

Women Making Waves

CFUW BC Council AGM and Conference
Nanaimo BC May 3 - 5 2024

Welcome to CFUW BC Council's May 3-5, 2024 Annual General Meeting (AGM) and Conference

CFUW Nanaimo looks forward to welcoming you, along with your fellow BC members, to Nanaimo, the "Harbour City". As members of CFUW we all have a vision of a better world for women and children. In our communities and through our clubs we engage in a variety of activities we hope will help to make this a reality.

Our conference goal is to provide opportunities for delegates to share, through their discussions and individual conversations, the activities of their clubs. We hope that our speakers will motivate you, both in your individual community involvements, and in our efforts through CFUW.

This Annual General Meeting celebrates 35 years of BC Council action, advocacy and education. Come join the celebration.

Conference theme "Women Making Waves"

"A woman with a vision empowers an empire of women to do more, see more and be more"
(author unknown).

Our conference speakers are women with vision who have made waves in a variety of areas, including Ocean Sciences, Indigenous Business, and Food Security.

Conference Location Coast Bastion Hotel

11 Bastion Street,
Nanaimo, BC V9R 6E4
Tel: 250-753-6601

Free WIFI will be available for all conference participants.
Hotel parking is available at \$9 for 24 hours.

Accommodation

A block of rooms is available at the Coast Bastion Hotel at a rate of \$165.00 per night (single/double occupancy) for a "Comfort" room, most with two double beds. There is an additional \$20 per night per person for triple or quadruple occupancy. All room types will have a "Juliette" balcony with views of Nanaimo Harbour. Rooms will be reserved under the conference name **until April 3, 2024**. After that date, rooms will be returned to the general pool of rooms available.

Due to delayed renovations at the hotel we have now been advised that some of the rooms available for the conference have a king sized bed and a pullout couch. We hope that arrangement will work for you.

For hotel reservations call 1-800-716-6199. Please identify yourself as a conference participant when booking, quoting the reference number **CBI-GFC22657**. Alternatively to register through the internet, click here [conference accommodation](#)

Transportation – (Complimentary Pick-up and/or Drop-off)

BC Ferries - from Horseshoe Bay or Tsawwassen – registrants who request pick-up and drop-off at BC Ferry terminals (Departure Bay or Duke Point) will be met, and driven to and from the hotel, by our volunteers. Taxis are also available from both terminals at around \$15 from Departure Bay, and \$50 from Duke Point to the hotel.

Hullo Ferry - downtown Vancouver to downtown Nanaimo. Hullo Ferry provides a complimentary shuttle to and from the Coast Bastion hotel.

Helijet - downtown Vancouver to downtown Nanaimo. Registrants should register for pick-up and drop-off by our volunteers; the complimentary shuttle service is sporadic.

Helijet is offering a 20% discount to registrants, May 2-6. For details see the CFUW Nanaimo website at cfuwnanaimo.org.

Nanaimo Airport – Registrants who request pick-up and drop-off will be met and driven to and from the hotel by our volunteers. Taxis are available at around \$50 to the hotel. A commercial shuttle can also be reserved at 778-441-2133

General Housekeeping Information

Out of respect for attendees with allergies and adverse effects, this is a scent free conference. Please leave your perfumes and scented products at home.

- We are aiming to be as environmentally friendly as possible.
- Event times and locations will be on the hotel TV monitors.
- Please bring a recyclable bag / tote to carry your conference booklet and other goodies that you might collect throughout the weekend.
- A list of restaurants in the immediate area of the hotel will be available at the Conference Registration desk.

Friday Afternoon Tours

All tours will meet by the Conference Registration desk, Ballroom Foyer, at 1:00 pm

Tour # 1

Ay Lelum Coast Salish Design House

Cost: Free

Transportation: Provided by volunteer drivers

Duration: 2 hours

A visit to Ay Lelum's Good House of Design will enlighten visitors to Ay Lelum's cultural influences, collaborative fashion design process, and the end result — beautiful "wearable art" clothing. This is a learning and shopping opportunity. Click [Ay Lelum Good House of Design](#) for a preview.

