



cfuw Owen Sound
and Area

Realizing potential. For all women.

*Celebrating our
35th ANNIVERSARY
1990 - 2025/26*

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

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

2025-2026 EXECUTIVE OFFICERS

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

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

CFUW: 'Women Helping Women'

CFUW is a non-partisan, voluntary, self-funded organization with over 100 CFUW Clubs, located in every Province across Canada. Since its founding in 1919, CFUW has been working to improve the status of women, and to promote human rights, public education, social justice and peace. It holds special consultative status with the United Nations (ECOSOC) and belongs to the Education Committee of the Canadian Commission to UNESCO.

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

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

PRESIDENT'S MESSAGE

Hello Fellow CFUW Members,

We are slowly inching our way to Springtime in the Owen Sound area – however things are approaching quickly for our Club's year-end: May 31.

Leaders are reminded to send in their Annual Reports by May 9th so they can be sent out prior to Tuesday, June 9th, the day of the Luncheon and Annual General Meeting at Legacy Ridge Golf Club, starting at 11:30.

I shall be representing you at the CFUW Ontario Council AGM to be held in Peterborough on May 23rd. Check out: <https://cfuwontcouncil.org/> for more details – you might like to attend. And while you're on the website, sign up for [OC News](#), the very informative province-wide newsletter.

The Magical Mystery Bus Trip is back on again, now scheduled for **Friday, May 29th**. Please note the date change and check the details in this newsletter. This is a fun event, as anyone who has ever attended one before can attest.

The CFUW National AGM is being held at the Delta Marriott in Montreal. I shall be in attendance from Tuesday, July 21 until the 24th. Again, check out <https://www.cfuw.org/> for details; every CFUW member is invited to attend. The best part of these gathering is to connect with women from all across Canada. It's so stimulating.

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



CFUW Land Acknowledgement

We want to acknowledge that this place where we come together is within the ancestral and traditional territory of the Anishinaabe Nation: the people of the Three Fires known as the Ojibwe, Odawa, and 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

This has been a very busy and productive year for our CFUW Owen Sound and Area Advocacy Committee. We have been involved in the following endeavours:

- Sponsorship of two advocacy presentations including Elders and the Law, and Age Friendly Communities;
- Meeting with MPP Vickers regarding the establishment of a Seniors' Advocate for Ontario;
- A letter writing campaign to MPP Vickers regarding the establishment of a Seniors' Advocate for Ontario;
- Distribution of a media release on the establishment of a Seniors' Advocate for Ontario;
- Online meeting with the Seniors' Advocate for British Columbia;
- Establishment of a partnership with the United Senior Citizens of Ontario regarding the establishment of a Seniors' Advocate for Ontario; and
- Participation in the Dave Carr Open Line Show regarding the establishment of a Seniors' Advocate for Ontario;

Future events include submitting an article on the Seniors' Advocate to the Ontario Council newsletter, working with other Ontario clubs on the Seniors' Advocate lobby, participation in another Dave Carr show (Part 2), and participation in a TV show with Carol Merton on Rogers on the same topic. We are also planning for two Advocacy events for our members for next year.

We are very fortunate to have a small but dedicated Advocacy Committee. Many thanks to Anne Seymour, Marianne Williams, Leslie Garnett, Helen Penfold, Donna Phillips and Angela Yenssen for all their diligent work!
~ **Cynthia Lemon, Advocacy Committee Coordinator**

EDUCATION

The CFUW OS and Area Scholarship fund was first created 33 years ago, in 1993. You, the members of our Club, have over the years made donations to our Fund to support scholarships for young women attending Georgian College, Owen Sound District Secondary School, St. Mary's Catholic High School, and Peninsula Shores District School. We typically provide 4 scholarships per year, that being one per school. We have also raised funds through such events as Ted Barris presentations. Our Scholarship Fund is held by the Grey Bruce Community Foundation. The interest earned on an annual basis provides the money for the annual scholarships.

Club members should be very proud of the impact we have had on young women in our community since 1993. **During that time, we have provided over \$80,000.00 in scholarships.** For a small club such as ours, this is fabulous, and only possible through your generous donations that keep our Scholarship Fund growing and viable. As the Fund continues to grow, we will be able to provide even more support within the community.

