



## VOICES CFUW Victoria

*Promoting the Education and Advancement of Women*

2019 - 06

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Susan Lane welcomes BC Council AGM & Conference Guests : The Honourable Janet Austin, Lieutenant Governor of BC; Grace Hollett, National CFUW President; Mitzi Dean, MLA for Esquimalt - Metchosin; Barb DuMoulin, CFUW BC Council president; Alice Sam, our First Nations Elder

### President's Message

CFUW Victoria had the pleasure of hosting the 2019 BC Council AGM & Conference at the Hotel Grand Pacific in early May. We were delighted to welcome close to 100 CFUW delegates, members and guests from across British Columbia to participate in our conference. It was an informative, inspirational and enjoyable few days! In addition, we raised \$3,465 in support of the CFUW Charitable Trust at our conference!

I would like to express my sincere appreciation to the Local Arrangements Committee – Brenda Canitz, Barbara Armstrong, Elaine Berthelet, Susan Lane, Karoline Roessler, Connie Waddell; and to the members of BC Council – Barbara DuMoulin, Sheila Service and Bea Shumey for all of their hard work. This committee did an outstanding job in

planning this event through their dedicated efforts over the past several months. The result was a thought-provoking and celebratory event that CFUW Victoria was proud to host!

Thank you to all of the CFUW Victoria members who volunteered, sponsored, and participated in this event! More information about this incredible conference can be found in this issue of *Voices*.

Have a wonderful summer!

**Allison Nelson-Bruce**  
**President, CFUW Victoria**

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## **Meetings and Updates**

**Our next meeting is on September 18, 2019 at the  
Salvation Army Citadel.**

The Financial Statements and Budget will be presented to CFUW Victoria members for approval.

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### **Photos from our outstanding 2019 BC Council AGM and Conference**

Please also see a copy of the program and commentary on the meeting under CFUW - BC Council towards the back of the newsletter.



Opening ceremony guests on May 3rd: Lieutenant Governor Janet Austen; Grace Hollett, President, CFUW National; MLA Mitzi Dean, Esquimalt-Metchosin



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## CFUW Victoria AGM and Dinner, May 2019

[CFUW Victoria Annual Report](#) and [Minutes from the AGM](#)









Allison Nelson-Bruce, Dr. Jane Vermeulen, the founder & director of Vets For Pets and our speaker for the evening, Sue Whitesides

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## Membership News

### Have You Renewed Your Membership?

To be included in the directory, please renew your membership ASAP:

[Registration Form and Waiver](#)

### Welcome our New Members:

Uujim Byamba  
Catriona Convey  
Elspeth Hough  
Loraine Lundquist  
Kim St. Claire  
Marcia Stromsoe

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**Patricia (Patti) Meekison**  
**March 28, 1939 – May 3, 2019**

On May 3, 2019, with her family at her side, Patti lost her battle with cancer. A battle, in the end, we think she won. She was able to say goodbye to many whom she loved, and there were so many of those. She laughed, cried and reminisced.

Patti grew up in Vancouver, lived in North Carolina, Edmonton and finally Victoria. She leaves behind the love of her life, Peter, her husband of 57 years; her daughter Jennifer, son-in-law Bob Cormie and their three children - Caitlin, Matthew and Isabel; and her son Rob and his son Koah. As a family we are overwhelmed and humbled by the outpouring of love and affection that Patti received in the months following her cancer diagnosis. We are so fortunate to have had a wife, mother, and our Book Granny, who gave so much to all of us while managing to give so much to others as well.

Condolences may be forwarded to [MeekisonFamily@gmail.com](mailto:MeekisonFamily@gmail.com). In lieu of flowers, a donation may be made to one of Patti's favourite charities: World Vision Canada or the Victoria Sexual Assault Centre.

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## **CFUW - BC Council**

This 2019 BC Council AGM & Conference [program](#) contains a lot of wonderful information about our conference last month.

BC Council's latest edition of [For the Record](#) has great commentary, starting on page 3, on our conference as well.



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.

