



cfuw fcfd

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

CFUW – Owen Sound & Area Newsletter
JUNE 2025 – following the June 10th AGM

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 look forward to celebrating our 35th Anniversary, beginning September 2025.

PRESIDENT'S MESSAGE

It is an honour to have been asked to be the President of CFUW Owen Sound & Area for this, our 35th Anniversary year. I will do my best to continue the legacy of all the women who have strived to improve the lives of others while at the same time adding such joy and connection to our own. I encourage you to join an interest group, volunteer on a committee and serve on the Executive as that is where the sincere friendships develop ... and we do have such fun along the way.

I am so grateful that in 1990, two Owen Sound women, Alma Wilson and Norah Egener put an ad in the local *Sun Times* (daily newspaper at the time) to see if there was interest in joining the National CFUW organization that was established in 1919. Our current members, Jan Middleton, Pat Edwards and Judy Beth Armstrong were attendees at that first meeting. Our charter was awarded in August 1991 at the National AGM in Toronto and we became the 135th club in Canada. My journey began in 2009 when Jan Chamberlain asked me to go on Mystery Bus Tour. I was so impressed with the women that I met that day, that I came home, went to the CFUW National website, saw the amazing work that was being done to work on complex issues

PRESIDENT'S MESSAGE, continued ...

and let Jan know that I wished to join. It has been one of the best decisions of my life. Thank you again for the opportunity to serve you. I look forward to this 35th Anniversary year.

I want to thank Cynthia Lemon for all of her efforts on our behalf during her 2-year Presidency. You have remarkable skills as a leader - your dedication to detail is amazing and you care deeply about the organizations you serve. We appreciate that you are taking on new duties on the Executive for the coming year and look forward to continuing our tradition of lunches at Bishops Landing following those meetings.

~ Ruth Henderson, President, CFUW Owen Sound and Area



Newly elected President Ruth Henderson with Past President, Cynthia Lemon, June 10, 2025

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.

SUMMARY OF THE AGM HELD TUESDAY, JUNE 10, 2025 AT LEGACY RIDGE

The AGM package (including reports, financial statements) which had been emailed to all members earlier, received unanimous approval at the AGM. For new members and those wishing to study it further, you'll find it attached to the cover email for this newsletter.

Members who attended the June 10, 2025 AGM elected the following slate of Officers to the Executive Committee for 2025-2026:

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

Pictured below, L – R: Helen Penfold, Vice President; Styn Furness, Treasurer; Sandra Shantz, Secretary



The following members are appointed to the Executive Committee as Coordinators for 2025 -2026

Advocacy: Cynthia Lemon
Archives: Meran Farmer
Education: Cynthia Lemon
Membership: Anne Dondertman
Newsletter: Judy Beth Armstrong
Policy: Janet Glasspool
Program: Brenda Bergen and Meran Farmer
Social Media: Anne Dondertman

SUMMARY OF THE AGM HELD TUESDAY, JUNE 10, 2025 AT LEGACY RIDGE, continued ...

RECOGNITION AWARD 2025 ~ JAN MIDDLETON

This year we are pleased to present Jan Middleton with the Recognition Award for outstanding service and dedication to our Club.

Jan Middleton joined Owen Sound CFUW Club as a Charter Member in 1991 and over the years she has contributed in a very meaningful way to the success of our Club. As far back as 1994, she volunteered to be a member of the Publicity Committee, when she used resources such as the Owen Sound Sun Times, CBC press releases and the local MacLean Hunter TV outlet (now Rogers) in order to promote the Club and to encourage new members to join.

The Scholarship Program was initiated in 1992 and the first 2 Scholarships were given out in 1993. Jan volunteered to work on the Scholarship Committee along with Judy Thomson and Norah Egner to administer the Scholarship Fund. Jan became Scholarship Chair and continued in that position until 2015.

Involved in the Gardeners Group, Jan regularly participated in monthly meetings where she demonstrated her exceptional abilities as a talented green thumb. She arranged for speakers to demonstrate various gardening ideas, and organized a variety of interesting activities.

As well as the Gardening Group, Jan regularly participated in the Book Club by leading many discussions on various books.

Jan was a valued member of the Executive Committee for many years, giving guidance and advising on the issues involving the business of the Club.

Jan is an extraordinarily dedicated, enthusiastic and valued member of our Club. She is more than well deserving of our deep appreciation for her contributions to the success of CFUW. Thank you, Jan.

A second RECOGNITION AWARD was announced but since the recipient was not present, that information will be published in the next newsletter.

