

CFUW Owen Sound and Area Newsletter

MAY 2023

"The power of women working together"

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

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:

Finally, it's May and spring is truly upon us. From sunny days, flowers blooming, grass greening and all the intrepid gardeners starting their gardens, we have arrived. April was an interesting month with crazy weather and I wanted to make a shout out to all the CFUW members, including Jan Chamberlain, Vivian McCaffrey, Shawna Macivor and Marianne Williamson, who endured the rain to participate at the Grey Bruce Earth Day event on Saturday, April 22. It was a wonderful day of learning and networking for those involved in the Climate Fair and Parade and to all those CFUW members who attended and supported the event. Thank you!

You will see from the reports that we shall soon have a new website for our Owen Sound and Area CFUW Club. We are very excited that it will be a much more user-friendly website and are looking forward to club members submitting photos and short notes to the Interest Group Coordinators to post information and engage not only our own members, but others as well. Many thanks to the work of Trisha Hendrie, Judi McIlroy, and Cynthia Lemon on this venture, as well as, other members of the Social Media Committee for supporting our Zoom Program and Advocacy meetings.

For our May 9th General meeting, we are participating on our very own Magical Mystery Bus Tour. I am hoping that you will be able to join us for a great adventure as we tour the countryside and enjoy a beautiful day together. It promises to be great fun. Any questions, please check with organizers Jan Chamberlain and Styn Furness.

As we move through to June, I want to make sure that everyone marks the date for our AGM: Tuesday, June 13th at 11:30 AM, Legacy Ridge. There will be more information and details about this event further on in the newsletter.

PRESIDENT'S MESSAGE, continued ...

Finally, I want to end with a tribute to Mim Cady, one of our founding members of the Owen Sound and Area Club, who recently passed away. As I stated in my message a couple of weeks ago, Mim was another exceptional woman, who made great contributions to our club and will be sorely missed. Judy Beth Armstrong will be collecting photos and memories from members. For those of you who knew Mim, I trust you will have much to contribute.

Sincerely Anne

~ Anne Seymour, 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 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 MEETING HIGHLIGHTS - MAY 2, 2023

Members of our CFUW Executive meet on the first Tuesday of the month. This month we met at 10:15 a.m. in person, at The Library Board Room. If you wish to make a presentation to the Executive, please contact President Anne Seymour.

While many of us have become accustomed to online meetings via Zoom, Executive members were grateful for the opportunity to gather at the Owen Sound and North Grey Union Public Library for our May meeting.

Through a reinvigorated Advocacy Committee, the Club has renewed its commitment to and involvement in advocacy. This month, the Executive discussed the committee's plans to develop a three-year strategic plan and approved including the committee's three-year budget request as part of the Club's 2023-24 budget. Given the ebb and flow of the Club's membership and revenue, the advocacy budget will be reviewed annually.

Preparations for the June 9th AGM are well underway. The Nomination Committee submitted its report and presented a full slate of members willing to serve on the Executive. Members will be notified of the nominations shortly. President Anne Seymour also led the Executive through a line-by-line review of the latest financial statement and 2022-23 Budget, in preparation for the development of the 2023-24 Budget for presentation to the AGM.

Now that the Club's Education Fund operates under a separate constitution and is governed by its own executive body, the Fund has an expanded ability to support education-related community programs. Kathy Needham, who currently serves as the Fund's president, shared with the Executive that, in addition to supporting the Club's scholarship program and Scientists in Schools, the Fund's executive is considering using some of its resources to contribute to the public library to support the purchase of books. Although not the ultimate decision makers for disbursement of the Fund's assets, the Executive provided positive feedback for the library donation proposal.

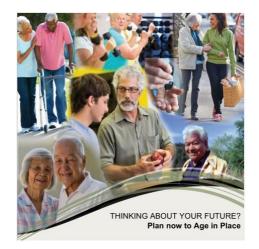
~ Vivian McCaffrey, Secretary

EXECUTIVE COMMITTEES' REPORTS

ADVOCACY

"How did it get so late so soon? It's night before it's afternoon. December is here before it's June. My goodness how time has flewn. How did it get so late so soon? - Dr. Seuss

This I understand. In May of 1973 I was counting the remaining days of school until summer. I loved the blissful months of swimming in the pond, lounging on the lawn, devouring novels one after another, no worries to be had. Well, now it is 2023, fifty years later. "My goodness how time has flewn." I still love the blissful months of summer, although I am less inclined to swim in the pond and lounge on the lawn. I will however devour as many novels as I can. Interspersed in my thinking however is how to remain in our beloved home for as long as we can. And when we cannot, how do we navigate the move to somewhere we can live independently and happily with any required supports to avoid a long-term care facility if at all possible.



