



cfuw fcfd

Realizing potential. For all women.
Le pouvoir par le savoir.

CFUW NANAIMO – DECEMBER 2025 NEWSLETTER

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ACTION ADVOCACY EDUCATION

Founded in 1919, the Canadian Federation of University Women is a voluntary, non-partisan, non-profit, self-funded bilingual organization with over 95 clubs across Canada.

Members are committed to improving the status of women and girls, and to enabling women to effect positive change for a sustainable future. CFUW is a member of the Graduate Women International (GWI) which works to empower women and girls through lifelong education for leadership, decision-making and peace.

Our club has a **scent-free policy** at Club events. Some members have severe adverse reactions to scented items, including laundry fragrances, lotions, shampoos, and colognes.



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Speaker Series Monday, January 26, 7 pm HYBRID ZOOM and IN-PERSON MEETING

St. Andrew's Presbyterian Church Hall
4235 Departure Bay Road

“HAULIN COAL AND ARGUIN”

Lynne Brown, Author and Historian of
Vancouver Island Mining History



Message from the President

November and December are busy months for us in CFUW Nanaimo. Some of our keystone events take place in the fall, and once again we have successfully carried them off.

The **Light up the Bastion Event**, coordinated by the Advocacy Committee, brought together several local organizations concerned with gender-based violence (GBV), which has been declared a national epidemic by the BC and federal governments. Standing together on a chilly November evening, we remembered those who have been affected by GBV and heard from our sister organizers about the work they all do to help women and families in particular who experience GBV. We were reminded that this is an issue that requires our attention at the local, provincial and federal levels. And there is still much work to be done.

The **Festive Fundraiser Committee** has worked so hard this year to bring a new take on an old event. We heard from you in 2024 that you would like to try some changes to this event – try a new venue, lunch rather than dinner, keep it affordable, and continue to make it fun. That was a tall order, but the committee rose to the challenge and very successfully addressed most, if not all, of your suggestions. Not only that, but they raised a very generous \$8,735 for the Scholarship Fund. An additional \$739 will go into the General Funds.

- Auction items: \$3,579
- Pay and Go: \$1,349
- 50/50: \$272
- Direct donations and “in lieu” of Interest Group baskets: \$4,275

Revenue from auction items and Pay and Go are split between Scholarship (85%) and General Funds (15%), while 50/50 and direct donations go 100% to the Scholarship Fund.

Many thanks for all of your generous contributions, and to the Committee for honouring your suggestions and for all the hard work!

We need you! In preparation for the coming year, we are looking for some volunteers to serve on the Nominations Committee. Our Executive will have a few positions to fill, and we would like to get an early start on inviting people to step up to fill those roles. We need your help if we are to continue being the vibrant organization we all love. If you have an interest in helping out in this way, please contact me or Barb Winter.

All the Best in the Holiday Season!

Heather Marshall



This holiday season, CFUW invites clubs and members to support our International Service Project: ***Young, Happy, Healthy & Safe – Zambia***, in partnership with the Stephen Lewis Foundation.

Our goal this year is to raise \$15,000 to help ensure that girls in rural Eastern Zambia have access to critical sexual and reproductive health education. This knowledge can protect girls from:

- early marriage and pregnancy
- gender-based violence
- HIV infection
- burdensome caregiving responsibilities
- other factors that limit their health, safety, and future opportunities

More information, including a link to donate, is available at this link:

<https://slf.akaraisin.com/ui/CFUWandYHHS>

or, search for ***Join CFUW in support of Young Happy Healthy and Safe.***

Please remember to include your club name with your contribution so we can celebrate your support.

Please note this donation is NOT eligible for a CRA tax receipt.



A New Waiver for CFUW Nanaimo

It is important for the Club to be in compliance with BC Law and CFUW BC Council Privacy Policy. If you haven't signed the new waiver form yet, please contact Bonnie Lindsay, Membership Chair, for a copy. She can email a copy to you. After you sign it, you can take a picture of the page and send it to Bonnie or return the page to her directly. This applies to all members of the club. Thank you for your help.

