



# VOICES

## CFUW Victoria

*Promoting the Education and Advancement of Women*

2015 - 17 Volume 109 - 2



### **Presidents Message**

**December 2015**

At our November meeting, Paul Mohapel provided an overview of happiness and gratitude. What we learnt was that being present, helping others and and being grateful for what we have can really increase your sense of happiness!

We all know that helping others feels good and is central to CFUW programs and services through advocacy, education and networking. Volunteering to help others is through the CFUW executive and committee work is another way to contribute to the

well-being of others. Over the next few months there will be several opportunities for us to help others and show gratitude:

- **Artemis Place:** Our community partner for our Christmas lunch is Artemis Place: <http://www.artemisplace.org/>. We can contribute in two ways: **1)** provide a cheque or cash donation at the lunch – there will be envelopes on each table, and **2)** gift items check out the [list](#).
- **Volunteering!** Ensuring we continue to have broad and diverse services to our members and the community relies heavily on volunteers. Please let me know at [btcanitz@uvic.ca](mailto:btcanitz@uvic.ca) if you are interested in volunteering with CFUW!

### Happiness

“If you want happiness for an hour — take a nap.”

If you want happiness for a day — go fishing.

If you want happiness for a year — inherit a fortune.

If you want happiness for a lifetime — help someone else.”

Chinese Proverb



### Think Global – Act Local

**As you know Canada will soon welcome 25K Syrian Refugees.** There are several of us who are interested in supporting refugee families as they come to Victoria [www.icavictoria.org/connect/sponsor-refugee](http://www.icavictoria.org/connect/sponsor-refugee). Please let me know if you are interested in working with Noelle Clark and myself on this issue!

*Together we can make a difference!!!*

**Looking forward to seeing you soon!**

**Brenda – President CFUWVictoria!**



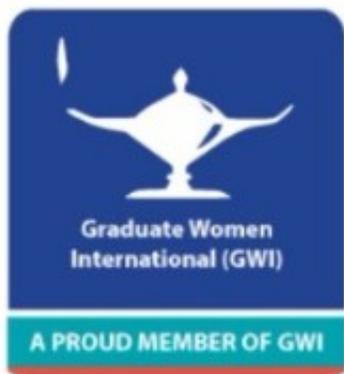
**CFUW VICTORIA Christmas Lunch**  
**Saturday, December 5<sup>th</sup>, 2015**

**Victoria Golf Club, 1110 Beach Drive**  
**Registration opens: 11:30 am / Lunch 12:00 pm**

In the spirit of Christmas, consider bringing a donation towards Artemis Place (cash or cheque please) or a gift which you can find a list for [here](#).



**To keep up to date with CFUW National, make sure to visit their [site](#) and their [Facebook page](#). It is a great way to keep in touch with what our sister CFUW groups are up to and what is coming up.**



### ***President's Letter***

Dear Members,

As GWI moves more into the spotlight at the international level and makes great strides in empowering girls<sup>1</sup> and women through lifelong education, it is inevitable that national federations and associations (NFAs) focused solely on domestic issues may withdraw their support from our global vision. Thus it is that the German NFA, DAB, has decided to withdraw its membership of GWI with immediate effect.

The Board and office deeply regret that this decision has been taken. In this case, the membership dues have been cited as a reason.

We are in the second year of a change process that takes time. It is understandable that people look backwards. We should indeed be very proud of the past: IFUW helped

women through the Second World War and the Cold War, was instrumental in getting the girl child on the international agenda, and certainly changed the lives of many women in its 96 years of history.

Yet we should also be looking at the world as it is and will be, how societies are developing and markets are changing, in order to build a future in which GWI has a place and can claim still to be changing lives.

The departure of two large NFAs poses a much more fundamental question: does the membership want an international umbrella organisation? If it does, then the membership must ensure the organisation can exist. This means NFA member recruitment, NFA activities, NFA growth, payment of membership dues and foreseeable income for GWI to be able to plan, implement and provide services.

Thank you for your continued support of GWI. GWI is your organisation and together we can ensure that girls<sup>1</sup> and women are empowered through lifelong education, so that no girl in the world is left without an education and without hope.