It is for these reasons and many more that the CFUW OS and Area Advocacy Committee has been working on the concept of Aging in the Right Place. We have developed our three-year plan, a budget that we have taken to the executive to consider and we will share all with the members at our June AGM. I have no doubt that this topic consumes some of your thinking as well. As it should. It takes a lot of planning for next steps and strategies as we age. You may find the document Thinking *About your Future: Plan Now to Age in Place*. It includes a checklist that helps you map out what you need to consider as prepare your plan. It can be found HERE

One of the resources that our committee has been using to inform our thinking has been Seniors for Social Action Ontario. Part of their mandate includes the following:

We promote a range of alternatives to long-term care institutions including fully funded in-home support; individualized direct funding; a fully accessible and expanded family -managed care program; paid family caregivers; and warm, respectful, non-profit or municipally operated community residences to support elders to remain in their own homes,



neighborhoods and communities; as well as PACE (Programs of All Inclusive Care for the Elderly) and Hub and Spoke models that bring care to older adults wherever they live.

We would encourage you the check out their website if you are interested. They have many videos that you can access that will keep you informed as to matters of interest to those of us who are aging and want to age in the right place. You can sign up to be a member (no strings attached) so that you get regular updates in your mailbox. The link to their website is as follows: https://www.seniorsactionontario.com/

Finally, we would like to thank all of those who attended our John Restakis ZOOM presentation on April 18th. As well as our members we had guests from neighbouring CFUW clubs, CFUW Oshawa and Glassworks. The presentation was excellent with lots of information and models to consider for cooperative housing which may well be a strategy for seniors as they age. The link to the recording was sent out for those who might like to view it again or for the first time. If you have misplaced the link let me know and I will send it to you again.

Many thanks to our committee members for their dedication to this work - Anne Seymour, Trisha Hendrie, Jan Chamberlain, Marianne Williams, Anne Dondertman and Donna Phillips.

~ Cynthia Lemon, Advocacy Committee Coordinator

EXECUTIVE COMMITTEES' REPORTS, continued ...

ARCHIVES

From the Desk of the Archivist...

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 2010 – 2011, our 20th Anniversary!

Donna Elliott was President and she and her brilliant team were incredibly busy. Our monthly meetings were generally held at St. Mary's Parish Hall and also in a lovely space at McQuay Tannery Seniors Centre. We had a total of 57 members (including 2 lifetime members).

Our first meeting, September 2010, was a 20th Anniversary Celebration Luncheon, held at Stone Tree Golf and Fitness Club. We recognized our founding Members and Past Presidents with fanfare by trumpeters Dave Elliott and Ken Sobiski. One of our Club co-founders, Alma Wilson, was presented with a Lifetime Membership. We had a lovely lunch and a terrific time thanks to an amazing organizing committee: Donna Phillips, Judy Thomson, Mim Cady, Anne Kirkland and Janine Sobiski.

For our Program, among other interesting initiatives, two 'Lunch and Learn' events were organized by the Program Committee in January and February 2011 at the Bayshore. Richard Thomas spoke in January and Telfer Wagg in February. The lunches were delicious and well attended. As Program Co-ordinator, Lynda Marshall had a well-organized group of volunteer members to help sell tickets and present the lunch. However, unfortunately, these lunches did not turn out to be as profitable as compared to the past year. A Resolutions meeting was held in April. One Resolution that was agreed to and passed by all attendees was: complying with UN standards to stop the torture of children and adults by non-state players. The Resolution was then sent on to CFUW National.

Much organizing went into the community Outreach Program in May when we invited Dr. Izzeldin Abuelaish, Author of *I Shall Not Hate* and Nobel Prize nominee to speak at the Bayshore. We sold more than 340 tickets to this very important event. \$4700 was raised for Dr. Abuelaish's Foundation and \$300 went to our Scholarship Program.