[Club Action Newsletter May 3, 2019](#)

[Club Action Newsletter May 6, 2019 - Notice of Annual General Meeting](#)

[Club Action Newsletter May 17, 2019 - includes information on Finance Motions](#)

[Club Action Newsletter May 24, 2019](#)

### **New CFUW Club: CFUW CANADA GWI**

CFUW Canada GWI was formed to strengthen the relationship; to promote collaboration and partnership between CFUW and GWI; and to find opportunities for CFUW members to be actively involved with GWI. Members are welcome to join this virtual chapter as a dual member.

For information: <https://tinyurl.com/yxobms5f>

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## **GWI (Graduate Women International)**

[GWI UPDATE – 1 May 2019](#)

[GWI UPDATE – 15 May 2019](#)

[GWI UPDATE – 29 May 2019](#)

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## **Neighbourhood Groups**

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**Neighbourhood Group 4:** After a tour of Government house the group ate lunch at the tearoom and then visited the costume museum!

#### **Neighbourhood Group 6:**

An outing to Carole Bremner's home where she presented a very informative slideshow and talk on the history of Iran, explaining the Theocratic rule it lives under and showing us splendid photos of the many Islamic mosques. She treated us to traditional Persian foods , including a very long naan bread!



Miriam, Carmen, Carole B, Carole S, Donna



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## Interest Groups

### Summer Fun Suggestions from Activity and Interest Groups

As we sail into another summer, our activity and interest groups have offered a number of suggestions for engaging activities to see you through the season.

**Wine and Appies** continues to meet through the summer in both July and August. Contact Sue Powell ([susan7powell@gmail.com](mailto:susan7powell@gmail.com)) or Ellen Van Leyenhorst ([aevanleyenhorst@gmail.com](mailto:aevanleyenhorst@gmail.com)) for details. The golf group **Just Fore Fun** will also run an altered schedule over the summer. They will meet every 2nd Monday in June and July at 5:30pm at Cedar Hill Golf Course (June 3 and 17, July 1, 15, 29). In August they will move to Wednesday nights (Aug 14, 28). Please contact Susan Shepherd

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([shepsue@yahoo.com](mailto:shepsue@yahoo.com)) a minimum of one week in advance to indicate your interest in playing. **Light Hiking II** also recommends several enjoyable walks: the grounds of Royal Roads University (especially Charlie's Trail and the gardens); Esquimalt Lagoon; Konukson Park at 10 Mile Point; Devonian Park on William Head Road; and longer walks accessible on day trips to Salt Spring, Pender or Mayne Island.

There are also two major changes to existing groups upcoming: the **After 5 Network** will no longer be meeting; and **Moderate Hiking** will no longer meet, and will be replaced by **Light Hiking II**, which will meet flexibly but with a default to the third Tuesday of each month from 10-12, beginning in October 2019; contact Noëlle Clark at [noellejsc@gmail.com](mailto:noellejsc@gmail.com) for details.

Finally, there are **two queries to form new groups**. Anyone who is interested in forming an interest group of a monthly Dinner and a Movie, please contact Georgina Patko at [georgina@georginap.com](mailto:georgina@georginap.com). Anyone who is interested in joining a social group for young professionals and other working members, and/or a networking and mentoring group for working members, please contact Nicole Longpré, Activity and Interest Groups Chair, at [nicolemlongpre@gmail.com](mailto:nicolemlongpre@gmail.com). Anyone wishing to set up additional new groups should also contact Nicole.

We look forward to seeing new and returning members in September!

**Nicole Longpré**  
**Activity and Interest Group Convener**

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## **Activities for Summer: Where to Eat, What to Do, What to Read Suggested by our Members**

### **Restaurants**

Agrius Restaurant – for brunch  
Barb's Fish & Chips – Fisherman's Wharf  
Blue Bayou

