



cfuw Owen Sound
and Area

Realizing potential. For all women.

*Celebrating our
35th ANNIVERSARY
1990 - 2025*

*Women Helping Women through
Advocacy, Education, and Friendship*

**CFUW – Owen Sound & Area Newsletter
SEPTEMBER 2025**

2025-2026 EXECUTIVE OFFICERS

**President – Ruth Henderson
Vice-President – Helen Penfold
Secretary – Sandra Shantz
Treasurer - Styn Furness
Past President – Cynthia Lemon**

[CFUW – Owen Sound & Area](#), celebrating 35 years... 1990 – 2025/26

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.

Our Club was founded in 1990, spearheaded by two very dynamic women, Alma Wilson and Norah Egener. Our charter was awarded in August 1991 at the National annual general meeting in Toronto. We were the 135th club in Canada at that time.

We're celebrating our 35th Anniversary, beginning September 2025 through to June 2026.

PRESIDENT'S MESSAGE

It is an honour and a privilege to be the President for CFUW - Owen Sound and Area in this, our 35th Anniversary year.

My focus will be to continue to inform as many women as possible about the benefits of belonging to this dynamic National organization which was established in 1919, before Canadian women even had the right to vote. Locally, we are a community of over 60 remarkable women who have had various careers, experiences, talents and attitudes. This diversity becomes our greatest strength as we meet with each other to form serious friendships at Executive meetings, Interest groups, larger monthly program events and individual social connections that usually involve food and perhaps a little wine. I will be forever grateful that Jan Chamberlain invited me to join this organization in 2009.



Ruth Henderson, President

Our contribution in the form of scholarships for post-secondary education for young women in this area is a part of over the one million dollars given per year in Canada.

We need every member to feel connected, informed and engaged in the life of this club; consider how you might contribute your skills. Every contribution, large and small, of the three "T's" (time, talents and treasury) adds to the success of this group and we thank you for living up to our motto, "*Realizing potential. For all women.*"

Onward...

Ruth

~ Ruth Henderson, 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.

EXECUTIVE COMMITTEES' REPORTS

MEMBERSHIP:

Membership Renewals/New Member Registrations for 2025-2026 are now due. Membership information and forms are available [here](#). Bring your completed form and cheque to the September 9th meeting, OR e-transfer your membership dues and donation to fincfuwos@gmail.com. Extra membership forms will also be available at the September 9th meeting.

~ *Anne Dondertman, Membership Coordinator*

NEWSLETTER

This full-length Newsletter will be published 4 – 6 times a year with interim “e-blasts” as required. As usual, these communications will be emailed directly to members and posted to the website. Please send contributions for the Newsletter to the editor/coordinator: **Judy Beth Armstrong** armstrong.judybeth@gmail.com.

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*

PROGRAM

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

TUESDAY, AUGUST 12 at 11:30AM: A delightful “country casual” summer social and potluck lunch was well attended at the welcoming farm home of Styn Furness. Laughter and tears accompanied the sharing of many fond and often comical memories of long-time member, Jan Chamberlain (April 7, 1941 – July 1, 2025).

TUESDAY, SEPTEMBER 9 at 11:30AM AT LEGACY RIDGE GOLF CLUB DINING ROOM, 318494 GREY ROAD 1, OS **CELEBRATE OUR CLUB'S 35TH ANNIVERSARY** with a buffet luncheon (**\$30. CASH** at the door), cash bar and special guests. Long-time member and current Vice President, Helen Penfold, will regale us with a thought-provoking talk, “*Celebration - Motivation – Cooperation*”.

- MEMBERS ONLY - No need to RSVP ~ BUT if you wish to bring a potential member, please contact Brenda Bergen @ bbergen@rogers.com by September 5th
- Dietary concerns? Contact Brenda Bergen @ bbergen@rogers.com by September 5th.
- *Please see poster below for details.*

TUESDAY, OCTOBER 8 at 2PM AT SEASONS RETIREMENT HOME, 1389 16TH AVE E, OWEN SOUND

ELDER LAW MYTH BUSTING: This presentation, given by CFUW Owen Sound and Area member (and lawyer) **Angela Yenssen** will discuss the legal issues that frequently impact people as they are aging: powers of attorney, wills, health care consent, rights of residents in congregate living settings, and driving. The presentation will focus on debunking pervasive social myths about these legal issues. ~ *A CFUW Advocacy Presentation*

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



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TUESDAY, SEPTEMBER 9, 2025

11:30 A.M. AT LEGACY RIDGE GOLF CLUB DINING ROOM
318494 GREY ROAD 1, OWEN SOUND, ON N4K 5N4

CELEBRATE OUR CLUB'S 35TH ANNIVERSARY

with a buffet luncheon and special guests. Long-time member and current Vice President, Helen Penfold, will regale us with a thought-provoking talk, "*Celebration - Motivation - Cooperation*".

