



March, 2020

President- Janet Glasspool
Vice-President- Ann Magner
Secretary – Kathy Needham
Treasurer- Styn Furness
Past President – Kerina Elliott

CFUW: The Power of Women Working Together

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

Our Owen Sound and Area CFUW club is proud to be connected with CFUW at the national level—an organization that has been actively advocating for women for over 100 years. CFUW National has just submitted a written statement to the United Nations Commission on the Status of Women's 64th Annual Meeting for 2020.

One section of the Canadian statement relates to **women and education**, and notes that education is essential to gender equality and empowerment. The statement announces that CFUW awards over one million dollars annually to support women and girls in educational pursuits, because women must have access to all forms of education and to innovative platforms for delivery of education. CFUW urges member states to recognize the importance of technical and vocational training, and urges them to increase funding for training and education programs that will significantly improve the participation of women, girls, and gender-diverse people in the labour market.

The report to United Nations also stresses that a major challenge to education and training exists for the 10 million girls who are refugees. In this crushing and growing humanitarian crisis, the lack of access to education is one more way in which girls are victimized, thus shaping their lives forever.

Another section of the CFUW statement addresses **women and health**. Violence against women and girls is a major public health issue, and the burden of suffering from violent victimization is compounded in refugee camps and other marginalized communities. CFUW recognizes that domestic violence, human trafficking, sexual violence, harassment, and violence perpetuated on women and girls as acts of war, all constitute violence against women. CFUW calls on member states to use all instruments available to stop violence against women and girls and to provide protection to them.

Also crucial to the health of women is the availability of the whole range of health services and in particular, sexual health and reproductive services. The focus needs to be broadened from reducing maternal deaths to increasing funding for women's health research, improved management of preventable death and disability in women, and a gendered approach to the collection and utilization of health data.

The full statement is available on the CFUW National website: www.cfuw.org/

We have many reasons to be proud of our CFUW organization.

Janet Glasspool, President

Program

After a two month break in January and February we are back on track and looking forward to our March CFUW meeting on Tuesday morning March 10th at 10:00.

We will gather at Intersections with Wood, on the corner of 3rd Avenue East and 10th Street East, to enjoy an amazing presentation by host Stephen Hogbin followed by coffee, tea and treats.

See you there...

Brenda Bergen and Meran Farmer Co Coordinators - Program

Nominations Committee

There are some positions on the Executive opening for next year. Please contact Kerina Elliott, Meran Farmer, Brenda Bergen or Ruth Henderson if you would like more information. It involves one morning meeting presently being held on the first Tuesday of the month in the Board Room of the Library from 10 to 12.

Webmasters. Donna Phillips and Loreen Cumming

Archives. Lois Renner

Newsletter Ruth Henderson filling in for Pat McCoy

Interest Groups

Book Club

In February, we met on the 24th at the home of Jane Hendrie to munch, sip and dialogue about the book *Europe*, written by Jesse Wilkinson. Interestingly, much of this novel was written in the Frog Ponds restaurant, here in Owen Sound. Thanks to Janet Barker for leading our discussion. Our next gathering will be on March 23rd at 1:30 p.m. at Eleanor Huff's. We will be discussing, *Indian Horse* by Richard Wagamese and Jane Hendrie will be leading the discussion. Please know that all CFUW members are welcome.

Ruth Knapp - Coordinator

Games

The next Games afternoon will be held on Friday, March 6 at 1:30 pm at Judy Keeling's home. Please let her know if you will be attending.

Lois Renner - Coordinator

Healthy Lifestyle Group

Our Healthy Lifestyles group met at the Frog Ponds on Feb 18 for a presentation on the Grey Bruce LHIN, which sparked lots of good discussion. Thanks to Loreen for her work organizing this event. Loreen mentioned the new 'Grey Bruce Walking Groups' resource to the group before we left, and I knew I had a copy from our most recent meeting of the Council on Aging. If you wish to receive a digital copy, please contact Ruth Henderson.

Submitted by Ann Magner- Loreen Cumming February Coordinator

Next Event Tuesday March 17, Elizabeth Cleminson is organizing the Healthy Lifestyles Meeting at the CONNECT Rehabilitation / Yoga / Fitness Centre. It will start at 10:AM and will be a one hour session of Strength and Stretch plus discussion.

The address is 1100 16th Ave. East Unit 2 (The Sunlife Building across from Seasons)

The group cost is \$150 (if 10 persons attend that would be \$15/ person)

PLEASE CONTACT ELIZABETH : elizabethtodd@rogers.com to let her know if you will be attending.

