



cfuw cfdud

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

**CFUW – Owen Sound & Area Newsletter
May 2024**

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

[CFUW – Owen Sound & Area](#), celebrating 34 years... 1990 – 2024

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.

PRESIDENT'S MESSAGE

There is nothing I love more than an immaculately maintained garden. The lush foliage, the fragrant blooms, the vibrant colours, all this provides a sense of peace and joy. Just one small problem. I hate weeding. Attaining perfection requires work... dedicated and focused work. So, I prevail with the weeds. There are ups and downs, hiccups, and failures in the process, but I persist.

I was pondering on all of this as I was crawling around in our gardens yesterday. I may have had a few choice words as I attacked the deeply rooted and relentlessly persistent weeds. They are a true example of resilience. As I worked away though, one of our gardens was looking that much closer to perfection.

This work reminds me of all that we do to make our community and world a better place. It reminds me of the work our advocacy committee is doing regarding Ageing In the Right Place. Working with the weeds is a necessary evil to attain improvements. It can be exhausting work. It can be frustrating work. It is necessary work.

I am impressed with the work of Seniors for Social Action Ontario (SSAO). Now that is hard work! And there are certainly weeds to deal with (yes, some politicians can be compared to weeds). However, when you begin with

PRESIDENT'S MESSAGE, continued ...

an “end in mind” and remain focused on that goal, the ultimate achievement is possible. SSAO does just that. I am pleased to say that a local chapter, SSAO Grey Bruce has been initiated. The inaugural meeting will take place via Zoom on Tuesday, May 7th, 2024. A number of individuals from Grey Bruce have already indicated their interest in being involved. If you would like to support SSAO in achieving their goals, locally and provincially, please contact me. Further information on the work of SSAO is available on their website at <https://www.seniorsactionontario.com>.

Whatever you are doing to support our community, keep pulling those weeds! The benefits are many, and worth the work!

~ Cynthia Lemon, President, CFUW Owen Sound and Area

EXECUTIVE MEETING HIGHLIGHTS

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.

Executive Meeting Highlights – May 7, 2024

Changes that CFUW National recently made to its logo and organizational branding materials has prompted our Club to update our promotional materials featuring the revised National logo and design colours. Members can see an example of the rebranding on the Club’s updated website. At this month’s meeting, Executive members also received a preview of the newly designed rack cards and business cards. New note cards and member name tags have been printed as well.

As reported previously, the new branding colours led to an Executive discussion about the merits of ordering merchandise to make available for sale to members. The topic will be included on the agenda of the upcoming General Meeting and a straw vote will be taken of members in attendance to gauge the general interest. The Club has a small budget and the Executive strives to oversee the yearly expenses in a cautious and responsible manner. At this month’s meeting, President Cynthia Lemon presented a draft budget that predicts a modest surplus and underlines the healthy state of the Club’s finances. The Executive approved the draft budget in principle. A final budget will be presented at the upcoming Annual General Meeting for member approval.

The Club has been fortunate to have welcomed a few new members this year. Based on Club policy, members who join after January are charged a reduced fee. At this month’s meeting, the Executive passed an amendment to the policy that sustains the reduced fee but ensures that the fee covers the annual fees the Club is required to pay to the Ontario Council and CFUW National, regardless of when members join. Members will hear more about the change in future club communications.

~ Vivian McCaffrey, Secretary

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

ADVOCACY

Our Advocacy Committee continues to work diligently on Ageing in the Right Place. I share the following as one of the prime reasons that we all want to age where we want to age, and not in a Long-Term Care facility if at all possible. Dr. Patricia Spindel, who spoke to us in March, shared the following information with a number of people who are forming a local chapter of Seniors for Social Action Ontario Grey Bruce recently.

Dear Premier and Minister Cho,

As if you needed more proof that your policy of mass institutionalizing older adults in Ontario is dehumanizing and damaging, this letter in the Toronto Star today [May 4, 2024] from a resident in your brand-new Southbridge institution in Owen Sound should make the case.

It is time to finally change direction and reallocate funds earmarked for even more of these human warehouses to keep people in their own homes and communities. Please start funding PACE (Program of All Inclusive Care of the Elderly), increase Home Care to up to 8 hours per day, drop the age discriminatory criteria in the Family Managed Home Care direct funding program to allow people like Ms. Boekestein to return home with the necessary in-home support. Seniors for Social Action Ontario has sent you numerous options to prevent people from being institutionalized like this. Why will you not listen to seniors themselves?

It is a travesty that this continues to happen and your Inspection Branch is powerless to stop it as every inspection branch has been for the past 40 years.

