

President - Cynthia Lemon
Vice-President – Ruth Henderson
Secretary - Vivian McCaffrey
Treasurer - Styn Furness
Past President – Anne Seymour

[CFUW – Owen Sound & Area](#), celebrating 30 + years... 1990 – 2023

CFUW: ‘Women Helping Women’

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

Dear Colleagues;

How many doors do we encounter in our lives? Some are open. Some are closed. Some we must learn to open. Some are opened for us. Some we must knock on, even pound on to gain access. Doors can be an obstacle, a challenge, an opportunity. While I will not shy away from any of the above, I am most fond of those doors that are opened with a warm invitation to enter. And that is how I have landed here as your president. It is always wonderful to be asked to lead, but never more than within a women’s organization. It is an honour and a privilege. I look forward to serving, and to working with and for you.

CFUW OS and Area is a wonderful organization. It is an ever-growing group of women focused on learning, serving, participating, and caring for self and community. It is a group of women who understand the power of working collaboratively, needing and using “all the brains at the table” and finding creative solutions to big and small problems. This is evident in our executive meetings, our committee meetings, and our interest group meetings and opportunities. Our interests are many. Our backgrounds are varied. Together we find fulfillment and pleasure, even joy, in the work we do, the events in which we participate and the opportunities we provide.

The 2023-2024 year will be evidence of what I have stated above. I have no doubt that the programs provided by the Program Committee, the presentations by the Advocacy Committee, and the sessions held within the interest groups will all be fabulous! I give thanks for the women who are so dedicated to making all our CFUW OS and Area offerings special! And as always, watch for our wonderful Newsletter which lays it all out so beautifully for us!

This will be a year of some changes within CFUW. As you will see in this newsletter, we will be undergoing a CFUW brand refresh. I hope that you will take a moment to review the video that outlines the process to reach this decision, and the resulting new logo and tag line. I look forward to your feedback on this. Watch for further information as we move forward with this change.

PRESIDENT'S MESSAGE, continued ...

This has been a challenging summer. We in Ontario have been much more fortunate than many. However, some have experienced severe weather and wildfires. And much closer to home, we have been shocked by the brutal murder of one of our own community members. These things have touched us all. Jean Shionda Bolen said the following: "Here we are, women who have been the beneficiaries of education, resources, reproductive choices, travel opportunities, the Internet, and a longer life expectancy than women have ever had in history. What can and will we do?" I hope that we all consider on a daily basis all that we have and share with gratitude. May we also reach out to those who face more challenges and in some small way help them find peace in their lives.

Savour these last wonderful days of summer. I hope to share some time with you all very soon.

Sincerely,
Cynthia

~ Cynthia Lemon, President, CFUW Owen Sound and Area

CFUW Land Acknowledgement

We want to acknowledge that this place where we come together is within the ancestral and traditional territory of the Anishinaabe Nation: the people of the Three Fires known as the Ojibwe, Odawa, and Pottawatomi Nations. We give thanks to the Chippewas of Saugeen and the Chippewas of Nawash Unceded First Nation, now known as the Saugeen Ojibway Nation as the traditional keepers of this land.

ANNUAL GENERAL MEETING, 2023

At the AGM held June 13, 2023 at Legacy Ridge, Regional Coordinator, Elisabeth Sachs, brought greetings.

Members of the Executive Committee for 2023-2024 were elected/endorsed as follows:

President - Cynthia Lemon
Vice-President – Ruth Henderson
Secretary - Vivian McCaffrey
Treasurer - Styn Furness
Past President – Anne Seymour

Photo taken at the AGM, June 13.
L – R: Vivian McCaffrey, Ruth Henderson,
Anne Seymour, Cynthia Lemon, Styn
Furness and Elisabeth Sachs.



ANNUAL GENERAL MEETING, 2023, continued

Meet Your Executive Officers, 2023-24:

Cynthia Lemon, President

Cynthia spent her working career in education. She was a teacher, a union leader locally and provincially, a school administrator, and a superintendent of education for Bluewater District School Board. She was a municipal councillor in the Municipality of Meaford for a one four-year term. Needless to say, she has an interest in politics. She was drawn to CFUW as she loves working and playing within women's organizations. The wisdom of women is food for the soul. Cynthia loves to read, garden and commune with nature. She is happiest spending time with family and friends. She is looking forward to the birth of her second grandchild at the end of October.

Ruth Henderson, Vice President

In 2009, I was asked by Jan Chamberlain to attend the Magical Mystery Bus Tour as her guest. I had a lot of fun and met many incredible women that day. After I checked out the National website and found out the goals of CFUW, I knew that I had found a new passion and many new friends.