In June, our AGM was a Pot Luck lunch held at the Harrison Park Community Centre.

Our website was up and running and was becoming a major communication tool. Members were encouraged to use the website to access important information such as upcoming events, ticket sales, newsletters, membership lists, Minutes of meetings, and financial information. There were also links to CFUW National and Provincial sites.

That year, our first Policy Manual was developed and produced by Loreen Cumming, Meran Farmer and Brenda Bergen. It was a working document composed of previous motions and directives by past Executive members. From that time, the Policy Manual and the Constitution have been regularly reviewed and updated. Every member has access to these important documents.

Three Scholarships of \$950 each were given out to deserving young women in our community who were furthering their education. The awards criteria are academic achievement and financial need.

Healthy Lifestyles members continued to have great get-togethers, with a variety of speakers and walks. Two Book Clubs and an Issues Group also met regularly.

A busy year... a very busy Club with over 50 busy women!

~ Meran Farmer, Archivist

EXECUTIVE COMMITTEES' REPORTS, continued ...

EDUCATION

It's that time of year. We are approaching the fiscal year end of the Scholarship Fund and therefore it is time for an AGM. This year, the Annual General Meeting (AGM) of the members of the **Canadian Federation of University Women - Owen Sound Scholarship Fund** will be held in conjunction with the **Canadian Federation of University Women - Owen Sound's** AGM at Legacy Ridge Golf Course, on the 13th day of June, 2023, at 11:30 am. The agenda will include:

- 1. Receiving the financial statements for the financial year ended May 31, 2023;
- 2. The election of Trustees of the Corporation;
- 3. To transact such other business as may properly be brought before the meeting.

The meeting package will be distributed with the chapter's AGM package. Please call or send me an email if you have any questions.

~ Kathy Needham, Education Committee Coordinator

NEWSLETTER

This <u>monthly</u> Newsletter is emailed directly to members. Please send contributions for the Newsletter to the editor/coordinator: **Judy Beth Armstrong** <u>armstrong.judybeth@gmail.com</u> 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.

PROGRAM

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

Since the last (March) Newsletter, we've presented two exceptionally interesting programs:

On TUESDAY, MARCH 14th at 2 PM we met in person for a talk and tour at OSHaRE – "What We Have We Will Share" - in downtown Owen Sound. Those who attended were grateful to learn more about this important community service. Thank you to Donna Phillips for organizing this program.

On TUESDAY, APRIL 11th at 10 AM we "met" via zoom, for a panel presentation by three knowledgeable local educators who discussed the timely topic, "The Impact of COVID on Public Education". Thank you to Cynthia Lemon for organizing this program.

On TUESDAY, MAY 9th, 9 AM to 5 PM we present our very own "Magical Mystery Bus Tour" which should check all our boxes... discovering interesting nearby places, learning something new and retail therapy! There are very few tickets (\$50.00 per person) left so don't miss this out! You can email Jan Chamberlain janc47@gmail.com to reserve your ticket. Thank you to Jan Chamberlain for organizing this event! Please see poster for more information.

[~] Judy Beth Armstrong, Newsletter Coordinator

PROGRAM, continued...

Save the date: Tuesday, June 13th at 11:30 AM for our AGM luncheon at Legacy Ridge.

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



BACK BY POPULAR DEMAND... OUR VERY OWN MAGICAL MYSTERY BUS TOUR

TUESDAY, MAY 9, 2023

WHEN: 9:00 A.M. - 5:00 PM

WHERE: THAT'S THE MYSTERY! But park your car and catch the bus at the

north parking lot behind Bayshore Community Centre, 9 AM sharp

TICKETS: \$50.00 per person. Cash or cheque. First come, first served. Members & guests welcome! Seating limited to 45. Purchase tickets at March 14th GM OR from Jan Chamberlain and Styn Furness. Cost includes bus, guide,

LUNCH and FUN!

