



Our Theme this year:

Strength in Every Story

January 2026

Leadership Circle Members:

President: Christine Pagan president@cfuwpq.ca

Vice President: Di Groffen vp@cfuwpq.ca

Treasurer: Christine Pagan treasurer@cfuwpq.ca

Webmaster: Erin Holmes website@cfuwpq.ca

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

Meeting: Monday, January 12, join at 6:30 PM for 7 PM at QB Civic Centre

Program: A Gathering for Book Lovers

Speaker: members

What To Look For:

President's Message

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Talking Circle on Indigenous Issues

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Fun Walk Group

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President's Message



Hello everyone - this is the final newsletter of 2025, and I can't quite believe how quickly the club year, and the year have flown by.

It's a time to look back and reflect on our club year so far, and our many activities and achievements. As well as funding our International Women's Day address; the continued, and increasing success of our annual book sale has enabled the club to establish a Strategic Giving Fund. From this we have donated meaningful amounts to Oceanside Hospice Society, the Girl Guides of Canada (1st Arrowsmith Pathfinders), and the Nanaimo District Hospital Foundation Oceanside Health Centre. We plan to continue with this targeted outreach into the community in the next few months, and proposals are starting to come in for endeavors aligned with our mission and vision. Our book sale revenues also enable the club to provide a substantial annual grant to our Scholarship and Bursary Trust, which awards monies to girls and women from SD69. Finally, our outreach extends overseas, with annual grants to students in Tanzania, Pakistan, and Guatemala.

More than any of these, however, the friendships and sisterhood we share in our book clubs, interest groups, and advocacy groups is at the heart of this club. None of it would be possible without you, our members; and I extend a very warm welcome to our many new members. We also say a sad goodbye to the two dear women no longer with us: Linda F., and Sam M. - may you both rest in peace.

I hope to see many of you at the Christmas lunch on November 30, or the final Coffee Klatch on December 16, but if not, then I am looking forward to seeing you in 2026: please visit the calendar in the website for dates, and of course the monthly newsletter and the weekly email (<https://cfuwpq.ca/whats-happening/calendar/>)

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 **questions on anything**, or something to share, good or bad (president@cfuwpq.ca)*
(Contributed by Christine P.)

Program

For January: Monday, January 12th, 6:30PM, Qualicum Beach Civic Centre



'A Gathering for Book Lovers' at Qualicum Beach Civic Centre

As CFUW members, what do we have all in common? Well, many things such as articulate, energetic, knowledgeable, altruistic, informed, young at heart, community driven women and definitely, book lovers.

Our January meeting will focus on the latter: our passion for books.

Please bring to our January 12th meeting; the book that you would describe as -your most inspired, your treasured, your guilty pleasure or possibly the book that had the most impact on you (positive or negative). Members (those willing to share) will be encouraged to present and of course, with a time limit of three minutes or less.

Thank you!

(Contributed by Mary Ellen C.)

Membership News

We now have 65 members including Fern F. who has returned from the Interior to spend another winter in Oceanside again.

After seeing the fall issue of the Senior's Resource Directory for Parksville, Qualicum Beach & Area, I contacted the publisher to see about having our club name, website, email and description included in the section on Service and Social Clubs. Our listing will appear in the spring edition.

I was seeking another opportunity at QB Newcomers for CFUW PQ & SBT to present again and hope to finalize plans to do so in 2026.

Both Parksville Community Wagon (Pat Famulak) and Oceanside Neighbourhood Welcome (Jenaya Tutte) Project continue to distribute the CFUW PQ bookmark and one page information sheet to new residents as part of their welcome packages.

If you have suggestions for ways to increase awareness and promote CFUW PQ to women in Oceanside please let me know. I welcome your ideas!

Our annual New Members' Tea will be held Sunday January 25th 130 to 315 at Knox United Church, 345 Pym Street, Parksville.

Coffee Klatch Gatherings

Another Coffee Klatch gathering took place Tuesday, November 19th at Serious Coffee with 12 members enjoying a chance to chat with other members, old and new. There was lots of laughter.

The next Coffee Klatch will be Tuesday, December 18 at 2 pm at Serious Coffee. There is no need to sign up, just drop in. 😊

November 18 Coffee Klatch Pictures



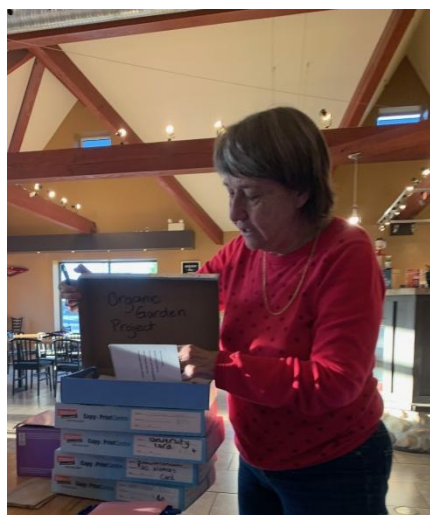
Dana G, Christine P, Anna T.