Best regards,

Catherine A. Bell  
GWI President



## Dear Fellow Sisters and Brothers,

It is with distinct pleasure that on behalf of the Victoria Regional Women's Committee of the Public Service Alliance of Canada BC, I invite you to attend a memorial event on **December 6th, 2015** to commemorate the **National Day of Remembrance and Action on Violence Against Women**, the ongoing initiatives to end violence against women and to commemorate the 26th Anniversary of the Montreal Massacre. We will be holding a Candlelight vigil at Holland Park on Dallas Road in Victoria on December 6th, 2015 starting at 5 pm. It is also with greatest intention that we will be requesting a collection on

this occasion of various sundries such as new socks, towels, toiletries, journals, kids toys and small household appliances to donate to Women's organizations in Victoria and Duncan especially at this time of year. We request that everyone in attendance to bring an item for donation to this very noble and necessary social initiative. We feel it our responsibility to support our Communities. If you are making a financial donation, versus bringing a collection of sundries, please make the cheque payable to "Victoria Regional Women's Committee". We have volunteers who will go out and do shopping for the items that the Women's organizations are in need of the week after the event.

**RSVP asap Virginia Vaillancourt, PSAC BC Women's Coordinator at  
vaillav@psac.com**

We look forward to hearing from you on your availability and participation in this very important event.

In Solidarity,

Virginia Vaillancourt

PSAC BC Women's Coordinator

vaillav@psac.com / 250-588-3487

**Don't forget to bring and wear your name tag to  
CFUW meetings and luncheons!**



## **Notes for our members**

### **Try carpooling!**

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

**Please remember to bring your own mug / travel cup to our meetings!!**

**Be sure to bring your old directories with you to the December general meeting where you can recycle them.**

**You can see events and a list of monthly meetings in our [calendar](#).**



## **Scholarship and Bursary Lunch**

**January 30 2016**

**Victoria Golf Club**

**11:30 for 12 noon**

**Registration forms available at the Christmas lunch and at the bottom of the newsletter**

Our speaker will be Rebeccah Nelems, Trudeau Scholar and recipient of the CFUW Margaret Dale Philp award. She is currently pursuing doctoral studies at the University of Victoria in the department of Sociology and Cultural, Social and Political Thought.

Her topic will be “Exploring Empathy in a Digitalized, Globalized World.” Rebecca has spent several years working for a wide range of youth service agencies and international agencies such as CIDA, IDRC, Oxfam, the UNDP and UNICEF, working in the areas of human rights, children’s rights, gender equality and community development. Her current research “will explore and compare youth conceptions of empathy alongside an examination of how empathy is increasingly being taught in Canadian schools. Her research will also consider what empathy as a social good can mean this particular juncture in Canadian history.”

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## **Events of interest**

### **Walkabout 2nd Tuesday at 10am**

This is designed for people who wish to walk on level terrain and it is usually an hour in length, with a break for refreshments. It is a fun way to exercise and meet like minded people. Each member will help organize the walks for the year, September -June

Contact Anne McCrone for information

New Members Welcome

**Women in Leadership: an evening talk at Royal Roads University.** On January 28th, 2016 from 7 to 9 PM, join Dr. Jennifer Walinga, Director of the School of Communication and Culture at RRU to discuss the changing role of women in

leadership. The evening will take place at Royal Roads in the Learning and Innovation Centre, 4th floor.

*Candlelight Vigil*

**26th**  
ANNIVERSARY OF THE  
**1989 MONTRÉAL MASSACRE**



In Memory

Genevieve BERGEBON	Helene COLGAN
Maud HAVERNICK	Nathalie GROTTAU
Anne-Marie EDWARD	Maryse LAGANIERE
Barbara DAINEAULT	Maryse LECLAIR
Anne-Marie LEMAY	Annie TURCOTTE
Michelle RICHARD	Annie ST-ARNEAULT
Sonia PELLETIER	Barbara KLECZNIK WIDAJEWICZ

6 DECEMBER, 1989

**NATIONAL DAY OF REMEMBRANCE AND ACTION  
ON VIOLENCE AGAINST WOMEN**

**END VIOLENCE  
AGAINST WOMEN**

HOLLAND PARK - On Dallas Rd.  
*(between South Turner & Government St.)*

SUNDAY, DECEMBER 6, 2015  
TIME - 5PM

DONATIONS WILL BE COLLECTED AT EVENT AND ALL PROCEEDS  
WILL BE DONATED TO LOCAL WOMEN'S ORGANIZATIONS.