DRESS CODE: comfortable

OPPORTUNITIES FOR "RETAIL THERAPY"

This is a CFUW rain or shine event

www.cfuwowensound.com

www.facebook.com/cfuwowensound

EXECUTIVE COMMITTEES' REPORTS, continued

SOCIAL MEDIA & WEBSITE

Your Social Media Committee has been hard at work over the last month presenting both the Program and Advocacy Zoom Lectures. A special "thank you" goes out to Anne Seymour and Cynthia Lemon.

Trisha Hendrie has been hard at work developing our new website which is scheduled to be up and running on Friday May 5th. We, as a Club, will now be able to handle all aspects of our website in a much more user-friendly format.

If you wish to get in on the ground level of this exciting new phase, please contact any one of our committee members to join our Social Media Committee. Full training will be offered to any member interested in joining us going forward. Your Social Media Committee (SMC) members are: Judi McIlroy, Trisha Hendrie, Anne Seymour, Cynthia Lemon.

~ Judi McIlroy, Social Media & Website Committee



[~] Lamp of Learning word art poster designed for CFUW – OS & Area by Shelley Jackson in consultation with Ann Magner

INTEREST GROUPS

Please note, from our <u>CFUW By-Laws</u>, 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 April 21 we had a morning workshop at GB Arts Centre with Kari Bronough, who patiently guided us step by step through each stage of making a Japanese stab-bound book. We then had a delicious quiche and salad lunch at The Palette Cafe then car-pooled to Durham to the very unique art store appropriately named "The Colour Jar." Timothy Dyck, who has an MA in bookbinding, gave us a fascinating talk on repairing and restoring old books with many examples of books he had worked on then some of us purchased art supplies or a book for a special grandchild! It was a great day together. (More photos on page 12.)

Our **next event will be at Westrock Metal Art Studio** at 743 7th Avenue West where Sculptor Ruta Wilson transforms metal into captivating works of art for the garden and gallery exhibitions. Through the power of art she convinces people to conserve for the benefit of all, not only in the ecological sense but also aesthetically. The West Rock Art Metal Garden is nestled in downtown Owen Sound at the entrance to the West Rocks. Ruta is a storyteller and loves talking about where her materials were found and what influenced her to create a piece of scrap metal into a work of art. She will inspire you! The **date is yet to be finalized** but I will send out an email with date, time and directions for parking.



Rosalie & Judy Beth proudly display their completed books

~ Cynthia Porter, Art Explorers Co-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

I find it mind boggling how quickly this book club year is passing! Only two more sessions remaining this year!

Our March read was *Their Eyes Were Watching God* by Zora Neale Thurston. Thank you so much to Anne Seymour for hosting, and Jane Hendrie for leading us through our discussions. This book triggered some feisty and passionate thinking on the main character, Janie. You have to love it when different perspectives are shared so passionately by articulate women!

Our Monday, April 27th our discussion was on *The Mother Tree: Discovering the Wisdom of the Forest* by Suzanne Simard. It is quite a hefty book with lots of science woven through the narrative. Anne Seymour led our discussion which included working to understand the science, the author and the contributions that the book makes to our understanding of nature. There was lots on which to ponder!

Our next challenge is *These Precious Days* by Ann Patchett which is a series of essays that provide a "fresh and intimate look into (Ann's) mind and heart."

~ Cynthia Lemon

INTEREST GROUPS, continued ...

BOOK CLUB, continued ...

Group # 2

In March the Book Club was hosted by Lynn Cox when we reviewed and discussed *The Diamond Eye* by Kate Quinn. In April we reviewed *Looking for Jane* by Heather Marshall at my home.

On May 29 at 1:30 PM, our meeting will be held at the home of Donna Phillips when we will review *Daughters of the Deer* by Danielle Daniel. Please email donnagord@icloud.com if you would like to join us.

~ Meran Farmer

HEALTHY LIFESTYLES – Wednesdays at 1:00 PM

Our walkers/hikers continue to walk in spite of the rainy/snowy/windy weather we have experienced over the last two months. We are a hardy bunch who enjoy walking and an occasional coffee or tea as a reward after our efforts. To be added to the email list, please contact me at rosemaryemccann@qmail.com

Shawna led us on a lovely snowy walk from Kelso Beach one week, and we walked at Harrison Park a couple of times. The rest of our walks have been spent on a variety of rail trails close to Owen Sound.