Afterward, plan to go to Freshi for food and drinks if you like.

From CONNECT Welcome, Canadian Federation of University Women!

We are **CONNECT Rehabilitation | Yoga | Fitness Inc** , and we cannot WAIT to see you on March 17th! Stephanie Sollazzo will be running an hour long session for you including a tour,

a small discussion on why strength and mobility are so important for longevity, and a stretch and strengthen session.

Before you get here, here's a little bit about us:

CONNECT opened its doors officially on May 6, 2019, but it had been in the works long before then. Stephanie and I began planning our dream-jobs in Summer 2018, signed a lease at our current location across from Seasons in December 2018, and started the process of designing our dream-workspace shortly after that. We built this business because we felt that something was missing in healthcare, and that “thing” became our “why” which, if you boil it down to its very essence, is **empowerment** . We built CONNECT to empower every client, every patient, and every person that works with or for us. It is so incredibly exciting to take that “why” and apply it to every program we develop, every interaction we have, and we hope you'll feel that same excitement when you come to visit.

Currently on the rehab end of the spectrum we offer physiotherapy and chiropractic services (with the addition of registered massage therapy coming soon!), which is designed to take people beyond the point where they no longer have pain, to a place where they can truly be empowered to take back control of their health through physical activity.

As our patients “graduate” from physiotherapy, some will transition to our fitness and yoga classes, some of which are speciality classes like Barbells4Bones, and some are drop-in classes that are more general. I (Clare) spend most of my time on the fitness end, while Stephanie spends more time on the yoga side of things, and our chiropractor, Dr. Nick Centritto, delves into both.

Here's a list of some of the specialty classes we're running, or starting up in the near future:

Barbells4Bones

With Clare Donaldson, this group is specifically designed for women 55+ who are interested in improving their strength to maintain health over time. It's been developed with sustainability in mind, modifying for ongoing mobility restrictions or injuries, with the emphasis on improving overall strength. Our next Barbells4Bones registration is opening soon, and is planned to start on February 26th.

#STRONGmom

With Clare Donaldson, our early morning class for moms. These ladies have tons on their plates, so it's often difficult to find time to strength train, even though it's often what they

need to keep up the rest of their activities. This group is all about getting stronger and supporting each other (and it's a good reason to get out of bed early!)

Gear Up Fore Golf

With Dr. Nick Centritto, a specific program to work on core strength and mobility prior to the start of the golf season. This program is not open for registration yet, but will be starting in April (stay tuned!).

#STRONGLikeAGirl

With Clare Donaldson, a strength class developed for teen girls aged 13-17 to help them build strength, self confidence and positive body image to set up healthy exercise habits for life.

Drop-In Yoga

With Stephanie Sollazzo. Class dates and times vary throughout the week, but Stephanie offers a variety of classes to meet all mobility and strength levels. In a yoga class run by a physiotherapist, you needn't worry about mobility restrictions causing a problem - every pose can be easily modified to fit your abilities.

We are so excited to have you join us for a morning! If you'd like to learn more about us, feel free to check out our Facebook (@connect.rehabilitation) or Instagram (@connectrehab) pages, or at our website (www.connectrehab.com)

Art Explorers

March: Tuesday, March 10, 10:00am

The CFUW program "Intersections With Wood" with Stephen Hogbin, Wood Gallery and Studio, will be our focus.

April: Monday, April 6, 1:30 pm

Anne Dondertman has welcomed us to Grey Gallery, 2nd Ave. East, to hear and view a presentation by internationally respected Wesley Bates, wood engraver, print maker, teacher, from Clifford Ontario. You can learn more about Grey Gallery's guest at <http://www.wesleybates.com/>

More information will follow.

Myrt Heinrich, Eleanor Huff Co Coordinators

Yarn Group (Knitwits)

Hello to all CFUW members who knit (or crochet or needlepoint, etc). Beginner and experienced yarners are welcome. Our March gathering will be at Shawna's place (address in the membership

directory) on Wednesday March 11 at 1:30ish. If you are planning to attend, please let Shawna Macivor know a few days ahead. **"Knitting is cheaper than therapy."**

Shawna Macivor, Coordinator

Issues Group

"Leaning Towards Water: Art, Activism and Resilience in the Anthropocene" Come and hear Elizabeth Zetlin speak at the Library (1st Ave West) on March 20th at 6:30 pm. (Doors open at 6pm.)

Donna Phillips, Ruth Henderson, Co Coordinators

