



cfuw cfdud

Realizing potential. For all women.
Le pouvoir par le savoir.

**CFUW – Owen Sound & Area Newsletter
November 2023**

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;

There are days when I am envious of those who so easily say “I don’t care.” But then I am reminded of all the many things about which I should care. We all know what these things are.... climate change, the constant struggle for equity and inclusion, domestic violence, threats to democracy. The list is of course endless. I however learned a long time ago that while there are many things about which I am concerned, I must focus on those things which I can actually influence.

I see the power of focused energy and influence around me all of the time. So many women within CFUW OS and Area are exemplary models of just this. Our members volunteer, donate time and money, attend community meetings, participate and lead in community organizations, lead within our community, mentor, advocate, vote (locally, provincially and federally).

I hope that we all can see that what we do has a positive impact on our community. We exhibit our care regularly, and provide influence in more ways than we will ever really know or understand. I am enormously proud of the influence of CFUW OS and Area members. And as the world some days seems to be on tilt, I want to remind you that you do wonderful things!

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.

NEW MEMBERS' "WELCOME & ORIENTATION"



In foreground: L to R: Styn Furness, Janet Glasspool, Jan Leach, Cynthia Porter

For the first time in many years – at least since before the pandemic – members of the Executive Committee coordinated a NEW MEMBERS' "WELCOME & ORIENTATION" afternoon which was graciously hosted by Trisha Hendrie in her hospitable home on Monday, October 30th. More than 20 members, new and "seasoned" attended. Janet Glasspool provided a succinct overview of CFUW – National, Provincial and Local, followed by Executive Committee Coordinators and interest group convenors outlining their areas of responsibility. We all learned about many outstanding women while playing a round of the game, HerStory, and then enjoyed sampling an irresistible array of nibblies and social time. Fingers crossed

that, pandemic-permitting, our club's tradition of NEW MEMBERS' "WELCOME & ORIENTATION" will once again be an annual event.

We are pleased to present our new masthead ... take a close look at the top of page one.
This design was recently approved by CFUW National for use by all clubs.

EXECUTIVE COMMITTEES' REPORTS

ADVOCACY

As the Advocacy Committee delves into the research regarding **Ageing in the Right Place** that will support our policy resolution and the creation of materials for our advocacy work, we are finding lot of excellent reading that we can share with you if you are interested. Here are some examples:

Systemic and Internalized Ageism: Abandonment, Rejection, Stigmatization, Segregation, Exclusion, and Being Ignored

https://www.seniorsactionontario.com/files/ugd/c73539_8e3b5d1b572d41b49f38116fd98066d4.pdf

*Special Delivery: How Canadian Postal Workers Could Better Enable Ageing in the **Right Place***

<https://static1.squarespace.com/static/5c2fa7b03917eed9b5a436d8/t/64f22258dd2eba5d7d3d8da5/1693590104594/EN+Postal+Workers+Report.pdf>

We would love your feedback and thoughts on the material that we are reviewing. Please feel free to reach out to me to share your thinking.

~ *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 2014 – 2015.***

From the Desk of the Archivist...

Judy Gay began a second term as President, with Ruth Henderson as VP for a second term. Judy's focus for the year was to remind us all that one of the main purposes of CFUW "is to lobby the Federal Government to initiate programs and improve services for the benefit of women and girls". She worked diligently to ensure that the National Resolutions were distributed locally to MP's and MPP's, and the Medical Officer of Health. She also wrote letters to local politicians to discuss the Federal 2015 Budget. Judy was dedicated to the ideals and mandate of CFUW and we appreciated all her efforts.

Judy Thomson, Membership chair reported that we had 51 members. Among 3 others, Ellen Shearer joined the Club. Judy Thomson once again hosted the New Members Coffee Party.

Sydney Misener chaired the Program Committee. Our programs were primarily held at St Andrews Church Hall, although our September Wine and Cheese meet and greet was held at the lovely Butchart Estate hosted by our member, Kimberly Love.

In October, to recognize Domestic Violence Awareness month, we viewed a compelling TED talk video, and listened to a presentation by Patty Kelly, Executive Director of the Women's Centre.

The November meeting was a special 100-year anniversary and remembrance of the victims of WW1. The Book Club presented a few of the books they had selected for further study of the War.

December is a month when we recognize others in our community who are not as fortunate as we are. Many families depend on the support of food banks and meal programs. Jill Umbach spoke about the work and efforts of the local Poverty Task Force.

EXECUTIVE COMMITTEES' REPORTS, continued...

ARCHIVES, continued ...

A highlight of the year was the return of Professor Ken Weber. He spoke to a full house on *The Other Mothers of Invention*, debunking a number of commonly held myths about who or why certain items were discovered and subsequently patented for use.