Here's an excerpt from the note of thanks from, Japujee Kaur Brar, the recent recipient of our CFUW scholarship (\$1,000.) at Georgian College: *"I would like to sincerely thank the Canadian Federation of University Women—Owen Sound & Area—for their generous support. Your contribution is not only financial help but also encouragement to keep me working hard to achieve my goals. Knowing that the members of the community believe in students like myself is truly motivating. I am very thankful for your kindness and investment in my education and hope to be able to repay the community in the future as you did."* ~ Japujee Kaur Brar

Our thanks to you, our members, for your ongoing dedication to young women in Grey and Bruce counties!
~ **Cynthia Lemon, Education Committee Coordinator**

EXECUTIVE COMMITTEES' REPORTS, continued

MEMBERSHIP

CFUW Owen Sound has had another stellar year, with twelve new members joining, and we are heading into 2026/2027 with a total of 75 members. June 1st marks the beginning of the membership year, and renewal forms will be available at the AGM on June 9th. Both the renewal forms and the new member registration forms are also available for download on the CFUW - Owen Sound webpage [<https://www.cfuwowensound.com/join-us>].

Membership dues have not gone up for many years and will remain the same in the new year, at \$110. We remind members that over half of this total is used to pay dues to CFUW's federal and provincial umbrella organizations, so only a portion is actually available for our own club activities and expenses. Our club's executive over the years has been a responsible steward of the Club's finances. Your dues support our efforts, as well as contributing to the growth of the endowed scholarship fund which is now administered through the Community Foundation Grey Bruce. Thanks to all our members, both past, and present!

~ *Anne Dondertman, Membership Coordinator*

PROGRAM

General Meetings/Programs are **usually** held on the 2nd Tuesday of the Month. *BUT*, please note that the bus trip, originally scheduled for Tuesday, May 12 has been **re-scheduled to FRIDAY, MAY 29**. Here are the details:

CHANGE OF DATE FOR MAGICAL MYSTERY BUS TRIP: FRIDAY, MAY 29.
Details below. Space is limited, so reserve and purchase your ticket ASAP! ** See addendum and poster on pages 11 & 12 **

Back by Popular Demand ... our very own ... MAGICAL MYSTERY BUS TOUR

FRIDAY, MAY 29, 2026

WHEN: 9:30 AM to 3:00 PM

WHERE: THAT'S THE MYSTERY! Park and catch the bus at the Kelso Beach Park parking lot, 2nd Ave W, Owen Sound, at 9:15AM. **BUS WILL LEAVE AT 9:30 SHARP.**

TICKETS: \$50. per person ~ includes bus, guide, lunch and fun!

Members and Guests welcome! Seating is limited to 46 people, so act quickly!

Reserve and purchase tickets from Styn Furness by e-transfer [fincfuwos@gmail.com] **OR** reserve tickets by email [fsfurness@gmail.com], with subject line "CFUW Bus Trip" and pay by cash or cheque at the bus. ***There's NO need to tell us if you cannot come, but know that you'll be missing a lot of fun!***

DRESS CODE: comfortable and appropriate for the weather. ***This is a CFUW rain or shine event***

OPPORTUNITIES FOR "RETAIL THERAPY"

Special thanks to the MAGICAL MYSTERY BUS TOUR coordinators, Styn Furness, Brenda Bergen and Meran Farmer.

TUESDAY, JUNE 9, 11:30 AM: ANNUAL GENERAL MEETING, LUNCHEON & PROGRAM at Legacy Ridge Golf Club Dining Room. Kindly reserve for lunch: RSVP to Cynthia Lemon [lemondalefarm@gmail.com] with subject line "CFUW Lunch" by June 4, and indicate any dietary concerns. Payment for lunch [\$30.00 per person] may be made by cash or cheque at the door. Details to follow. ***Be sure to read your AGM package which will be emailed to you before the meeting.***

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

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, 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

SOCIAL MEDIA

Did you know that our Club has two Facebook pages?

1. Our [Facebook Public Page](#)] is a form of outreach and promotion for the club, providing a way for non-members to connect with us, and giving us an extra online presence. Our page includes a link to our club's website and some visitors and potential new members do find their way to the website by this means.
2. CFUW Owen Sound also has a [private group](#) page. Anyone using Facebook can find the group but only members can see who is in the group and what they post. It is intended to be a place for our Club members to chat and share with one another.

There has, however, been very little activity on either of these pages in the last few years. Facebook itself is waning in popularity, but many of us do still use it and find it to be a great means of staying in touch with friends, family and community. We would like to revitalize these pages and are looking for a volunteer member familiar with Facebook who would enjoy posting to one or both pages on a regular basis. Notices of our events and activities would be especially desirable but there is scope for some creativity. If you are interested or need more details, please get in touch with me.