~ Meran Farmer, Janet Glasspool, Judy Beth Armstrong, Recognition Awards Committee



Jan Middleton & Meran Farmer

AGM GUEST SPEAKER



After a delicious lunch and social time, Meran Farmer introduced Jason Cranny, Community Services Officer with Owen Sound Police Services who, in a light-hearted and engaging manner, provided tips on avoiding the newest frauds and scams, how to recognize and report instances of human trafficking, and highlighted the summer student on patrol program. Appreciative comments, Q & A followed.

EXECUTIVE COMMITTEES' REPORTS

ADVOCACY

In the May issue of this newsletter, we provided the full and final resolution that we submitted to CFUW Ontario Council at its recent AGM. Our resolution, entitled *Ontario Seniors' Advocate*, was presented by Angela Yenssen who was the driving force behind the crafting and writing of our resolution. Her presentation is provided, below. We are grateful to Angela for her expertise and guidance. It's important to note that our resolution was one of only two resolutions passed at Ontario Council's May 24th AGM.

~ **Cynthia Lemon, Advocacy Committee Coordinator**

Angela Yenssen's remarks to CFUW Ontario Council AGM, May 24 2025:

Introduction: I am going to focus these two minutes on explaining the thought process behind our club's Advocacy Committee submitting this resolution.

We identified that we wanted to do some sort of project related to aging in place. Aging in place is certainly what all of us want, and national polling data indicate that many Canadians agree with us. After the CFUW national resolution about aging in place was approved, we sharpened our focus on discussing what action we could take to support implementation of the broad principles in the national resolution through specific actions at the provincial level.

We quickly became overwhelmed by the many different specific actions that could be taken to promote aging in place. For example, building code requirements influence the accessibility of new homes constructed. Legal eligibility requirements for publicly funded home care services impact the availability of home care services.

As we considered all of the possibilities, we realized that we should not be deciding which actions are the top priorities to facilitate aging in place. What we really need in this province is a person who is independent of government who is able to gather data about what is working and what is not working in the aging experience and can prepare recommendations based on the data to support aging in place and other aspects of quality of life in the aging experience. We created the seniors' advocate resolution before you to implement this vision.

Conclusion: Thank you to all of the clubs who took an interest in this resolution and sent us feedback. We implemented many of the suggestions we received. The feedback we received has helped ensure we have a strong resolution to bring before you today.

The slogan on the PowerPoint slide at the start of the meeting this morning was "women leading change." We have an opportunity to be women leading change in the aging experience in Ontario by passing this resolution. I have talked with other seniors' clubs in the Owen Sound area about this idea of a seniors' advocate resolution. If we pass this resolution today, we will be the first group to move this idea forward. Let's be women leading change and adopt this resolution. Thank you.

~ **Angela Yenssen, CFUW OS & Area Advocacy Committee**



Angela Yenssen

EXECUTIVE COMMITTEES' REPORTS, continued...

MEMBERSHIP

We were delighted that a number of new members joined our Club at the AGM. Members are reminded that membership renewals are now due with our new year beginning June 1st. Membership forms may be downloaded from [our club's website](#) and payment may be made by e-transfer to: fincfuwos@gmail.com. The annual membership fee of \$110. remains unchanged. At the time of paying their membership fee, members are encouraged to make a tax receiptable donation to our club's Education Fund to support scholarships and other educational projects.

~ Anne Dondertman, Membership Coordinator

NEWSLETTER

This Newsletter will be published 4 – 6 times a year with interim “e-blasts” as required. It will be emailed directly to members and posted to the website. Please send contributions for the Newsletter to the editor: **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, with NO meeting in July or January.*

PAST PROGRAMS:

TUESDAY, MAY 13, 2 PM: “MADE IN GREY” was presented at THE SYDENHAM CAMPUS [formerly known as Sydenham Community School] 1130 8th St. E, Owen Sound with GUEST SPEAKER SAVANNA MYERS, DIRECTOR OF ECONOMIC DEVELOPMENT, TOURISM & CULTURE for GREY COUNTY. We very much appreciated Savanna Myers talk as she led us on a discovery of all the wonderful “Made in Grey” products and services.

Tuesday, June 10, 11:30AM: ANNUAL GENERAL MEETING, LUNCHEON & PROGRAM at Legacy Ridge Golf Club Dining Room. Attended by over 40 members and guests, it was a lovely day among friends. Please refer to the **SUMMARY OF THE AGM**, on pages 3-4, above.