FOR MORE INFO, EMAIL VIRGINIA AT [VaillaVigilpost@fpc.com](mailto:VaillaVigilpost@fpc.com)

AN ASL INTERPRETER WILL BE AT THE EVENT





SPONSORED BY:  
PUBLIC SERVICE ALLIANCE OF CANADA  
VICTORIA REGIONAL WOMEN'S COMMITTEE



## ***Poinsettia and Wreath Pick up***

1614 Warren Gardens (Brenda's house)  
Saturday December 5th @3:00 pm

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**Neighbourhood Group #1 - Brunch at Sea Glass Restaurant**

**Seated (L to R): Bea Baker, Susan Lane, Lorraine Pommen, Joan Nicoll  
Standing (L to R): Kay Porter, Diana Morgan, Margaret Little, Sheila Mawson**

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## Home and Pet Sitting Services Available!

Available to CFUW members, a reliable and experienced home and pet sitting with references available.

Brenda Mayhew: 250-589-7654

brendamayhew@hotmail.com

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## Scholarship and Bursary Society Lunch Victoria Golf Club, 1110 Beach Drive CFUW VICTORIA

Saturday, January 30th, 2016

Registration opens: 11:30 am / Lunch 12:00 pm

Speaker: Rebecca Nelems

### Menu Choices:

Artisan Bread & Whipped Butter

**1st Course** Artisan Greens with Garden Fresh Condiments and Balsamic Vinaigrette

**2nd Course** Wild Mushroom Stuffed Chicken Breast With Raison and Pear Chutney, Herb Risotto and Seasonal Vegetables

Or

Wild Mushroom and Squash Risotto (Vegan, Lactose and Gluten-Free Meal)

**3rd Course** Flourless Chocolate Cake with Salted Caramel Sauce and Whipped Cream

### Reservation Form

**(Please Print)**

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

 Chicken  Wild Mushroom Squash Risotto**Mark allergy concerns related to diet:** Diabetic (D)  Lactose (LT)  Gluten (GF)  Mango (MG) Melons (M)  Mushrooms (MR)  Nuts (N)  Shellfish (SH) Low Salt (LS)  Other  
\_\_\_\_\_**If you are bringing guests, provide the following information:**

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Allergies:  
\_\_\_\_\_ Chicken  Wild Mushroom Squash Risotto

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Allergies:  
\_\_\_\_\_ Chicken  Wild Mushroom Squash Risotto**\*\* I would like to cover the cost of the meal for one of our student guests by checking here  and adding \$28.00 to the total on my cheque.**

Reserve \_\_\_\_\_ place(s) at \$28.00 (tax &amp; gratuities included).

**Enclose a Cheque PAYABLE to CFUW Victoria Scholarship and Bursary Society for No Post Dated Cheques/No Refunds. Mail the Reservation Form and Payment to:****Pauline Harding, S&B Treasurer, 201-1270 Johnson St., Victoria B.C. V8V 3P1**

**Reservations & payment must be received by January 22, 2016**  
**Payment not accepted at the door.**

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**Please note!**

**For changes of mailing addresses, both regular and email, [info.cfuwvictoria@gmail.com](mailto:info.cfuwvictoria@gmail.com) for the attention of Membership Chair Connie Waddell.**

**This newsletter is published monthly. Direct inquiries or correspondence for the newsletter to the editor Hayley Bennett at [hayleyebennett@gmail.com](mailto:hayleyebennett@gmail.com).**

**Submissions for the January newsletter in by December 20, 2015. Thank you!**

**Please contact Connie Waddell – [cdwaddell2001@hotmail.com](mailto:cdwaddell2001@hotmail.com) if wish to unsubscribe to this newsletter or to advise changes to our calendar.**

**The Club's mailing address is: Box 227 1581-H Hillside Avenue Victoria, BC V8T 2C1**

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