I have attended most (if not all) of the Interest Groups at various times, been on numerous committees, the Executive and attended a number of National AGM's - I shall be a member of CFUW for the rest of my life.

In 1998, I retired from my career as a Registered Nurse; my husband and I sold our home as our third son went to college and we travelled for the next 10 years, either on our sailboat (through the Caribbean to Grenada and back) or with a truck and 5th wheel to every mainland State, part of Mexico, and every Province in Canada. Since then, I've taken up riding on the back of a motorcycle -- last summer to Newfoundland and as far west as Wawa.

Vivian McCaffrey, Secretary

My husband and I moved to Owen Sound from Toronto four and half years ago, a few months following my retirement. I worked for a provincial teachers' union doing policy, government relations, and political action training. CFUW was the first organization I joined in our new community. Being a member has been a wonderful way to get to know like-minded women, support women's issues, and become acquainted with our new community. I particularly enjoy the Art Explorers and the Healthy Lifestyles groups. The Club members are engaged and committed women who are often active in other community organizations. I'm currently chair of the SweetWater Music Festival, an organization that brings exceptional classical, jazz, and contemporary music to the local community. Owen Sound and area has so much to offer those seeking a full and balanced life.

Styn Furness, Treasurer

Ruth Henderson and I attended the O.S.C.V.I. and were in the Hi Yettes together. Our paths have crossed many times and, on several occasions, she would invite me to join CFUW. At my first meeting, I knew so many of the members. I joined a year after the passing of my husband Fred, in 2016 and the friendships and activities of this club played a huge part in how I survived being on my own. During COVID the zoom meetings and games were times that meant the most to me. I was so fortunate to have this group keep me connected to others. I became treasurer about 2 years later and have enjoyed working with the executive team.

I have always been a supporter of the Owen Sound community and give back by volunteering on clubs like the Order of Good Cheer, Ducks Unlimited, Y's Menettes, Quota Club, Grey County Historical Society and Summerfolk.

For 6 years, I was an Educational Assistant to a young girl who had sight and hearing loss. I went from public, to senior public school and then to high school with her; a very rewarding experience.

I have 4 amazing children, 10 grandchildren and 6 great grandchildren and 2 more coming this year. My hobbies are sewing, cooking and reading.

This summer, I hosted several "50 Years on the Farm" parties with my family and friends.

ANNUAL GENERAL MEETING, 2023, continued

Executive Committees and Coordinators are:

Cynthia Lemon, Advocacy
Meran Farmer, Archives
Kathy Needham, Education
Anne Dondertman, Membership
Janet Glasspool, Policy
Brenda Bergen & Meran Farmer, Program
Judy Beth Armstrong, Newsletter
Trisha Hendrie, Social Media & Website

The **Annual Recognition Award** was presented to Kathy Needham “who has shown her dedication to the values, growth and success of CFUW”. [The full text of the Recognition Award is provided on page 13.]

~ *Award Committee Members, 2023: Meran Farmer, Ruth Henderson and Janet Glasspool*

In the photo: Meran Farmer (L) presents recognition award to Kathy Needham.



EXECUTIVE MEETING HIGHLIGHTS – September 5, 2023

Members of our CFUW Executive meet in person on the first Tuesday of the month at 10:15 a.m. at the Owen Sound and North Grey Union Public Library. If you wish to make a presentation to the Executive, please contact Club Secretary Vivian McCaffrey.

The Executive gathered at the Owen Sound and North Grey Union Public Library for its first meeting since June. We all agreed the summer hiatus from Club business was a good way to refresh and recharge for the upcoming year.

President Cynthia Lemon reported on the CFUW National Annual General Meeting in June and the organization’s deliberations regarding a potential name change, something that has been up in the air for some time now. The issue of whether to remove “university” from the club’s name to make the organization more open and inclusive, has been a topic discussed by the national body, as well as by regional councils, and local chapters. Our club addressed the issue some years ago by opening our membership to all women. For reasons, largely based on legal and financial concerns, CFUW National has decided to continue using its recognizable acronym but to dispense with the full name. This decision poses a number of challenges that Cynthia will address to a fuller extent.

Based on reports from Membership Coordinator Anne Dondertman and Treasurer Styn Furness, the Club is in good shape in terms of its finances and membership renewals. We are also welcoming a number of new members, which is wonderful. In an effort to welcome new members and give them a strong sense of what the Club is all about, the

EXECUTIVE MEETING HIGHLIGHTS, continued

Executive has decided to reprise the New Member Orientation session that was temporarily suspended over the last few years as the result of the pandemic.

