

President - Ann Magner
Vice-President - Patricia Hendrie
Secretary - Vivian McCaffrey
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CFUW – Owen Sound & Area, celebrating 30 + years... 1990 – 2021

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.

Note: It is the policy of CFUW Owen Sound that *unless a member, e.g., an interest group coordinator, 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 List. Website info (www.cfuwowensound.com)

PRESIDENT'S MESSAGE

Our most recent general meeting, February 9th, was a great success with thanks to our Program team, and specifically to Brenda Bergen, Program Co-Chair and to Lynda Chiotti, Roberta Cuthbertson and Patricia Hendrie, our CFUW Zoom technicians, as well of course to Dr. Ian Arra, Medical Officer of Health Grey Bruce, and his team. We had over 70 participants present from our club, our sister clubs and the Council on Aging Grey Bruce to hear Dr. Arra speak. Dr. Arra was generous with his time both during his comprehensive presentation to us, and when he answered our questions at the end, and then later when he provided detailed responses in writing to any of our advanced questions not addressed at the time. The presentation is available on YouTube at <https://youtu.be/7y-tCXQ8aBg>. Please help get the message out by sharing the video with any who may be interested in *Grey Bruce's detailed mass immunization plan for COVID-19 vaccines*. Finally, Dr. Arra then chose to donate his honorarium from us to the Women's Centre Grey-Bruce. It's this Centre that I'd like to draw your attention to next.

"THE STORY OF WOMEN'S STRUGGLE BELONGS TO ... THE COLLECTIVE EFFORTS OF ALL WHO CARE ABOUT HUMAN RIGHTS." ~ GLORIA STEINEM

MONDAY, MARCH 8, 2021 is **INTERNATIONAL WOMEN'S DAY**, an annual global celebration of the social, economic, cultural, and political achievements of women, and a day that marks a call to action for accelerating gender parity around the world. CFUW clubs across the country are organizing events of their own to recognize this day. **CFUW OWEN SOUND & AREA** has traditionally worked together with the Women's Centre Grey Bruce to support their initiatives on this day. This year, on March 8th from 8 a.m. to 9 a.m., **THE WOMEN'S CENTRE GREY BRUCE** will host a

one-hour virtual event to celebrate International Women's Day and will feature yoga, networking opportunities, and a keynote address by rural futurist Ashleigh Weeden on the effects the pandemic has had on rural women. Heather Sheldrick, the organization's executive director, will also provide an overview during the event of The Women's Centre's programs. Guests will be able to bid on auction items as well. Registration is \$20 and registration takes place at <https://www.thewomenscentre.org/IWD>. (Wait to be redirected to trellis.org, the ticket-selling agency, and then click on "Tickets" on the bottom right.)

#ChooseToChallenge

#IWD2021

The following day on **TUESDAY MARCH 9, 2021** from 10:00 a.m. to 11:00 a.m. we invite all **56** of our members to join us for an important **CFUW OWEN SOUND & AREA GENERAL MEETING**.

1. We are delighted to welcome **LORI KER** as our **GUEST SPEAKER**. Lori is the CFUW ONTARIO COUNCIL REGIONAL DIRECTOR, HURON (which includes CFUW's in Orangeville, Kincardine, Southport, and Owen Sound & Area). Her support has been unwavering in this challenging year, and she has generously made herself available to us at the executive team level, supported our club level activities and chosen directions, and been interested and eager to attend our general meetings. Lori is a knowledgeable and experienced leader who has ensured a virtual network has been in place in our region this year that has provided a vital and consistent communication link between our clubs, National and Ontario Council. Lori is also Board Chair for the Headwaters Health Care Centre in Orangeville. Lori's roots are in Owen Sound and her father continues to reside here.
2. After Lori's talk and Q & A, our members will hear the results and uplifting information gleaned from our CFUW Owen Sound & Area **MEMBER SURVEY**. Thank you to all for your valuable and helpful input on this survey.
3. Finally, at this meeting on March 9th you will have the opportunity to hear a succinct summary of our extensive and thorough work, which we've completed on your behalf regarding CFUW National and GWI. Then, equipped with that information so that you are able to make an informed decision, you will be asked to contribute your all-important voice with your **VOTE** for the motion we are putting to you for your support.