Tour # 2

Hike on one of Nanaimo's tranquil and beautiful trails

Cost: Free

Transportation: Provided by volunteer drivers

Duration: 2 hours

A CFUW Nanaimo member who knows the local trails will lead us through winding paths, rocky shorelines, and up slopes to panoramic views. Pack your hiking boots. Hikers should have a moderate level of experience. Click [Tourism Nanaimo](#) to learn about the local trails.

Tour # 3

Nanaimo Museum Guided Tour

Cost: \$6.50 per person

Transportation: The Museum is a short walk from the Coast Bastion Hotel

Duration: 45 minutes

The story of Nanaimo's history is revealed through an informative and interactive tour. The exhibits include "Educating Nanaimo", a history of schooling in the city. Click [Nanaimo Museum](#) for more information.

CFUW BC Council AGM and Conference Program

Friday

Opening Reception

Catch up with friends, renew acquaintances and meet fellow CFUW members for the first time while enjoying hot and cold appetizers with your favorite beverage purchased from the cash bar. Come prepared to enjoy your evening! "Meet and Greet" starts at 6:00 pm with the Opening Ceremonies starting at approximately 6:30 pm.

We will be entertained by members of the award-winning Wellington Jazz Academy.

Saturday

8:00 am - 9:00 am **Breakfast**

Please enjoy the full breakfast buffet.

9:00 am - 12:00 pm **CFUW BC Council Annual General Meeting**

All CFUW members may attend free of charge. There will be a stretch break during the morning. Beverages will be available in the room.

12:00 pm - 2:00 pm **Luncheon and Keynote Speaker Jackie Hilderling**



Photo credit
©Kendra Pamham-Hall

"Where the Whales Are" will be a presentation dedicated to the importance of speaking for the ocean and how to help inspire positive change in a changing world.

The presenter is Jackie Hilderling, Humpback Whale researcher, cofounder and communications lead with the [Marine Education and Research Society](#) based in the Territory of the Kwakwaka'wakw speaking peoples, northern Vancouver Island. Jackie is known as "The Marine Detective" and is also a cold-water scuba diver and underwater photographer.

She will share lessons learned - from a previously undocumented Humpback Whale feeding strategy; to the plight of Sunflower Stars; to the human psychology that leads to disconnect from life in dark seas and to the paralysis that overwhelms and limits socio-environmental change. Jackie's on-camera experience includes work with PBS, the BBC, and Animal Planet.

2:00 pm - 2:15 pm **Break**

2:15 pm - 3:15 pm [Ay Lelum – The Good House of Design](#)

Aunalee Boyd-Good and Sophia Good are the epitome of women making waves. They are the second wave of Coast Salish designers working in a family artist collective from the Snuneymuxw First Nation in Nanaimo. These sisters are the face of Ay Lelum - The Good House of Design, and are the creative forces behind the brand. They work with and are mentored to this day by their parents, Dr. William Good, a Hereditary Chief, master carver, and cultural historian, and Sandra Moorehouse Good, artist, painter and clothing designer. Their designs feature the work of their brother Joel Good, a traditional Coast Salish carver.

Aunalee and Sophia will speak to us about the transformation of art and knowledge between generations and how their designs meld traditional art, culture, music, language, and textiles to create beautiful, wearable art. Ay Lelum's clothing lines and music are a modern form of storytelling that intends to preserve and amplify culture, bridging the gap between the past and the present, featuring the duality of the two worlds they live in.

Ay Lelum's awards include the 2018 Indigenous Business of the Year Award, and the City of Nanaimo's Culture and Heritage Award in 2021. Their designs have been showcased in numerous Fashion Weeks including New York's Fashion Week. Their couture pieces have been featured in numerous publications like Vogue, Elle, and Harper's Bazaar. Their original music has been featured in numerous video and film projects and is available on major streaming platforms.