Institutions cannot be fixed. This is more proof, as if you needed more, that they are dehumanizing, dispiriting, and frankly dangerous.

Please change direction before you find yourselves or your own loved ones in one of these places. New buildings do not equal better care. We have been telling you this for four years now.

~ Patricia Spindel, Chair, Seniors for Social Action Ontario

Letter to the Editor - Toronto Star today [May 4, 2024] - about your brand-new Southbridge institution in Owen Sound

A year of despair living in LTC

As I sit here trapped in bed, no bell, dependent on a random mix of impersonal staff and new staff - a strange situation for all - I am on my own for the night.

My nursing home move caused disappointment despite the desire to be closer to town and have more social interaction. A surprise admission call arrived Friday evening, a prank I thought, setting a move date for the following Wednesday. Management unavailable, due to the Family Day long weekend, leaving no one to show the room before arrival.

I had five days to clear my old room while downsizing to the new.

I hurriedly packed to move to a new place. The initial month was delightful, but the staff quality deteriorated over a couple of weeks. I faced language barriers, inconsistent care, and a lack of reassurance. Many residents longed to return to their previous homes, as the situation became increasingly chaotic and disheartening.

EXECUTIVE COMMITTEES' REPORTS, continued...

ADVOCACY, continued...

Staff changes were frequent, complaints were ignored. After many complaints, the ministry investigated. We held our breath as they paused admissions while listening to residents and families; management scrambled to fix issues, promises were made, and admissions reopened a few months later.

Broken promises and unfulfilled resolutions led to more disappointment.

Decorations were beautiful in the lobby but lacked on higher floors. I've been here for almost a year without vitamins or fresh fruit. The ministry is not helpful. Lunch is forgotten while supper is poor. My spirit is broken. I am on every crisis list to get out, even willing to move away from family for proper care.

High rent has reduced my children's inheritance. I've written 1,700 words condensed down to this. Staff misunderstandings and disagreements are common. I've grown accustomed to hunger and despair.

~ Deb Boekestein, Owen Sound

This is very disturbing and could, and should, be addressed. We believe we are on the right path in our advocacy work regarding ageing in the right place. If you would care to join us, please reach out to me. If you would like to join SSAO Grey Bruce, please let me know.

~ Cynthia Lemon, Advocacy Committee Coordinator

EDUCATION

The CFUW Owen Sound Scholarship Fund held an executive meeting on Tuesday, May 7th. At that meeting the following resolution passed unanimously:

That the CFUW Owen Sound Scholarship Fund's registered charitable status with the Canada Revenue Agency be voluntarily revoked.

This same resolution will be brought to the full membership at the Fund's AGM on Tuesday, June 11, 2024 at 11:30 a.m. at Legacy Ridge Golf Course.

The main change you will see is that your receipt for your donation to our scholarships will now come from the Grey Bruce Community Foundation.

Also on the AGM agenda:

1. Minutes of last year's AGM
2. Receiving the financial statements for the fiscal year ended May 31, 2024;
3. The election of Trustees

~ Kathy Needham, Education Committee Coordinator

EXECUTIVE COMMITTEES' REPORTS, continued...

PROGRAM

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

We had an excellent turn-out on TUESDAY APRIL 9TH at 2PM for our GENERAL MEETING & PROGRAM at Grey Roots Museum when Dr. Steve Briggs, optometrist, local historian and curator of the "Grey Bruce Images" Facebook page provided a ***"A Brief Pictorial History of Owen Sound and Area"***. Members and guests found the presentation fascinating, and after the talk enjoyed refreshments provided by members of the Program Committee. Many also explored the museum's fascinating indoor exhibits. Special thanks to Doug Cleverly and the staff at Grey Roots for so warmly hosting our club.



Steve Briggs being introduced by Cynthia Lemon, with historic photo on right

TUESDAY, MAY 14 at 2PM ~ GENERAL MEETING & PROGRAM ~ ***The Dilemma of Downsizing*** at Owen Sound Gardens Retirement Residence ~ *An Advocacy Committee Presentation* ~ featuring four of our own CFUW Owen Sound and Area members, ***Janet Glasspool, Brenda Bergen, Marianne Ford and Loreen Cumming*** who will discuss with us all that they considered and the emotions involved in their efforts to downsize. *See the poster below for details about this in-person meeting.*

TUESDAY, JUNE 11 at 11:30 AM ~ **ANNUAL GENERAL MEETING** for our Club & for Education/Scholarship + Lunch (\$20) at Legacy Ridge Golf Club Dining Room [318494 Grey Road 1, Owen Sound, ON N4K 5N4] + The Program Committee will provide a quick peek at next year's enticing Program + Update on *Owen Sound & Area's Environmental Health and Wellbeing* by members Shawna Macivor and Sandy Stevenson + Meet & Greet Friends old & new + Membership renewal/registration for 2024-2025. [Lunch menu: Tea/Coffee Station, Oriental Mango Salad with Grilled Chicken, Strawberry Cake dessert.]