As you you'll note from the other reports in this newsletter, members will be invited to participate in a number of monthly program offerings organized by the Program and Advocacy committees. These programs promise to educate, stimulate, and entertain.

I look forward to seeing you at the September 12th General Meeting, an event not to be missed.

~ *Vivian McCaffrey, Secretary*

EXECUTIVE COMMITTEES' REPORTS

ADVOCACY

Our Advocacy Committee took a bit of a break over the summer; however, we did make some decisions regarding Advocacy presentations in the coming year.

On Tuesday, March 12, 2024 we will be hosting a Zoom presentation at 10:00 AM with Dr. Patricia Spindel of Seniors for Social Action Ontario. She will be sharing with us important details regarding Ageing in the Right Place.

On Tuesday, May 14, 2024 at 2:00 PM a panel of CFUW OS and Area members will be discussing the Dilemma of Downsizing (Location to be determined). No doubt many of you will have experienced that overwhelming feeling of having too much "stuff." The panel will share tips and advice from their personal downsizing experiences.

Our Committee has a busy year planned with Ageing in the Right Place research. We are focused on preparing materials to present to Municipal Councils, MPP, MPs on the supports required, and perhaps missing, for Ageing in the Right Place. As well, we plan to present a resolution to CFUW National in the 2024-2025 year to get this issue into the National Policy Manual. This requires a great deal of preparation and effort however we are determined to be successful with this very important work.

If you are interested at all in joining us in our Advocacy work, please contact me at lemondalefarm@gmail.com

~ *Cynthia Lemon, Advocacy Committee Coordinator*

ARCHIVES

*For the past 30-plus years, our Club historians and archivists have collected Newsletters, Program Brochures, Annual Reports and files of Special Events. The Club's history has been well documented and shared with you before, particularly at our 10th and 20th Anniversaries. Our thanks go to Donna Phillips, Judy Thomson and Jan Middleton for keeping our history alive. It seems appropriate, in this monthly column, to share with you, especially newer members, some of the highlights of this treasure trove of information as we celebrate our 33rd year. Here is a glimpse into what our Club members have accomplished, and the dedicated women who have helped us grow and evolve... 30+ years later. **This month we focus on 2012 - 2013.***

EXECUTIVE COMMITTEES' REPORTS, continued ...

ARCHIVES

From the Desk of the Archivist...



May 14, 2013: L - R: Meran Farmer, June Sergey, Brenda Bergen

Resuming our trip through the Archives, we have reached the year 2012 – 2013. This was a good year, as we had Brenda Bergen as President, Vice: Judy Gay, Treasurer: Trish Searle and Pat McCoy at the helm of the Program Committee. Our motto at that time was: “Dedicated to enlightenment, engagement and energetic living.”

Our meetings were generally held in the basement of St. Andrew’s Presbyterian Church. That year we had a total of 58 members with Alma Wilson as our “Life Member”.

As Pat said in her annual report “the goal of the Program Committee is to offer a varied program with a balance of serious topics of local, national and international interest, some lighter topics of historic or social interest and some social and entertaining meetings”. They definitely reached that goal.

Local Interest: In October the meeting featured the Vice Chair of Grey Bruce Hospice who spoke to the need for the services of a Hospice in this area. Our Club donated \$300 towards the fundraising efforts.

National Interest: National Film Board Documentary “Status Quo: the Unfinished Business of Feminism in Canada”. At our AGM in June, members Judy Thomson and Donna Phillips presented their research on “Where has all the Water Gone? (Great Lakes), a concerning issue both locally and nationally.



May 14, 2013: L - R: Sydney Misener, Pat McCoy, June Sergey

Lighter topics of Historic or Social Interest included a tour of The Roxy with Aly Bolton; A History of Wedding Gowns; and a special speaker and best-selling author, Ken Weber, who presented “Stand by Your Man (More or Less): The Wives of Canada’s Prime Ministers”. We enjoyed our Christmas Pot Luck and a Trivia Challenge and Book Sale in February.

Under the leadership of Jan Middleton, the Scholarship Program was able to award three \$1,000 scholarships to graduates in our 3 local high schools. (Ken Weber kindly donated his speaker fee to our Scholarship Program.)



December 13, 2013: Gardeners' Christmas Lunch at Janine Sobiski's. L - R: Ruth Hill, Marg Cameron, Judy Gay, Elizabeth Mullens, Judy Mapleson, Mim Cady, Judy Thomson, Janine (hostess), Deb Ferrier, Ruth Henderson, Marion McDougall, Ellen Lewis. Photo by Loreen Cumming

Interest Groups included Gardeners where membership soared to 17 enthusiastic members who met monthly to discuss various topics such as invasive garden species, shade gardening and climbing vines. Judy Thomson was the Co-ordinator who always kept topics lively, and relevant.

