



cfuw fcfd

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

CFUW NANAIMO – AUGUST 2026 NEWSLETTER

ACTION ADVOCACY EDUCATION

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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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**Monday, September 28, 7 pm
Hybrid Zoom and In-Person Meeting**

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

**We will introduce our scholarship recipients,
enjoy some social time, have an opportunity to sign up for
Interest Groups, and conclude with the General Meeting.**



Message from the President – Barb Winter

Happy August, everyone!

There is something cheerful about this time of year. The gardens are ripening, the days still carry a golden summer glow, and August gives us a gentle reminder to enjoy the season while it lasts, also looking ahead to the fall with fresh energy. I hope each of you has found time this summer to relax, laugh, visit with friends and family, and do something that fills you with happiness. We have so much to celebrate.

Our CFUW July featured the 2026 CFUW Annual General Meeting and National Conference in Montreal, Quebec from July 20 to July 24. Thanks to Kathy Torhjelm and Karen Skarpnes we had a strong presence there. The theme of 'Moving Forward Together' was explored through keynotes, workshops, member-led sessions, and policy discussions. The keynote speaker was Ella Walsh, the winner of the \$8,000.00 2025-2026 CFUW Memorial Fellowship. Ella's Ph.D. research title is "Enabling Magnetic Sensing for Surgical Continuum Robots". Her work will make minimally invasive surgery more accurate and safer. Our contribution of a silk scarf and Joyce Hardcastle's Nanaimo bar merch raised funds for the Charitable Trust auction to support important research such as this. Look for Kathy's report to the membership elsewhere in this newsletter. It sounds like the conference was informative and full of energy, with a surprise guest appearance on one of the conference tours.

August is a perfect time to think about the past year and years, to relax and enjoy the sunshine and flowers and prepare for the energy and demands of the fall. May you all find August a month of rest and recuperation; we have a busy fall ahead of us in CFUW.

One fall save-the-date to put on the calendar is noonish on November 21. Our Festive Fundraiser for scholarships lunch will be another time to show our continued support for women's post-secondary education and celebrate another year of learning, advocacy, friendship and fun. See you there. As we begin thinking about upcoming programs, projects, and opportunities to serve, I encourage you to bring your ideas, your enthusiasm, and your helping hands. Even small contributions make a meaningful difference when we work together. If you have a bit of time and would like to get involved in planning and hosting our Festive Fundraiser, please let me know. There are jobs big and small, sized to fit your availability.

I look forward to seeing you soon and stepping into the next season together with optimism and good cheer. See you in September, lol, that's a line from a 1960s song – and it will be an ear worm for me all day.

Barb

The happiness of your life depends upon the quality of your thoughts." Marcus Aurelius, Meditations, book 3



Newsletter submissions deadline: Friday, September 4

***All club members are invited to submit articles for the newsletter.
Please send contributions to Adrienne Fraser, Newsletter Editor. Thank you.***



Eva Hilborn 1926 – 2026

Eva Hilborn, one of CFUW Parksville/Qualicum's founding members, passed away on June 1, just a couple of months short of her 100th birthday. Eva was a strong supporter of Graduate Women International, which is why she joined CFUW Nanaimo as a dual member here.

She championed tirelessly for educational parity and access for all, and for the rights of women and children everywhere. A lifelong teacher, she promoted literacy in early childhood education.

Submitted by Barb Winter



Moyra Dobson

Moyra Dobson passed away at the end of April in her 89th year. She was born and grew up in Vancouver, completing a master's degree in plant biology at UBC. Early in her marriage to Phil Dobson, they and their two children moved to Cedar and then to Shell Beach at Ladysmith. In recent years she moved to West Vancouver to be closer to family, but she always maintained her membership in CFUW Nanaimo. She joined our club in the fall of 1973 and immediately became part of the Canadian Literature I book group. In the earlier years of her club membership, she was our club treasurer and participated in the distribution of the newsletter (addressing and stamping envelopes when we used Canada Post) and was an active participant in the Seashore Unit.



After moving to West Vancouver, Moyra continued to come to our book group on the first Monday afternoon of the month. On her passing, Moyra made a generous donation to our book group, and so on June 16 we celebrated her life with a lunchtime gathering. We remember her wisdom, insight and good humour. Her biggest lament before leaving this world was all the things she would never learn and the books she wouldn't get to read. She took such an interest in all of us and we will sorely miss her.

Submitted by Kathy Torhjelm



CFUW Nanaimo AGM and Dinner

The Annual General Meeting was held on Monday, May 25, at St. Andrew's Presbyterian Church Hall. Thank you to Suzanne André, the Hospitality Chair, and everyone who assisted her to arrange the excellent dinner.

Photos: Karen Skarpnes



Left:

Several long-term members received Certificates of Recognition, presented by Membership Chair Bonnie Lindsay.

Below:

New and continuing Executive Committee members who were present in the hall or joining the meeting via Zoom were inducted for the coming year.

