

President - Ann Magner  
Vice-President - Patricia Hendrie  
Secretary - Vivian McCaffrey  
Treasurer - Styn Furness  
Past President - Janet Glasspool



We have so much happening early this month ... this is an "interim" newsletter, to ensure that all members receive information about our activities planned up to mid-November, 2020.

**Read on!**

*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.

## VIRTUAL GENERAL MEETING

TUESDAY, NOVEMBER 10 AT 10 A.M.

**GUEST SPEAKER:**

Lloyd Lewis on the topic of Neighbourwoods North and the transformation of the barren grounds surrounding our hospital - Grey Bruce Regional Health Centre, Owen Sound - to a newly planted mixed forest woodland, "healing path" walkway and "welcome garden" at the main entrance.



Prior to the meeting, an invitation will be sent to all our members with the Zoom link to access the meeting. Guests interested in learning more about our Club are welcome! Contact: [info@cfuwowensound.com](mailto:info@cfuwowensound.com)

Note: It is the policy of CFUW Owen Sound that member's personal information will not appear in the newsletter. For this information members should go to the hard copy of the Members List. Website info ([www.cfuwowensound.com](http://www.cfuwowensound.com))

## INTEREST GROUPS

### **GAMES GROUP** - 1<sup>st</sup> Friday of the month +

Games Group meets monthly to play a variety of card and board games. Before COVID we met at the homes of our members and we will return to that format as soon as it is safe to do so. Until then we are moving to zoom to play games and socialize. Several games such as Code Names and Just One are amenable to being played on zoom. We normally meet at 1:30 on the first Friday of every month. During the winter we are attempting to add at least a Friday evening game date and perhaps more.

On the 9th of Oct, we had our first online games meeting. It was a great success. After a little time helping everyone use some extra zoom features, we had a wonderful game of Just One which is a cooperative game in that we work as a group toward a specific goal. We were amazing!!

In November the Games Group will meet online on **Friday, Nov 4th at 1:30 pm.** and **Friday, Nov 20th at 7:00 pm.** If you would like to join the Games interest group to receive invites and updates please contact Trisha Hendrie.

*~ Trisha Hendrie, Coordinator*

### **HEALTHY LIFESTYLES** – varies; usually Mornings



Healthy Lifestyles members - Exploring Inglis Falls, Sept. 2020

October didn't let us down!! We were able to enjoy four wonderful hikes last month, which is a record for our Healthy Lifestyles group. On each hike the colours were wonderful, and the weather was especially cooperative. The KOA Trail, Kemble Mountain, the Rail Trail and Harrison Park provided us lovely opportunities to walk and socialize.

We have all agreed that we will keep moving no matter what the weather brings. Our next walk will be **Wednesday November 4 at 10 a.m.** We will meet at the north end of the parking lot at the Bayshore Arena and walk north on the Tom Thomson Trail. We invite all of you to enjoy our walks with us. Please email me.

*~ Meran Farmer, Coordinator*

### **WOMEN WHO WONDER (WWW)** – Wednesdays, 7 p.m.

Women Who Wonder or WWW for short provides a path for intellectual exploration and discussion in a relaxed and fun environment. The goal of WWW is to provide an additional avenue for member engagement through opportunities for social interactions and continuing education. 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. WWW meets online every other Wednesday and we take turns at picking topics and moderating the discussion.

We've had two fascinating sessions since the last newsletter came out. On Oct 7th we watched Dr. Rick Rigsby's Commencement Speech: Wisdom of a Third Grade Drop Out and Admiral McRaven's 2014 Commencement Speech at the University of Texas at Austin. Both speeches were inspirational and it was

fascinating to discuss the ways in which each speaker approached life and how different their speeches were in both content and delivery.

On Oct 21st we discussed CRISPR. The recent Nobel Prize for Chemistry was awarded to Jennifer Doudna and Emmanuelle Charpentier for their work with CRISPR. We discussed what CRISPR is and some ethical questions surrounding it. Questions that were discussed include; How do you feel about our ability to edit genes? Are there things that it's capable of doing that you would object to? Are there things that it can do that would be wrong of us to not allow? Who should decide the answers to those questions? The conversation was engaging and gave food for thought long after the conversation.

This week's discussion on **Nov 4th** will revolve around the pros and cons of DNA collection and storage by government and private entities. Some questions we will be discussing courtesy of Lynda Chiotti who will be leading this discussion include; Your DNA is unique to you - how do you feel about sharing it? If your DNA, shared anonymously, could advance scientific research, would you be happy to share it? What about sharing your DNA, traceable to you, for science or health research? Would you share your identifiable DNA if you knew it might be used to solve crimes? If you would like to be sent the video link for this week's discussion or if you would like to be added to our list for future meetings please contact Trisha Hendrie

~ **Trisha Hendrie, Coordinator**

### **YARN CLUB (Knitwits) 2<sup>nd</sup> Wednesday of the month.**

The next Knitwits meeting will be held via zoom on **Wednesday November 11th at 1:30pm**. Any member of CFUW is welcome to join us, whether you already know how to knit, or would like to learn. If you are planning to attend, please let Shawna Macivor and Lynda Chiotti know a few days ahead.

~ **Shawna Macivor, Coordinator**

## **CFUW – OWEN SOUND CALENDAR OF CLUB EVENTS AND ACTIVITIES**

*print this off to keep by your calendar*

### **NOVEMBER 2020**

- 3 - Executive Meeting, 10 a.m. Virtual meeting by Zoom.
- 3 - Tuesday Coffee Hour, 4 – 5 p.m. Virtual meeting by Zoom. Contact Roberta Cuthbertson
- 4 - Healthy Lifestyles, 10 a.m. Hike the Tom Thomson Trail. Contact Meran Farmer
- 4 - Games Group, 1:30 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie
- 4 - Women Who Wonder, 7 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie
- 10 - General Meeting, 10 a.m.** Virtual meeting by Zoom. Guest speaker: Lloyd Lewis, Neighbourwoods North
- 10 - Tuesday Coffee Hour, 4 – 5 p.m. Virtual meeting by Zoom. Contact Roberta Cuthbertson
- 11 - Knitwits, 1:30 p.m. Virtual meeting by Zoom. Contact Shawna Macivor and Lynda Chiotti
- 13 - Art Explorers, 10:30 a.m. at the TOM. Limited numbers – pre-register. Contact Cynthia Porter
- 17 - Tuesday Coffee Hour, 4 – 5 p.m. Virtual meeting by Zoom. Contact Roberta Cuthbertson
- 20 - Games Group, 7:00 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie
- 21 - [CFUW Ontario Council's Speaker Series](#), 9 a.m. to noon: 'Women in a Covid Economy'.  
Register at <https://cfuwontcouncil.org/standing-committees/>.
- 23 - Book Club, 1:30 p.m. Virtual meeting by Zoom. Contact Trisha H or Lynne C
- 24 - Tuesday Coffee Hour, 4 – 5 p.m. Virtual meeting by Zoom. Contact Roberta Cuthbertson
- 27 – Deadline for submissions to Newsletter. Email to Judy Beth Armstrong.

***Watch for more activities and events in the full-length NOVEMBER Newsletter***