



**CFUW NANAIMO – JANUARY 2026 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 Bowen, Author and Historian of  
Vancouver Island Mining History**

Lynne is a former public health nurse who decided to study Western Canadian History for the fun of it! Since receiving her MA from UVIC, she has been writing books for people who love to read history, and teaching Creative Nonfiction at UBC.

Lynne has won many awards for her expertise. She currently lives in Nanaimo, as do her three children and three grandchildren. Her topic, "Haulin' Coal and Arguin'", gives us a glimpse of the fun she has with writing as she blends Western Canadian History with non-fiction writing.

**Hope to see you there!**

***Faye Erbe, Program Chair***

# Coldest Night of the Year – Kathy Torhjem



**Coldest Night of the Year Walk** – This is being held on Saturday, February 28. Our club is signed up as team “CFUW Nanaimo” on the CNOY website ([www.cnoy.org](http://www.cnoy.org)). Kathy Torhjem is the team leader. All our donations will go to Island Crisis Care. As we did last year, we will meet at 1pm at St. Andrew’s United Church on Fitzwilliam and Wesley Streets. There is a 5 km walk, a 2 km walk and a short walk to the coffee shop for those who just want to make a donation and socialize. Each group will have a volunteer leader.

Please note that homelessness affects women in Nanaimo. Check this website for some local stories.  
<https://www.islandcrisiscare.ca>

**Feel free to call Kathy if you have any questions.**



**Above: CNOY 2025**

**Left: CNOY 2024**

## **Did You Know?**

**The Executive Team is structured in this way:**

Officers (President, Vice-President, Treasurer and Secretary) and Chairs of Standing Committees (Advocacy, Hospitality, Interest Groups, Membership, Newsletter, Program, Resolutions and Scholarship) attend Executive meetings.

Special Committee Chairs attend Executive meetings occasionally, on as needed basis.

The President or Vice-President chairs Executive and General Meetings.

## Scholarships



### **A letter from the Nanaimo Ladysmith Schools Foundation**

On behalf of the Nanaimo-Ladysmith Schools Foundation, we would like to express our sincere gratitude for your continued support of graduating students. Your generosity plays a vital role in helping students pursue further education, benefiting not only the individuals but also the community as a whole. Your contribution will have a lasting impact.

We look forward to the spring when we will have the privilege of honouring deserving students for their achievements.

If you would like more information on the Foundation, please visit our website at [www.nlsf.ca](http://www.nlsf.ca).

Thank you again for your commitment to our students' success.

Sincerely,  
Crystal Borbandy,  
Executive Director

### **From The VIU Facebook Foundation Page (with permission from Melanie)**

"Thank you to the Canadian Federation of University Women Nanaimo for supporting my dreams and efforts. Sometimes you can lose track of life, and getting an award like this gives me more focus and inspires me to keep going. As a mature student, I support my own expenses and this award means I do not have to compromise my studies."

Melanie has worked three summers at the VIU's Deep Bay Marine Field Station, leading tours and educating the public about the research VIU has been doing on making oysters more climate resilient.

**Melanie writes:** "I love working there and I want to specialize in invertebrates,"

## Casual Coffees



**For Casual Coffees 2026, we are continuing our exploration of small cafés in Nanaimo on the third Thursday of the month from 2 to 3 pm.**

**February 19 – Affirmation Coffee, 2220 Bowen Rd**

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



## **Graduate Women International – Women’s Education Increases a Country’s Economic Growth**

It seems obvious that equal access to education for all people is an essential element of economic growth. Do you know some of the economic statistics supporting our scholarship work?

Raising funds for scholarships not only benefits the recipient and her immediate family, but ripples out to the community and the country. Increasing women’s access to secondary, tertiary, non-traditional and continuing education enlarges a country’s labour force, engages previously untapped talent, and as a result, increases GDP.

### **Promoting Global Economic Growth**

The McKinsey Global Institute recently found that in the 95 countries analyzed, women generate 37% of global GDP despite accounting for 50% of the global working age population. They identified a “full potential scenario” in which 240 million workers would hypothetically be added through higher female participation. Women represent a huge resource pool that must be utilized to maximize GDP.

The key to reaching this potential is education: women still attain less than 75% of the educational levels of men in 17 out of the 95 countries studied. Globally, 195 million fewer adult women than men are literate; two-thirds of the illiterate population globally are women. Every additional year of school a woman attends increases her wages by an average of 12%. If girls are able to go to school, they are better equipped to enter the job market, secure high-skilled jobs and make productive contributions to the economy. Further, working mothers are also positive role models for their daughters. In one study of 24 countries, daughters of working mothers were more likely to be employed, have higher earnings and hold supervisory roles.