Lorna M, June A, Noreen B, Audrey D



Janet F, Val G, Vicky B



Louise S.

(Contributed by Brenda P.)

Scholarship and Bursary Trust

Scholarship and Bursary Trust Explains

I gave this information to club Nov 3. Here it is for those who missed it.

Scholarship and Bursary Trust which we call SBT, has 8 trustees; each has a four-year term with specific roles: The Chair, Recording Secretary, Corresponding Secretary and assistant, Publicity, Secondary School Liaison, Treasurer and assistant. We rotate these positions on an annual basis or as needed.

Current trustees, see chart below.

SBT was registered as a charitable trust by CRA in 1987 meaning we can give tax receipts for donations to the trust. Since 1987 we have given out \$575,000 to girls and women of SD69*. \$61,000 this year for 20 awards.

See chart below.

Our mandate is to give to women graduates of secondary schools of SD69 however, for our mature student /returning to school bursary; to women who have attended a SD69 secondary school, or lived in SD69. (However, we do have a private bequest, which we administer, which allows male SD69 graduate applications, an historical anomaly which we will not repeat).

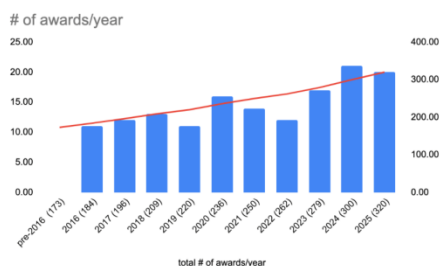
In the beginning, we were able to fund all our scholarships with the interest alone on our bequests, now not so much, in part because we give more awards, so we rely on donations from CFUW members, friends and in recent years, donations from outside groups such as 100 women, 100 men locally. To our club women and friends, we appreciate your donations, Thank you.

SBT, Box 113 Qualicum Beach V9K 1S7, Val G. SBT Chair 2025-2026

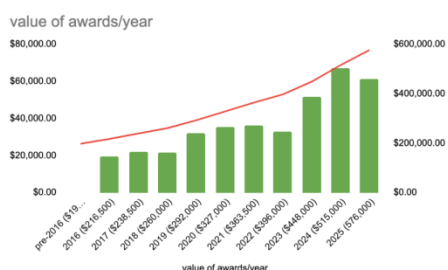
CFUW PQ Scholarship and Bursary Trust 2025-26 Trustees

Office	Name
Chair	Val Gunn
Corresponding Secretary	Bonnie Stableford
Assistant Corresponding Secretary	Pat Morrison-Wheeler
Treasurer	June Arnett
Assistant Treasurer	Sharon Sawkins
High School Liaison	Janice Leclerc
Publicity	Susan Richardson
Recording Secretary	Christine Pagan

CFUW PQ Scholarship & Bursary Trust Awards



- 20 awards in 2025
- 320 awards since inception



- \$61,000 awarded in 2025
- \$576,000 awarded since inception

Talking Circle on Indigenous Issues Interest Group

“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)].

The Talking Circle Group's regular meetings are on 4th Monday of the month, starting at 1:30pm, for about two hours.

Our discussions cover current affairs, books and articles we have read, and the Land Back movement as we explore the nature of Aboriginal Title. Please contact Lisa M. if you wish to be on the email list for the Talking Circle interest group meetings.

(Contributed by Lisa M.)

Red Dress Displays at Qualicum Beach Town Hall and Parksville City Hall

CFUWPQ (with the help of the Talking Circle Group) will again this year be providing the red dresses to be displayed at the Qualicum Beach Town Hall and Parksville City Hall, to mark the U.N. 16 Days of Activism against Gender-Based Violence (starts November 25).

The Red Dresses help to remind and raise awareness about the missing and murdered Indigenous women, girls and 2-spirit persons.

Please mark your calendars with the following dates:

25 November is the International Day for the Elimination of Violence against Women.

Please consider wearing purple to mark this day.

6 December is Canada's National Day of Remembrance and Action on Violence Against Women. Please consider wearing a white ribbon on this day.

10 December is U.N. Human Rights Day.

(Contributed by Lisa M.)

Basket Abundance

Lorna has been very busy creating baskets! She has made the two baskets below for SOS, to use in their volunteer event.



