



cfuw cfdud

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

**CFUW – Owen Sound & Area Newsletter
December 2023**

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 am rapidly approaching that time of year when I have a deep need to hibernate. There is nothing I love more than hunkering down, warm and cozy by the fire, book in hand. A glass of wine at the ready. Family and friends easily accessible. Amazing food a few short steps away. With any luck I can convince someone else to cook it!

We are so blessed. So, I share this short message with you. I have no doubt you feel the same.

For peace, when so many live in strife
For family and friends when so many are alone
For homes and warmth, when so many live on the street
For good health, when so many are ill
For bountiful food, when so many live with hunger
For all that we have, we are grateful.

I wish you a joyous Christmas season! May all that you wish for be yours. And may you have many exciting adventures in the New Year.

My best wishes to all,
Cynthia

~ Cynthia Lemon, 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.

We are pleased to present our new masthead ... take a close look at the top of page one.
This design was recently approved by CFUW National for use by all clubs.

EXECUTIVE COMMITTEES' REPORTS

ADVOCACY

Hello CFUW friends! Our group is focusing on the topic of "Ageing in the Right Place". We are particularly interested in gathering relevant information from other groups in our community. Here's an interesting one we found. *[Please see the .pdf document, "Grey County Age-Friendly Community (AFC) Strategy and Action Plan", attached separately.]*

~ Submitted by Donna Phillips for the Advocacy Committee

EDUCATION

I have sent a cheque for \$1,000 to the Advancement Unit at Georgian College. This continues our longstanding support to students at the College's Owen Sound campus. Specifically, the award will go to a student in her second year of studies at this campus.

I still have a few tax receipts to distribute. I am going to bring them with me to our general meeting at Legacy Ridge, December 12th. After that, I will mail the remaining ones out. If the new year rolls around and you haven't received your receipt, please send me a quick email.

*Scientists in School (SiS) have received our donation of \$1575. which will provide Hillcrest Elementary School with five virtual workshops over the coming months. I received an update from SiS on November 30th. I thought I would share it with everyone. [Please see the **SiS letter 2023 11**, attached separately as a .pdf document.]*

~ Kathy Needham, Education Committee Coordinator

EXECUTIVE COMMITTEES' REPORTS, continued...

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 a few days following the beginning of the month.

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

PROGRAM

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

We were delighted to have about 30 members and their guests join us, **Tuesday, November 14, 2023**, at Sydenham Campus (the former Sydenham Community School). Guest speaker, Steve Furness, Manager of Economic Development, County of Grey, gave us a talk about and tour of this regional skill, training and innovation centre. What a transformation from the Sydenham Community School that many of us remember! Best thanks to Styn Furness for coordinating this program.

Our final program for 2023: We hope that all our members – and guests – will join us on **Tuesday, December 12th at Legacy Ridge**. Arrive at **11:30 AM** to mix and mingle with friends, and then enjoy a delicious Christmas Luncheon (\$20. at the door). The menu: butternut squash soup, cranberry, brie & turkey crepes, with old fashioned bread pudding for dessert. We have invited singer/songwriter, AnnMarie Rowland to perform a cozy program, "*This Old Quilt, in songs, stories and quilts*". Merry Christmas! *See the poster!*

Put this on your calendar...

Our first program for the new year... JANUARY 9, 2024 at 10:00 AM – Zoom

Our CFUW member, Anne Dondertman, retired Rare Books librarian, will discuss with us what constitutes a rare book. Don't miss this fascinating, informative talk!

Look over the 2023-2024 Program brochure [attached] and mark those 2024 programs on your NEW calendar.

Meanwhile, the Program Committee has already begun to plan our Program for next year [2024-25]! If you would like to join this committee for some fun planning, please feel welcome to contact one of us.

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



GENERAL MEETING & PROGRAM

TUESDAY, DECEMBER 12, 2023

11:30 A.M. AT LEGACY RIDGE GOLF CLUB DINING ROOM

318494 GREY ROAD 1, OWEN SOUND, ON N4K 5N4

JOIN US:

- Gather at 11:30 AM to mix and mingle
- Luncheon (\$20. cash - payable at the door).
Menu: specialty crepes, salad, seasonal
dessert; cash bar for wine, tea, coffee
- “This Old Quilt” – in songs, stories and antique
quilts with singer/songwriter AnnMarie Rowland



We hope you will join us – no need to RSVP

*Warmest Wishes to all our members for a happy, healthy holiday season
and for a bright and beautiful New Year.*

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

Last month we had 13 attend an interesting and informative tour of the Roly Fenwick and other exhibitions at the Tom Thomson Art Gallery and some of us went to GB Arts for coffee afterwards.

This month we will be visiting **Joanna Aplin Fine Arts Studio & Gallery** on **Friday December 8th, 10:30 AM** at Heritage Mall (NW entrance past Georgian Tailoring and Leons then turn right and it's on your left) 1350 16th Street East.) Joanna will talk about her figurative paintings, inspiration and composition. Here's her website for more information about her work: <https://joannaaplin.com>. Her philosophy and desire regarding her work is "... to direct the hearts and minds of my viewers to the richness of Life in and around us." – Joanna Aplin

Please let me know if you plan to join us.

~ *Cynthia Porter, Art Explorers Coordinator*

BOOK CLUB: Groups 1 & 2

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

~ *Meran Farmer and Cynthia Lemon, Book Club Coordinators*

Group # 1 met on Monday, November 27 to discuss the book of essays by Michelle Good, *Truth Telling: Seven Conversations About Indigenous Life in Canada*. This was not an easy book to read. There were many things that we learned, and many things that left us asking about the attainability of true reconciliation. This is certainly a book that needs a second reading on a number of levels. We would encourage all CFUW members to add this to their reading lists. Many thanks to Anne Seymour for leading our discussion and to Jane Hendrie for being such a gracious host.

