



**cfuw** Owen Sound  
and Area

Realizing potential. For all women.

*Celebrating our  
35<sup>th</sup> ANNIVERSARY  
1990 - 2025/26*

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

**CFUW – Owen Sound & Area Newsletter  
FEBRUARY 2026**

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**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 35<sup>th</sup> Anniversary, beginning September 2025 through to June 2026.**

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## **PRESIDENT'S MESSAGE**

Winter, in all its glory, has definitely hit our Province recently. It looks as if the roads will be clear for our General Meeting, February 10 at 2PM at THE GREY COUNTY ADMINISTRATION BUILDING and we shall all want to gather together to connect with our CFUW friends and welcome our more recent members.

Did anyone else memorize the following poem by William Wordsworth? I'm including it here as a hopeful reminder that Spring is coming!

~ **Ruth Henderson, President, CFUW - Owen Sound and Area**



### **I Wandered Lonely as a Cloud [1807]**

by William Wordsworth

I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.

Continuous as the stars that shine  
and twinkle on the Milky Way,  
They stretched in never-ending line  
along the margin of a bay:  
Ten thousand saw I at a glance,  
tossing their heads in sprightly dance.

The waves beside them danced; but they  
Out-did the sparkling waves in glee:  
A poet could not be but gay,  
in such a jocund company:  
I gazed—and gazed—but little thought  
what wealth the show to me had brought:

For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.



*"Winter in all its glory" ~ East cliff face, Inglis Falls,  
January 30, 2026 Photo by Lynda Swan Mathies*

## *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 Potawatomi Nations. They are known locally as the Chippewas of Saugeen and the Chippewas of Neyaashiinigmiing Unceded First Nation, together known as the Saugeen Ojibway Nation. We give thanks to these people for their stewardship of this land over thousands of years.

As a Canadian organization, we are committed to reconciliation, and we acknowledge our responsibility to learn about the treaties, the histories, and the contributions of Indigenous communities, both past and present.

### **EXECUTIVE COMMITTEES' REPORTS**

#### **ADVOCACY**

The Advocacy Committee continues to meet monthly to support our work on the Senior's Advocate resolution. A meeting is planned with MPP Paul Vickers to share our concerns and the need for a Seniors' Advocate. We will be providing a draft template letter to members that can be signed and sent out to Paul Vickers. We would encourage you to support us in this initiative to help us get some traction with this initiative. Stay tuned!

**As well Angela Yenssen and Donna Phillips will be on the Dave Carr Open Line show on Monday, February 23 to share our policy resolution with all the factually supported data to support the concept. We are hoping that CFUW Owen Sound and Area members will call in to the show that day. We will provide some speaking notes for those who may be interested.**

**I encourage you to read "Opportunity to Put Seniors Top of Mind in Grey-Bruce" (page 8) provided by Angela Yenssen on the Community Safety and Wellbeing survey. We would encourage you to complete the survey to ensure seniors' issues are listed as a priority in our community.**

We continue to be a small but mighty committee. If you would care to join us, please contact me at [lemondalefarm@gmail.com](mailto:lemondalefarm@gmail.com). As always, many thanks to our members: Anne Seymour, Helen Penfold, Marianne Williams, Leslie Garnett, Helen Penfold and Angela Yenssen.

*~ Cynthia Lemon, Advocacy Committee Chair*

#### **MEMBERSHIP**

CFUW Owen Sound is growing! We are pleased to add twelve new members in the current 2025/2026 year. These new members can be identified at our next meeting on February 10 by the large red dot on their name badges. If you haven't met them yet we hope that you will take the opportunity to greet them in person and make all of them feel extra welcome in our club. The new members are: **Becky Azzano, Mary Winn Daykin, Trudy Gahlinger, Patricia Graham, Carol Gray, Laurie James, Joanne Jasper, Carol Kemp, Judy Mapleson, Mary Jeanne Oliver, Peggy Richardson, Joan Spence**. We look forward to publishing their "bios" in future newsletters.

*~ Anne Dondertman, Membership Coordinator*

## EXECUTIVE COMMITTEES' REPORTS, continued ...

### 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](mailto:armstrong.judybeth@gmail.com), using the Subject line: *CFUW Newsletter*.