- Mix & mingle (cash bar available)
- Meet & greet friends old & new
- Buffet Lunch – Seasonal Menu incl tea/coffee (\$30. at the door)
- No need to RSVP
- Membership renewal/registration for 2025-2026



www.cfuwowensound.com

www.facebook.com/cfuwowensound

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 ~ Friday September 26 at 10:30

Art Explorers begins another exciting season on **Friday September 26 at 10:30!** We'll meet at the **Tom Thomson Art Gallery** for a private tour of the current exhibitions (there's a small tour fee payable at the desk). Even if you've seen the exhibitions during the summer, you'll want to see them again with the insight and knowledge of Heather McLeese, curator of public projects and education.

"All the Calm & Calamity" examines the work of Tom Thomson created in Algonquin Park 1914-1917 just before his death. In contrast the other contemporary exhibitions explore art in the digital age from different points of view. "Ctrl + Alt + Delete" by Laura Moore and Geoffrey Pugen look at how digital and ecological works mirror each other in complex ways whereas "Only Human" a solo exhibition by local artist and author, Elly MacKay raises ethical questions about the rise of Artificial Intelligence and the impact on artists like her. To appreciate Elly's exhibition, I suggest you watch this interview with her about her unique creative process: <https://www.youtube.com/watch?v=>. You may also want to watch this short video "How artists and critics think AI art will transform the industry:" <https://www.youtube.com/watch?v=jW3e5XP>

At noon we'll have **lunch at Sabitri's Global Cuisine** which was very popular last time we went <https://sabitrisnepaleseandindianfoodon.com>. "Sabitri's is a bright, unfussy eatery serving authentic Indian and Nepalese cuisine. Vegan, vegetarian, and gluten free options." Please let me know by September 23 if you are coming so I can reserve a table.

We'll then proceed a few doors down to **Gallery de Boer** (969 2nd Avenue East, 2nd floor) to view a private Estate sale with predominantly Allen Smutylo's paintings, original prints and books. If you are not familiar with his art and books check out his website: <https://www.allensmutylo.com/index.php> (Note: if you have mobility issues there are only stairs and no elevator to the gallery). Thanks to Sydney for suggesting this exhibition for Art Explorers.

**** A request from me for suggestions: would you like Art Explorers to see your art or craft studio and work; do you have an art collection you'd like to show us (or know someone else who does); or an art topic you'd like to present to the group? ****

~ Cynthia Porter, Art Explorers Coordinator

BOOK CLUB: Groups 1 & 2

Our book clubs enjoy numerous recommended books over the year. We always have great discussions, great snacks and great social time. If you would like to join us, please contact Anne Seymour at anne.seymour3@gmail.com or Meran Farmer at meranjoan@gmail.com We are delighted to welcome new members!

We held our first joint Book Club meeting on August 25th, hosted by Marianne Ford at the Harbourfront Condos in the Aldridge Room. At this meeting, each participant shared a book they would recommend from their summer reading. A number of people brought a selection of fruit, cookies and squares. Lemonade, coffee and tea were also provided. It was a great sharing of various genres and authors.

Our next meetings (Book Clubs 1 & 2) occur on September 22, 2025 at 1:30PM. Anyone interested, please contact Anne Seymour [anne.seymour3@gmail.com] or Meran Farmer [meranjoan@gmail.com].

~ Meran Farmer and Anne Seymour, Book Club Coordinators

INTEREST GROUPS, continued...

HEALTHY LIFESTYLES – Wednesdays @ 10:30 AM



Healthy Lifestyles walkers, June 2025. L - R: Marianne Williams, Rosemary McCann, Joanne Bright, Janet Barker, Linda Crawford, Anne Seymour. Photo by Shawna Macivor

Our walkers/hikers continue to be a dedicated group walking in spite of the very warm weather that we have had. Although we did cancel a couple of times due to extreme heat. Our group is such that you can feel free to walk as many times or as few times as you like during the year. We walk Wednesday mornings at 10:30 AM each week, and aim for an hour on each outing and often treat ourselves to a coffee or tea as a reward after our efforts.

Directions for the meeting place are sent out by email on the Sunday evening prior to our walk. New walkers are welcome. To be added to the email list please contact me at rosemaryemccann@gmail.com.

~ Rosemary McCann and Janet Barker, Healthy Lifestyles Co-coordinators

TUESDAY ONLINE SOCIALS – Every Tuesday* at 4:00 PM

Our Tuesday online social hours are just for chatting. Everyone is always welcome to drop in and out at any time. There is no format. We talk about everything.

Rather than send an email to all members, we are asking those of you who are interested in receiving the weekly Zoom link to please email Cynthia Lemon at lemondalefarm@gmail.com. Social hour links will then be sent only to those who are interested in attending rather than to all of our members. We hope this makes our communication more efficient and does not clog up your in-boxes!

Signing up does not mean that you have to attend every week, but rather only when you are able and interested in doing so. Social hour will continue (almost) every Tuesday. This year our hosts are as follows:

- First Tuesday of the month - Cynthia Lemon
- Second Tuesday of the month - no social hour as it is a program/advocacy day*
- Third Tuesday of the month - Anne Seymour
- Fourth Tuesday of the month - Loreen Cumming
- Fifth Tuesday of the month if there is one - Cynthia Lemon

Thanks to Anne and Loreen for hosting! We look forward to seeing those of you who choose to attend!