To achieve full compliance with the Personal Information Protection Policy, members are asked to complete a one-time waiver form:

Privacy Policy: CFUW Nanaimo recognizes the confidentiality of personal information and collects this information as required for the operation of the Club and communication to members. Indicate consent for your name, address, phone number and email address to be listed in the CFUW Nanaimo Directory. You are also indicating consent for your picture to be used on the web site. Only people who sign the waiver will be included in the Directory next year.

CFUW Nanaimo Consent

Pursuant to the Province of British Columbia Personal Information and Privacy Act:

- I acknowledge that, to access the services provided by the Canadian Federation of University Women Nanaimo, I must supply personal information to CFUW Nanaimo (CFUW).
- CFUW recognizes the confidentiality of my personal information and will not collect, use or disclose this without my consent, unless required by law. CFUW collects this information to allow the Club to provide me with newsletters, program information, the membership directory, and other community information deemed appropriate.
- I authorize the use of my photograph on the CFUW website, in Club newsletters and CFUW publications. I will be asked for my permission in advance if the photograph will be used for outside purposes.

General Disclaimer: Members participating in events and activities sponsored and organized by CFUW Nanaimo do so at their own risk and are responsible for their own safety.

Membership – Bonnie Lindsay



Please welcome our newest members:

**Judy Archer, Ann Beamish, Cathy Cameron,
Deborah Keith, Shirley Mahood, Suzanne Smith.**

Welcome

16 Days of Activism

The Gathering at the Bastion took place on Tuesday, November 25 at 5 pm, outside at the plaza by the Bastion in downtown Nanaimo. Standing in the dark and cold for just one hour in November is part of the experience of the sharing of the important work done by many organizations in our community. It also adds to my appreciation of how desperate and bleak the situation is for many women trying to leave abusive situations, and the need to continue to work for more safe and supportive places for them.

This year, for the first time, CFUW Nanaimo partnered with *Haven Society* and *Cedar Woman House*. Snuneymuxw Elder Lolly Good opened the evening event with a blessing and the Strong Woman Song. There were ten other speakers and over 35 people in attendance at the Bastion to mark the start of the **16 Days of Activism against Gender-Based Violence** and the Transition House's November **Shine the Light Campaign** to increase awareness of intimate partner violence.

Article and Photo:
Karen Skarpnes,
Advocacy Committee



Speakers and Representation:

- Snuneymuxw Elder Lolly Good for the opening blessing
- Mayor Leonard Krog
- Heather Marshall – President, CFUW Nanaimo
- Daylene Jones – Executive Director, Haven Society
- Meagan Anderson – Director, Cedar Woman House
- Esther Charlie – Phoenix Wellness
- Maggie Velisek – Women Students' Representative at Vancouver Island University Students Union
- Hyla McQuaid – Indigenous Students' Representative at Vancouver Island University Students Union
- Tracy – Nanaimo Women Helping Women
- Erika Gagnon – Nanaimo Family Life Association Director of Shelters and Guest Services
- Lindsay Hissink – Program Manager of Samaritan Place
- Shawn Kilner and Marg Fraser – Zonta – attended but did not speak

Festive Fundraiser

Another wonderful time was had by all on December 6 at our Festive Fundraiser 2025, held at the Nanaimo Curling Club.



The Festive Fundraising Committee would like to thank the enthusiastic participation of our members, including Interest Groups building baskets and donating certificates, members donating directly to Scholarship, Pay and Go contributions, and members soliciting community donations.

Also, thanks to all who attended and made the party such a celebration of visiting, lunching, bidding, and buying! Such a successful event takes much volunteer support. Thanks to all members who participated.







Photos: Nancy Gillies, Christy Thomson, Karen Skarpnes, Barb Winter

Scholarships



Acknowledgement of the Positive Impact of Our Scholarships on Women Pursuing Higher Education

Letters from 2025 Recipients of Nanaimo Ladysmith Schools Foundation Awards

- **CFUW Nanaimo Bursary— Awarded to: Alice Clarke**

To Carole Porter!