*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 refer to their copy of the Members' Directory.*

*~ Judy Beth Armstrong, Newsletter Coordinator*

### PROGRAM

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

#### **TUESDAY, FEBRUARY 10, 2026 at 2:00PM**

**- IN PERSON - AT GREY COUNTY ADMINISTRATION BUILDING**, 595 9th Ave East, Owen Sound

**AGE-FRIENDLY GREY COUNTY:** Grey County Director of Long-Term Care, Jennifer Cornell, and County Planner, Cassandra Dillman, will provide information about Long Term Care in the County and their work towards becoming an age-friendly community. This presentation will provide an overview of the County's approach to age-friendly communities involving people of all ages and ensuring that Grey County remains a vibrant, accessible, and enjoyable place to live. They will also discuss the County's Long Term Care initiatives and strategies highlighting the 'Colour It Your Way' philosophy of care to ensure individualized, resident led care and service. ~ **A CFUW Advocacy Presentation** ~ *See the poster, below, for details. AND PLEASE SEE THE AGENDA*, attached below, for this February 10<sup>th</sup> general meeting.

#### **TUESDAY, MARCH 10, 2026 at 2:00PM**

**Safe 'N Sound** ~ Executive Director **Annette Pedlar** will speak on the role of Safe 'N Sound in the community, its challenges, and its successes. At the Aldridge Room, Harbourfront Building, (the pink condo) 2555 3<sup>rd</sup> Ave West, Owen Sound. *Details to follow.*

#### **TUESDAY, APRIL 14, 2026 at 2PM**

***The Silk Road: Mosques, Minarets and Mountains of Paradise!*** Join long-time member, Dr. Katharine Lochnan, on this “armchair” trip to Central Asia. Kathy will provide a talk on the fascinating trip she took last year. Illustrated by her stunning photographs, this promises to be a travelogue worth sharing. Members are invited to bring guests... husbands, partners, friends, and neighbours. At Grey Roots Museum Theatre. *Details to follow.*

**A gentle reminder about non-members attending our General and Interest Group Meetings:** It is our CFUW Club's policy that non-members are welcome to attend up to - but no more than - TWO meetings as a guest. After that, if they wish to participate in our Club's activities, they are expected - and warmly invited - to join as full members.

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



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## GENERAL MEETING & PROGRAM

**TUESDAY, FEBRUARY 10, 2026**

**2:00 PM IN PERSON AT GREY COUNTY ADMINISTRATION BUILDING  
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- Bring a friend/potential member
- Q&A
- Refreshments & Social Time



[www.cfuwowensound.com](http://www.cfuwowensound.com)

[www.facebook.com/cfuwowensound](https://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 ~ NEXT MEETING: THURSDAY FEBRUARY 19 AT 10:00 AM



By Joanna Alpin

Last Thursday, January 29 at Heritage Place Mall ~ More than 20 Art Explorers met at **Upwards Art Studio** and learned about the amazing offerings (thanks, Monica!) at this large workshop, art supply store and gallery space. We also visited **Joanna Alpin's Fine Art Studio and Gallery**.

We had a lovely time and delicious lunch at **Olga's Café**, the only vendor now in the Food Court. Her food is absolutely

amazing – homemade and fresh each day - and such a variety of savoury and sweet options. It's a great place to go for a soup and sandwich lunch too. It's good to support her (**Women Helping Women!!**) which we did, and many of you bought take-away boxes as well to enjoy at home. Next time, TEXT her if you want to order ahead of time: 416-268-7082.



Members visit Olga's Cafe

**COMING UP: THURSDAY FEBRUARY 19 at 10:00 AM** (there is no BALL lecture on that date), we will have a private tour led by Heather McLeese at the Tom Thomson Art Gallery for the two galleries showing **Harold Klunder: The Dance of Life**. Please let me know [email: [cyanneporter@gmail.com](mailto:cyanneporter@gmail.com)] if you can attend so I can advise Heather of the number coming.

If you can't join us on that date please go to the TOM and see this amazing exhibition by one of Canada's most respected contemporary painters.