Our Scholarship Program was once again able to give three \$1,000 Scholarships to deserving young women in our area, thanks to the generosity of our members.

The Issues Group discussed a variety of topics such as Voting Trends, Family Farms, Child Care and Prominent Canadian Women.

This year was the first year for Art Explorers Group headed by Judy Thomson. Its purpose was and still is, to enlighten members about art, artists and the art world. They twice visited the TOM, and also a number of other private local galleries. 10 enthusiastic members joined this interest Group.

The Gardeners Group was also very active and engaged in visiting local nurseries. They also spent time and effort researching History of Plant Classification and Potential Invasive Plants.

Healthy Lifestyles Coordinator, Loreen Cumming, lead the group on a variety of hikes, walks and snowshoeing adventures. They also visited two farm markets. As well, they had speakers present information about the Safe and Sound Organization and the Alzheimer's Society of Grey Bruce.

Another Interest Group emerged from the desire of some members to have some fun and play games... hence the new Games Group. Our members were playing various games at the homes of volunteer hosts and having a lot of laughs and great snacks!

The Website was up and running thanks to Janine Sobiski who helped us all be connected, by ensuring that the website included Newsletters, Membership Lists, a calendar and photos.

~ Meran Farmer, Archivist

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 a few days following the beginning of the month.

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

EXECUTIVE COMMITTEES' REPORTS, continued...

PROGRAM

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

Join us, **Tuesday, November 14, 2023, 2:00 PM** when we'll meet at [Sydenham Campus](#) (the former Sydenham Community School) 1130 8th St. E, Owen Sound. Guest speaker, Steve Furness, Manager of Economic Development, County of Grey, will give us a talk about and tour of this regional skill, training and innovation centre by. It should be a very worthwhile meeting. *[see poster below for details]*

Looking forward, our **Tuesday, December 12th** general meeting and program will feature a delicious Christmas Luncheon at Legacy Ridge. We have invited singer/songwriter, AnnMarie Rowland to perform a cozy program, "This Old Quilt, in songs, stories and quilts". Arrive at 11:30 AM, pay \$20. at the door, mix & mingle.



The Program Committee has already begun to plan for our Program for next year [2024-25]! If you would like to join this committee for some fun planning, please feel welcome to contact one of us.

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

GENERAL MEETING & PROGRAM

TUESDAY, NOVEMBER 14, 2023

2:00 P.M. AT SYDENHAM CAMPUS

(FORMER SYDENHAM COMMUNITY SCHOOL)

1130 8TH ST. E, OWEN SOUND

GUEST SPEAKER: STEVE FURNESS

**MANAGER OF ECONOMIC DEVELOPMENT,
COUNTY OF GREY**

will talk about this new regional skill, training and innovation centre and take us on a tour of this recently renovated/transformed building.

- Bring a friend/potential member
- New Members and Membership Renewals accepted
- Refreshments provided
- See you there!



www.cfuwovensound.com www.facebook.com/cfuwovensound

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



We had a fabulous, sunny day in Southampton on Friday, October 20, exploring art galleries [Carol Norris photographs and Southampton Arts Centre], eating lunch at the Walker House, wandering, shopping ...

Photo on Left: At the Southampton Arts Centre L - R: Meran Farmer, Rosalie Reese, Cynthia Porter and tourguide, Joanne.

Photo below: At Southampton Arts Centre: L - R: Cynthia Porter & tourguide, Joanne.



Photo below: Art Explorers lunching at The Walker House, Southampton, October 20/23.



L - R: Anne Downs Emms, Shawna Macivor, Meran Farmer, Judi McIlroy, Arlene MacNay, Joanne Bright, Linda Crawford, Judy Beth Armstrong, Donna Phillips, Rosalie Reese, Loreen Cumming, Val Norman, Styn Furness, Sydney Misener, Vivian McCaffrey. *Photo by: Cynthia Porter*

INTEREST GROUPS, continued ...

ART EXPLORERS, continued ...

Wednesday November 8 at 10:00 AM

The Roly Fenwick *Lifelines in Light* exhibition at the Tom Thomson Art Gallery finishes at the end of the month. This will be an interesting private tour and discussion of a legendary artist who has roots in Owen Sound. He is ninety-one and still paints so it will be inspiring to us all.

Heather McLeese is back at the gallery after parental leave and has taken on the role of organizing tours from Shannon Bingeman and she is offering private group tours on Tuesday and Wednesday mornings. So even though this conflicts with the Healthy Lifestyle walking group I've decided to have our TOM tour on **Wednesday November 8 at 10:00**. If you've seen the current exhibitions already, getting more information from Heather will enlighten and inspire you even more. There is now a **\$5.00 plus HST = \$5.65 total tour charge**, even if you have an Open card. I'll add Heather's explanation below*

The exhibition in the South gallery is *(Re)Inventing Wilderness* with the work of contemporary artists Gary Blundell and Victoria Ward who have revisited an area where evidence of the destruction of the logging industry has inspired their work. This addresses the subject of how humans have exploited our wilderness areas and still do so is very relevant with our concerns about climate change.

