

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;

I recently read a statement from Mary Simon, Governor General of Canada, regarding the war in Ukraine. It was a thoughtful piece that talked about numerous things but what struck me most were her words on “ordinary moments:”

As Canadians consider the enormity of what Ukrainians are facing, we can't escape the fact that this is a country fighting desperately for the right to have ordinary moments. They want to send their children to school safely, have coffee with a friend or celebrate a birthday in the park.

I have not ever considered ordinary moments as a right. In my privilege as a Canadian citizen, I have never been in the position to question the nature walks I take, the time I spend with family and friends, the books that I have devoured, the opportunities that I have sought out or been given. What I have noted, however, is that as I age, many ordinary moments are much more than that. Even extraordinary. Perhaps knowing that those moments are much more time limited makes them so.

Many ordinary moments come our way daily. And many of those moments are provided to us as we gather together as a group within CFUW OS and Area. I am grateful for those moments, and for the women who provide them.

Savour the ordinary moments.

Sincerely,
Cynthia

~ Cynthia Lemon, President, CFUW Owen Sound and Area

P.S. If you are interested in the Governor General's full message, it is copied below.

GOVERNOR GENERAL'S STATEMENT RE: UKRAINE: September 22, 2023

Our days are filled with moments we often take for granted. And sometimes, in the midst of everything, we are part of historic moments. Moments that offer us pause. Today was one of those historic moments, as Canada welcomed the President of Ukraine. For the last 18 months, the world has been witness to true courage as the Ukrainian people fight for their country and for the right to determine what happens to their country. From our homes in Canada, it can be difficult to comprehend all that they have lost. As Canadians consider the enormity of what Ukrainians are facing, we can't escape the fact that this is a country fighting desperately for the right to have ordinary moments. They want to send their children to school safely, have coffee with a friend or celebrate a birthday in the park.

I am concerned that we may all be getting desensitized to the tragedies in this world, especially at a time when Ukraine needs our support more than ever. Having met with Canadians across the country, I know that we value our role as a caring nation in a world that seems to care less and less. So how do we continue caring?

By opening the doors of Rideau Hall to President Zelenskyy and Mrs. Zelanska, by listening to President Zelenskyy's words of hope fill the House of Commons, by offering support – whether it be through humanitarian and military assistance, or individual donations of time and money – we are telling the world Canada will not forget what is happening. To hear the President use the Inuktitut word *ajunnata* in the House of Commons—which means *to never give up against all odds*—and use it to bring hope to his people, is a moment I will never forget. Sharing a handshake, a conversation, a visit, a hug, a word—the whole is greater than the sum of its parts in diplomacy. Today, we showed the world that Canada cares. We will stand side by side with Ukrainians until, as President Zelenskyy implored, these aggressions end with Ukrainian victory. Let's hope today's historic moments help provide the support the Ukrainians so desperately deserve, so that they can get back to enjoying the ordinary moments.

~ *The Right Honourable Mary Simon, C.C., O.C., O.Q., C.M.M., C.O.M.*

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

Your Advocacy Committee is focused on the research that will be required to submit a policy resolution to CFUW National for the 2024-2025 year regarding Ageing in the Right Place. This information will also be very useful to us for lobbying municipal governments, MPPs and MPs regarding what we as senior women, along with our partners/spouses need in terms of support to age where WE want to age. We will be looking at what works, what does not, and how to bridge the gaps. This is challenging work, and I commend the committee members for their dedication in this regard. Thanks to Anne Seymour, Trisha Hendrie, Jan Chamberlain, Marianne Williams, Donna Phillips and Anne Dondertman who form our Advocacy Committee.

Seniors for Social Action Ontario have just released a paper on ***Is Home Care Working in Ontario: A Review of Home and Community Care Reports***. I have provided the links to the full report and the executive summary below for your consideration should you be interested.

https://mcusercontent.com/36363a028fc1d1a14890ff48e/files/443a64d5-3f53-62fe-1516-f8838f970e21/SSAO_Home_Care_Report_Final_2.pdf

https://mcusercontent.com/36363a028fc1d1a14890ff48e/files/7c384f10-f6b8-a457-0576-12e224ee36de/SSAO_Home_Care_Report_Executive_Summary_Final.pdf

As always, we would welcome new members to our committee. Please contact me at lemondalefarm@gmail.com if you would like to join us.

~ 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 2013 – 2014.***

From the Desk of the Archivist...

It was 10 years ago, **2013 – 2014**, that Judy Gay was President, with Ruth Henderson as VP.

Judy Thomson, Membership Chair reported that we had 51 members. Among others, Eleanor Huff joined us that year. Judy Thomson hosted the New Members Coffee Party in December.

Pat McCoy was our Program Chair with an awesome group of women on her team. Our programs were primarily held at St Andrews Church Hall. A membership Survey that year showed that most members preferred afternoon meetings in the winter. The programs that they organized were absolutely outstanding! To start the year off, we enjoyed a wine and cheese meet and greet at Jan Chamberlain's home in September.

