

**Our Theme this year:**

**Shine a Light on Our Community**

**November 2024**

**Leadership Circle Members:**

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

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

**Meeting: Nov 04, 6:30 mingle, 7:00 speaker at Knox United Church**

**Program: From Ukraine to Canada: a Unique Journey**

**Speaker: levgeniia Galushka**

**What To Look For:**

President's Message

Program Information

IWD Update

Global Outreach

Talking Circle on Indigenous Affairs

Red Dress Display

Fun Walk Group

Book Sale Pictures

Book Box Pickup Schedule,

Thoughts and Smiles,

Book Club News, Book Review

## President's Message



Greetings in this lovely fall in Oceanside - shorter days to be sure, but I so love the crisp mornings.

First of all - I am sure everyone will join me in thanking the book sale team for the wonderful sale they ran this year. An amazing event yet again! A Huge Thank You to Sheila and Erin, and all the volunteers and members, family, friends and neighbors who worked to make it such a success - streamlined, efficient, and such fun to be part of. Work is already underway to prepare for next year's event - books are being collected, sorted and stored, and the hall is booked.

Our net revenues exceeded expectations - so - not only can we run our proposed programme of Scholarship and Bursary awards, Global Outreach, International Womens' Day, and club events without having to penny-pinch, we now have a bit of a cushion to do some 'other things'. Once the dust settles, we will reach out to members to canvas ideas on near and longer-term strategic initiatives that we can discuss and vote on as a club. Put your thinking caps on and let's see what we can do in our community to 'make a difference'. We will strike a working group to establish the guiding principles, collect ideas, and bring them to the club to vote on. I am truly humbled and grateful to be part of this club.

A few of us attended the CFUW Nanaimo Women's History Month luncheon on October 19, to hear a very inspirational speaker. Dr Isabelle Côté member of the 4-woman team of marine scientists who participated in the Toughest Row - Atlantic 2023. Not only did they come first in the women's teams - they had never rowed before they signed up! Hearing Isabelle talk about the months of physical and mental preparation prior to taking 'Emma' from the Canaries to Antigua had us on the edges of our seats, and was a testament to the power that women can unleash when they work together.

It's been a busy few months since I took over from Mary Ellen. I have been meeting with the presidents of our sister Vancouver Island clubs - Saanich Peninsula, Salt Spring Island, Victoria, and Nanaimo, facilitated by our new Regional Director, Deb Dancik. One of our joint aims is to find areas where we can share ideas and resources, and collaborate when possible.

Sadly, CFUW Cowichan Valley closed down due to dwindling membership, reflecting the very real threat to clubs in rural and semi-rural areas with an ageing demographic. To address this more widely, CFUW National has now launched an online monthly group (to which all club members are invited), aptly named Monthly Membership Moments, where clubs will share proven ideas on membership attraction and retention. The next meeting is on Monday October 28, the topic: **'Raising CFUW Profile** - how to make CFUW better known in our communities, so we are no longer the "best kept secret" ` I plan to attend as often as I can, and I'd encourage you to register if you have time - contact [vpmembership@cfuw.ca](mailto:vpmembership@cfuw.ca) to sign up for the next meeting.

I am also still working closely with the CFUW BC Council Advocacy Group - looking for additional ways in which CFUW PQ can be impactful in the advocacy arena - we may not be a large club, but I hope we can continue to make a difference locally in our community, and further afield when we can.

Closer to home, we have some more events to look forward to before the end of this year - our November speaker at Knox United Church on November 04 (more below on this), and our Christmas Lunch at the Bayside on December 09. Payment for the lunch is in advance by e-transfer, or in person at the November 04 meeting, so please remember to bring your chequebooks or debit/credit cards to reserve your ticket.

This year has gone by so quickly - I can't believe that we are already planning our Members' Tea in January, and our International Women's Day programme in March. Enjoy the rest of October, and looking forward to seeing you all at our November meeting

Christine

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

(Contributed by Christine Pagan.)

## **Program for the November Meeting**

### **November speaker: Ukrainian math teacher's unique journey**

Ievgeniia Galushka is a newcomer from Ukraine where she held a Master's degree in mathematics and taught mathematics at a high-level. With her move to Oceanside, she continues to make a difference as an Early Childhood Educator Assistant and Montessori Educator at Bright Star Montessori in Parksville. She will share her unique journey, highlighting the transformative impact of education at all stages of life.