*"Harold Klunder's process mirrors the cycles of life itself: paintings are born, built, torn apart, and rebuilt through layers of gesture, accumulation, revision, and time. Often painted over the course of several years, these works hover between abstraction and figuration, shaped as much by intuition as by lived experience. Since 1980, Klunder has used figuration—particularly the self-portrait—as a touchstone for exploring the inner psyche and the collective unconscious. His paintings pulse with dissonant, jazz-like rhythms and are structured by an underlying compositional architecture, holding beauty and darkness, chaos and order, joy and anguish, in a provocative tension that reflects the full spectrum of human experience. The Dance of Life brings together paintings from more than seven decades of Klunder's fervent and deeply committed practice, placing works created decades apart in conversation with one another through key loans and selections from the Gallery's collection. Rather than following a linear chronological narrative, the exhibition presents his career as a living continuum, where past and present continually inform one another, revealing a vision that moves forward while remaining self-referential and deeply authentic."*

~ Cynthia Porter, Art Explorers Coordinator

## **INTEREST GROUPS, continued...**

### **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](mailto:anne.seymour3@gmail.com) or Meran Farmer at [meranjoan@gmail.com](mailto:meranjoan@gmail.com) We are delighted to welcome new members!

#### **Book Club Group 1:**

In November, the group read the *Salt Path* by Raynor Winn and discussed the book, as well as the controversy surrounding the authenticity of events written about a couple's life travelling UK's South West Coast Path after becoming homeless. This event was held at the home of Jane Hendrie and facilitated by Anne Seymour.

Our December book session was a Christmas offering, *Mr Dickens and His Carol* written by Samantha Silva. The novel dealt with the challenges that Dickens endured in order to write his famous story, *A Christmas Carol* and the style of the author mirrored closely the style of Dickens. Our meeting was hosted by Janet Barker and the discussion was led by Judy Keeling.

Our January meeting was held at the home of Rosemary McCann and the book discussed was *Isola* by Allegra Goodman. This was a historical fiction based on the true story of a young woman travelling to New France who was exiled to an island in the St. Lawrence for over a year before being rescued by Basque fisherman and then returning to France. Janet Barker led this session and all of us were in awe of the courage and resourcefulness of the main character.

Our February book will be *The Woefield Poultry Collection* by Susan Jury. More details to follow in an upcoming newsletter! ~ Anne Seymour [[anne.seymour3@gmail.com](mailto:anne.seymour3@gmail.com)]

#### **Book Club Group 2:**

Our January 2026 meeting was held at Seasons with much thanks to our host, Eleanor Huff. Judi McIlroy led the discussion on the book *Dead in the Water* by Iona Wishaw. This mystery, set in BC, was the first novel by Canadian author Iona Wishaw. It was agreed that we all enjoyed this 'cozy mystery'. The author has written a number of books since this one was published and many of us look forward to reading more of her novels.

In February, we will be looking at biographies, primarily Music Biographies. It will be the reader's choice. In March, we will discuss a book by Bill Bryson, *At Home*. ~ Meran Farmer [[meranjoan@gmail.com](mailto:meranjoan@gmail.com)].

~ Meran Farmer and Anne Seymour, Book Club Coordinators

### **HEALTHY LIFESTYLES – Wednesdays @ 10:30 AM**

From now until Spring we plan on walking at Harrison Park as it seems to be the safest place to walk during these winter months. Feel free to walk with us as many - 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. As a reward after our efforts, we often treat ourselves to a coffee or tea. New walkers are welcome. To be added to the email list please contact me at [rosemaryemccann@gmail.com](mailto:rosemaryemccann@gmail.com).

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

## **INTEREST GROUPS**, continued...

**TUESDAY ONLINE SOCIAL HOUR** – Every *Tuesday\* at 4:00 PM* Our Social Hour continues to be a friendly place to enjoy a stimulating conversation amongst CFUW OS and Area friends. ***We meet the first, \*, third, fourth and fifth (if we have one) Tuesday of the month from 4:00 to 5:00 PM via Zoom.*** If you would care to join us, please email Cynthia Lemon at [lemondalefarm@gmail.com](mailto:lemondalefarm@gmail.com) and we will add you to the list. ~ ***Cynthia Lemon, Loreen Cumming and Anne Seymour, Social Hour Hosts***

## **OF INTEREST TO MEMBERS ...**

We wish a fond farewell to long-time member **Marianne Ford** as she and her husband Frank embark on a new chapter of their lives, relocating to Simcoe to be closer to family. You will be missed! Please keep in touch.