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



Realizing potential. For all women.



GENERAL MEETING & PROGRAM

THE DILEMMA OF DOWNSIZING

~ An Advocacy Committee Presentation

TUESDAY, MAY 14, 2024

2:00 PM IN PERSON

AT OWEN SOUND GARDENS RETIREMENT RESIDENCE - 1545 14TH ST E, OWEN SOUND

Inevitably, there comes a time in all our lives when we realize we have too much "stuff." Four of our own CFUW Owen Sound and Area members will share with us the successes (and failures) that they have experienced when attempting to downsize an entire life into a smaller space. Janet Glasspool, Brenda Bergen, Marianne Ford

and Loreen Cumming will discuss with us all that they considered and the emotions involved in their efforts to downsize.

- Followed by:
- Q&A
 - Brief General Meeting
 - Social time & refreshments

www.cfuwowensound.com

www.facebook.com/cfuwowensound

EXECUTIVE COMMITTEES' REPORTS, continued...

NEWSLETTER

At the Executive meeting held April 2nd, 2024 it was approved that this Newsletter, from now on, will be published 4 – 6 times a year with interim “e-blasts” as required. As usual, it will be emailed directly to members and posted to the website. As always, 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

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

On **Friday May 10 at 2 PM** we will meet at Elaine Davidson's "Pulpit Studio" at Ben Allen. Elaine has a charming home-studio in the old church on Grey Road 17 right on the big bend and beside the Sarawak Rail trail. There is parking across the road where we will meet. Elaine's paintings, in oil and cold wax medium, are distinctive and evocative of the rural area where she lives in Georgian Bluffs. She is a long-time member of the Artist's Co-op. www.artistelainedavidson.blogspot.com

At this date, spaces are limited, so please contact me if you wish to join us.

~ Cynthia Porter, Art Explorers Coordinator

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

Our April reading took us back in time to **Once There Was a War** by John Steinbeck. Judy Keeling lead the discussion AND hosted! What a woman! I was unable to attend the discussions, but I did personally find this book a difficult one to read. It perhaps for me was too close to our current conflicts in the world.

Our May book is **Demon Copperhead** by Barbara Kingsolver. This is also a challenging read as it delves into the world of poverty, family relationships and addiction. It is a whopper of a book!

The year has rolled by quickly. In a month and a bit, we will be selecting our books for the 2024 – 2025 year. So many books to choose from! We are blessed with lots of amazing reading material available to us. Thank you to the amazing authors out there who share their talents and thoughts with us!

~ Cynthia Lemon

INTEREST GROUPS, continued ...

GAMES GROUP - 1st Friday of the month at 1:30 PM

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

Come play games with us! You are never too old to learn a new game, laugh with friends, and just have a good time. We are just here to have fun! If you want to join the Games Interest Group to receive invites and updates, please contact Trisha Hendrie.

Apart from the regular Games Group, I would like to ask our members how many would be interested in a one-off **Scrabble** meeting... **Calling all Scrabble players!** How many people would be interested in an afternoon of Scrabble? Several people have mentioned that they would like to play once in a while. If this interests you, please email Trisha at solafyre@yahoo.com.

~ Trisha Hendrie, Games Group Coordinator

HEALTHY LIFESTYLES – Wednesdays @ 10:30 AM

These past weeks our walkers/hikers have walked at the Grey Sauble Conservation Area, Harrison Park, Chatsworth, Shallow Lake and the Sawmill Nordic Centre.

New members are always welcome. You can join us for as many or as few walks as you wish. Let us know [email: rosemaryemccann@gmail.com] if you would like to spend some time with us on Wednesday mornings at 10:30 AM.

We walk 12 months of the year taking only a couple of weeks off at Christmas. If it's too rainy or hot you can always walk with us at the Bayshore if we have to cancel an outing due to weather.

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

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.

Our last chat before summer will be on June 4th. We will return the first week of September.

~ Trisha Hendrie, Tuesday Online Social Co-Coordinator [solafyre@yahoo.com 519-778-2052]

INTEREST GROUPS, continued ...

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

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.

We'll discuss the following videos on May 22nd at 7 PM, which will be the last WWW of the 2023-24 year. We will not meet again until Sept 11th. No meetings in June, July, and Aug.