EXECUTIVE COMMITTEES' REPORTS, continued ...

ARCHIVES, continued

Healthy Lifestyles headed up by Loreen Cumming, was very busy visiting the 'new' Rec Centre, snowshoeing, a visit to the Scandinave Spa in Collingwood, speakers, walks and hikes.

The Issues Group was treated to 3 sessions researched and presented by Judy Thomson and Donna Elliot focusing on the Great Lakes. They also looked into Physician Assisted Dying, Victim Services and other stimulating topics.

Readers in the Book Club met to discuss memoirs such as Nahlah Ayed's "A Thousand Farewells" and "Wild" by Cheryl Strayed and a few other interesting books.

VP, Judy Gay did some Advocacy work for us when she composed a "letter of support to Larry Miller, MP, for the introduction of his private member's bill in the federal legislature. This bill, C383, called the *Transboundary Waters Protection Act*, would ban bulk water sales and new major diversions from the Great Lakes".

President Brenda Bergen's legacy this past year was to recognize the value and importance of our relationship with our 'sister' Clubs. Through meetings and calls initiated by her, we have maintained contact with our Huron Area Clubs over the year, sharing Newsletters and attending meetings and programs when possible. A good relationship with our then Regional Director, Sandy Thompson helped to make this all possible. It was a really good year, lots of work, lots of laughs! That's how it should be.

~ **Meran Farmer, Archivist**

PROGRAM

General Meetings are **usually** held on the 2nd Tuesday of the Month.

Our **August 8th** meeting was held at Styn's to celebrate the 50 years she has been living on her lovely farm. We had a great gathering of members and enjoyed a delicious pot luck lunch. Many thanks to Styn Furness for hosting this lovely event!

On **September 12th** we will be holding a "Welcome Back" luncheon at Legacy Ridge. Our special guest speaker will be author, teacher, tour guide, Dennis Makowetsky. Please come at 11:30 to sign in, renew your membership, and socialize. Bring a friend or new member. Cost of Lunch is \$20 at the door. *See the poster below for details.*

We will also be selling tickets for our "Awesome Autumn Bus Tour" for **September 29th**. It will be an all-day trip to see some colourful country side and visit some interesting places in the area. Tickets are \$50. (Such a bargain!) *See the poster below for details*

~ **Brenda Bergen & Meran Farmer, Program Committee Co-Coordinators**



October 2012: Healthy Lifestyles. L - R: Trish Searle, Donna Elliott, Sydney Misener, Judy Armstrong, Marion McDougall, Susan Fram, Sandra Shantz, Loreen Cumming. Photo by Sandy Stevenson.



“WELCOME BACK” GENERAL MEETING & PROGRAM

TUESDAY, SEPTEMBER 12, 2023

11:30 A.M. AT LEGACY RIDGE GOLF CLUB DINING ROOM

318494 GREY ROAD 1, OWEN SOUND, ON N4K 5N4

GUEST SPEAKER: DENNIS MAKOWETSKY, TEACHER & TOUR GUIDE

“CAN YOU HEAR ME IN THE BACK?”

Dennis Makowetsky (Mak to many) spent 35 years in the classrooms of Ontario, England and Italy teaching history and, as it turned out, preparing for a second career in tourism. After 15 years leading tours along the byways of Europe, Turkey and Southern Africa he has many inspiring, unnerving, incredible stories to tell. Travel along with him – when he joins us as special guest, Tuesday, September 12 - AND in his book, “Can You Hear Me in the Back?” Copies of the book (\$20) will be available to purchase and have personally autographed.



- Arrival: 11:30 A.M.
- Lunch (\$20. cash at the door)
- Brief business meeting. Meet the Executive Committee and Interest Group Leaders
- Learn about 2023-2024 programs
- Mix & mingle with friends old and new (cash/card bar available)
- Guest speaker, Dennis Makowetsky
- Bring a guest/potential new member
- No need to RSVP
- Renew your CFUW Membership for 2023-24
- Buy your ticket for Awesome Autumn Bus Trip (\$50. cash or cheque)

www.cfuwowensound.com

www.facebook.com/cfuwowensound

Here we go again!

AWESOME AUTUMN BUS TOUR



FRIDAY, SEPTEMBER 29, 2023

9 A.M. to 5 P.M.

Meet the bus at the North Parking lot behind
Bayshore Community Centre

TICKETS \$50 - includes bus, lunch, fun, retail therapy and lots of surprises!

See Jan Chamberlain or Styn Furness for tickets.