October: Dr. Jacqueline Faubert, Criminology Professor at Simon Fraser University spoke on the topic of Women and Empowerment.

November ...a fun night of Trivia

EXECUTIVE COMMITTEES' REPORTS, continued ...

ARCHIVES, continued

December ... Christmas appetizer Pot Luck; Dancers from Sheila Milne School entertained.

January ... A Talk and Tour of Transcontinental Printing, (RBW Graphics) Owen Sound (the largest printing industry in Canada)

February ... A Book Club Presentation and book sale

March ... viewing of National Film Board documentary "Buying Sex". Coinciding with other International Women's Day events

April ... Bus Tour to Bruce Power Centre for a tour and talk. We invited members of our sister clubs to join us. Lunch was held at the Unifor Family Education Centre in Port Elgin. We were inspired by the sculpture installation by artist Marnie Cheyne, in memory of the victims of December 6 1989 Montreal Massacre. Ms. Cheyne was on hand to explain how she conceived and designed her sculpture. Approximately 65 members and friends attended this special event.

May... Professor and bestselling author Ken Weber spoke on "Why Canadian History is Not Boring". This meeting was open to the public and was well attended. Dr. Weber donated his speaker fee to our Scholarship Program.

The June AGM was held at Georgian College for a dinner meeting. Our guest speaker was Virginia Eichhorn of the TOM. Interest Groups:

The Book Club reviewed *Family Album, Americanah, The Light Between Oceans, The Inconvenient Indian, The End of Your Life Book Club* ... A few of these books led to passionate debate, to prove that Book Club isn't boring!

The Gardeners' Group explored a variety of interesting topics: a tour of Grange Hollow Gardens; Personal Triumphs and Troubles in the Garden; Native plants and cultivars; the Importance of Bees; Tour of Artemesia Day Lily Gardens in Flesherton.

Healthy Lifestyles started the year with a visit to Coffin Ridge Winery for some healthy wine and cheese after a healthy walk around the vineyard! Others walks and hikes included Bruce Trail at Skinners Bluff, The Boyd side trail and Harrison Park. Winter snowshoeing was popular on the Bruce Trail, Jones Falls and in Harrison Park.

On November 9th, CFUW Orangeville Club held a 'Fall Gathering' which drew four members from our Club (Judy Thomson, Donna Phillips, Ruth Henderson and Judy Gay) along with many other members from our Huron Region for this one-day event. Several workshops and speakers were organized around the theme "Celebrate Women: We Can, We Will".

In June 2014, Donna Phillips, Ruth Henderson, Judy Gay and Judy Thomson attended the National Annual General Meeting held in Kitchener Waterloo. They had the "opportunity to experience the Canada-wide community of CFUW through workshops, business meetings and social gatherings. We had the opportunity to share strengths and weaknesses of Club activities and programs, while meeting new women in the organization. We were part of an enlightening and reinvigorating experience which produced a great deal of discussion whenever we met." Their entire report is in the Archives.

The Regional, Provincial and National gatherings serve a vital role in connecting all members, and giving us a wider understanding of the importance of the mandate of CFUW.

~ *Meran Farmer, Archivist*

PROGRAM

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

Our "Awesome Autumn Bus Tour" on Friday, September 29th was a huge success. It could not have been a nicer day for being out and about on a trip with friends. To begin, we toured the P and H Recreational Centre in Hanover, then on to Neustadt for a tour and lunch at the Neustadt Brewery. After lunch, we wandered around the lovely little village and enjoyed the shopping experience. Then on we went to Georgian Bay Honey on Highway 21 just west of Owen Sound, for an interesting tour of their facility and also their little gift shop, where many of us bought some terrific honey. All in all, it was a wonderful day trip and we thank Styn Furness and Jan Chamberlain for planning and organizing this trip for us. A few photos, below...

EXECUTIVE COMMITTEES' REPORTS, continued ...

PROGRAM, continued ...

Neustadt Brewery [below] Photo by Meran Farmer.



[Above Right] Neustadt Brewery cellar. L - R: Judy Armstrong, Marianne William & Brewmaster. Photo by Ruth Henderson.

[Below] Neustadt Village shops & ice cream! L-R: Donna Phillips & Linda Crawford. Photos by Meran Farmer



Our October 10th gathering was held at the Owen Sound Gardens Retirement Residence where we heard Jason Cranny, Community Service Officer, Owen Sound Police Service speak to the subject of Fraud and Scams. We were also given a tour of this new facility and enjoyed our refreshment break after the program.



Jason Cranny speaks to CFUW members & residents of OS Gardens. Photo by Judy Armstrong.

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

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

EXECUTIVE COMMITTEES' REPORTS, continued ...

MEMBERSHIP

This is a friendly reminder that, if you haven't already, **it is time to renew your membership in CFUW Owen Sound**. The renewal form may be found as an attachment to this newsletter. It has all the details of how to pay and where to send the membership form. I hope to distribute a revised membership directory around Oct 15th, and would like to be able to include your information in the updated version. Please note that it is easy to pay your dues now through e-transfer, and the CFUW account is set up for auto deposit, so you do not need to create a password. Payment can be made to this email: fincfuwos@gmail.com or by cheque to Styn Furness.