3:15 pm – 3:30 pm **Refreshment Break**

3:30 pm – 4:30 pm **Jen Cody – Paths to Food Security**

A registered dietician currently working with the Nuuchahnulth Health Authority, Jen Cody has 25 years of experience in the field of food sovereignty and food systems development. Past Executive Director of Nanaimo Foodshare Society, she has spearheaded programs and projects to provide not just access to food, but also to building skills, farming capacity, food literacy and worker supply. She recognizes that collaboration among and within community groups offers innovative solutions to resolving food security issues.

As Co-founder and Director of the [Growing Opportunities Farm Community Co-op](#), her passion includes embracing human diversity and creating opportunities for all. Unlike cooperatives that exist for the benefit of their members, this community service cooperative exists for the benefit of the community. Growing Opportunities provides a wide scope of work both for volunteers and for meaningful employment for underrepresented and marginalized groups. The Co-op provides subsidized produce to community organizations such as the Unitarian Shelter Nanaimo, Stone Soup and the Clay Tree Society.

Jen will share her learning about the root causes of food insecurity, and the collaborative paths organizations and individuals can travel to create thriving food secure communities.

6:30 pm – 9:00 pm **Saturday Banquet**

Charitable Trust

As is tradition, conference delegates will be given the opportunity to make monetary donations (by cash, cheque or credit card) to the CFUW Charitable Trust at the banquet. Tax receipts will be issued by the National office (or Canada Helps if you donate through this organization). There will be no silent auction this year. For more information about the Charitable Trust visit their website www.cfuwcharitabletrust.ca.

Evening Entertainment

Following dinner on Saturday Rachel Dunstan Muller, a member of Nanaimo's Around Town Tellers, a collective of oral storytellers, will make us laugh and touch our hearts with her alluring tales. Following that, Alexandra Lee and Amy Laing, Vancouver Island Symphony Orchestra cellists, will enthrall us.

The cash bar will be open for the evening.

Sunday

8:00 am – 9:00 am **Breakfast**

Please enjoy the full breakfast buffet.

9.00 am – 11:30 am **BC Council Program**

9:00 am – 10:00 am

Linda Brooymans, Stewardship Manager at the [Nanaimo Area Land Trust \(NALT\)](#).

Linda started working with NALT in 2020. She has a Masters degree in anthropology, having worked with First Nations in Deline NWT and Waswanipi Quebec. Through this she has learned that experience on the land, or 'in Nature' is the best way to develop and maintain an ethic of care and stewardship for everything from our forests, streams and meadows to our parking lots and boulevards. This is why she works to develop and promote stewardship projects in which all community members can participate.

Linda will introduce NALT – a community-based organization working on numerous projects around Nanaimo in the areas of stewardship and conservation. These include a native plant nursery, a pollinator program, a number of Conservation Covenants, and several other programs. Of particular note for the conference theme, Linda will share about the innovative School Water Stewards program. Created by NALT, the program helps foster a culture of stewardship in students by providing them with opportunities to learn about and interact with local freshwater resources and their associated ecosystems.

10.00 am – 11:00 am

Celebrating 35 years of success for BC Council, and revisiting the networking sessions from the 2023 BC Council conference.

11:00 am – 11:30 am

Wrap up and conclusion of conference.

CFUW BC Council AGM and Conference Preliminary Program

Friday, May 3, 2024

12:00 pm - 6:00 pm	Registration Open at the Coast Bastion Hotel (Ballroom Foyer) Delegates pick up Accreditation / Voting cards
1:00 pm	Afternoon Tours meet in Ballroom Foyer
3:30 pm - 5:30 pm	CFUW BC Council Executive Meeting
6:30 pm - 9:30 pm	Opening Reception with No Host Bar (finger food served)
9:30 pm	Hospitality Suite open