Sincere condolences are extended to **Ruth Henderson** whose sister, Lois, died on Jan 17th, 2026 in Edmonton.

## **OPPORTUNITY TO PUT SENIORS TOP OF MIND IN GREY-BRUCE**

A community safety and well-being survey is currently in circulation in Grey-Bruce. The survey is available at this link: <https://www.surveymonkey.com/r/BGCommunitySurvey>  
The information gathered through this survey will be the basis for developing the next community safety and well-being plan for Grey-Bruce.

The community safety and well-being plan for Grey-Bruce that concluded in 2025 did not address elder abuse because the safety and well-being of older adults did not surface as a priority in the community safety and well-being survey completed with residents of Grey and Bruce Counties five years ago. We need to correct that oversight for the next Grey-Bruce community safety and well-being plan. Incorporating elder abuse into the community safety and well-being plan will create opportunities to discuss elder abuse across multiple sectors (police, health care, social services) that have not been available to date.

There are three opportunities in the survey to flag concerns about older adults.

**Question #20:** Select “support for older adults”

**Question #26:** Select “elder abuse”

**Question #40:** This question is open-ended and states, “is there anything else you would like to tell us about your safety and well-being in Bruce and Grey?” We need comments in response to question #40 identifying the safety and well-being of older adults as a concern to get older adults on the radar of the next community safety and well-being plan, such as “I am very concerned about the well-being and safety of older adults in my community.”

**There is great power in collective action to raise awareness about issues that are neglected in public discourse. Please take this opportunity to put the well-being of seniors in Grey-Bruce top of mind among leaders in Grey-Bruce by completing the survey yourselves and circulating it to your networks.**

Please contact Angela Yenssen, CFUW Advocacy Committee member and Chair of the Grey Bruce Elder Abuse Prevention Network, if you would like a hard copy of the survey. Angela can be reached by phone at 519-370-2200, ext. 33 or by email at [angela.yenssen@gbclc.clcj.ca](mailto:angela.yenssen@gbclc.clcj.ca).

~ *Angela Yenssen*

OF INTEREST TO MEMBERS ... continued

Register for this...

SENIORS FOR SOCIAL ACTION (ONTARIO)  
*Presents*



A FREE ZOOM SESSION ON

# OLDER ADULTS AND ARTIFICIAL INTELLIGENCE: USES AND CAUTIONS

Thursday, February 12, 2026 2:00 - 3:30 PM

**WITH DR. ROBIN BREWER**

**Associate Professor at the University of Michigan's  
School of Information, and Co-Founder of the  
Accessibility, HCI, and Aging Lab**

<https://aha.si.umich.edu/>

**This session will include a broad range of topics  
related to AI and how it can be helpful to older  
adults, as well as some cautions about its use.**



**TO REGISTER FOR THIS FREE ZOOM SESSION — PLEASE E-MAIL:  
seniorsactionontario@gmail.com with your name and where in Ontario you live by  
no later than February 9, 2026.**

## 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](mailto: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

### Jan Chamberlain Volunteer of the Year Award – Nominations Now Open!

The City of Owen Sound is now accepting nominations for the **2026 Volunteer of the Year Awards**, inviting residents to recognize individuals whose generosity, leadership, and commitment strengthen our community. Awards are available in three categories: Youth Volunteer of the Year (ages 14-21), Senior of the Year (ages 65+), and Jan Chamberlain Volunteer of the Year (any age). **Nominations are open now through March 1, 2026, and can be submitted through the online form at [OwenSound.ca/Awards](https://OwenSound.ca/Awards).**



Jan Chamberlain, July 31, 2024  
Photo by JBA

**This year, the long-standing ‘Volunteer of the Year’ category has been formally renamed the ‘Jan Chamberlain Volunteer of the Year Award’.**

These awards were titled after Jan Chamberlain, following her passing last summer, to honour her remarkable legacy as a community champion and former City Councillor. Jan’s decades of service embodied the spirit of volunteerism in Owen Sound and inspired others to be positive changemakers. The Youth Volunteer of the Year and Senior of the Year categories remain unchanged.