~ Cynthia Lemon, Tuesday Online Social Hour Coordinator

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

Highlighting Climate Projects

Many local climate action groups thrive in this area. A group that CFUW women should know about is called [The Sustainability Project](#). They lead many projects and are a great resource for those interested in local climate action. If you are in the Wiarton area this fall, visit the little forest behind the Wiarton school. It was started by this Sustainability Project group and has excellent informative signage.

Another place to consider a walk this fall is up at Owen Sound's Brightshores hospital where a group called [NeighbourWoods North](#) has focused much of its efforts since 2017. The grounds are open to the community to walk the accessible Healing Pathway around the edges of the property. You can admire the efforts to bring biodiverse life back to what had become barren ground. When you are up there, check out the Welcoming Garden outside the hospital's main entrance - planned and supported by NWN and Grey County Master Gardeners.

Both these local climate groups have websites (click on the links above) and welcome people to sign up for their mailing lists. NeighbourWoods North also takes donations for trees and benches as a memorial. A good way to contribute and keep informed. ~ submitted by Shawna Macivor

Georgian Bay Symphony

Our 2025-2026 season is a vibrant and a dynamic mix of beloved orchestral masterpieces with supremely talented guest artists joining us in the fun! CBC Radio's Tom Allen will bring his inimitable charm for an evening of musical storytelling, with music of Prokofiev and Bizet. Then it's double your pleasure for our April concert with two (two!) double concertos played by four impressive instrumental soloists. Their virtuosity and artistry will astonish and move you. On the lighter side, our Valentine's Day themed matinee concert on February 14 will feature four fantastic singers who will offer a wide mix of love songs from both opera and the movies. And don't forget Christmas! In a first ever collaboration, we will partner with Shoreline Chorus for a warm-hearted evening full of good cheer. The season will end with a bang with the ever-popular *Firebird* suite by Stravinsky. And Juno-award winning pianist Philip Chiu plays Mozart with us on that evening, too! It's going to be incredible. I'm looking forward to seeing you at the concerts!

~ Jeffrey Pollock, Music Director, Georgian Bay Symphony

[Safe 'N Sound](#) is in need of Board members and donations. Click on the link to its website.



OPPORTUNITIES FOR COMMUNITY INVOLVEMENT, continued

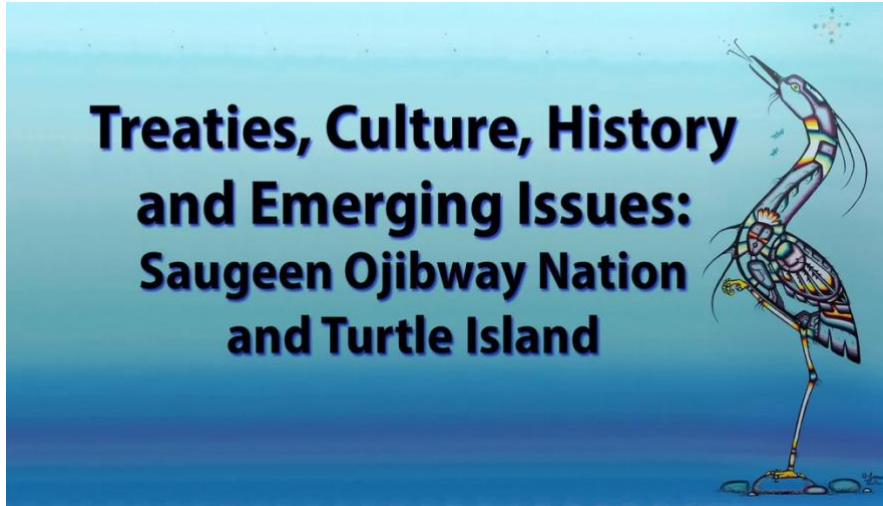


electHerNow: Some of the municipal leaders our communities need haven't stepped forward yet—they're in our neighborhoods, workplaces, and community groups. Too often, they don't see themselves at the local decision-making table. This September, we're participating in two great events to inspire them to lead: **Ready to Run 2026 – Owen Sound, Rumpus Room**. In-person: Thursday, September 18, 2025 (7 PM) FREE. RSVP: Email: wevotelocal@gmail.com

A banner for community events. On the left, a circular logo says "electHER NOW" with an illustration of three people holding up a globe. The main text reads "Campaign Curious? Join Us This Fall!" and "Inperson, Online or Both!". On the right, there are two smaller posters. The top one is titled "READY TO RUN 2026" and "RUN WHERE YOU ARE Virtual Campaign School Kick-Off". It includes details about the event on September 18th at Rumpus Room (The Old Bean Cellar), 237 Wm St & Owen Sound. Logos for RUPA, The Jane Collective, LFPR, and POLITICSNOW are visible at the bottom.



Join us for this thought provoking and eye-opening lecture series. It's time to relearn the stories we thought we knew - told with honesty, respect, and a fresh perspective. BEGINS SEPTEMBER 11. TICKETS at [Bluewater Association for Lifelong Learning ~ BALL](#)



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