



Our Theme this year:

Strength in Every Story

November 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, November 3 - join at 6:30 PM for 7 PM at QB Civic Centre

Program: "Stop the Harm and Stigmatization" - Moms Stop the Harm

Speaker: Jane McCormick

What To Look For:

President's Message

Program Information

Membership News

Book Sale Memories

Thanksgiving Baskets

Fun Walk Group

Bookish ideas, Book clubs, Book review

President's Message



Hello everyone - finally autumn seems to have arrived, and I'm back to looking forward to indoor activities. We have lots of events planned for the 2025-26 club year - interesting speakers for our Speaker Series, our Christmas Lunch, new members' tea in January, IWD Public Lecture in March, the 45th Club Anniversary Celebration in June, and the 2026 Summer Solstice Garden tour - on the Solstice! In between, there are many other activities, from bookclubs, the Talking Circle on Indigenous Issues meetings, and the monthly Ladies Who Lunch, and Coffee Clatch outings. Keep an eye on the calendar in the website for dates, and of course the monthly newsletter and the weekly email (<https://cfuwpq.ca/whats-happening/calendar/>)

One of our ongoing yearly activities is the book collection and sorting that takes place weekly, to get us in shape for our annual Fall Book Sale. Our book sale group knocked it out of the park this past month - I can't say it loudly enough or more often - THANK YOU ALL. Our gross and net revenues far exceeded expectations, and has put the club in a strong financial position - we are looking forward to club members bringing forward ideas for us to get involved in even more community-facing activities - Show Up and Do Good!

For new members (and perhaps those of 'long standing' too...), I'm attaching an organizational chart for our club which shows the various committees and interest groups. The Leadership Circle (or oval in this case, to fit it all in) has six officers of the club, working closely with the chairs of other committees and working groups. It meets monthly to set priorities for club activities, and deal with National and or BC Council matters. In addition, there are a number of ad hoc working groups, struck when required; and various interest groups, which are self-determining, and meet at their own discretion. Happy to discuss any of this at any time, or you can check out the details in the Constitution and Bylaws, which

are on the confidential Member Area of the website (<https://cfuwpq.ca/members-area-login/>)

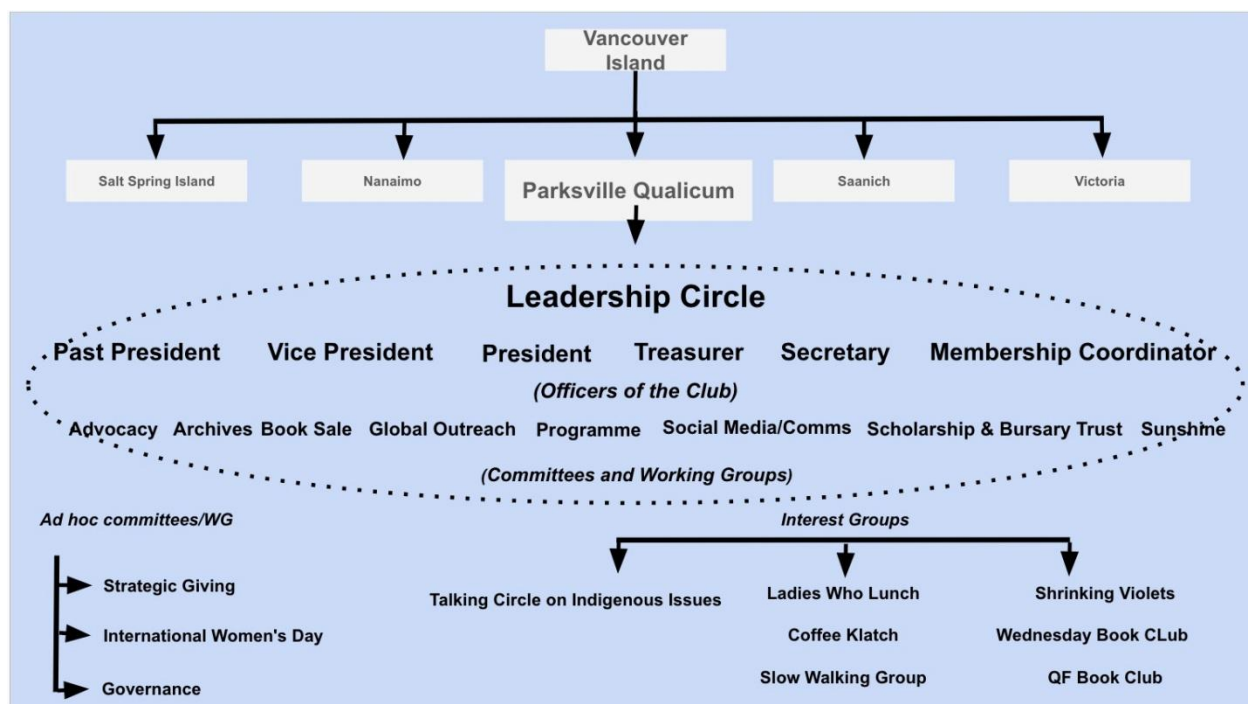
...looking forward to seeing you all at our next meeting, on Monday November 03!

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

Please join us on Monday, November 3 at 6:30 to mingle and chat with the program beginning at 7, in the QB Civic Centre. We will listen to Jane McCormick talk about her involvement in Moms Stop The Harm, titled “Stop the Harm and Stigmatization.”

For 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.

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QUALICUM

SPEAKER SERIES 2025/26

Sharing Stories

Stop the Harm and Stigmatization

SPEAKER:
Jane McCormick is a member of Moms Stop the Harm, a network of Canadian families impacted by substance use related harms and deaths. They advocate for change of failed drug policies, provide peer support to grieving families and assist those with loved ones who use or have used substances.'