For the November 4th meeting, we will be meeting at Knox United Church, 345 Pym Street, Parksville. **The doors will not open until 6:30pm.** Mingling will be from 6:30pm to 7pm with our guest speaker beginning at 7pm. **EVERYONE is welcome.** Some people wonder if men can attend our meetings – YES, they can!

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**cfuw** PARKSVILLE  
QUALICUM

## **SPEAKER SERIES 2024/25**

### **Shine A Light on our Community**

#### **From Ukraine to Canada: A unique journey**

##### **SPEAKER:**

Ievgeniia Galushka, a recent newcomer from Ukraine, will share her unique journey from teaching higher-level mathematics in her homeland to nurturing the minds of young children in Parksville. Her story highlights the transformative impact of education at all stages of life.



**Monday  
November 04  
2024**

**Knox United Church  
345 Pym Street, Parksville  
6:30 pm meet and mingle  
Meeting starts at 7:00 pm  
All welcome**

**Realizing potential. For all women.**

[www.cfuwpg.ca](http://www.cfuwpg.ca)

(Contributed by Sonya Felix.)



I'd like to share my journey with you—one that has taken me from a small village in Ukraine to this beautiful community here in Parksville. And trust me, if anyone had told me a few years ago that I'd be giving a speech in English, I probably would have laughed and said, "Maybe after a thousand more cups of tea!" But here I am!

I was born and raised in a rural area near Kharkiv, Ukraine. In my family, education was not just a dream; it was the dream. My grandparents, who survived the horrors of World War II, couldn't even write their own names. Instead of signatures, they would mark documents with a cross. To them, education was this unreachable star, but they made sure to pass on one clear message: "Reach for that star." Teachers were like heroes in our family, and I always knew that education would be my path.



(Contributed by Mary Ellen Campbell.)

## **Planning for Future Events**

Thank you to our members for generating ideas for a speaker. Please contact Mary Ellen if you would like to help with the event.

**Update as of October 23, 2024:**

**Cfuw Parksville International Women's Day Event  
2pm – 4pm Saturday, March 8, 2025  
The Sanctuary  
Knox United Church  
Parksville**

**Responsibilities of the IWD Committee:**

Book meeting space and confirm room logistics - *confirmed*

Book speaker

Contact treasurer for honorarium and payment of room rental

Confirm members to introduce and thank speaker

Confirm members to work at event: two members to greet

One member to monitor donation bowl

Two members to answer queries from attendees

Create poster: forward to website - Val; newsletter – Barb; and social media – Brenda

Publicity – newspaper –

Insurance – President Christine

**Budget: \$1350.00** (*from the approved budget the following breakdown: room equipment rental \$600 + speaker travel and expenses \$500 +honorarium/donation to speaker's charity if applicable \$250 Please note \$500 advertising is included in basic ops advertising*)

**Expenses to date: \$0**

**Speakers as generated by request to membership:**

- A. **Jane McCormick** – lives locally; had a personal tragedy in her life, which spurred her to actively support Moms Stop the Harm. I have seen her displays in support of Forward House. Currently, she is working with the Community Action Team attending the Tuesday night markets and events like the Knox United Fall Fair teaching people how to use naloxone. She is passionate about her work and accustomed to speaking to groups of people. She is prepared to craft her presentation to suit the committee's ideas – whether a personal story or, more generally, on how individual women can join together to make changes
- B. **Celyne Gagnon** – lives locally  
She is a radio Canada presenter, French radio  
When I spoke to her last a few years ago she was doing radio pieces on Vancouver Island communities. She is interesting and well versed and would probably have many topics she could present on.
- C. **Suzanne Simard**, author 'Finding the Mother Tree' professor of forest ecology at UBC

- D. **Kamal Parmar**, poet laureate for Nanaimo and medical Dr. would be a good speaker for CFUW, I think.
- E. **Dr. Kelly Hadfield** local physician and founder/director with Ghana Medical Help – travelled to Ghana as an undergraduate medical student and saw people die from preventable causes \* she was profiled in the most recent edition of PQB News ☺
- F. **Christine Sinclair** – 14 time winner of the Canadian Soccer Player of the Year award
- G. **Rebecca Belmore**, 2024 winner \$100,000 Audain Prize for the Visual Arts
- H. **Christina Mittermeier** – lives locally - photographer, conservationist, biologist, author Co-founder Sea Legacy – environment protection organization
- I. **Moiria Aikenhead** – lecturer at UBC Allard School of Law research focuses on federal and provincial responses to gender violence from a feminist perspective
- J. **Jodi Wilson Raybould** – lives Quadra Island -Canadian lawyer, author and politician
- K. **Dr. Isabelle Cote** professor of marine ecology at Simon Fraser – Nanaimo women’s history speaker
- L. **Alexandra Morton** – lives Telegraph Cove - marine biologist 30 year study of killer whales
- M. **Dr. Georgia Sitara** – U of Victoria - Film adaptations of 19<sup>th</sup> century women’s novels: what they teach us about women’s lives, past and present