Below:

Heather Marshall thanked Helen Johnson (left) for her many years of service as Coordinator of Gently Used Book Sales, and presented her with a token of appreciation on behalf of the club.



Right:

Outgoing President Heather Marshall formally passed the gavel to Incoming President Barb Winter.





Left:

Sylvia M and Dianne M with the
Hospitality Chair Suzanne A (centre).



Scholarship News



Claire Bélanger and Carole Porter attended the Nanaimo Ladysmith Schools Foundation (NLSF) Awards Ceremony at the Port Theatre on June 9, 2026, to present the CFUW Nanaimo awards to the students from Nanaimo high schools.

Carole Porter and Leona Macdonald attended the Ladysmith Awards Night at the Ladysmith High School on June 22, 2026, to present the CFUW Nanaimo Scholarship to the student from Ladysmith High School.

In total, the NLSF gave out \$529,000 in awards this year. Our awards were among the most generous. It was an honour to represent CFUW Nanaimo at both events, and the students are very grateful for our support.

CFUW Nanaimo Award Winners 2026

Bursaries Nanaimo:	Keira Mardell	\$2800.00
	Mhylee Morton	\$2800.00
Scholarship Degree Nanaimo:	Emily Sloan	\$3300.00
Scholarship Diploma Nanaimo:	Taylor Marcan	\$2800.00
Scholarship Ladysmith:	Esme Ruff	\$2800.00

Carole Porter, CFUW Nanaimo NLSF Liaison

Our club has received a beautiful thank-you card and heartwarming message from Laci Schulenburg, recipient of a Vancouver Island University Foundation Award.

THANK YOU SO MUCH!

Dear Members of the Canadian Federation of University Women,

THAT WAS AN AMAZINGLY

NiCE

THING YOU DID

Thank you very much for selecting me as a recipient of the \$2,500 bursary in January 2026. Your generosity and support have meant a great deal to me and my education. I am graduating this June from VIU with an Honours degree in Psychology and plan to continue on to graduate studies next year.

Thank you again for your kindness and generosity.

All the best, Laci Schulenburg BA (Hons)

President's Picnic for Scholarships

On Saturday, July 4, club members gathered with family and friends in Heather Marshall's lovely garden for a fun potluck picnic. It was a joyful afternoon filled with laughter and good company, all while supporting the scholarship fund. The food was greatly enjoyed – see recipe on page 12.



Photos: Karen Skarpnes

CFUW National AGM & Conference – Kathy Torhjem

CFUW Annual General Meeting, Montreal, July 21–July 24, 2026



Above: National President Linda Sestock and Grace Hallett, VP International Relations.

Right: The National Office staff who kept us all on track – Jaime Beagan, Mabinty Toure, Elizabeth Malcolm, Camila Taipe.

Below: Kathy, ready to vote.



The speakers were inspiring. The Charitable Trust speaker was Ella Walsh, a PhD student who is working on developing robotics in the field of medicine – fascinating!

Thursday was our speaker day. The first one was Carla Fehr who spoke on Gender and AI: *Who Builds It, Who Benefits, and Who Gets Left Out*. The second presentation was given by Julie Lalonde – *Bystander Intervention to Build Community Care* – and in the afternoon we heard from Anne-Norrante Alexandre who spoke on *Understanding Equity-Deserving Communities – Best Practices*. The afternoon closed with Na'kuset talking about *Advocacy in Action*, the work she has done in establishing an indigenous resilience centre in downtown Montreal.

(Continued)

The before and after conference events were lots of fun. On Tuesday morning, we enjoyed a bus tour of Montreal, and then on Friday, twenty-two of us went to the Eastern Townships.

Our first stop was at Knowlton where we had a meet and greet with Louise Penny. She was gracious and charming and it was wonderful to be in her home town.



Meeting Louise Penny

We were billeted with CFUW Sherbrooke members, who were lovely hosts to us. On Saturday, we visited Abbaye St Benoit (the site of one of Penny's books) famous for its cheese making, and then the Bleu Lavande farm, driving through a beautiful countryside. In the afternoon, we were off to Stanstead, a small town on the Vermont border, which has recently been in the news because the Haskell library had to raise funds for a door on the Canadian side. The library has been open since 1905 and is used by both Americans and Canadians, with a \$5,000 fine if you use the wrong door.

On Saturday evening we enjoyed a lovely dinner with club members at a local vineyard, and then on Sunday we were driven to the airport for our afternoon flight home. It was uplifting to spend time with such a dedicated group of women who are committed to education for girls and women.

My sincere thanks to CFUW Nanaimo for assisting me to go to this AGM as their delegate.

Photos: Karen Skarpnes

Invitation – Faye Erbe

Stronger Together: Books, Sweat, and Friendship

Looking for a fun way to deepen friendships while staying active?

Try joining a walking group and a book club!