Guests most welcome.

This is a CFUW rain or shine event.

EXECUTIVE COMMITTEES' REPORTS, continued ...

NEWSLETTER

This monthly Newsletter is emailed directly to members and is also posted to the website. Please send contributions for the Newsletter to the editor/coordinator: **Judy Beth Armstrong** armstrong.judybeth@gmail.com before the end of each month, for distribution to members within 2-3 days following an Executive Meeting.

Please note that it is CFUW - Owen Sound & Area policy that:

- *items in the newsletter should be related to CFUW information and events. Occasionally community events and information may be included if these relate to the CFUW mandate and interest groups, and that*
- *unless a member specifically gives permission, a member's personal information will not appear in the newsletter. For this information members should go to their copy of the Members' Directory.*

~ Judy Beth Armstrong, Newsletter Coordinator

INTEREST GROUPS

Please note, from our CFUW By-Laws, 2.3: Membership in interest groups shall be open only to members in good standing. Guests are welcome to attend either two (2) general Club meetings or two (2) interest group meetings per year.

ART EXPLORERS

Our Art Explorers event this month will be happening at Grey Gallery, thank you Anne Dondertman! A wonderful exhibition of Figurative works by Karen Iris Lucas and Walter's Falls artist Cindy Norton is showing there this month. We'll have a private visit to the gallery and a talk by Karen on **Friday September 22 at 10:30**. She often works in series which she describes as "autobiographical fantasies." A recent body of work, "The Story of the River Nymphs," was inspired by her studio view of the Sydenham River. <https://karenirisart.com/bio>

As a prelude to my next paragraph, I'm including this 14-minute video link for all our CFUW members because it is so amazing and powerful and a reminder of why creating and appreciating art is important for everyone including those with disabilities:

<https://aeon.co/videos/inside-the-unique-creative-space-where-outsider-artists-find-their-form>

A new studio tour of Owen Sound Community Artists, organized by Upwards Art Supplies & Studio, is being held on Saturday, September 9 from 10:00-5:00 in the downtown core and a second day on the 24th with different studios across town. Three CFUW artists participating on September 9th are Heidi Berger, Karen Iris Lucas and Cynthia Porter so do show your support. Also REACH Centre's Creative Expression Studio is part of the studio tour and they deserve our continued support too. For more Information and an interactive map go to: <https://oscommunityartiststudiotour.ca>

~ Cynthia Porter, Art Explorers Co-Coordinator

INTEREST GROUPS, continued ...

BOOK CLUB: Groups 1 & 2

If you are interested in joining us in our marvellous reading and discussions, please contact Meran Farmer (meranjoan@gmail.com) or Cynthia Lemon (lemondalefarm@gmail.com) to sign up. We would welcome new members to our Book Club groups

~ Meran Farmer and Cynthia Lemon, Book Club Coordinators

Group # 1 met on a beautiful Monday, August 27 at the home of Sydney Misener. Participants were sharing some of their favourite summer reads with the group. It will be of no surprise that the depth and breadth of the reading choices was amazing. There were some lovely summer light reads, but also some mind-boggling deep reads. Many of us will have some wonderful new authors to take on at our earliest opportunity.

Group 1 has chosen some wonderful books for our 2023-2024 book reading season. Those include the following: ***Sense of an Ending*** by Julian Barnes, ***Olive Again*** by Elizabeth Strout, ***Truth Telling: Seven Conversations About Indigenous Life in Canada*** by Michelle Good, ***A Child's Christmas in Wales*** by Dylan Thomas, ***Ducks: Two Years in the Oil Sands*** by Kate Beaton, ***Small Mercies*** by Dennis Lehane, ***Once There Was A War*** by John Steinbeck, "Choose a Banned Book", and ***Demon Copperhead*** by Barbara Kingsolver.

~ Cynthia Lemon

Group # 2 Our traditional Book Club meeting for August is always a get together to discuss books that we've read over the summer. Some of the books we heard about included: ***The Virgin Cure*** by Ami McKay, ***At the Existentialist Café*** by Sarah Bakewell, ***Demon Copperhead*** by Barbara Bolsover, ***The Book of Goose*** by Yiyun Li, ***The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma*** by Bessel van der Kolk, ***Causeway*** by Lyndon McIntyre, ***Fordlandia*** by Greg Grandin. These are just a few of all the books we read over the summer!

Our next meeting will be held on September 25th when we will be discussing ***Coronation Year*** by Jennifer Robson. ***Lincoln Highway*** by Amor Towles is our chosen book for October 23rd.