"In the early 2000s they moved from an urban area to a remote cabin near Gooderham, Ontario, not far from Algonquin Park. In their immediate environment they found themselves surrounded by traces of the same late 19th and early 20th century industry that Thomson would have been witness to, including a de-commissioned beehive sawdust burner that was used to incinerate sawdust - a vestigial of that area's former logging industry. Both artists have returned to the burner site frequently over the years, depicting it in varying iterations, and in the process, steadily witnessing its gradual deterioration."

Both exhibitions are worth seeing and we have this opportunity to hear more about them. You will enjoy the newly renovated entrance to the TOM but be aware that the new elevator is not functioning yet. Please let me know if you can come so that I can advise Heather of the numbers.

** from Heather: "I've spent the past two months - since my return to work from my parental leave - restructuring and re-developing our new guided tour and school program offerings. With the shift to an OPEN membership, which is a great opportunity for the Gallery to connect with more members in our community, it has changed how we look at our educational program offerings and fees attached to our guided tours. We have structured our new guided school and group tour offerings to a set price per person - adult pricing at \$5.00 plus HST = \$5.65 total, per participant. This is the same pricing we're charging for students/per participant for tours as well. I do understand that a lot of your Art Explorers group are existing OPEN members and some a part of our Supporters Circle Program, and we appreciate this support as well. So, the simple answer to your question is, yes, the fee still does apply to those individuals who have an OPEN membership..."*

~ Cynthia Porter, Art Explorers 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: *Olive, Again* by Elizabeth Strout was the novel for discussion at our October 23rd Book Club meeting. Marianne Ford led us through the ups and downs of Olive's senior years and relationships. Olive inspired different reactions from the members of our group. As always, this sparks the animated discussions that we have. Many thanks to Rosemary McCann for being our wonderful hostess! Our next book selection for November is *Truth Telling: Seven Conversations About Indigenous Life in Canada* by Michelle Good.

~ Cynthia Lemon

Group # 2: At our October meeting, Donna Elliott lead the discussion on the novel *Lincoln Highway* by Armor Towles (also the author of *Gentleman in Moscow*). We had a good discussion and all agreed that it was a worthwhile read. Lynne Cox hosted. Our book choice for November 27th is *Homecoming* by Kate Morton. We'll be meeting at the home of Judy Campbell.

~ 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 in person, 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 @ 10:30 AM

We started our first November walk on a beautiful snowy day, and as we walked the rail trail near Judy Keeling's home, she invited us in for a bowl of homemade soup. Delicious and very much welcomed. Thanks, Judy!



Photo on Left: L – R: Linda Crawford, Janet Barker, Rosemary McCann, Judy Keeling, Jan Leach, Anne Seymour.

INTEREST GROUPS, continued ...

HEALTHY LIFESTYLES, continued ...

An email is sent out on the Sunday before our walk – to all those on our Healthy Lifestyles email distribution list - to give the meet location). To be added Join us on all or some of our walks as you please. For now, we meet every Wednesday at 10:30 AM; we will change to 1:00 PM at some time during the winter. to our email list, please contact Rosemary at rosemaryemccann@gmail.com

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, Co-Coordinator*

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.

INTEREST GROUPS, continued ...

WOMEN WHO WONDER (WWW), continued ...

Here are the videos and zoom link for next week, **November 8th**. Both of these are interesting. Given its topical nature please let others know we're going to watch these and talk about them because others may want to join us for it.

<https://us06web.zoom.us/j/82826490887?pwd=VzBycnRLcTRPaVpoQ3VwaGZQbGxTQT09>

[The Israel-Palestine conflict: a brief, simple history](#) From 7 years ago by VOX

~ **Trisha Hendrie, Coordinator**

MEMBERS' NEWS & MUSINGS ...

We extend warmest congratulations to **CYNTHIA LEMON** on the birth of their second grandchild, Clark Lloyd James Lemon, who arrived November 3rd and weighed in at 9 lbs, 2 oz.

Our healing thoughts are with **ELEANOR HUFF** sent this message last week ...

"I would like to add a note of thanks to all the ladies who sent cards, visited, called and expressed their concern. I appreciate our wonderful group of women..." Eleanor continues to reside at Season's Retirement Residence while she recuperates. She has her tablet and cell phone with her and happily receives your email messages and phone calls. Send an email request to Eleanor to learn her cell phone number and apartment #.