UPCOMING PROGRAMS ~ MARK YOUR CALENDARS!

Tuesday, August 12, 11:30 AM: “Casual Country” outdoor potluck lunch at the lovely farm home of Styn Furness. *Details to follow.*

Tuesday, September 9, 11:30 AM: 35th Anniversary Celebration, General Meeting and Luncheon at Legacy Ridge Golf Club Dining Room. Special Guest Speaker will be our very own long-time member and now Vice President Helen Penfold. *Details to follow.*

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

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, June 13 at 10:30AM – in person

Everyone is welcome to join us on **Friday June 13 at 10:30 at the Tom Thomson Art Gallery** for a guided tour with Heather McLeese of the current exhibitions. If you cannot join us, I do urge you to see these exhibitions before they close on June 14!

Safekeeping is an exhibition of works from the gallery collection that highlights the roles of stewardship and conservation in both art collection practices and environmental protection for future generations. The aim is to amplify the voices of teens in our community who make profound observations and very moving comments on each work;

Soft Futures. Facing mounting anxieties related to climate change, social crises, and disconnection in the digital age, the artists offer hopeful new spaces for moving forward, promoting slowing down and softening as an anecdote towards collective healing;

An Everyday Utility. Hungarian-born artist Nicholas Hornyansky, OSA, RCA (1896 – 1965) moved to Canada in 1929, where he achieved success by traveling across the country, creating detailed etchings, aquatints, and paintings that offered a poetic impression of Canada through its landscapes, architectural landmarks, and people.

We'll then go to **Grey Gallery at noon** to see **Material Matters** a six-person exhibition with members of Grey Highlands Collective and guest artists who created innovative works from a box of assorted materials that each artist received to include in the work for this show. There will be no speaker for this event.

*** Please let me know *asap* if you are interested in lunch to follow and I'll book a table for 12:45PM at **Casero Kitchen Table** 946 3rd Ave East for Mexican cuisine.

~ 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 Cynthia Lemon at lemondalefarm@gmail.com or Meran Farmer at meranjoan@gmail.com. We are delighted to welcome new members!

~ Meran Farmer and Cynthia Lemon, Book Club Coordinators

INTEREST GROUPS, continued...

HEALTHY LIFESTYLES



L-R: Shawna, Rosemary, Joanne, Linda, Janet

Our Healthy Lifestyles group or as we like to call it, Walkers/Hikers, enjoy walking in parks and conservation areas, around the harbour, on local beaches and trails in and around the Owen Sound area. Sometimes we venture a little further afield.

We walk once a week on Wednesday mornings at 10:30 AM, 12 months of the year and aim for an hour walking each time. An email with directions to the meeting place is sent out on the Sunday evening. You can walk as many times or as few times in a year as you like. Everyone is welcome.

If you are interested, we will put you on the email list. We ask that you let us know if you are able to come each week so that we can wait for you if you are late. No need to let us know if you aren't coming.

If you would like to receive our Healthy Lifestyles email, please let us know. You can contact us at rosemaryemcann@gmail.com. Hope to see you.



~ 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. The link for this group is sent to every member each week. No need to sign up for anything.

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!

The final social hour for the season will be Tuesday, June 24, 2025. We will take a break for the summer and start up again in September.

~ Cynthia Lemon, Social Hour Coordinator

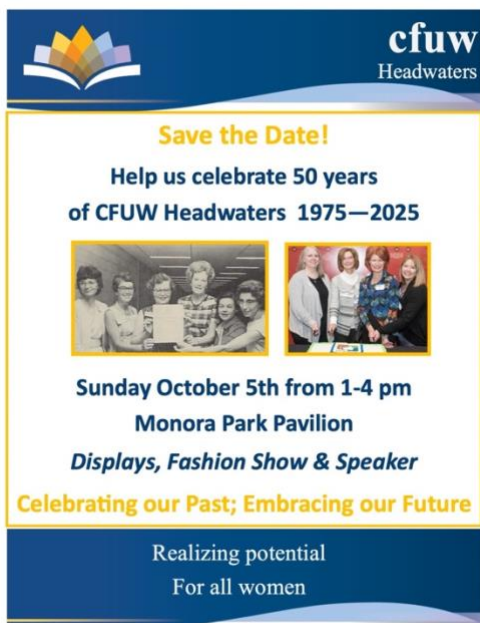
INTEREST GROUPS, continued...