(Contributed by Mary Ellen Campbell.)

## Global Outreach

Project in Guatemala:

As our membership knows we have been following the work of Louise Sosa, club member, with her project in rural Guatemala for several years. We (the Global Outreach committee) have been contributing to Aldea Maya, specifically to the students going on from elementary school to university, and sometimes, to become doctors and other professionals. Louise also has also been working on the villagers' nutrition, farming practices, involving seniors in the cooking projects as well.



We are including these pictures for your enjoyment and education. We welcome any new committee members!

(Contributed by Wendy Reimer & Catherine Khan.)

Aldea Maya Ca. - No. 44

May - June **Newsletter 2024** July - Aug

## NUTRITION PROGRAM

### Nutrition classes with preschool moms

Aldea Maya has partnered with the Chuk Muk Preschool to offer nutrition and cooking classes to the moms or grandmoms. Undernutrition in Guatemala is a serious issue that affects mental, physical and social well being. Infants and children are the most vulnerable to this dangerous condition. In Guatemala, almost 50% of children experience inadequate growth and development due to lack of appropriate nutrient intake.





The moms will be taking a classes every month for 4 months. In these classes they will watch informative nutrition movies in their native Tzu'tujil. They will learn how to feed an infant and small child highly nutritious, inexpensive meals. They will learn about combining items to make complete protein. They will learn about vitamins and minerals and why they are needed.



The moms often cannot read or write so they will receive an infant cookbook which shows how to make the recipes using pictures. The women love cooking together and sitting down to a communal meal. We love it when they bring along their children as the moms get to see first hand how the children love the new foods. We have found through experience that it takes a minimum of 4 classes to change how a person looks at food.

## Elderly feeding program



We are very excited to expand our nutrition program to feeding the vulnerable elderly in the village of Chuk Muk. Once a week, an ever expanding group of Mayan elders gets together for a delicious, home cooked meal at the Aldea Maya learning centre.



Our feeding program is not only giving them a wonderful nutritious meal every week, but it is getting the community elderly together for a feeling of being important and belonging. We also deliver the meals if they are too ill to get to our learning centre. This is a new program with 9 elderly, and we are including new geriatric members, as we learn of them.





## Spotlight on Health Care Students



Five of our university students are presently attending university focusing on healthcare. We have 4 students in nursing training. All of the nursing students are studying in UPANA in

Solola. Nursing is a very expensive course due to the practicums which last 6 weeks and can be anywhere in Guatemala. We pay for private travel, accommodation, uniforms and food on the practicums. Every year of study gets more expensive than the previous year. Without scholarships a career in health care would not be feasible.



### Lorenza & Rosario

Lorenza is in her 4th year of nursing training. She has 2 ½ years left to complete her RN. After 3 years she receives a diploma as a licensed practical nurse and can start working in her community. Lorenza loves nursing so much that her younger sister is now studying nursing as well. Rosario (Lorenza's little sister, in the picture above) is in her 3rd year of nursing training. She is very excited about her chosen career.

### Angélica & Dolores

Angélica and Dolores are in their first year of nursing training. They just completed their first practicum in public health. They enjoy the chance to make a difference in their community.



Marcos has just completed his associate degree as an x-ray technician. He is continuing to study so that he can learn CT scan and MRI.

**WE LOVE SUSTAINABILITY**

## **Talking Circle on Indigenous Issues - Meeting Sept.22, 2024**

Val gave a summary of talks she attended at the National CFUW Conference *Realizing Potential* in Edmonton. There were very engaging speakers such as Dr. Patricia Makokis an Indigenous leader in promoting education and health for Indigenous Peoples. Also Val spoke about presentations from Janice Makokis, an Indigenous legal scholar and speakers from the John Humphrey Centre for Peace and Human Rights and the First Nations University of Canada.

