

February 2020

President- Janet Glasspool
Vice-President- Ann Magner
Secretary – Kathy Needham
Treasurer- Styn Furness
Past President – Kerina Elliott

CFUW: The Power of Women Working Together

CFUW is a non-partisan, voluntary, self-funded organization with over 100 CFUW Clubs, located in every Province across Canada.

Since its' founding in 1919, CFUW has been working to improve the status of women, and to promote human rights, public education, social justice and peace.

It holds special consultative status with the United Nations (ECOSOC) and belongs to the Education Committee of the Canadian Commission to UNESCO.

President's Message

Our Owen Sound and Area CFUW provides its members with interesting meetings with such varied topics as the role of medics in the Second World War, the history of the Vikings, the vibrant arts community in the area, and ways to promote healthy living.

We also offer an amazing variety of special interest groups. Our Issues group provides lively discussion on topics of public interest. The Arts Explorers club engages members in trips to local galleries and artists' studios. The Healthy Lifestyles events encourage members to stay active. Book Club discussions are always dynamic, and the Games and Knitting groups provide lively learning and fun.

We invite women from all backgrounds who support education and human rights, with an emphasis on the rights of women, to join our group. A university degree is not required. Please check out our program for the remainder of the 2019-2020 year and the many opportunities provided in our interest groups.

We are proud of our scholarship program that gives financial support to young women in the area. We are very excited about a new project that our club has taken on—support for the Scientists in School program for four workshops in an Owen Sound elementary

school. The program encourages students to pursue their interests in the STEM subjects of science, technology, engineering, and mathematics.

We are proud of the 100 years of CFUW history nationally and 30 years in this area. CFUW is committed to the promotion of education, active participation in public affairs, and advancement of human rights.

We have a wonderful, active club in Owen Sound and area, and we invite women to explore our website to learn more about us and to join this group of supportive, dynamic women.

Janet Glasspool, President

Program

Please join us for an amazing Program at our next gathering on Tuesday March 10th at 10:00.

We will be at Stephen Hogbin's 'Intersections with Wood' (on the corner of 3rd Avenue East and 10th Street East) to enjoy a presentation in his Wood Gallery.

And we will also enjoy time socializing with coffee, tea and treats.

See you there!

There is no Program in January and February. Members prefer summer meetings that are planned for July and August . Our other news is that we have started to plan next year's Program. And we are already really excited about the possibilities!

Brenda Bergen and Meran Farmer,
Co-chairs

Scholarship

Since it's inception in 1993, our Owen Sound and Area Club has given out 77 Scholarships for a total of \$ 53,950.00. You, the membership, have provided more than 50% of this sum while the investments and fundraising initiatives subsidized the balance. Congratulations Folks!

Over the past year we worked with three different schools in the area. Owen Sound District Secondary School, Peninsula Shores District School and St. Mary's High School. The Award at St. Mary's this year was given to an Indigenous student and was called the Canadian Federation of University Women 100th Anniversary Award. As well we worked with Georgian College, Owen Sound Campus to award the Judy Thomson Scholarship Award to a student going into her second year of studies.

All of the awards are for female students based on their need for financial assistance and on their level of academic merit. In our 2018-2019 fiscal year we distributed a total of \$6,000.00. This is the second year we have been able to distribute this sum, which is the largest amount given out in any single year.

Awards for our 2019-2020 fiscal year will be decided on in the Spring and will be approved by the membership, so stay tuned. Thank you for making this such a successful program.

Donna Elliott Co-ordinator, Scholarship Fund

Nominations Committee

There are some positions on the Executive opening for next year. Please contact Kerina Elliott, Meran Farmer, Brenda Bergen or Ruth Henderson if you would like more information. It involves one morning meeting presently being held on the first Tuesday of the month in the Board Room of the Library from 10 to 12.

Webmaster's

Donna Phillips and Loreen Cumming look after the website.

Archives

Please send any archival material to Lois Renner.

Newsletter

Please send any submissions for the newsletter to Ruth Henderson who is filling in for Pat McCoy. The members of CFUW offer condolences to Pat on the recent death of her husband, Ron.

Interest Groups

Book Club In the month of January, we read and discussed *The Clockmaker's Daughter*, by Kate Morton. In the beginning I was confused by all the new characters being introduced, but after persevering, I was totally intrigued by the plot and finally figured it out. Thanks to Ellen Shearer for leading the discussion.

February 24th will find us at Jane Hendrie's , (we did a switch last month to Eleanor Huff's) . The book to be shared is called *Europe*, by Jesse Wilkinson and Janet Barker will lead the discussion. Please know that all CFUW members are welcome to attend.

Submitted by Ruth Knapp, Book Club Coordinator

Yarn Group (Knitwits) – February

Hello to all CFUW members who knit (or crochet or needlepoint, etc). Beginner and experienced yarners are welcome. Our February gathering will be at Shawna's place (address in the membership directory) on **Wednesday February 12th** at 1:30ish. If you are planning to attend, please let Shawna Macivor know a few days ahead.

Healthy Lifestyle

The Healthy Lifestyle group will meet at the Frogponds coffee shop at 10 AM on Tuesday February 18th. Plan to arrive at the coffee shop in time to get yourself a beverage. We will meet the speaker from the local LHIN in the large room just south of the cash register inside Frogponds.

The speaker will be addressing current Health Care Issues and changes in our health system.

Coordinator Loreen Cumming
Report from January from Ann Magner

On Tuesday January 21st, the CFUW Healthy Lifestyle group and friends enjoyed a January spa escape together at Kokoro Holistic Spa and Wellness Centre in Owen Sound. We rented the beautiful salt cave for an hour and 11 of us were able to experience the benefits of halotherapy, (for half the cost) while relaxing in gravity chairs or on yoga mats and bolsters, and accompanied by the soothing sound of water from the fountains at either end of the cave. (Several of us reported positive benefits of this therapeutic experience afterwards, ranging from a relief from respiratory challenges to a gratifying uninterrupted sleep that night). Following the salt cave, Paige took us on an informative tour of the spa, which also includes an infrared sauna, two floatation therapy cabins, a hand and foot detox, and a variety of available workshops and other healing therapies. Our memorable spa experience at this new business, which is owned by two young female entrepreneurs, culminated with scrumptious food and drink at Birgit's Café next door at the Artist's Co-op.

Art Explorers

See CFUW Interest Groups Gallery for pictures with details of Art Explorers January 15 program of touring Tony Miller's "Legacies", as well as Erin Loree's, "The Swirl", and "Footprints in Time: Painting Around Georgian Bay", with paintings from the Tom Thomson Gallery's vault, At The TOM.

Tuesday, February 4, 10:30am

Visit and Art Talk: "Fibre and Wood" with Sheila Brown SanCartier and Mike San Cartier Studios: 128 Young's Drive, Owen Sound West

Fabricated Landscapes, Sheila's Fabric art

Head Shop, Mike's recycled wood and found objects carvings

Lunch and continued art talk with artists, follows at Joe Tomato's at the Galaxy Plaza

Saturday February 8, 1:00 - Tom Thomson Art Gallery

Artist talk with Tony Miller on his exhibition "Legacies"

Issues Group is taking a break in February. We have so many snowbirds!