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Brasserie L'Ecole  
Butchart's main dining room - for afternoon tea  
Café Brio  
Cafe Zanzibar (Brentwood Bay)  
Canoe Club (Waterfront)  
Compass Mexican Bistro (Shawnigan)  
Ferris' Grill & Garden Patio – for oysters  
Fish Hook  
Fol Epi Bakery  
Fresh Tandoori Flavour Indian Bistro (Royal Oak Plaza)  
Glen Rosa Farm Restaurant - By the Galloping Goose (if you want a walk), locally sourced food, Beautiful view of distant Peder Bay (Metchosin)  
Glo Restaurant + Lounge – great gluten free menu – good patio (2940 Jutland Rd.)  
Government House - for tea  
Thai Lemongrass Restaurant (3838 Cadboro Bay Rd.)  
Little Jumbo Restaurant and Bar - for cocktails  
The Livet – rooftop (804 Broughton Street #201)  
The Local (1205 Wharf St.)  
Lure – at Delta Ocean Point  
Milestones – inner harbour  
Mo:Le Restaurant  
Point No Point Restaurant (Shirley, west of Sooke)  
Sabhai Thai (Sidney or Langford)  
Spinnakers (Waterfront)  
Stage Wine Bar (1307 Gladstone Ave.)  
Steamship Grill & Bar (inner harbour)  
10 Acres  
Tibetan Kitchen  
Tonollis Deli (6991 E. Saanich Rd.) – for lunch  
Unsworth Vineyards Restaurant (Cowichan Valley)  
The Village Restaurant (Estevan Ave.)  
Vis a Vis (Oak Bay Village) – avocado & shrimp salad “a work of art”  
Vista 18 Westcoast Grill & Wine Bar

## **Places to hike or walk**

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Cedar Hills Golf Club Loop  
Cliffs at Dallas Road  
Finnerty Gardens (UVic)  
Gorge Waterway Park  
Government House  
Goward House – forest walk (Cadboro Bay)  
Henderson Park Chip Trail  
Jocelyn Hill (Gowlland Tod Provincial Park)  
Killarney Lake (Saanich)  
Kinsol Trestle (Glen Eagles Rd, Shawnigan Lake)  
Matheson Lake  
McKenzie Bight (Gowlland Tod Provincial Park)  
Mystic Vale  
Playfair Park  
Rithet's Bog  
Sidney Sea Wall walk (~ 5 km & flat)  
Songhees/Westsong Walkway  
Summit Park – great 360-degree views  
Swan Lake  
Todd Inlet Trail (Gowlland Tod Provincial Park)  
Uplands Park  
Witty's Lagoon – great birding (Metchosin)

### **Sites/places to visit**

Abkhazi Garden  
Art Gallery of Victoria  
Beacon Hill Park – see the Moss Lady (western side, south of Goodacre Lake)  
Bug Zoo  
Butchart Gardens - evening music program  
Butterfly Gardens  
Cowichan River - tubing  
Duncan Farmers Market  
Fort Rodd Hill and Fisgard Lighthouse National Historic Sites

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Hatley Castle – see peacocks & gardens (Colwood)

Horticulture Centre of The Pacific

Lake Cowichan Farmers Market

Mount Douglas

Mount Tolmie

Point Ellice House

RBC Museum

Robert Bateman Centre

Royal Roads University – Japanese gardens

Sidney – walking, shopping, browsing etc.

Tour of China Town

Unsworth Vineyards (Cowichan Valley)

## **Good Books**

### **Fiction**

A Gentleman in Moscow, by Amor Towles

The Boat People, by Sharon Bala

Burial Rites, by Hannah Kent

Commonwealth, by Ann Patchett

Do Not Say We Have Nothing, by Madeleine Thien

The Golem and the Jinni, by Helene Wecker

Olive Kitteridge, by Elizabeth Strout

The Sense of an Ending, by Julian Barnes

Their Eyes Were Watching God, by Zora Neale Hurston

Women Talking, by Miriam Toews

### **Non-fiction**

Becoming, by Michelle Obama

Cooked, by Michael Pollan

Educated, by Tara Westover

They Left Us Everything, by Plum Johnson

Woo, the Monkey Who Inspired Emily Carr, by Grant Hayter-Menzies

Author Brene Brown – anything by her

Did you know? CFUW has a virtual book club: [CFUW Reads Book Club](#)

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### Please note!

- For changes of your contact information, or if you wish to unsubscribe to the newsletter, please contact the Membership Coordinator at [membership@cfuwvictoria.ca](mailto:membership@cfuwvictoria.ca)
- This newsletter is published monthly. Direct your inquiries or correspondence for the newsletter to the editor **Communications Team** at [voices@cfuwvictoria.ca](mailto:voices@cfuwvictoria.ca)
- Submissions for the September newsletter due by **August 23, 2019**. Thank you!

**Go to the CFUW Victoria website, Now**

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