~ Anne Dondertman, Social Media Coordinator [anne.dondertman@utoronto.ca]

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 May 14 at 2:PM

On Thursday May 14 we will meet in the main entrance at The Sydenham Campus, 1130 8th Street East (next to Georgian College) for a 2:00PM start. Parking is at the front of the building.

We will visit the studio of Susan Henry-Scott and tour the Grey Bruce Makers and other studios that are open. Susan works in acrylic, cold wax and mixed media with emphasis on multi-layering techniques and complex colours to create a rich and beautiful jewel-like surface. Her work shows the depth of understanding and the principles of value, colour, line and composition in a predominately abstract format. https://www.instagram.com/henryscott_susan/.

Susan said that Grey Bruce Makers provides our region with a place for makers of all sorts to meet up and start projects whether woodworking, metal art/fabrication, welding or fine art. It provides all the supports necessary for entrepreneurship and general hobby/professional interests.

INTEREST GROUPS, continued...

ART EXPLORERS, continued...

All the various aspects of the space, costs related to membership, etc., will be explained on the tour. Dan Herrick of Grey Bruce Makers received the Cultural Impact Group award at the City's Arts, Culture and Volunteers Awards ceremony recently.



In an artist's statement Susan said, "One of the most powerful images I return to again and again is the sound of wind rustling through trees. Known poetically as Psithurism (pronounced - sith-yuh-riz-uhm), it is a whisper of calm in a chaotic world - a reminder that there is softness amid all that is sharp. That sound and what it evokes, finds its way into many of my paintings as space, texture, breath."

Left: "Psithurism" Acrylic mixed media 24x48"

Please email me to let me know if you can join us on the 14th so I can indicate approximately how many are coming. ~ *Cynthia Porter, Art Explorers Coordinator [cyanneporter@gmail.com]*

BOOK CLUB: Groups 1 & 2

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

~ *Meran Farmer and Anne Seymour, Book Club Coordinators*

HEALTHY LIFESTYLES – Wednesdays @ 10:30 AM

Now that Spring is here (we hope!) our walks may take us a little further afield. 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. We send an email out to the regular walkers, usually on the Sunday before, advising them of the walk and meeting location. To be added to the email list please contact me at rosemaryemccann@gmail.com.

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

SOCIAL HOUR – Every Tuesday* at 4:00 PM

CFUW OS and Area offers a regular Zoom social hour on ***the first, *, third, fourth and fifth (if we there is one) Tuesday of the month from 4:00 to 5:00 PM***. We chat about any and all things that interest those in attendance. We have had great discussions about genealogy, books, history, art and yes, sometimes even politics. We would be delighted to have you join us! Please email Cynthia Lemon, Anne Seymour or Lorraine Cumming if you are interested in participating.

~ *Cynthia, Loreen and Anne, your Social Hour Hosts*

OF INTEREST TO MEMBERS...

Jan Chamberlain Volunteer of the Year Award



Jan Chamberlain, July 31, 2024. Photo by jba

This year, the long-standing ‘Volunteer of the Year’ category was 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 City of Owen Sound 2026 Volunteer of the Year Awards were presented April 16, 2026.

And the winners are... Andrew Howlett (Left: centre) and Frank Greaves (Right: Centre). [Photos by JBA]



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

PHILIP CHIU

GUILLAUME ARTUS

SWEETWATER SPRINGTIME LIVE

ISLANDS, LEGENDS AND SOULS: PHILIP CHIU IN RECITAL
MAY 21 | 7:00 PM | GRACE UNITED CHURCH, THORNBURY

DREAMS AND FAIRY TALES: AN EVENING OF CELLO STORIES
MAY 22 | 7:00 PM | HISTORIC LEITH CHURCH, LEITH

SWEETWATERMUSICFESTIVAL.CA

Tickets are \$45 per concert, or experience both Springtime Live programs for only \$75. Use the code 2SHOWS

OPPORTUNITIES FOR COMMUNITY INVOLVEMENT, continued ...

Lots of great things happening at [Grey Roots](#). Click on the link!

Check out [Grey Gallery](#) and its 10th Anniversary!

I'm walking so no one living with dementia walks alone.

May 30th, 2026

IG WEALTH MANAGEMENT
WALK FOR ALZHEIMER'S

REGISTER TODAY AND WALK WITH US.



Hanover - Kincardine - Meaford - Owen Sound - Saugeen Shores

9:00 AM Registration

10:00 AM Opening Ceremony

www.walkforalzheimers.ca

Alzheimer Society
GREY - BRUCE

All funds raised will assist families living with dementia in Grey-Bruce.
For more information, call us at 519-376-7230 or email us at event@alzheimergreybruce.com.