The group discussed doing an exercise called "Where We Live" to get an idea of our personal family history of immigration to Canada in light of the traditional territories inhabited by Indigenous People in the precursor to Canada. The "Blanket Exercise", an experiential activity on the residential school history in Canada was also discussed as a potential event. Susan gave an update of the Clean Drinking Water Petition that has morphed out of the Georgetown Resolution. Several groups have signed on to the petition which now has 500 names, and the aim is for it to be brought forward by an MP to the House of Commons. We can help support Susan as individuals on this.

Agenda items for the next meeting includes a discussion on the book Unbroken\*, an update on the drinking water petition, a trip to the Campbell River Museum and Jacquie reporting on documents publicly available to address the progress on the *Truth and Reconciliation Calls to Action*. It is recommended that we read the Canadian Medical Association's issuance of an apology to Indigenous People in Canada. [www.digitallibrary.cma.ca]

Next Meetings: October 28 at Lisa's house. November 25 at Susan's house. Please contact Lisa if you wish to attend meetings (this is to allow hosts to prepare for the number of attendees)

\* Unbroken By Angela Sterritt - ISBN 978-1-77840-214-2 (pbk)

(Contributed by Lisa and Catherine)

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

CFUWPQ 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).

Please mark your calendars for November 25, and please visit one or both displays during the 16 Days.

HELP, PLEASE: We are looking for donations of red dresses and garment/suit/dress bags. Thank you. Please contact Lisa if you can help.

(Contributed by Lisa.)

## **The Fun Walk Group**

The next Fun Walk will be on Sunday, November 3, at 2:30pm. In the event of awful weather on November 3, we will try for Wednesday, November 6 at 10:30am.

This Fun Walk will take us along the trails of Parksville's wetlands park (located at the civic address of 790 Hirst Avenue West). According to the City of Parksville website, a series of trails connect the wetlands with loops for walking on the south-west side of the park adjacent to Coldwater Road. Access can be from the foot of Despard Avenue, and from the Maple Glen linear walkway at the southern intersection of Magnolia Drive and Chestnut Street and from the Hirst/Renz corner of the property to the end of Despard Avenue. The parcel on the south side of the railway is accessed from Coldwater Road or an informal crossing of the railway within the park.

Please contact Lisa Marshall 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.

(Contributed by Lisa Marshall.)





## Book Sale







(Pictures Contributed by Brenda Pengelly, June Arnett, and Barbara Bond.)

## Book Box Pickup Schedule

<b>2024</b>		<b>2024</b>		<b>2024</b>	
<b>OCTOBER</b>		<b>NOVEMBER</b>		<b>DECEMBER</b>	
<b>Storage Coordinator</b>	<b>Susan Brenda</b>	<b>Storage Coordinator</b>	<b>Erin Deb</b>	<b>Storage Coordinator</b>	<b>Susan Erin, Sheila</b>
<b>Oct. 7 - 13</b>	<b>Jennifer M</b>	<b>Nov. 4 - 10</b>	<b>Deirdre</b>	<b>Dec. 2 - 8</b>	<b>Maureen W</b>
<b>Oct. 14 - 20</b>	<b>June</b>	<b>Nov. 11 - 17</b>	<b>Jennifer</b>	<b>Dec. 9 - 15</b>	<b>Susan</b>
<b>Oct. 21 - 27</b>	<b>Susan/Brenda</b>	<b>Nov. 18 - 24</b>	<b>Susan/Brenda</b>	<b>Dec. 16 - 25</b>	<b>Erin</b>
<b>Oct. 28-Nov. 3</b>	<b>Bonnie</b>	<b>Nov.25 - Dec.1</b>	<b>Bonnie</b>	<b>Dec. 26- Jan. 5</b>	<b>Sheila</b>