An Evening with Jesse Wenthe

Indigenous Advocate.
National Bestselling Author.
CBC Columnist.

October 19, 2023



BRUCE COUNTY
museum & cultural centre

brucemuseum.ca

Cynthia Porter and Judy Armstrong travelled to Port Elgin on the evening of October 19th to hear the indigenous writer/broadcaster **Jesse Wenthe** speak to an audience of at least 400 attendees. Here are Cynthia's musings ...

"It was a wonderful opportunity to go with Judy to hear Jesse Wenthe speak. What impressed me the most was his relaxed, engaging and often humorous presentation. Despite the painfully slow progress Jesse sees evidence, since The Truth and

Reconciliation Commission, of a shift in understanding and willingness to resolve the indigenous rights issue and move forward. He said that the truth has been told and accepted but reconciliation is yet to be completed. His talk focused on completing the reconciliation process in Canada today, and his approach to this emphasized the way these issues are presented and understood and how we choose to move forward. Much of what he said about this is in his recent book "Unreconciled: Family, Truth, and Indigenous Resistance" which he read passages from. He sees healing most clearly in Indigenous youth today who are educated, progressive, and have the ability to complete the reconciliation process and move forward. We were left with a lot of information to process but a better understanding of the subject and our role in it. It was a great evening, even if we couldn't find Judy's car in the dark after the event!" ~ Cynthia Porter

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.

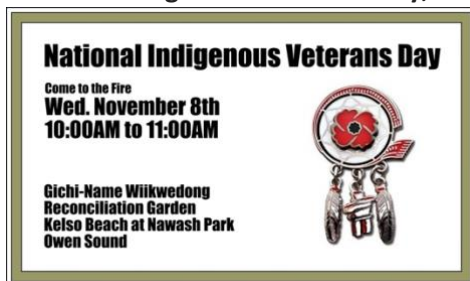
~ Judy Beth Armstrong

There is a series of lecture-concerts by Dr. Kati Gleiser (piano) at Saint George's Anglican Church, [1049 4th Ave E Owen Sound](#) Owen Sound on the first Sunday of each month at 2:30 PM: Nov 5 is Beethoven, Dec 3 is Schubert, Feb 4 is Schumann, Mar 3 is Chopin and May 5 is Russia + Ukraine featuring Ukrainian folk singer Elena Kakovalova. Admission: students under 18 free, \$20-\$40 as you are able. Tickets at St. George's 519-376-4287.

~ Patricia Hiemstra, Ruth Henderson, Anne Seymour and Maureen Sutherland

National Indigenous Veterans Day, Wednesday November 8, 10 to 11 AM at Gichi-Name Wikwedong Reconciliation Garden, Kelso Beach at Nawash Park, Owen Sound.

All welcome. ~ Donna Elliott



An invitation to all CFUW members: The Advocacy group studying "Ageing in Place" invites you to be part of our focus group, on November 22 at 3 pm by zoom. We have been asked to give our feedback to questions regarding our understanding of the kinds of challenges our elders are facing. The focus group is being run by Amber Jackson from Bruce County social services. The funding for this community scan is from The Seniors New Horizon Program, so I am the "senior lead".

Please let me know if you can attend by responding by email and I will send the zoom link the day ahead of the Focus Group. Thank you for considering this invitation.

In friendship ~ Jan Chamberlain [Janc47@gmail.com]

Traditionally, during the Christmas season, our members think of others and like to make special donations. Here are a few worthy causes, put forward by some of our members...

- I really enjoyed past times where we supported REACH Centre and [REACH Marketplace](#), [Women's Centre Grey Bruce](#), [OSHaRE](#), the United Way's SOS program, or [Utility Assistance Program](#), etc. I was hoping we could do something again during the holiday season...I think it is important for us to be more visible in the community, not just to raise our profile, but also to demonstrate a commitment and support to not-for-profit groups doing incredible work. ~ Anne Seymour
- When he spoke to our club last month about Frauds and Scams, Jason Cranney told us about another project of the Owen Sound Police Service... **teddy bears in police cruisers to give to children** involved in trauma and emergencies. To donate funds for the purchase of teddy bears, or other special programs, visit Owen Sound Police Services, 922 2nd Ave West Owen Sound. ~ Meran Farmer

CHRISTMAS URNS SALE



Cost: \$70.00

Saturday, November 18, 2023
10:00 a.m. - 1:00 p.m.

Marine & Rail Museum
1155 1st Ave West, Owen Sound, ON

*Unique Christmas Urns made with seasonal greens and
enhanced with natural materials in gold, silver, red and white*

created by
GEORGIAN BAY GARDEN CLUB

~ Jan Middleton