



October 2015
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The Club's mailing address is:

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BC V8T 2C1

This newsletter is published monthly

Direct inquiries or correspondence for the newsletter to the editor Hayley Bennett at hayleybennett@gmail.com.

Deadline for submissions for the November newsletter - October 23, 2015. Thank you!

Please contact Connie Waddell, Membership Chair at info.cfuwvictoria@gmail.com if wish to :

- changes your regular or email addresses
- unsubscribe to this newsletter or to advise changes to our calendar. info.cfuwvictoria@gmail.com

In This Issue

| | |
|-------------------------|---|
| Upcoming Events | 1 |
| General meetings | 2 |
| Membership News | 2 |
| Brenda's Blog | 4 |
| Activity Groups | 6 |
| Gender Equality | 7 |
| Grannies Grow the World | 8 |



Our Website is changing to **CFUWVICTORIA.CA**

See P. 7 for more information

SAVE THE DATE!

Sing Christmas carols with pianist Janet Leffek, exciting entertainment by young Symphony Splash soloists Ben Parker and Rebecca Bracewell.



A reservation form I attached to the email.

Christmas Luncheon

Saturday, December 5, 2015
Victoria Golf Club

General Meeting – October 2015

For a great presentation on supportive therapy with dogs! See P. 2
Salvation Army Citadel, 4030 Douglas Street

Do You Have a Gift for Hospitality?

At our monthly General Meetings we provide coffee, tea & cookies. We love to socialize! Would you like to volunteer for/ or share this important job?

Call/email Marjie 250/380-9108 or

wildroez@uniserve.com

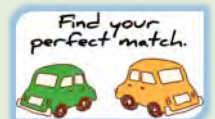


PLEASE REMEMBER
to wear your name tags to luncheons/meetings

RECYCLE OLD DIRECTORIES
at the October and November general meetings

Try carpooling!

If you need a ride or can offer a ride to any of the Club's events please contact your neighbourhood convener



Coming Events - **GUEST SPEAKERS:**

Woof! Who Let the Dogs In?

INSPIRE Animal Assisted Therapy Registered Nurse Lisa Markin and Pacific Assistance Dogs Society yellow Labrador Retriever Cajun will be our exciting guest speakers **on Wednesday, October 21.**

Specially trained therapy dogs provide the spark to inspire their clients to work harder to meet therapy goals and to have fun while doing so. You, too, will be inspired upon meeting Cajun, discovering some of his special skills, and learning about Canine Assisted Therapy in Victoria. Join us for some dog-gone enjoyment!



Thanking our speakers

The Program Committee would love to have you thank one of our speakers this year!
If this is a task you would enjoy, please let us know!
Thanks!!

FEDERAL CANDIDATE DEBATE

Mon., October 5, 7:00 - 9:00 pm

S.J. Willis School Auditorium, 923 Topaz Ave.,

- **JoAnn Roberts - Green**
- **Murray Rankin - NDP**
- **John Rizzuti – Conservative (declined)**

The Canadian Federation of University Women sponsors this debate for the Victoria riding to educate and encourage the public to fully participate in the democratic process. If you have any questions or would like more information, please contact **Aileen Lingwood at 250-592-5104**

At our **November meeting** we'll be jumping for joy to meet Mr. Happiness, **Neuroscientist Paul Mohapel.**

Paul designs courses and lectures for psychology and business programs at various Canadian and international universities including the Leadership Program at Royal Roads University. Does happiness run in a circular motion? Join us in November to find out.



See events and list of monthly meetings in our calendar

<http://www.cfuwvictoria.org/calendar/>

Membership News

Membership Report

Thank you to all renewing members for paying dues before the summer break. This new approach gave Executive members the time to welcome new and potential members at the first fall meeting on September 16th meeting instead of spending time accepting renewal fees.

Nine new members have joined since September 1st bringing our total to 24 since the beginning of May. Contact information for these new members will be sent out in a separate email. Please join me in welcoming these new members, identified by the **fluorescent orange** dot on their nametags.

Another 'first' for CFUW-Victoria was distributing the 2015-2016 Member Directories at the first fall meeting on September 16th. The Executive has worked hard to get the new Directories out immediately after the summer break recognizing that the club is well launched into the operational year (which began on May 1st). Please contact your NG leader (or the Membership Chair) if you have not yet received your copy. Several phone numbers were missing in the alphabetical listing (coloured pages) of the 2015-2016 Directory. An email with this missing information has already been sent to members.

We will be recycling old directories at our October and November meetings.

Connie Waddell, Membership Chair

Advocacy Committee

Advocacy priorities from the National Office for 2015-2016:

- Education
- Early Learning and Childcare
- Women's economic security
- Violence against women (including the National Initiative)
- Women's leadership
- Sustainable Development Goals – these will be announced by the United Nations in September 2015

Check out the new activity groups

Walk About
Vegan Dining
It's Your Move

Beginners Bridge
Mah Jong
Even More Mysteries

Check out our website for a list of CFUW Victoria Activities! Thank you to the new and continuing conveners for keeping these groups functioning.