**Monday
November 03
2025**

Qualicum Beach Civic Centre
 6:30 pm meet and mingle
 Meeting starts at 7:00 pm
 All welcome

Realizing potential. For all women.

www.cfuwpq.ca

(Contributed by Mary Ellen C. and Sonya F.)

Membership News

I am delighted to report our 10th new member has just joined ! Welcome Dana G! This brings our total to 66 members. 🖤

Please mark your calendars for the New Members' Tea on Sunday, January 25, 2026 at Knox United Church from 1:30 to 3:15.

(Contributed by Brenda P.)

Book Sale Memories



After the setup, intent Shoppers on different days, including on Saturday, which was still busy. Also, just a few found treasures.

(Contributed by Barbara B.)

Thanksgiving Baskets



As she frequently does, Lorna M. created these baskets to give to Forward House, on our behalf.

(Contributed by Lorna M.)

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 5 October along trail, starting from the Qualicum Beach Museum (just us, no dogs). We were so lucky with the weather – it was perfect. Along the way, at the end of our walk, a kind person took our photo (the dog in the photo belongs to the “photographer”).

Our next Fun Walk is on 2 November, at 2pm. Location depends on weather.

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



(Contributed by Lisa M.)

Bookish Ideas

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

Theme: Indigenous Topic, September 30, 2025

- Good, Michelle. Five Little Indians. 2020
- Hanson, Aubrey Jean. Literatures, Communities and Learning: Conversations with Indigenous Writers. 2021
- Highway, Tomson. Permanent Astonishment: Growing Up Cree in the Land of Snow and Sky. 2021
- King, Thomas. Indians on Vacation. 2020.
Double Eagle. 2023
- Peters, Amanda. Waiting for the Long Night Moon: Stories. 2024.
- Sewid, Janes (ed. By James Spradley). Guests Never Leave Hungry: The autobiography of James Sewid, a Kwakliutl Indian. 1968
- Sinclair, Murray. Who we Are: Four Questions for a Life and a Nation. 2024

- Vickers, Roy Henry & Budd, Lucky. *A is for Anemone: a First West Coast Alphabet*. 2021. (Board Book)
- Webstad, Phyllis, Kristy McLeod. *Decolonization and Me: Conversations about Healing a Nation and Ourselves*. 2025
- Wilson-Raybould, Jody. "Indian" in the Cabinet: Speaking Truth to Power. 2021

(Contributed by Noreen B.)

Book Review of the Month

You will remember my review of *Humankind: A Hopeful History* in the most recent newsletter which contends that humans, basically (and despite other evidence) are cooperative and empathetic. I watch Jim al-Khalili on KNO, who tries (very patiently, but mostly unsuccessfully) to teach me physics in his documentary series. In a short spot advertising an upcoming episode, he said, "Our capacity for empathy made us who we are."

We Are the Light (2022) by Matthew Quick

Majestic, Pennsylvania seems like a pleasant small city or suburb. A terrible event has ripped apart the community's sense of safety and comfort. This story is the aftermath of that event. If only it were not as (unfortunately) common as it is, fewer people could find resonance in it. A young man entered the movie theatre and shot 17 people dead (often one of every couple) before dying himself. The pain of that singular event rocks the community so severely that it takes some people years to regain a sense of security and stability.

This story is of Lucas Goodgame who was present that night and whose much-loved wife Darcy was shot. He had worked as a high-school counsellor and deeply regrets being unable to foresee and prevent the pain that drove the young man and affected his younger brother as well. He had been attending analysis sessions with a Jungian analyst whose practice is closed in the aftermath. The book is in the form of letters to the analyst (Karl) begging and pleading for the analysis to resume. He signs them as: "Your most loyal analysand, Lucas." Although his wife's best friend, Jill, has moved in to care for Lucas, he is lost and unable to return to work. His only sustaining comfort is nightly visits by his wife (who has become an angel). He has the evidence for those who might doubt him - feathers in his bed.

His life takes a turn when Eli, the younger brother of the shooter, pitches a tent in his back yard and moves into it. He no longer attends school and the community avoids him. Lucas, in effect, moves into his former professional role and listens to the young man who relates some of the horror of his homelife. The boy imagines being able to make a monster movie that would enable him to graduate from high school and apply to film school. Almost to his own surprise, Lucas

begins to help him by creating a costume and contacting local people who have been film producers. He enlists the aid of other Survivors (as they call themselves). Almost the entire town becomes involved and elicits help from those further away.

Although Lucas is deeply involved in the movie project, he continues to write to his former analyst and has not returned to work. Despite the time that has passed, he is actually very fragile mentally and emotionally. He carries a lot of guilt for things he did and things he left undone. His old demons haunt him. His closest friends realize his uncertain state and stand by faithfully as he continues to try to function. This story explains clearly how impactful some deaths can be for some people. Those well-meaning people who feel that x amount of time is sufficient to grieve a loss are unaware of how grief works.

This story is heart-breaking in its depiction of the trauma faced by every individual affected by such a terrible event but it is also uplifting when the sheer kindness, loyalty, and generosity of ordinary people make a difference. It examines one person's healing process and how his is different from those of other people. It is an example of how art can be therapy and how community involvement can begin to heal grievous wounds. It celebrates what individuals can be and do. We do not have to search far for angels! Although the precepts of Jungian analysis are still a closed book to me, readers may begin to pick up some ideas about it and the story does not advocate it as a panacea for everyone.