This form of economic growth will also promote economic development, through decreasing poverty and income inequality, while at the same time increasing health outcomes. Educating women and girls stands to bring huge returns on individual, national and global scales.

**Learn more at <https://graduatewomen.org/>**

Barb Winter, Vice-President

**Fundraising chocolate bars will be available at the January General Meeting.  
Please bring cash to purchase these delicious, high-quality Rogers bars,  
now offered in both rich dark and creamy milk chocolate!**

## Interest Groups



**Interest groups continue to be an integral part of CFUW Nanaimo.**

**Thanks to everyone who participates.**

In spite of our best efforts, the new book group, **'The Way the World is Now'**, did not receive enough interest to go ahead. Thanks to Lynn Gaudet for suggesting and promoting it.

**The Hiking Group** is now being coordinated by Claire Bélanger. The group meets on Monday mornings, and hikes 6 to 8 kilometers for about 1.5 to 2 hours on established trails within or near the City of Nanaimo, with some elevation changes. Good walking shoes and adequate clothing are required. Contact Claire to join.

**The Avid Hikers** also meet on Mondays at 9:30, hiking for up to 4 hours and covering a minimum of 8 to 10 kilometers with elevation changes and steep terrain. Some hikes are out of town, with carpooling and gas expenses shared. Contact coordinators Lauren Young or Nancy Gillies to join.

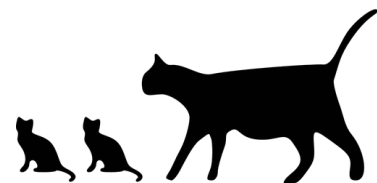
**The Walking Group** is looking for a coordinator; days and times to be decided by interested members. Contact Carole Porter or Suzanne Relick if you would be willing to coordinate this important group.

***Carole Porter, Suzanne Relick, Co-chairs, Interest Groups***

### **Did You Know?**

**The Executive meets monthly, from September through June.**

The Executive examines and discusses various aspects of club business, including but not limited to: financial business of the club, Scholarship Committee recommendations, information and requests from CFUW and from BC Council, information and requests from community organizations, planning and execution of programs, activities and events, ensuring policies and procedures are adhered to and/or in place.





## Environment Interest Group – Bonnie Lindsay Food Waste and the Environment

**Did you know that food loss and waste account for 8-10% of annual global greenhouse gas emissions?**  
(Source: [Food Waste Statistics in Canada for 2025 | Made in CA](#))

### In Canada:

- Over a third of all food produced is lost or wasted each year
- We each throw away about 160 pounds of food annually — that's a whole person worth of wasted food
- 32% of the food being wasted each year could be consumed

(Source: <https://www.foodstash.ca/>)



In my home, one repeated culprit is avocados. They seem either too hard or past their best-before date! And they are so good for you, I can't resist buying a bag of them at a time.

Instead of tossing these rather spoiled-looking fruits in the compost, try blending the flesh into smoothies, spreading it on toast, making guacamole, or using it as a butter substitute in baking.

Or you could make **Overripe Avocado and Chocolate Mousse for Two!**

### Ingredients:

- 4 oz dark chocolate
- ¼ c heavy cream
- 1 overripe avocado, peeled and stoned
- ½ tsp vanilla
- Scant ¼ c superfine sugar
- Pinch of salt
- Optional mint leaves and shaved chocolate or whipped cream or....to garnish



Melt the chocolate with the cream in a heat proof bowl set over a saucepan of simmering water. Bowl should not touch the water. Stir until smooth. Set aside to cool slightly.

Place the remaining ingredients (except the garnish) in a food processor and add the cooled chocolate. Blend until smooth. Divide into two small glass bowls and refrigerate at least 3 hours. Garnish and serve.

**Source: The Zero Waste Cookbook by Giovanna Terrico and Amelia Wasiliev**

(Continued)

### Looking for a vegan version?

- ½ avocado, pitted, peeled and cubed
- 5 tbsp unsweetened cocoa powder or cacao powder
- ¾ cup full-fat coconut milk (refrigerate the can for 4+ hours and use only the thick, creamy part)
- 2½ tbsp pure maple syrup, agave nectar or **date paste**
- ¼ tsp sea salt
- ¼ tsp vanilla extract (optional)



### Directions:

- Add all ingredients to a high-speed blender or food processor.
- Blend for about 20 seconds, then stop and scrape sides of jug down.
- Repeat until mousse is smooth and lump-free.
- Spoon into two containers and decorate with fresh berries, whipped cream, grated chocolate and/or cacao powder.

Source: [Avocado Chocolate Mousse \(Easy + Vegan\)](#)

***All club members are invited to submit articles for the newsletter.  
For the February issue, please send contributions to Adrienne Fraser,  
Newsletter Editor, by Friday, February 6. Thank you.***

*Until next time . . .*