~ Meran Farmer

GAMES GROUP - 1st Friday of the month at 1:30 PM and 3rd Friday of the month at 7:00 PM

Coordinator: Trisha Hendrie solafyre@yahoo.com 519-778-2052

Games group meets twice monthly to play a variety of card and board games. We have an extensive library of over 100 games. I promise I can find a game you like. Even if you think that you don't like games come watch and see what you think.

If you would like to join the Games interest group to receive invites and updates please contact Trisha Hendrie.

~ Trisha Hendrie, Games Group Coordinator

HEALTHY LIFESTYLES – Wednesdays at 10:30

Our walkers/hikers have continued to experience a variety of walks in Owen Sound, and a variety of trails in and around the Owen Sound area. We've been to beautiful Southampton a couple of times and still have Wiarton in our sight. Meeting in the warmer weather has been at 10:30, but as it becomes cooler the time will change back to 1:00. Emails are sent out Sunday evenings to let the group know where to meet. We always welcome new walkers and ideas. To be added to our email list, please contact Rosemary at rosemaryemccann@gmail.com

INTEREST GROUPS, continued ...
HEALTHY LIFESTYLES, continued

I think the following will be of interest to all our CFUW members.

OSHARE is having a fundraising walk this September. As we have a few new members to our club who have moved to Owen Sound from out of the area a brief explanation might be helpful. OSHaRE [Owen Sound Hunger and Relief Efforts] is a non-profit, community organization that has come together to serve the people of Owen Sound and area. They are a registered charity who serve hot nutritious meals at no cost to those in need Monday to Saturday 12 p.m. to 1:30 p.m. and Monday to Friday 4:30 p.m. to 5:30 p.m.



OSHARE's main fundraiser is the upcoming walk in September.

This year they are offering both a virtual walk and an in person walk. The virtual walk allows for families, individuals, groups, etc. to walk where they want during the week of Sept. 17 to Sept. 23.

The in-person walk is on Saturday Sept. 23. Registration is 3:30 at the back of City Hall, and the walk begins at 4:00. Pick up pledge forms in person at OSHaRE, 946 3rd Ave. East or sign online at www.oshare.ca

For those of you who would like to walk to support OSHaRE, our Healthy Lifestyles members are invited to do this on Wednesday September the 20th at 10:30. Let's meet in the parking lot by the rink/basketball net at Harrison Park. All CFUW members and their friends and family are welcome.

Yours in walking,

~ Rosemary McCann and Janet Barker, Healthy Lifestyles Coordinators

TUESDAY ONLINE SOCIALS – Every Tuesday at 4:00 PM

Our Tuesday socials are just for chatting. Everyone is always welcome to drop in and out at any time. There is no format. We talk about everything. The link for this group is sent to everyone each week. No need to sign up for anything.

We've been fortunate enough to have a few people volunteer for one Tuesday a month in order to keep our social hour going. If we could get one or two more people, we'd have plenty to keep the social hour going without it being onerous for anyone. It's a simple task. I will have them all scheduled ahead of time. I will even volunteer to be responsible for sending out the link. The link remains the same throughout the CFUW year. All that is needed is a commitment to log into the zoom account and hit start meeting. We just need someone to be responsible for hitting the start button and joining the conversation for an hour.

I enjoy the socials. I just need to have the ability to not be committed every Tuesday. Please let me know if you can volunteer to do one Tuesday a month. We will set a schedule so we know ahead of time when it will be our turn.

The social hour has been beneficial for members who do not have the ability to get into town or just get out the way they used to or as often as they like. In addition, it gives our new members an opportunity to chat with our members. And finally, it's a great way to learn about random things in the area.

Regards,
Trisha

~ Trisha Hendrie, [retiring] Coordinator

INTEREST GROUPS, continued ...

WOMEN WHO WONDER (WWW) – 2nd and 4th Wednesday of the Month at 7:00 PM via Zoom

Coordinator: Trisha Hendrie solafyre@yahoo.com 519-778-2052

Women Who Wonder or WWW for short is an ONLINE ONLY interest group. The group provides a path for intellectual exploration and discussion in a relaxed and fun environment. The group uses educational videos for discussion in the same way that a book club reads a book and then discusses it with the book club. WWW specifically focuses on providing opportunities to touch on multiple topics. This is an exploratory group rather than a deep dive or advocacy group. We watch two short videos that are generally around 15-20 minutes each. We send them out a week in advance. If you would like to join the WWW group to receive invites and updates, please contact Trisha Hendrie.

~ Trisha Hendrie, Coordinator

The 2022-23 Recognition Award goes to ... Kathy Needham

Every year at the AGM our Club recognizes the special commitment and service of some of our members. This year, a special thank you is deserving to a member who has gone above and beyond the normal involvement in the Club.