Hope you can join us. Yours in walking,

~ Rosemary McCann and Janet Barker, Healthy Lifestyles 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.

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, [retiring] Coordinator

INTEREST GROUPS, continued ...

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

ECO-SNIPPETS

In this issue, we continue our column, **ECO-SNIPPETS**, with thanks to Shawna Macivor whose idea it was to include "a straight-out Climate column ... of 'snippets' - with ideas and suggestions. This is (after all) the biggest disaster of our time. To ignore it anywhere seems odd." ~ Shawna Macivor

I've retired back to the Owen Sound area - and though I loved growing up here, it didn't occur to me back then that a few of our contemporaries would (as adults) make significant contributions to a better world. Two of them have been in the news recently: one, **Gary McCluskie** for leading the architectural renovation of the concert hall at the Lincoln Centre in New York. This Hall had been 'cursed' with poor sound that wasn't fixed through many renovations. But Gary led a team that <u>succeeded</u>.

But this is an 'eco-snippet' piece, so let's turn to another newsworthy Owen Sounder this month: **Peter Martin**. Peter, son of Ron and Mary Martin, founded the *Canadian Institute for Theoretical Astrophysics* at the University of Toronto. In 2016, Peter was named an <u>Officer of the Order of Canada</u> "For his innovative research on interstellar matter and for establishing two world-renowned institutes of astronomy and astrophysics." Now for the 'eco' part: Peter and the new head of the Institute are proposing a <u>School of Cosmic Future</u> "to aid a planet on the brink". This initiative will bring together smart people from many disciplines to help preserve life and civilization on earth. Can you think of anything more important?

~ from your friendly eco-reporter, Shawna Macivor

Send YOUR "snippets" and suggestions for volunteer opportunities and involvement with not-for-profit community organizations to: armstrong.judybeth@gmail.com

OPPORTUNITIES FOR COMMUNITY INVOLVEMENT

Last April we introduced this new "column" where members are invited to send in suggestions for volunteer opportunities and involvement with not-for-profit community organizations.

Please send your suggestions, by the first of each month, to me at: armstrong.judybeth@gmail.com. We will include volunteer opportunities and involvement AND CLIMATE ISSUES in future issues, as space allows and at the discretion of the editor. There is no pressure on any of our members to 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

From Donna Elliott:



Don't miss the opportunity to enjoy an exceptional classical music performance at the historic Leith Church.

~ Vivian McCaffrey



OPPORTUNITIES FOR COMMUNITY INVOLVEMENT, continued

Our club has long-been supportive of the initiatives of electHER Now...



At electHER Now, our goal is to increase the number of women sitting at the local political table. We believe building a strong community of support is key to the success of those who serve and that's why we are hosting another local Mix & Mingle event!

Please join us on **Tuesday, May 30th, 2023 at Grey Roots Museum,** 102599 Grey County Road 18 (south of Owen Sound) 5:30 to 6:30PM: Gather in the Grey Roots Museum Lobby to chat and enjoy light refreshments. 6:30 to 7:30PM: Move into the Grey Roots Theatre and join Kathi Maskell (Pearls & Politics Honouree & former Hanover Mayor) as she introduces Mariane McLeod and local author Sheilah Spurr, and their conversation about Sheilah's journey from part-time actor to published playwright of this season's new production of "Gorgeous Gallivanting Goddesses" (OSLT/Roxy Theatre, June 2023).

CLICK HERE to reserve your ticket(s) today!

Only 50 tickets are available for this special event on a *Pay What You Can* basis (\$10, \$25 or \$0 Accessible Tickets are available), so don't delay! P.S. Can't attend but would like to support this event? Donations can be made online: <u>Support electHER Now</u>

We hope to see you on May 30th for an evening of great conversation in one of our region's finest cultural venues.https://greyroots.com

~ Laura Wood, Co-Founder, on behalf of the electHER Now Planning Team

ART EXPLORERS, continued...

April 21, 2023: Art Explorers spent a delightful afternoon in Durham at the unique art supply shop, "The Colour Jar." Owner and bookbinder Timothy Dyck demonstrated restoration and bookbinding techniques. Photos courtesy of Cynthia Porter and Vivian McCaffrey.