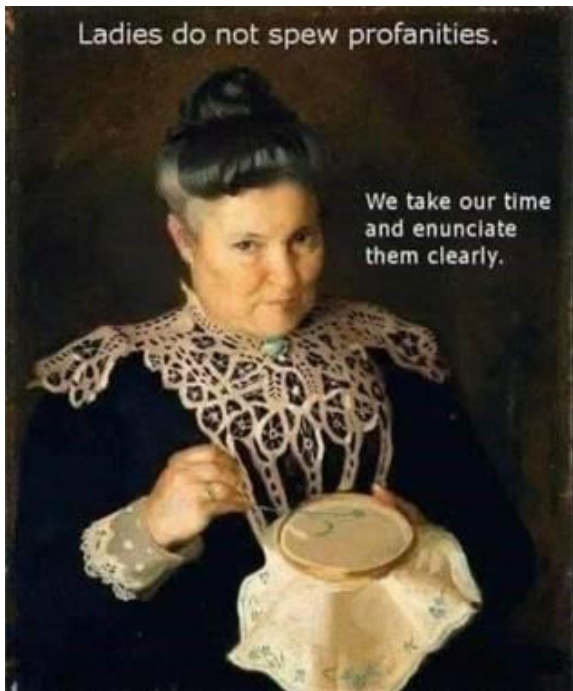
## Thoughts and Smiles



Are you uncertain? Remind yourself:  
<https://www.youtube.com/watch?v=VlrQ-bOzpkQ>

Humble enough to  
know I'm  
replaceable.

Cocky enough to  
know it's a  
downgrade.



I understand being a responsible  
adult...

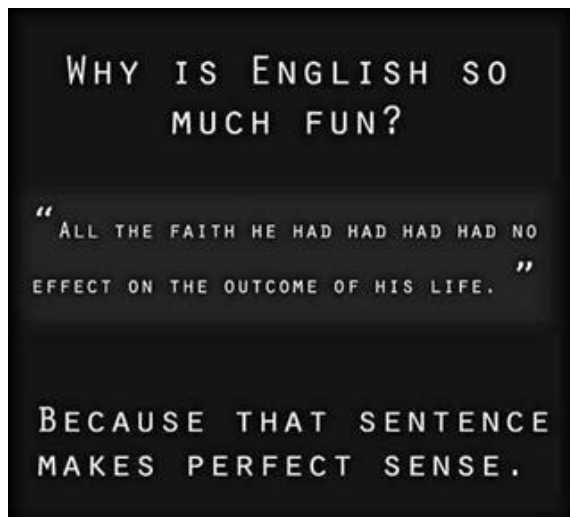
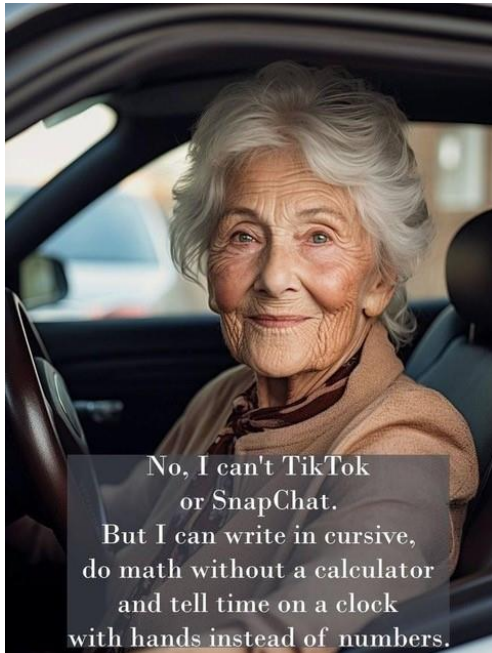
But every day?

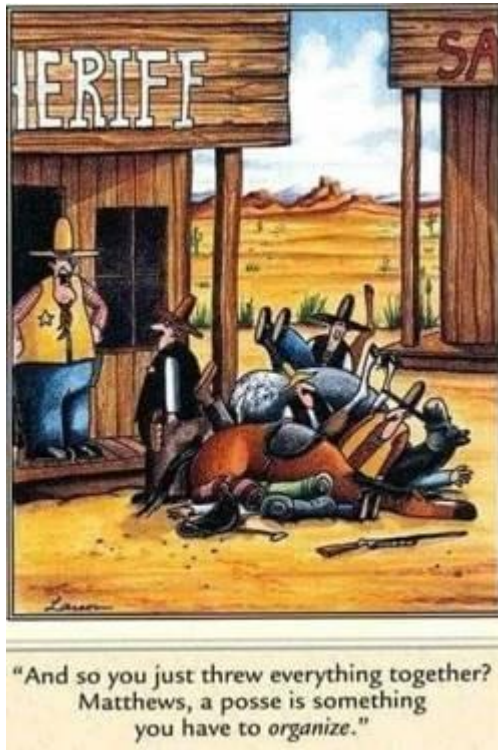
Every single day?