On behalf of the entire Club and the Award Committee, I am pleased to present the Recognition Award to Kathy Needham who has shown her dedication to the values, growth and success of CFUW.

Kathy came to Owen Sound from Sudbury CFUW Club and joined our Club in 2016. Since then, Kathy has always been a keen member who has stepped up to the plate to cheerfully volunteer for various jobs. She served on the Executive as Secretary for 2 Years. She has been involved in Healthy Lifestyles and the Program Committee. As a continuing member of our Executive team, she Chairs the Education Fund, which includes our Scholarship Fund and the Scientists in School Program.

Kathy has made sure that our donations and Scholarships are very carefully administered, working closely with The Community Foundation Grey Bruce, and communicating with the Executive to keep it informed of Scholarships and other Education Projects.

Whenever Kathy is asked to get involved in a special project, she is more than willing and happy to do so. Her Program suggestions are a valued in the planning of Program for each year.

She is a take charge person and in the past year, Kathy has been solely instrumental in revamping the entire Scholarship Program according to the new Canada Revenue Charities Directorate rules and regulations. ...an extremely complicated and long, tedious process. We are indebted to her for her tenacity and her patience which proved invaluable in dealing with a government agency.

Her cheerful attitude and genuineness are qualities that make her a valuable and treasured member of our Club, and we so grateful for her hard work and dedication to our Club.

~ Award Committee Members, June 2023: Meran Farmer, Ruth Henderson and Janet Glasspool



June 13, 2023 CFUW AGM: Kathy Needham

ECO-SNIPPETS

Here are a few upcoming items...

1. A petition is being circulated by the [Georgian Bluffs Climate Action Team](#) to protest the 'steal' of the protected Greenbelt. Signatures are being sought until September 12th. If you would like to sign, and haven't done so already, copies of the petition and signing sheet will be available at the CFUW General Meeting at Legacy Ridge on **September 12**.
2. **On September 13th** from 3pm to 6pm, Grey County, in partnership with NeighbourWoods North, is hosting the second *Transform the Lawn* event on the grounds of the County's Owen Sound Administration building. Planting beds have been prepared for a Rain Garden and a Pollinator bed. Come with a shovel and plant, or just come to learn and support us with your friends and family. Snacks and some demos included in this FREE event. Pre-registration is encouraged. Sign up on [Eventbrite](#) here.
3. Many volunteers helped plant a "[Miyawaki Tiny Forest](#)" with bare root trees and shrubs this past Spring at Wiarton's local school. They also put in a 'bioswale'. **On September 18** at 9:30am, this new landscaping will be formally '[unveiled](#)' by REgenerate Grey Bruce and the Sustainability Project. Come to show support for the next generation - snacks will be served.

~ from your friendly eco-reporter, Shawna Macivor

Send YOUR "snippets" and suggestions for volunteer opportunities and involvement with not-for-profit community organizations to: armstrong.judybeth@gmail.com

MEMBERS' NEWS AND MULLINGS...

CONGRATULATIONS!

Eleanor Huff sent this news ... "I am not sure if you knew that **Ellen Lewis** [See her BIO, below ~ Editor] has had her painting accepted in the Northern Ontario Art Association Annual Juried Exhibition. It is very special to be accepted in this exhibition which will travel to a number of northern galleries. They accept between 35 and 40 paintings from usually about 100 to 200 submissions. Perhaps you are not aware The NOAA was established in 1949 and has member groups across Northern Ontario. They hold a summer art colony each year for one week in Cobalt, Ont. where many well-known artists have instructed. I attended each year and it was always a very special week of learning, painting, hard work and many friendships and laughter. I was a member of the NOAA until I moved to Owen Sound and no longer qualified. Ellen maintains her summer place on Manitoulin Island and so is an active member. Just in case you didn't know, she is to be congratulated!" ~ Regards Eleanor

BIO: Ellen (Pasanen) Lewis is truly a product of Northern Ontario. Born in South Porcupine, Ontario after WW II and raised in the Sudbury area where she attended Chelmsford Valley District High School. From the University of Waterloo, she received her B.Sc. in Chemistry in 1968, and attended the College of Education at University of Toronto. Her teaching career began in Kapuskasing where she taught both the Sciences and Math. While in Kapuskasing she and her husband, Gary, enjoyed the outdoors and canoed many of the lakes and rivers of the area. She continued her teaching career in Espanola when Gary joined administration at The Board of Education. Sons Bill and George were born in Kapuskasing and son Peter was born in Espanola. A move to the Owen Sound area provided the opportunity for Ellen to obtain a major in Art History from U of Western Ontario. Ellen taught two years at Walkerton District SS where she began teaching art. She completed her 34-year teaching career at Grey Highlands Secondary in Flesherton where she taught Math and Art.