WOMEN EXPLORING ISSUES (WEI)

Over the last few years, we had the pleasure to engage in an online forum Women Who Wonder (WWW) where members met biweekly to discuss various topics. This past year, an online forum to discuss issues was named *Women Exploring Issues*. This new forum, *Women Exploring Issues* (WEI) aimed to connect the exploration of big issues through an online forum with our local level challenges. Members that participated this past year liked to work collaboratively on subjects that arouse our interests, to explore issues and to meet online, once a month. Topics, dates and time are determined by the group members. This is an open invitation to all members. Let me [anne.seymour3@gmail.com] know if you would like to join us.

~ Anne Seymour, *Women Exploring Issues Coordinator*

AN INVITATION FROM A SISTER CLUB...



CFUW Headwaters is looking forward to its **50th Anniversary** celebrations with a very special event planned for **October 5, 2025**.

We would be delighted if members of your Club can join us for the festivities as we launch into our next 50 years!

Please save the date - more information to follow....

Warmly,

Elisabeth Sachs

CFUW Headwaters, Past President
CFUW Ontario Council, RD Huron

MEMBERS' MUSINGS...

Owen Sound and the area is full of brave refugees who had to flee their country. Not because they wanted to, but because an aggressor country declared war. This happened to Olga Suhina, a wife and mother of three children. Until the Russian invasion of the Ukraine, Olga's family was living happily in a large apartment in the beautiful port city of Odessa. She had trained and done research as a hydrological engineer but, after the children arrived, she and her husband started an electrical parts import business with supply boats coming into the busy port. All this ended when the planes started bombing their city in February 2022.

Exactly one year later, I went to the local library having been asked to meet 'a refugee' who apparently needed help with her English. I saw a lovely young-looking woman standing alone by the reception desk. She looked like she couldn't possibly have struggled through Europe for months (penniless, with three kids!), waiting and

MEMBERS' MUSINGS..., continued

hoping for a country to let them in. But she had. Canada had finally given Olga a work visa and they had arrived at Pearson Airport in July 2022 knowing no one. A Russian family took them in for a few weeks - and soon the Ukrainian Foundation offered a year of housing in a strange (to them) place called Owen Sound. Up they came. The kids started school and Olga immediately began making and selling Ukrainian food at the Farmer's market, helped by her wonderful kids, and what she now calls her 'market family'.

Olga's oldest child, Alice/Alicia, will be off to university in a year's time. Not surprisingly, she is way more capable than the average 16-year-old. Olga and her kids still run the kitchen at the Saturday Farmer's market, but on May 30th this year, Olga opened her own cafe - fittingly called **Olga's Cafe** - at the Heritage Mall in the former food court. Members of the CFUW community do a lot to support women in this area. A small but meaningful addition to this list would be to support Olga, and people like her, by buying food or drink at the market or the new cafe.

These are people who live among us and who continue to demonstrate courage and enterprise beyond anything most of us could ever muster. My bet is that Olga and her three offspring will contribute more to Canada in the years ahead, than Canada ever gave to them.

~ Shawna Macivor

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

National Indigenous History Month

*As declared in the House of Commons in 2009, **June is National Indigenous History Month** (see linked document). While we celebrate the historical truths and contributions of Indigenous people to this land we call Canada, we cannot forget our on-going efforts to redress wrongs and continue to work towards reconciliation. Celebrating **Indigenous People's Day on June 21**, events take place across the country and in our province—local events will be in social media and can be found on <https://todoontario.com/indigenous-peoples-day-month-in-ontario/>*



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TD **READY**
COMMITMENT

Visit Owen Sound

Saturday, June 21

10 a.m. - 4 p.m.
(Sunrise Ceremony at 5:30 a.m. - Gichi-Name Wiikwedong Reconciliation Garden)

- Billy Bishop Museum
- The Georgian Bay School for the Arts
- British Methodist Episcopal Church
- Community Waterfront Heritage Centre
- Bayshore Broadcasting Corporation
- Owen Sound Artists' Coop
- Gichi-Name Wiikwedong Reconciliation Garden
- Mudtown Station Brewery & Restaurant
- Owen Sound & North Grey Union Public Library
- Owen Sound Cenotaph
- Potter's Field
- Roselawn Bowling Club
- Roxy Theatre
- St George's Anglican Church
- Sydenham Campus
- Tom Thomson Art Gallery
- Tone Yoga Studio
- Harmony Centre
- Morland Place

Doors Open Ontario is a province-wide heritage tourism program that gives the public free access to explore fascinating heritage properties all across Ontario.

