a healthcare business in Holland, a prison in Norway, and a high school in Holland which operate on a basis of trust. All are very successful. Yet, they are not often copied. We are caught in the belief that it is not in our nature to be collaborative.

He quotes an enquiry as to why the film *Love Actually* is considered to be a “sentimental presentation of an unrealistic world”, whereas a story of kidnap, captivity, and torture (which happened once) is considered as a “searingly realistic analysis.” Ten rules to live by are followed by endnotes providing the sources for his contentions. So, perhaps those who believe we are selfish by nature are wrong. Perhaps we really are helpful, well-meaning, and cooperative. I suggest you let yourself listen to his argument. After all, “Man will become better when you show him what he is like,” as Anton Chekhov said.