That seems a little excessive.

No one warns you how  
often you'll whisper  
"righty tighty, lefty  
loosey" to yourself as  
an adult.







## Book Clubs, Book Review

### QFP (Quality Foods Parksville) Booklovers

Date	Facilitator	Book
Sept. 12	Sheila	<a href="#">The Woefield Poultry Collective</a>
Oct. 10	Linda	<a href="#">The Salt Path</a>
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 Anderson.)

## Shrinking Violets Book Club Tuesday, October 22, 2024

### Theme: Travel: Fiction or Non Fiction

- Khan, Catherine. *Westward Ho!* (Self published) 1953
- Horowitz, Tony. *Blue Latitudes: Boldly Going Where Captain Cook Has Gone Before.* 2002
- Joinson, Suzanne. *A Lady Cyclist's Guide to Kashgar.* 2012
- Moore, Tim. *Travels with My Donkey: One Man and His Ass on a Pilgrimage to Santiago.* 2004
- Fraser, Sylvia. *The Green Labyrinth: Exploring the Mysteries of the Amazon.* 2003
- Palin, Michael. *Michael Palin's Hemingway Adventure.* 1999

(Contributed by Noreen Ballantyne.)

### Book Review of the Month

*The Postcard* by Anne Berest (2021), Translated by Tina Kover (2023)

I ordered this book from the library even though I did not really know its subject, just that it was receiving awards and international notice. As I read, I began to wonder if it was a novel (as it is called) and found out that it is a true story. There may be fictional elements, but it reads as an autobiographical account.

In 2003, the author's mother received a postcard. There was no sender and the message is simply four names: the author's great-grandparents, great aunt and great uncle, all of whom died in the Holocaust. The postcard's arrival is an unsettling curiosity for the author and her mother. Although Anne, the narrator, knows her heritage is Jewish, her family is not observant and she has never been in a synagogue. They do not talk much of their history, but later the author resolves to work with her mother and her mother's chaotic archives to discover the family's story, and (perhaps) discover who sent the postcard, and why.

By this time, you suspect you know exactly where this is going. But the family story begins in 1919, in Moscow, as the patriarch of the Rabinovich family, (her great, great grandfather) advises all the younger families to leave Europe as soon as possible, as he intends to do. Her branch moves to various countries in a search for security and safety, which they thought they had finally found. They had settled very comfortably, seemingly securely, and happily, in France. But, by 1933, anti-Semitism increased dramatically. The shock of the occupation is profound, both for the family, and their descendent. She knew about the Holocaust, but it had never seemed so personal for her, before. She knew that France had facilitated the process but it had never seemed quite so personal for her. She also comes to know her mother in new ways and to understand her grandmother's suffering and quiet courage. Her grandmother Myriam had lost her home, her parents, brother, and sister to hate and greed. The story of the family members' sufferings and their losses was a familiar one for me and still horrifying. For her, it is also the story of the betrayal by the French, who cooperated and supported the Nazi aims.

The part that did surprise me in the book was the way the returnees were treated. Reason tells us that their return must have been almost as traumatic as their deportation, but that was a vividly conveyed story I did not know. They *were* a horrifying sight. The wraiths that returned were generally unrecognizable. And yet, one man was told to board exactly the same bus on which his deportation had begun. Physical return did not restore who they had been and citizens resisted returning property that had been confiscated and re-sold. We would all like to believe that we would not have cooperated and collaborated but we were not tested in those circumstances. We can, however, examine our own prejudices and work to ensure that our communities are as inclusive as possible.

This was more than a book. It was an experience. I will not forget: Ephraïm, Emma, Noémie, Jacques. That is the point. We cannot forget how brutal we humans can be and what the cost is. This story is the effect on her, of her discoveries. I can only wonder how most French people felt reading it, having their complicity newly brought to their attention. But, this book is a long-time bestseller there and she is a much awarded author. For the writer, it is also her identity as a person, as a Frenchwoman, that needs re-assessing. "The war continued to influence our actions, our destinies, our friendships, our loves. All roads lead us back to the war. Its deflagrations still resonated within us." She realizes that she has lived her life always afraid and now recognizes herself as the daughter and the granddaughter of survivors. She also considers her role as a parent. She wants to make her daughter proud of her heritage, aware of antisemitism, with the skills to manage it when she encounters it again, as she will.