The Volunteer Awards celebrate individuals from all walks of life who give their time, talents, and energy to improve the lives of others and strengthen the community's vibrancy. Award recipients are selected by the City’s Community Services Committee based solely on the information provided in submitted nominations. Eligibility and award criteria are outlined on the City’s website at [OwenSound.ca/Awards](https://OwenSound.ca/Awards).

Residents are encouraged to take a few moments to nominate someone who has made a difference. Complete nomination details and eligibility requirements are available at [OwenSound.ca/Awards](https://OwenSound.ca/Awards).

For more information, please contact Andy O’Leary, Facilities Booking Coordinator at 519-376-4440 ext. 1255 or email [aoleary@owensound.ca](mailto:aoleary@owensound.ca)

## **OPPORTUNITIES FOR COMMUNITY INVOLVEMENT**, continued ...

### **Arts and Culture Awards**

The Owen Sound Arts and Culture Awards celebrate excellence in the arts, culture and heritage in the greater Owen Sound area. If you would like to nominate someone for this consideration, please use this link for [Arts & Culture Awards Forms](#).

These awards underline the importance of culture to residents and recognize groups and individuals for their outstanding achievements and contributions to the area's cultural vitality.

For information regarding the Arts and Culture Awards, contact Jen Wright, Events and Activation Coordinator, at 519-376-4440 ext. 1237 or email [jwright@owensound.ca](mailto:jwright@owensound.ca).

**Volunteers Needed for Income Tax Program:** Jill Umbach, the Bruce Grey United Way Poverty Task Force Coordinator has recently hosted a Zoom call with a number of Canadian Volunteer Income Tax Program (CVITP) coordinators prior to the upcoming income tax season to assist where additional volunteers across Bruce Grey are needed.

The CVITP enables volunteers to complete simple tax returns each tax season for those individuals, who have low income and an inability to complete the tax forms by themselves. The volunteers meet with clients in order to complete the income tax and files the returns electronically which expedites the process.

Last year in Bruce Grey 41,000 individuals were eligible for this free service. Of that number, about 10% of people were served and about \$ 14,000 in refunds and benefits were received by those clients.

**It is hoped that with more volunteers available, additional clients will benefit. If anyone is interested in providing this important service, please contact Jill Umbach of United Way Bruce Grey for further information at 519-377-9406, or email at: [povertytaskforce@unitedwaybg.com](mailto:povertytaskforce@unitedwaybg.com).**

~ Anne Seymour

**Recycling Made Easy at the Owen Sound Public Library!** The Owen Sound Waste Watchers (OSWW) and the Owen Sound Public Library have teamed up to make recycling even easier! You can now drop off **oral health products, clean socks, and makeup containers** (please note: *no nail polish, perfumes, or aerosol products*) at the library's front desk. On a regular basis, OSWW volunteers collect and ship these items to specialized facilities where they're transformed into new products — keeping waste out of landfills and giving materials a second life. Small actions like this make a big difference for our community and our planet!



With the **2026 municipal election** on the horizon, electHER Now is gearing up for one of our busiest and most exciting years yet. And yes... we could really use your help.

More than ever, we need women at local decision-making tables, shaping the choices that will guide our communities for years to come. Volunteers are at the heart of this work, supporting both our organization *and* the women who are stepping up to run for office.

The good news? There's no one-size-fits-all commitment. We offer a range of volunteer opportunities to suit different schedules, skills, and interests. Whether you're a planner, a connector, a behind-the-scenes helper, or a big-picture thinker, there's a place for you here.

If you believe in our mission and want to help advance more diverse representation in local government, we'd love to hear from you.

**Submit your interest:** [electhernow.ca/volunteer-application-form](http://electhernow.ca/volunteer-application-form). And one more thing... We promise to keep it **meaningful, energizing, and yes — FUN!**

*~ Carol Merton & Laura Wood, Co-Founders*

Don't miss ...