~ Anne Dondertman, Membership Coordinator

NEWSLETTER

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

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

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

~ Judy Beth Armstrong, Newsletter Coordinator

INTEREST GROUPS

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

ART EXPLORERS

On **Friday October 20** we will be going to The Light House Photo Gallery, 173 High Street, Southampton where photographer Carol Norris will talk about some of her iconic wildlife photographs and how she achieved that special image. We'll also visit The Southampton Arts Centre to see the fine arts and crafts of 50 artisans. There will be time for some boutique shopping or a walk along the boardwalk after our lunch at The Walker House at 12:30. If you want to carpool, we'll meet at the West Side Bowling Alley parking lot (902 10th Street West) at 10:00 to drive to The Light House Gallery or you can meet us there. Please let me know if you are coming so I can reserve a table for lunch at The Walker House.

~ Cynthia Porter, Art Explorers Co-Coordinator

INTEREST GROUPS, continued ...

BOOK CLUB: Groups 1 & 2

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

~ Meran Farmer and Cynthia Lemon, Book Club Coordinators

Group # 1 met on a gorgeous fall day at the home of Judy Keeling who hosted a lovely afternoon of all things books. Under discussion was *The Sense of an Ending* by Julian Barnes. A great deal of the conversation centered around perception as it relates to our memories of the past and our relationships. As always, the common ground and differing perspectives made for an animated study of the novel.

~ Cynthia Lemon

Group # 2: At our September meeting, Eleanor Huff lead the discussion on an historical novel, *Coronation Year* by Jennifer Robson. Our book choice for October 23rd is *Lincoln Highway* by Amor Towles. We'll be meeting at the home of Lynn Cox. If you'd like to join us, please email: meranjoan@gmail.com

~ Meran Farmer

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

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

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

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

~ Trisha Hendrie, Games Group Coordinator

HEALTHY LIFESTYLES – Wednesdays @ 10:30 AM

We've continued to have some pretty good weather for our walks. Our last outing took us to Bruce's Caves near Wiarton and a visit to the Farm on the Lake (Lake Charles) where we fed the little goats.



At Bruce's Caves, Oct 4. L - R: Linda Crawford, Janet Barker, Rosemary McCann, Meran Farmer, Joanne Bright, Judy Keeling, Donna Elliott. Photo by Judy Armstrong.

This is probably a good time to get those warmer clothes out as we aren't usually put off by the weather. Okay, so we don't care for too much rain, and have been known to cancel because of that. We are still walking on Wednesdays at 10:30 a.m. and will change to 1:00 p.m. later in the season. Emails are sent out Sunday evenings to let the group know where to meet. We always welcome new walkers and ideas. To be added to our email list, please contact Rosemary at rosemaryemccann@gmail.com

Yours in walking,

~ Rosemary McCann and Janet Barker, Healthy Lifestyles Coordinators

INTEREST GROUPS, continued ...

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.

~ Trisha Hendrie, Coordinator

MEMBERS' NEWS AND MULLINGS...

We wish **Eleanor Huff** a speedy recovery after a fall last week that broke her femur and sent her to hospital. Eleanor will be in hospital for a few more days and certainly enjoys personal visits and your email messages.

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

Patricia Hiemstra writes ... There is a **series of lecture concerts by Kati Gleiser** at Saint George's Anglican Church, 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.



BALL 2023-2024 Series 2 - Religion: The Big Questions

October 26 to December 7, 2023 Join us for the return of this popular series! Together we will investigate the big questions religion asks and attempts to answer.

We'll discuss religiosity, secularism, and how religion intersects with liberalism and Western democracies, and we'll examine the many ways religion influences our understanding of sexuality, economics, history, psychology, and sociology.

The series draws from more than 20 years of studying and teaching by lecturer Brian Carwana.

For more information and to purchase tickets, go to: Bluewater Association for Lifelong Learning ~ <https://bluewaterlearns.com>

Series Coordinators: Ellen Lewis and Leslie Garnett

Get your tickets now for **OSLT's production of *One Flew Over the Cuckoo's Nest!* November 9 – 11 & 15 – 18 at 7:30 PM; and Sunday, November 12 at 2:00 PM.**

Directed by: Corry Lapointe

Play by: Dale Wasserman

Based on the novel by: Ken Kesey

This stage adaptation of Ken Kesey's celebrated novel explores the brutality of life in a mental institution with humor, candor, and unforgettable characters.

After being convicted of a petty crime, a charming, rebellious rogue named McMurphy contrives to serve his short sentence in an airy mental institution rather than in a prison. This, he soon learns, was a mistake. He immediately clashes with the authoritarian head nurse, a fierce martinet named Nurse Ratched. Despite Ratched's strict reign, McMurphy quickly takes over the yard, leading others out of introversion, staging a revolt so that they can see the World Series on television, and arranging a rollicking midnight party with liquor and women. But McMurphy's brash insubordination has its consequences.



BUY TICKETS!