Saturday, May 4, 2024

8:00 am - 9:00 am	Breakfast Buffet
8:00 am - 9:00 am	Conference Registration Table - Ballroom Foyer
9:00 am - 12:00 pm	CFUW BC Council AGM – Sheila Service, Chair Includes refreshments and stretch break
12:00 pm - 2:00 pm	Luncheon and Keynote Speaker – Jackie Hildering
2:00 pm - 2:15 pm	Break
2:15 pm - 3:15 pm	Ay Lelum: The Good House of Design
3:15 pm - 3:30 pm	Refreshment Break (snacks, coffee / tea)
3:30 pm - 4:30 pm	Jen Cody – Paths to Food Security
4:30 pm - 6:30 pm	Free time / Hospitality Suite open
6:30 pm	Social Time (No Host Bar)
7:00 pm	Banquet and Charitable Trust
8:00 pm	Entertainment

Sunday, May 5, 2024

8:00 am - 9:00 am	Breakfast Buffet
9:00 am - 11:00 am	CFUW BC Council program Includes Refreshments and stretch break
11:00 am – 11:30	Wrap Up and end of conference.

Follow-up Survey

All conference delegates will be sent a link to an online survey to let CFUW BC Council know your thoughts regarding the conference and AGM. Please take time to complete the survey. Your responses and suggestions help to shape the next AGM and conference.

Thank you to our sponsor Genus for their ongoing support of our AGM and Conference



Details of the Registration and Payment Process and the Registration form, are on the following two pages.

Registration Process and Payment

Payment through e-transfer preferred. Cheques will also be accepted.

1. Complete fillable registration form (page 8) – Print if you are mailing your registration form, or save the package to your computer if you are emailing your registration form.
2. MAILED registration forms for the regular rate must be postmarked before March 25th. Make **cheque payable** to: CFUW BC Council AGM
Mail completed registration form and cheque to:

CFUW BC Council AGM Registration
8180 Southwind Dr
Lantzville, BC V0R 2H0
3. EMAIL your completed registration package to: cfuwseashore@gmail.com
Send **e-transfer payments** to: cfuwseashore@gmail.com
Include your preferred first and last name in the comment box, particularly if paying from a joint account with someone else's name attached to it.
4. Cancellations until May 1st 2024 will be charged a \$25.00 fee.
Sorry, no refunds after May 1st 2024.
5. Questions regarding registration should be directed to Claire Belanger at cfuwseashore@gmail.com or by phone 236-628-2929.

Regular Registration deadline is March 25th, 2024

Late Registration March 26th - April 28th, 2024

Mailed late registration forms must be postmarked before April 25th.

Cost for Attendees

Full Conference	\$ 325.00
Full Conference late registration (starting March 26 th)	\$ 375.00
Saturday only (AGM, programs, lunch and dinner)	\$ 225.00
Saturday only (late registration) (starting March 26 th)	\$ 250.00
Nanaimo Museum Tour	\$ 6.50

Cost for Companion

Saturday Dinner	\$ 80.00
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REGISTRATION FORM

Surname _____ First Name _____

Home Club 1 _____ Dual Members Club 2 _____

Street Address _____

Town/City _____ Postal Code _____

Phone _____ Cell Phone _____

Does the cell phone accept text messages? (for ride contact) YES NO

Email _____

May we include your contact Information on Attendee List? YES NO

Special Dietary Requirements: Vegan, Vegetarian, Celiac, Gluten Free, Other

Food Allergies: _____

Special Accessibility Requirements: _____

Emergency Contact Name _____ Phone Number _____

Pick-up / Drop-off

Are you likely to require transportation from/to _____ YES NO

Nanaimo airport or ferry terminals on May 3 and May 5?

If yes, you will receive an email around April 15 requesting arrival and/or departure details

Tours Please indicate below if you wish to join a tour

#1 AY Lelum

#2 Hiking

#3 Nanaimo Museum

Conference Costs:

Full Conference (until March 25) \$325.00

Full Conference late registration (March 26- April 28) \$375.00

Saturday only (program, lunch and dinner) (February 15 - March 25) \$225.00

Saturday only late registration (March 26- April 28) \$250.00

Nanaimo Museum Tour \$ 6.50

Companion Costs

Companion Name _____

Saturday Dinner \$ 80.00

PAYMENT: Total payment due from above \$ _____

See page 7 for payment options. Registration will be confirmed by email on receipt of payment.