2026 Leith Gummer Festival HISTORIC LEITH CHURCH

419498 Tom Thomson Lane, Leith, ON leithchurch.ca **Artistic Director Jeremy Bell**

Opening Gala Concert Jessica Lalonde
with the **Adrean Farrugia Trio**
and the **Penderecki String Quartet**
Saturday, June 27, 2026 - 7:30 pm

Season Pass \$200

Tickets \$45

Students \$15

Reserved Ticket Seating:
Roxy Theatre Box Office
251 – 9th Street East,
Owen Sound
519-371-2833

www.roxytheatre.ca

(Or cash/cheque at the church
door before the performance)



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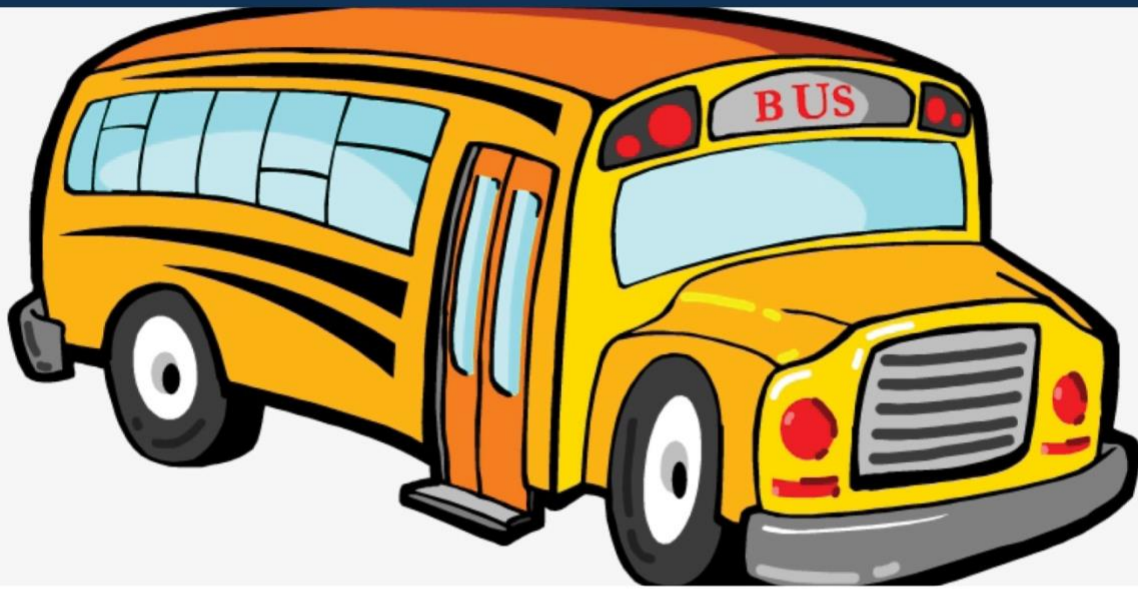
LSF is a registered charitable organization. All proceeds go to the ongoing preservation of the Historic Leith Church.

CFUW MAGICAL MYSTERY BUS TOUR

FRIDAY, MAY 29, 2026, 9:30 AM to 3:00 PM

- ***Space is limited so reserve and purchase your ticket ASAP!***
-
- **TICKETS: \$50. per person** ~ includes bus, guide, lunch and fun!
-
- Members and Guests welcome!
-
- Seating is limited to 46 people, so act quickly!
-
- **Reserve and purchase tickets from Styn Furness by e-transfer [fincfuwos@gmail.com] with name(s) you are paying for and "CFUW Bus Trip" in the Notes field.**
-
- **OR reserve tickets by email [fsfurness@gmail.com], with subject line "CFUW Bus Trip", and pay by cash or cheque at the bus.**
-
- ***We regret that we cannot provide refunds. If you purchased a ticket but then are unable to attend, please inform Styn ASAP in case there is a waiting list.***
-
- ***Park and catch the bus at the Kelso Beach Park parking lot, 2nd Ave W, Owen Sound, at 9:15AM***
-
- **BUS WILL LEAVE AT 9:30 SHARP**
-
- ***There's NO need to tell us if you cannot come, but know that you'll be missing a lot of fun!***

Special thanks to the MAGICAL MYSTERY BUS TOUR coordinators, Styn Furness, Brenda Bergen and Meran Farmer



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OPPORTUNITIES FOR "RETAIL THERAPY"

www.cfuwowensound.com

www.facebook.com/cfuwowensound