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ONTARIO HERITAGE TRUST
BRINGING OUR STORY TO LIFE



ANDPET
REALTY

ART IN THE BACKYARD

3rd Annual Show

Featuring 15 Local Artists
Live Music from 3:00-5:00 pm



An afternoon to celebrate
local artists and musicians

June 21st from 1:00-5:00 pm

382 2nd Ave. S.E., Owen Sound

Parking available at South End Fellowship Baptist Church

ARTWALK

A CELEBRATION OF ART AND ARTISTS IN DOWNTOWN OWEN SOUND

10:00 TO 3:00 SATURDAY JUNE 21

SCHEDULE



Take a walk downtown! Discover a dozen remarkable venues featuring art, artists, and arts-related classes and supplies.

Visit the Galleries! Meet the Artists!
No Charge! Free Parking! Door Prizes!
Self Guided Walking Tour of Arts Venues throughout the Downtown

**1. Bluewater Quilters Guild • 769 2nd Avenue East
bluewaterquiltersguild.ca**

Established in 1987, the Guild now has over 150 members; it is a vibrant quilting community where creativity, learning, exploring, and mutual support thrive. Visit our studio today to see demonstrations of quilt top piecing, sewing, and hand quilting by our members. Learn about upcoming Beginner Quilting classes and the benefits of becoming a member of the Guild.

**2. The Gathering Table • 777 2nd Avenue East
[thegatheringtableowensound.com](https://www.thegatheringtableowensound.com) on Instagram**

The Gathering Table is a unique art studio and retail space that celebrates the art of entertaining. Blending creativity with curated lifestyle offerings, it features a gallery wall showcasing original artwork, and a handpicked selection of stylish home décor. Designed to inspire gatherings and elevate everyday moments, The Gathering Table is where art, hospitality, and taste come together seamlessly.

**3. Georgian Bay School of the Arts • 938 2nd Avenue East
gbarts.ca**

Dedicated to inspiring artistic excellence, and encouraging practical skills development while providing inclusive and creative education programming, GBArts accommodates fully equipped studios for jewellery, pottery, printmaking, stained glass, painting, textiles, mixed media, and digital arts. Artist instructors will be on hand to demonstrate and discuss upcoming classes.

**4. Grey Gallery and Garden • 883 2nd Avenue East
greycastle.ca**

We are a small independent commercial art gallery with a focus on figurative art and works on paper. During ArtWalk, Daciana Dao and John Laughlin will be jointly exhibiting. Next door, we have Grey Garden, which offers a peaceful space in the heart of Owen Sound.

**5. Heartwood Home • 939 2nd Avenue East
heartwoodhome.ca**

We carry antiques purchased at farm auctions, locally made furniture and crafts, and unusual plants. For ArtWalk, we will be hosting demonstrations and discussions on upcycling furniture into works of art with artist Lori Campbell, a textile artist crafting felted landscapes and small sculptures of animal life. She upcycles vintage wool blankets, hand dyes them, wet felts, needle felts and often embellishes with embroidery and beads.

**6. Intersections Wood Collaborative • 299 10th Street East
intersectionswoodcollaborative.org**

Intersections Wood Collaborative is a not-for-profit woodworking studio offering wood-focused learning opportunities for everyone. Stop by and see examples of fine woodworking and woodturning made by our artists, instructors and students, and learn about upcoming workshops.

**7. Owen Sound & North Grey Union Public Library
• 824 1st Avenue West
osngupl.ca**

In conjunction with the launch of the TD Summer Reading Club, the Library will have a unique craft for children in the Youth Services Department. Visitors can also check out displays featuring books on art and art instruction.



SEASON OPENER JUNE 28, 7:30 PM

www.leithchurch.ca



3x Juno WINNER!!!

Caity Gyorgy

The season opens with Canadian JAZZ vocalist CAITY GYORGY. Her sweet vibrato charms, delivered with a wink and wit to boot - will have you smiling instantly! Accompanied by pianist/arranger Mark Limacher, Caity sings snazzy 1950s bebop and swing numbers. Add the lush strings of the Penderecki String Quartet and Joe Phillips on bass for wildly clever jazz-expansions on the melodies of Tchaikovsky and Borodin. The opening gala concert is not to be missed!



Tickets at roxytheatre.ca



The Community Waterfront Heritage Centre presents

In partnership
with



Join us for afternoon tea on
historic Coach 4884

Reserve your tea date: July 11 & 17, and August 1, 2024