MEMBERS' NEWS AND MULLINGS, continued ...

While in Espanola Ellen helped to organize the Espanola Art Club and retired after 31 years of running the La Cloche Country Art School that began in Willisville and was then located in Whitefish Falls. Ellen has had work displayed in the La Cloche Art Show since the mid 1980s. She participates annually in the Manitoulin Studio Tour and is thrilled to be included in this year's NOAA juried show. Ellen also enjoys doing arts and crafts with her seven granddaughters.

BIRTHS

Ellen Shearer is delighted to announce the birth of her first grandchild to her daughter in Houston, Texas on August 24th. It's a boy! Hugo Bradford Wiedenfeld. "Everybody in this new family is in great condition, and very happy."

Judy Beth Armstrong is thrilled that daughter Alison Leonard (who spoke to CFUW a few years ago about Vikings) and husband Ross Docherty announce the birth of their second child on Thursday, August 24th. A baby boy, Julian (Jules) Somerled Leonard Docherty, a wee brother for 19-month-old Adeline (Addie) Briar Leonard Docherty.

CELEBRATION OF LIFE, in loving memory of Mim Cady, 1928 – 2023, on Thursday, September 14 @ 2 PM at the Bayshore Community Centre. Bring stories & memories to share, and wear blue (Mim's favourite colour). Light refreshments following the service.

DEATHS

We extend sympathy to family and friends of **Nora Jones** who passed away, in her 95th year, peacefully at Lee Manor in Owen Sound on, July 28, 2023. Nora had been a member of CFUW for many years, though not recently.

It is with sadness that we learned of the passing of **Marianne Williams' husband Maldwyn (Mal) Griffith Williams**. 1943-2023. He was the love of Marianne's life and will be missed every day. There will be a service at Kemble-Sarawak Church. Further details will follow when they are available. CFUW made a donation to the Bruce Trail Conservancy in memory of Mal. We think of Marianne and her family at this time and extend sincere condolences.



Nora Jones

MULLINGS

Ruth Henderson sent this link to Ferrera's speech from the movie, "Barbie":
https://stylecaster.com/entertainment/tv-movies/1620010/america-ferrera-barbie-speech/?_hsmi=268993996&_hsenc=p2ANqtz-3sTtBciTUPJcc1SllG9Sq93on-OErfd_S-VX7Gl6Ts0lIT5Mmj9NuRsrfH5synV6wjtTU1ISx25XI80bloLX4L6Bg

On August 9th, Ruth said: "It really resonated with me because of some of my life experiences so I am sending it for your consideration for the Sept newsletter."

Trisha Hendrie added: "Was a great speech. I saw the movie last night. She did an amazing job with it. I don't think this is even the entire speech as some was added in the minutes after the original moment. Great movie."

OPPORTUNITIES FOR COMMUNITY INVOLVEMENT:

Please send your suggestions for community activities, volunteer opportunities and involvement with not-for-profit community organizations, by the first of each month, to me at: armstrong.judybeth@gmail.com. We will include them as space allows and at the discretion of the editor. There is no pressure on any of our members to attend these events, or volunteer their time or to donate funds to these deserving organizations. We appreciate that each one of us supports our community in whatever way we wish and are able.

~ Judy Beth Armstrong



For twenty years, **SweetWater Music Festival** has been captivating and enriching our local community by spreading the joy of music. From Baroque and beyond, there's something for everyone at this year's festival. You'll be treated to baroque chamber music at its finest performed by incredible historic music specialists all the way to an evening of jazz featuring Roberto Occhipinti. You won't want to miss the SHHH! Ensemble's sonic dreamscapes!

The festival also features a number of free performances including a children's concert; a presentation involving local string instrument makers; a classical jam session for anyone who wants to participate; a concert of young, up and coming musicians; and two meditative performances with chiming cups.

And of course, we'll celebrate our 20th birthday with cupcakes and bubbly after our Finale concert at the Meaford Hall Arts and Cultural Centre.

Join us for a week of inspiring music and community from September 12-17 in Owen Sound, Meaford, and Leith. For full details and tickets visit www.sweetwatermusicfestival.ca

~ Vivian McCaffrey

Binoojiiyag dadibaajimowag

Voices of the Children

Gichi-Name Wiikwedong Reconciliation Garden



Come to the Fire

National Day for Truth & Reconciliation

**Saturday Sept. 30th
11:00AM to 1:00PM**

Please wear your orange shirt

~ Donna Elliott