I want to express my sincere gratitude for this award. This is going to ease so much financial burden and I am so, so happy! Thank you!

Alice Clarke

- **CFUW Nanaimo Bursary — Awarded to: India Quarress**

Dear Carole Porter,

I thank you very deeply for the gracious award you have provided me. The money you have kindly provided me will be put to good use in my career in nursing school. I would like to express my sincere gratitude for the tremendous support that you are providing me.

Thank you very much,

India

Casual Coffees 2026



We are continuing our exploration of small cafés in Nanaimo:

Thursday, January 15, 2:00 PM – 3:00 PM

Lavender Art Café, inside Country Club Mall

Open to Members, Guests, and the CFUW-Curious.

***All club members are invited to submit articles for the newsletter.
For the January issue, please send contributions to Adrienne Fraser,
Newsletter Editor, by Friday, January 9. Thank you.***

Women in Action

On October 28, the **Veggie Potluck Group** shared a lovely meal at the home of Terrill M.

Photo: Jenny W.



Terrill M, Pat H, Karen S, Linda H, Holly L, Roberta V, Lauren Y.

Report from the Biking Group, submitted by Susan Pickles

The **CFUW Nanaimo Biking Group** has had a good time exploring our island this season. We are 15 members strong – most riding electric assist bikes.

We ride every Tuesday, weather permitting. The start of our season this year was very windy, which sidelined us some weeks. But once we had calmer, sunny weather we explored as far north as Comox and Cumberland and as far south as Sidney. Normally, we ride in town, but there are some favourite summer rides like Duncan to Lake Cowichan, stopping for lunch at *Jake's on the Lake*, and a day cycling on Gabriola Island.

We are lucky to have Dieuwke Steenstra in our group – she has been an avid biker for many years and knows so many great routes for us to try. Thank you so much, Dieuwke, for leading many of our rides and introducing us to new adventures. We always incorporate a lovely coffee stop along our route, where conversation is lively.

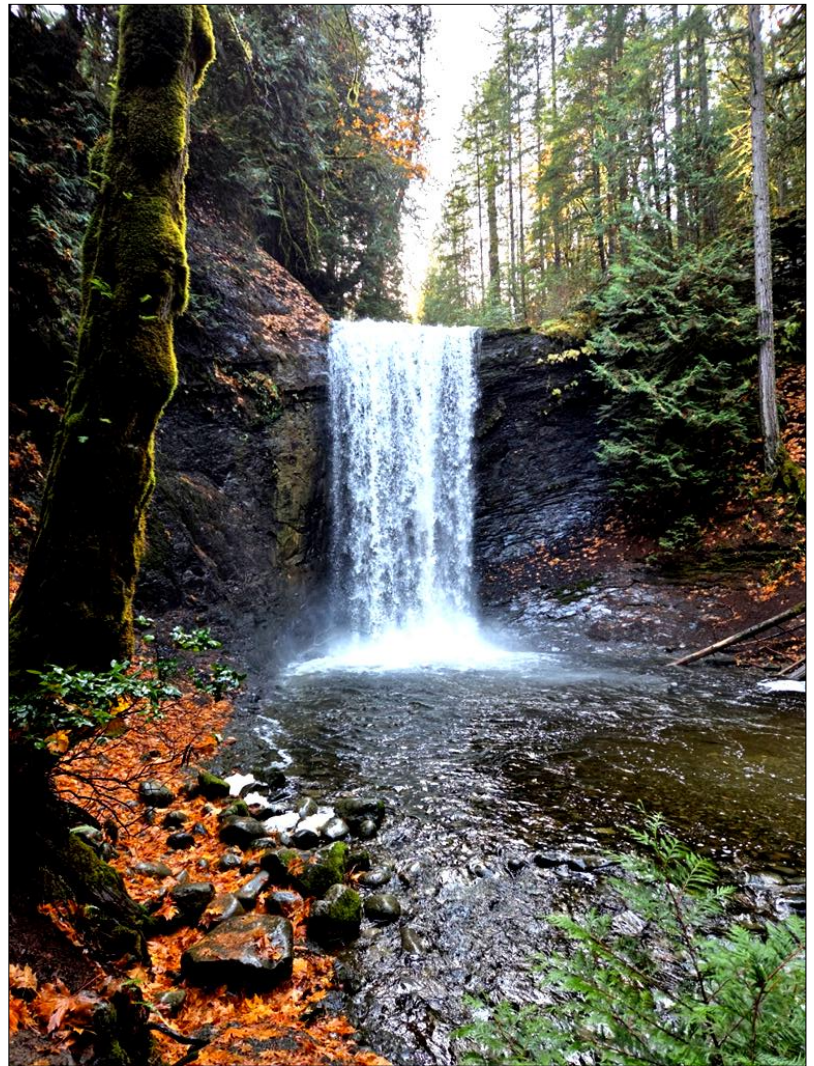
Some pictures of our rides:



On November 2, the Hiking Group visited the breathtaking Ammonite Falls in Benson Creek Regional Park, at the Foot of Mount Benson.



Darlene G, Claire B, Debbie K,
Lee Anne R, Anita S.



Photos: Anita S.

Environment Interest Group – Barb MacLellan & Bonnie Lindsay

Despite the focus these days on threats to the Canadian economy and sovereignty emanating from south of the border, climate change has not gone away. We may not be hearing about it as much, but it's still happening, and it's vital that we continue to try to reduce GHCs (greenhouse gas emissions). Large or small, all efforts count. If enough people take action, we can keep moving in the right direction.

So here's a suggestion if you like yogurt. Instead of buying it ready-made, reduce the use of petroleum-based plastics and reduce plastic waste by making your own. Yummy!



Recipe for a Small Planet



HOMEMADE YOGURT

Ingredients

- ❖ Milk, 650ml (the size of a yogurt container) 2% or higher in MF (don't use UHT milk)
- ❖ Starter – one tablespoon of plain yogurt with active cultures and no additives
- ❖ Pan to warm the milk (or a glass measuring cup or bowl and a microwave oven)
- ❖ Thermometer

Process:

- Scald the milk by slowly bringing it up to 180-190 degrees.
- To use a microwave oven, do 20-second intervals on high, stirring in between with a wooden spoon until you reach the desired temperature.
- Remove from heat and allow to cool to between 105 and 113 degrees (immerse in a cold bath if you're in a hurry).
- Thin your starter with a little of the warmed milk, then add it to the warmed milk.
- Put your yogurt-to-be somewhere warm and ignore it, at least overnight, probably 24 hours. Some ovens have a warm or proofing setting that would work. Or try a wide-mouth thermos.
- Once your yogurt appears to be set, put it in the fridge and ignore it for a day or two.

This recipe is based on one from the *"Zero Waste Chef"* by **Anne-Marie Bonneau**.

For an even greater reduction in GHGs opt for non-dairy yogurt.

Here's a recipe from "Allrecipes" on the internet:

NON-DAIRY YOGURT

Ingredients

- ❖ 1 ¾ c. non-dairy milk such as coconut, almond, soy, oat or cashew
- ❖ Thickener such as 2 tsp agar flakes or 2 tbsp tapioca starch mixed with a little of the milk
- ❖ 1 tsp probiotic powder or 4 probiotic capsules
- ❖ Sugar or other sweetener (optional) about 3 tsp

Process:

- Heat the milk in a heavy saucepan to 180 degrees. Use a thermometer to determine temperature.
- Let the mixture sit in a warm place for 12 to 24 hours, until it reaches the desired consistency. This can be done in the pan, in another container or in jars. Temperature should be about 110°F.
- Use clean, sterilized glass jars with lids to process and/or store your yogurt.

Can also be processed in an instant pot on "warm".

Once done, store in the refrigerator, just like any other yogurt. Use within two weeks.