Combining exercise with literary chat is the ultimate win for your physical and mental health. Moving together boosts endorphins and energy, while discussing your latest read sparks meaningful conversation.

Whether you stroll through a park or power-walk a local trail, pairing fitness with friendship keeps your mind sharp and connections strong. Grab a book and get moving while strengthening friendships at CFUW!

See you soon, my friends!

**Faye Erbe,
Vice President**

Celebrating our Members

Congratulations to two of our members who have recently published a book!
Please reach out to the authors if you would like a copy.

Carole Porter – THE PLACES BETWEEN

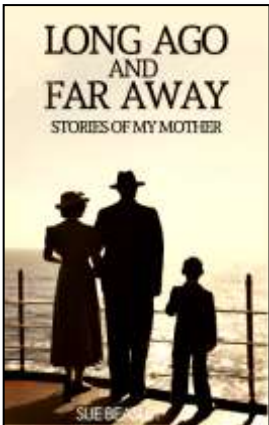


WHERE TWO WORLDS LIVE SIDE BY SIDE, NOTHING IS EVER JUST ORDINARY.

At first glance, the community of Wexton seems like any community in a big city, with schools, shops, cafés, houses, apartments, playgrounds, churches, and even a museum. People go about their daily lives – raising families, working, going to school, making friends, and dreaming.

But intersecting with this world is a magical one of spirits who live amongst the people, at times invisible but ever present. They watch, listen, tease, and, if necessary, intervene to help people shape their lives. Some people welcome their help, others are oblivious to it, and still others reject it. Sometimes they create chaos; sometimes peace. In this urban fantasy, people and spirits move in and out of each other's lives in the places between their worlds.

Sue Beasley – LONG AGO AND FAR AWAY



This is the story of how one family fled the terrors of Nazism and escaped the Final Solution as planned by Adolf Hitler. It documents their sudden descent from affluence into poverty, and how Hilde Simon and her husband worked to overcome hardship and provide a normal life for their family. It was a life for which Hilde was not prepared.

From documents and photographs her mother saved, the author tells the story of Hilde's escape from Czechoslovakia via Germany, Spain and North Africa to the United Kingdom where the family eventually found refuge.

Hilde was pre-deceased by both her husband and son, and this book pays tribute to her life of hard work and great courage through to her death at the age of ninety-two.

Casual Coffees

Join a member of the Executive and other CFUW members for a *Casual Coffee* discussion of all things CFUW.

This season the day is Thursdays, and we are keeping the roving location.

- **August 20** **2 to 3 pm** **Bee's Knees Cafe, 525 3rd St.**
- **September 17** **1 to 2 pm** **Bodhi's Bakery at the Rutherford traffic circle.**
Note the change in the time. Bodhi's closes at 2 pm.
- **October 15** **2 to 3 pm** **Just Delish in the Rutherford Mall, Nanaimo North Town Centre.**
- **November 12** **2 to 3 pm** **Felice Café, Wingrove St. in Departure Bay.**

Special Event

On May 28, the Bee's Knees Cafe once again served as the cozy setting for an afternoon reading by Dorothy Dittrich, who presented the second installment of her *Tippi and Stan* story.

Cover artist Carolyn Bell, and the author, Dorothy Dittrich, hold copies of Books 1 and 2 of *Tippi & Stan*.



Dorothy's expressive reading of Book 2 of *Tippi and Stan* brought the characters to life, captivating the audience who listened with rapt attention as the story unfolded.



Coordinators of the of event, Pat M and Karen S, with Dorothy, author and reader extraordinaire!



Photos: Karen Skarpnes

Women in Action



On June 29, the **Walking Group** enjoyed a walk through the beautiful Holland Creek Trail in Ladysmith.

It was an undulating walk but in a good way, and overcast so fortunately not terribly hot.

Claire B, Deborah K, Diana S.

Photo: Jenny Webb



RECIPE FOR A SMALL PLANET

Qualicum Bars

Submitted by Jenny Webb

Base layer:

- 1/2 c brown sugar (I made it less sweet by using ~3/8 c)
- 1/2 c light corn syrup (I made it less sweet by using ~3/8 c)
- 1 c peanut butter (I used crunchy)
- 1 c rice krispies
- 1 c corn flakes

Filling:

- 2 c icing sugar (I used 1 1/2 c so it would be less sweet)
- 3 T Birds Eye Custard
- 1/4 c margarine
- 3 T milk (I only used 2 T)

Topping:

- 4 oz semi-sweet chocolate
- 2 T margarine
- 2 T milk

Directions:

1. COOK over low heat: brown sugar, corn syrup and peanut butter until melted.
2. MIX in rice krispies and corn flakes.
3. PAT into 9" square pan. CHILL.
4. BEAT icing sugar, custard powder, margarine and milk until fluffy.
5. SPREAD evenly over base.
6. MELT chocolate and margarine.
7. ADD milk and cook until well blended.
8. SPREAD evenly over filling. CHILL.
9. CUT into 25 squares.