Karen Bakker: Could an orca give a Ted Talk

Denise Herzing: Could we speak the language of dolphins?

~ Trisha Hendrie, Women Who Wonder Coordinator [solafyre@yahoo.com 519-778-2052]

MEMBERS' NEWS & MUSINGS ...

Please send members' news and 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 in the newsletter 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

We are so proud that CFUW club members were recognized for their volunteer efforts at the **City of Owen Sound's Arts, Culture and Volunteer Awards celebrations** held **Sunday, April 14, 2024** at the Tom Thomson Art Gallery. **The SweetWater Music Festival (with our members Vivian McCaffrey and Cynthia Lemon on its Board)** was recognized as "Outstanding Group", and **Sandy Stevenson** (nominated by NeighbourWoods North) was awarded "Senior Volunteer of the Year".



Above, Stuart Reid presents SweetWater's Award to Cynthia Lemon



On the Right, L-R: Lloyd & Rhiannon Lewis (NWN), Ellie (Sandy's daughter), Sandy Stevenson, Mayda Reid (NWN), Judy Beth Armstrong (NWN & CFUW)

MEMBERS' NEWS & MUSINGS, continued...

Volunteer Opportunity: Lee Manor is looking for a volunteer(s) to lead a book club discussion for some of their residents. This program would be at the volunteer's discretion in conjunction with Lee Manor staff and is open for discussion. If you might be interested in this opportunity or would like to discuss possibilities, please contact Cynthia Lemon at lemondalefarm@gmail.com.



RALLY TO SAVE HEALTHCARE

SPREAD THE WORD BE HEARD

Join Us May 11th
Owen Sound City Hall
9am - Noon

 Grey Bruce Health Coalition
www.greybrucehc.ca
contact@greybrucehc.ca



GEORGIAN BAY CONCERT CHOIR PRESENTS

MASS IN TIME OF WAR (MISSA IN TEMPORA BELLI)
by F.J. Haydn

WINDBLOWN GROUP OF SEVEN
— WORLD PREMIERE —
Composer Dorothy de Val
Lyricist Jessica Outram

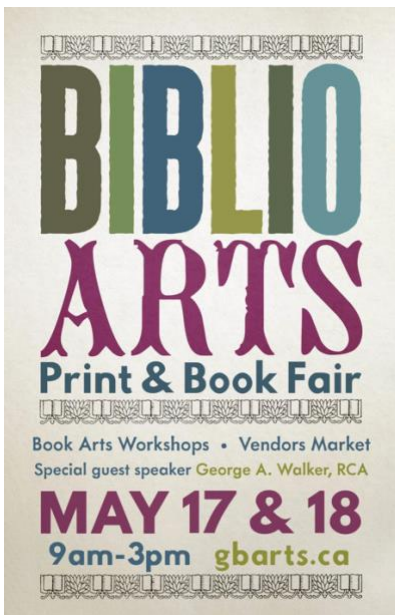
Norman Reintamm - Conductor & Music Director
Barbara Dyck - Rehearsal Pianist

Shawn Grenke - Organ
Paul Sanvidotti - Trumpet
Principal Strings of the Georgian Bay Symphony

Iris Rodriguez - Soprano
Richard Cunningham - Countertenor
Jacob Abrahamse - Tenor
Douglas Tranquada - Bass-baritone

SATURDAY, MAY 11, 2024 - 7:30 PM
GEORGIAN SHORES UNITED CHURCH

Tickets \$30 Adult, \$10 Youth 18 and under.
Available at Lawson's, on Eventbrite, or at the door.
For more information, please call 519.370.2045.
www.georgianbayconcertchoir.org Find us on Facebook



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Special guest speaker **George A. Walker, RCA**

MAY 17 & 18
9am-3pm gbarts.ca



LSF Leith Summer Festival
Historic Leith Church 2024

CONCERT 1 SAT JUNE 22 - 7:30 PM
Opening Gala Concert
Antonickshaw & Penderick String Quartet

CONCERT 2 SUN JULY 7 - 2:30 PM
New Zealand String Quartet

CONCERT 3 SAT JULY 27 - 7:30 PM
Swiss Piano Trio

CONCERT 4 SUN AUG 11 - 2:30 PM
Benedicte Lazzere, violin
& Angela Park, piano

CONCERT 5 SAT AUG 24 - 7:30 PM
Stewart Goodyear, piano

5 Great Concerts
Season Pass \$200
Tickets \$45 Students \$15

RESERVED TICKET SEATING:
Play Theatre Box Office
231 - 9th Street East, Owen Sound
519-371-2813 <http://www.playtheatre.ca/>
or at the Church door (before the performance)