The left, just below, is for Welcome Wagon, who help introduce newcomers to our work.

The right hand side picture is of two baskets going to Hospice.



As well, she is working on two more for Forward House, to be given in December.

(Contributed by Lorna M.)

Fun Walk Interest Group

The weather was lovely for our fun walk on 2 November along Craig Bay, and, of course the company was excellent.

We hope to have our next fun walk on 7 December, but location and time have yet to be determined. The weather is getting cooler but if it is not raining or snowing it should be fun to walk!

Please contact Lisa M 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.



The people



The setting

(Contributed by Lisa M.)

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

Tuesday, October 28, 2025

Theme: Africa

- Adiche, Chimamanda Ngozi. *Half of a Yellow Sun*. 2008
- Farah, Nerrudah. *North of Dawn*. 2018
- Griffin, Scott. *My Heart is Africa: a Flying Adventure*. 2006
- Maranz, David E. *African Friends & Money Matters*. 2001
- Moorehead, Alan. *The White Nile*. 1960
 The Blue Nile. 1962
-
- Noah, Trevor. *Born a Crime: Stories from a South African Childhood*. 2019
- Sheldrick, Daphnie. *Africa, a Love Story*. 2013
- Verghese, Abraham. *Cutting for Stone*. 2011.

(Contributed by Noreen B.)

Book Review of the Month

In the newsletter for October, you saw the review of *Humankind: A Hopeful History* by Rutger Bregman. I did not consider it controversial, so imagine my surprise when I saw it included on a list of banned books that was included in “A Note From the Author” in *Lula Dean’s Little Library of Banned Books*, by Kirsten Miller.

Is A River Alive? (2025) by Robert Macfarlane

This is an eloquent and erudite book. I knew the language was at an elevated level when, within pages, I looked up the words *elytra* and *aggrer*. The author’s credentials as an academic are revealed, as 71 pages are devoted to a glossary, notes, select bibliography and resources, and acknowledgements and aftermaths. Helpfully, he included some detailed maps and photographs. By the way, the answer to the question posed by the title is ‘yes’, as you suspected.

The book details three excursions he undertakes and each features several people who are (in effect) river guardians. Those trips (to Ecuador, India, and Canada) are interspersed by short walks he takes with his young son to a small spring and stream near their house near Cambridge, England. The epilogue imagines his children walking to the still vibrant waterway in their adulthood. His excursions are beyond what a tourist would undertake. He treks up into the cloud-forest in Ecuador to try to find the origin of Rio Los Cedros. He traces a near-vanished river near the city of Chennai in India, focussing on the Enmore Creek, near Cooum River. Most perilous of all is his kayak trip along part of the Magpie Lake and River, which is part of the Mutehekau Shipu river system, north of the St Lawrence, in Quebec. All of these rivers are threatened by development. He calls the guilty pollutocrats. Some would say the river in India had died, but remnants are there to be traced. It has a slender chance of continued survival, despite what he terms anthropocentric legislation. At some point, tame cartographers eliminated an entire water system, enabling legislators to situate heavy industry in one particular area. However, in a few cases in the world, rivers are legally accorded entities with rights. The Whanganui River in New Zealand is an early (2017) example.

Throughout, he relates thought, language and action. But, if we accord a river its being-ness we recognize our kinship. We have liquid systems within us and da Vinci's diagrams show clearly that our blood courses in rivers, creeks, and streams. Many Indigenous peoples consider that the so-called inanimate objects around us are related to us and they are part of a world that encompasses both/all. It takes some thought and education for us to re-imagine long-held ideas. It is difficult for us to imagine that "we are companioned in the world," as he asserts, although poets and artists can lead the way.

The author has the gift of taking the reader along with him on his adventures, to places most of us are unlikely to experience. With him, I camped in the cloud-forest of Ecuador and saw the night alive with the light emitted by mycelium. I walked the seashore of the Bay of Bengal searching for the nests of green turtles, and helped to dig up the eggs and re-bury them in a protected spot. I, like he and his friend, chose to portage around the wildest parts of the river crashing its way through the Canadian mountains.

I was delighted that, at several points, books I have read were mentioned or provided a good background. In the cloud-forest, Melvin Sheldrake's *Entangled Life* is important. In India, I knew the importance of water to the people because I had read the novel *Covenant of Water*, by Abraham Verghese and Robin Wall Kimmerer's *Braided Sweetgrass* was referenced in the Canadian section. He quotes Ursula K. Le Guin as saying, "To subjectify is not necessarily to co-opt, colonize, exploit. Rather it may involve a great reach outward of the mind and imagination." He makes that an exciting challenge.