~ *Cynthia Lemon*

Group # 2: At our November meeting, we discussed *Homecoming* by Kate Morton. Everyone loved this mystery and we had a lively discussion. Our Book Club Christmas party will be held at my home on December 18th.

~ *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 in person, 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*

INTEREST GROUPS, continued ...

HEALTHY LIFESTYLES – Wednesdays @ 10:30 AM

We started our first November walk on a beautiful snowy day, and as it turned out we ended November on the same kind of day. It was lovely. On our November 15th walk on the rail trail, we found a “Charlie Brown”



Christmas tree. [Photo by Linda Crawford. L-R: Anne Seymour, Rosemary McCann, Janet Barker, Jan Leach and Shawna Macivor.]

Our contribution to the monthly newsletter is probably the shortest of the interest groups, but we are enthusiastic about our walks, exploring streets and neighbourhoods, parks and trails.

For now, we meet every Wednesday at 10:30 AM; we will change to 1:00 PM at some time during the winter.

On the Sunday before our walk an email providing the walk information and meeting place is sent out to all those on our Healthy Lifestyles email distribution list.

Join us on all or some of our walks, as you please. To be added to our distribution list, please contact Rosemary at rosemaryemccann@gmail.com.

Yours in walking,

~ Rosemary McCann and Janet Barker, Healthy Lifestyles Coordinators

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

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*

MEMBERS' NEWS & MUSINGS ...

We received this wonderful news, November 30th, from **Cecilie Moses** about her husband Bill Moses' surgery: *"Everything went well. Prognosis is good. We are SO grateful. Wonderful surgeon. All doctors and nurses were/are amazing. Should get home on Friday. Hugs to all."* On behalf of all members, we extend best wishes for a full and speedy recovery to Bill and warm hugs to Cecilie, his best caregiver!

We wish **Eleanor Huff** well as she settles in to her new home at Seasons Retirement Home. We know that she always appreciates visitors!

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*

OPPORTUNITIES FOR COMMUNITY INVOLVEMENT, continued...

There is a **series of lecture-concerts by Dr. Kati Gleiser** (piano) at Saint George's Anglican Church, [1049 4th Ave E Owen Sound](#) Owen Sound on the first Sunday of each month at 2:30 PM: Feb 4, 2024 is Schumann, Mar 3 is Chopin and May 5 is Russia + Ukraine featuring Ukrainian folk singer Elena Kovalova. Admission: students under 18 free, \$20-\$40 as you are able. Tickets at St. George's 519-376-4287.

~ Patricia Hiemstra, Ruth Henderson, Anne Seymour and Maureen Sutherland

It's time to register for the next **BALL [Bluewater Association for Lifelong Learning]** lecture series, [Hope and Inspiration in Grey Bruce - January 4 to February 8, 2024](#). This home-grown series features speakers well-known to our CFUW club: Stuart Reid (Community Foundation Grey Bruce), Jennifer Miller (REACH), Lloyd Lewis (NeighbourWoods North) and others we will want to know! Scheduled for the wintery months, this series will be available online (by Vimeo) only. ~ Vivian McCaffrey

**GREY GALLERY PRESENTS
RAQUELL YANG'S NEW SERIES OF
WATERCOLOURS OF OWEN SOUND
NOV. 29 TO JAN. 6**

opening
reception:
Sunday
December 3,
3 to 5pm

EXCITING NEWS!
RAQUELL YANG
HAS PARTNERED
WITH GINGER
PRESS ON A BOOK,
WHICH FEATURES
RAQUELL'S
WATERCOLOURS
OF OWEN SOUND,
ALONGSIDE
ESSAYS ON THE
HISTORY OF EACH
OF THE VENUES
BY RICHARD
THOMAS. THE
BOOK WILL BE
AVAILABLE AT THE
EXHIBITION
OPENING/BOOK
LAUNCH ON
SUNDAY DEC. 3,
FROM 3 TO 5 PM.

Chi-Cheemaunt

Grey Gallery 883 2nd Ave E, Owen Sound
226-664-2776; www.greygallery.ca

Traditionally, during the Christmas season, our members think of others and like to make special donations. Here are a few worthy causes, put forward by some of our members...

- I really enjoyed past times where we supported REACH Centre and [REACH Marketplace](#), [Women's Centre Grey Bruce](#), [OSHARE](#), the United Way's SOS program, or [Utility Assistance Program](#), etc. I was hoping we could do something again during the holiday season...I think it is important for us to be more visible in the community, not just to raise our profile, but also to demonstrate a commitment and support to not-for-profit groups doing incredible work.

~ Anne Seymour

- When he spoke to our club in October about Frauds and Scams, Jason Cranney told us about another project of the Owen Sound Police Service... **teddy bears in police cruisers to give to children** involved in trauma and emergencies. To donate funds for the purchase of teddy bears, or other special programs, visit Owen Sound Police Services, 922 2nd Ave West Owen Sound.

~ Meran Farmer

December 2nd and 9th: Moreston by Candlelight at Grey Roots, 4 to 8 PM. Best to get your tickets in advance. Details... <https://greyroots.com/moreston-by-candlelight> ~ Judy Beth Armstrong

December 16 at 7:30 PM: A Rock & Roll Christmas Fundraiser at The Roxy, presented and in support of Second Chance Animal Sanctuary and Rescue [<https://www.secondchanceanimalsanctuary.ca>]. Tickets at roxytheatre.ca. ~ Linda Crawford

December 17 at 7:30 PM: Historic Leith Church Festival of Lessons and Carols. Click [here](#) for details. ~ Donna Phillips