Interest Group Coordinator, Susan Spooner
susanspooner@shaw.ca



An Upcoming Event

Women in Leadership: an evening talk at Royal Roads University

January 28th, 2016 from 7PM to 9PM

Royal Roads University, Learning and Innovation Centre, Centre for Dialogue – 4th floor

Join Dr. Jennifer Walinga, Director of the School of Communication and Culture at RRU, to discuss the changing role of women in leadership. Topics include how modelling feminine values can be a means of shifting organizational culture toward a balance that includes a feminine perspective. Explore and discuss predominant feminine leadership as well as popular topics of debate concerning gender and leadership.

By donation to **Women in Need (WIN)**. Contact Royal Roads University Continuing Studies at 250.391.2513 to learn more and to register.

Learn more with Dr. Walinga at her one-day course on February 24, **Women in Leadership: *Living and Speaking Feminine Values***. **Website:**

<https://crossroads.royalroads.ca/events/women-leadership-evening-talk>

The Victoria READ Society

How can anyone be illiterate in Victoria? 31% of the adult population of Greater Victoria has a low level of literacy. Information about volunteering with programs at the Victoria Read Society is available at: readsocietyv.bc.ca

Photographer Needed!

We are looking for someone interested in taking pictures at our general meetings, neighbourhood groups and special events. Nothing fancy needed!

If you are interested, please contact **Hayley Bennett, Communications Chair** at hayleyebennett@gmail.com

From the CFUW BC Council Webpage

"If not you, then who?"

Who we are:

<https://sites.google.com/site/cfuwbccouncil/home/who-we-are>

Goals and Actions:

<https://sites.google.com/site/cfuwbccouncil/home/goals-actions>

Child Poverty Initiatives:

<https://sites.google.com/site/cfuwbccouncil/home/p-child-poverty-initiatives>

BC Council Brochure

<https://sites.google.com/site/cfuwbccouncil/home/2-bc-council-brochure>



Rotary Club Request



The Victoria Rotary Club is looking for hosts for exchange students.

Giovana is 16 years old. She lives in Marilia, a small city of 230,000 people in the countryside approximately 6 hours from Sao Paulo, Brazil. Giovana enjoys academics, especially biology. She likes sports, plays tennis and enjoys going to the gym and spending time with friends. Giovana has only travelled outside of Brazil once and that was to Disney World in Florida. She is interested in pursuing a career in medicine.

Giovana arrived in Victoria during summer 2015 and will return to Brazil at the end of June 2016. She will attend Esquimalt High School and participate in Rotary activities in Victoria and in the USA. Hosts provide room and board for the student. Rotary pays host families an allowance and provides the students with a bus pass.

Would you be willing to host Giovana for 3 or 4 months between now and end of June 2016? (We have short-term accommodation available if you are planning a week or weekend away while hosting). Are you interested in learning more about the Rotary Youth Exchange program? **Please contact Gillian Carrigan by email: Gillian.carrigan@gmail.com or by telephone: 250-380-6490 for more information, or visit www.rye5020.org.**

There are many advantages to being a host family:

- It means **endless rewards** for you and the student!
- It means you will **get to know, and love, someone** from another country, another culture, another part of the world.
- It means you will **play a role in shaping and developing a young woman!**
- It means the student will become part of your family and they will always remember you for the tremendous generosity you shared with them while they were experiencing the Rotary Exchange program.
- It quite simply means **YOU will GAIN SO MUCH!!!"**

"Always laugh when you can. It is cheap medicine."

Lord Byron



Please remember to use your **Smile Cards** when shopping at Thrifty's.

If you don't have one, please let our Treasurer know and she will arrange to get one to you.

How does loading the cards work?

Thrifty Foods will donate 5% of the amount you load on your Smile Card to CFUW Victoria.

There is absolutely no cost to you. Take the Smile Card to Thrifty Foods when you go grocery shopping. Ask the cashier to load any amount you wish onto the card before having your grocery order rung through. Pay for the card load with cash, debit card or credit card. Ring the grocery order through and pay for the order with your Smile Card. When the card balance is running low, load it again to continue to support CFUW Victoria every time you shop! It's that simple!



Scholarship and Bursary News



Recognition of CFUW Victoria's contributions!

One of the most pleasant duties of chairing the Scholarship and Bursary Society is attending functions at the three schools where we support students. A couple times a year, CFUW Victoria contributions are acknowledged when we attend award ceremonies or other student events. This photo was taken at a reception to kick off Royal Roads University's celebration of 75 years as an educational institution.

I am here with Hayley Bennett, Development and Communications Coordinator, Community Relations and Advancement at Royal Roads – and active member of CFUW Victoria.

It's always a great pleasure to represent our CFUW members who donate so generously to students in Victoria.

Dawn Jones, Chair
Scholarship and Bursary Society

Want to know more about our Club?

Check out our website for information on:

- CFUW Victoria's 50th anniversary (1958)
- A history written for the 75th anniversary (1983)
- An up to date 78 page history "Women of Influence: A Partial History of CFUW Victoria" (October 2014) compiled by Audrey M. Thomas a Past President of our Club

The documents are in pdf format and can be read online or the longer document can be printed out as a two-sided booklet. Chapter 3 on "**Education - 97 years of Awards**" might be worth reading before our Annual Scholarship and Bursary Lunch. Go to: <http://www.cfuwvictoria.org/about-us/history/>.



FIND US ON FACEBOOK

[CFUW Victoria Facebook Page](#)

Follow the [CFUW Facebook Page](#) Share and spread the word

Check out the latest UVIC movies at: <http://www.cinecenta.com/>

HOME and PET SITTING available to CFUW members. Reliable, experienced care.

References available. **Brenda Mayhew**,
250-589-7654 brendamayhew@hotmail.com



Brenda's Blog

President's Message

October is a very busy month for CFUW Victoria! We have an All Candidates meeting on October 5th at SJ Willis at 7:00 PM. Please attend and bring a friend!

October 19th is the Federal Election. Please ensure that each and every one of you will get out and vote! Democracy only works if we all participate so be sure to make your wishes known! You can check if you are registered with Elections Canada at: <http://www.elections.ca/home.aspx>

October is also Women's History Month. As we all know we stand on the shoulders of those who came before us – locally, nationally and internationally. The theme this year is, Her Story, Our Story: Celebrating Canadian Women: <http://www.swc-cfc.gc.ca/commemoration/whm-mhf/index-en.html>

Finally, International Day of The Girl Child is October 11: <http://www.swc-cfc.gc.ca/commemoration/idg-jif/index-en.html>

Brenda

Technical Difficulties with our website:

Due to increased technical requirements for our website we have had to change our web server. To enable this transition we have had to change our website name to **CFUWVictoria.ca**. You should still be able to access it from our old website address but there may be some glitches.

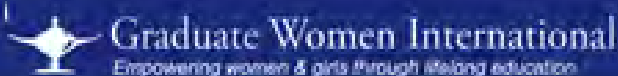
We are having some technical difficulties as we transition our website to a new web server. Our apologies for the delays and limited access. We hope to have this sorted out in the next couple of weeks. Thank you for your patience as we move forward!

Did you know?

Tackling gender inequality could add \$12 trillion to world economy, study finds

(The Guardian, 24 September)

The McKinsey Global Institute has measured gender inequality across 95 countries, using 15 different indicators, including not just women's role in the workplace, but everything from the availability of contraception to access to bank accounts. The study found that if each country could make progress towards closing the gender gap at the pace of the best-performing economy in its local region, an extra \$12 trillion – equivalent to the GDP of Japan, Germany and the UK combined – could be generated each year by 2025.



Graduate Women International: Read more about the international work underway to support women and women's education at <http://www.graduatwomen.org/media-publications/press-releases/>

A Request to CFUW members – Please ‘Click Through’

In an effort to find sources of revenue to augment the finances of the CFUW National, National office has forged an agreement with a company called Multiview. Multiview finds advertisers who may wish to advertise on websites, in this case, to our members. **All of the advertisers that have signed on with CFUW are universities.** At the top of the pages of our public website www.cfuw.org, there are banner ads from several universities who pay to have the ads on our site.

The advertisers determine whether or not they will renew based on the number of "click-throughs" that they receive from our website. The time for renewals is coming up this month. When you are on the website, we would ask you to **click on the various ads** so that it increases the number of visitors they get from CFUW and increases our possibility of getting the universities to renew for another year with us.

Thank you!!

Kind supporters of the Grannies Grow the World Film Project

We spent nearly a month in South Africa in May, filming the courageous and inspiring farmers at Hieketani Community Garden. We have superb footage – it’s going to be a lovely documentary. On September 12 we partnered on an Urban Food-Garden Tour: a fun and informative community event which was also a fundraiser for Haliburton Community Farm (Saanich), 1Up Single Parent Resource Centre; and Hlenketani Community Garden Basani Ngobeni!



For more information, please check our web page:
vicurbanfoodgardens.wix.com/tour

Please like us on Facebook under Victoria Urban Food Gardens.

Many thanks to you all, **Elizabeth**

The discussion continues! Linking GWI and CFUW

Access the Discussion Forum on the ongoing discussions of what the ongoing relationship of CFUW National will be with GWI. Open any browser, Chrome/Internet Explorer/Firefox, and type in www.cfuwforum.org. Click on the link to the Discussion forum. Register, and participate in the Discussion Forum!

Women helping women through
Advocacy, Education & Networking!

cfuw  fcfdu