I'd like to express my deep gratitude to the Ad Hoc committee who has worked on moving the CFUW National & GWI challenge forward, including Brenda Bergen, Roberta Cuthbertson, Kerina Elliott, Meran Farmer, Patricia Hendrie and Kathy Needham. These women selflessly dedicated countless hours to thoroughly researching and discussing all sides of GWI, and then preparing this presentation for you.

Please check in with a member friend and remind them of the March 9th meeting, or offer support for Zoom viewing, so that we have all 56 of our members present!

An **AGENDA** for our upcoming general meeting is included, immediately below, in this newsletter and a Zoom invite with the link will be sent to all members prior to March 9th.

We'll see you there!

Warmest regards to all,
Ann

~ Ann Magner, President



CFUW OWEN SOUND & AREA

'WOMEN HELPING WOMEN FOR A
BETTER FUTURE'
CFUW ONTARIO COUNCIL

CFUW OWEN SOUND AND AREA GENERAL MEETING

AGENDA

TUESDAY, MARCH 9, 2021 10:00 AM-11:00 AM

Virtual Meeting by Zoom and Phone

1. **WELCOME:** Ann M.
2. **ACKNOWLEDGEMENT OF TERRITORY**
3. **INTRODUCTON OF GUEST SPEAKER:** Ann M.
4. **GUEST SPEAKER:** LORI KER, CFUW REGIONAL DIRECTOR,
HURON, CFUW Ontario Council
5. **THANK YOU:** Ann M.
6. **CFUW OS&A MEMBER SURVEY RESULTS:** VP Patricia H.
7. **SUCCINCT SLIDE PRESENTATION-CFUW NATIONAL & GRADUATE
WOMEN INTERNATIONAL (GWI):** VP Patricia H.
8. **YOUR TURN: VOTE – HOW? & WHEN?:** VP Patricia H. & Ann M.
9. **ADJOURNMENT:** Ann M.

**NEXT GENERAL MEETING: TUESDAY APRIL 13, 2021, 10:00 AM, via Zoom,
with GUEST SPEAKER, NATALIE MEHRA, EXECUTIVE DIRECTOR, Ontario
Health Coalition**

EXECUTIVE MEETING HIGHLIGHTS

Members of our CFUW Executive meet monthly at 10 a.m. on these dates in 2021: Mar 2, Apr 6, May 4, Jun 1. If you wish to make a presentation to the Executive, please contact President Ann Magner.

Highlights of the March 2nd Executive Meeting

The nature of the Club's involvement in CUFW National and its financial support for Graduate Women International continue to be major focuses of Executive discussions and work. The Executive established an ad hoc committee to continue the Club's research on the GWI fees issue and explore a number of options. It also undertook a member survey on a broad range of issues, including member interest in the provincial and national organizations and their priorities in terms of the Club's programs and services. At the March 2nd Executive meeting, Vice-President Patricia Hendrie provided informative slide presentations on both the options for involvement in the National organization and the results of the member survey. The survey data will play a significant role in informing Executive discussions and actions moving forward. Both slide presentations will be shared at the upcoming general meeting on March 9th.

The Executive is continuing with the Club's scholarship program. As reported earlier, the Executive added a fourth scholarship, thanks to the donations in memoriam to deceased member Jean Milburn. For this latter scholarship, the Executive rounded up the \$1,140 in donations to \$1,200. The Executive discussed the future sustainability of the scholarship fund and whether the Scientists in School initiative could be expanded. Planning for these outreach initiatives, which have extensive membership support, will form part of an Executive strategic planning and budget setting session scheduled for the spring.

The February 9th general meeting, featuring our local medical officer of health, Dr. Ian Arra, was a tremendous success. Seventy participants joined the meeting, including individuals from regional CFUW clubs. Dr. Arra took the time to respond to all of the questions forwarded prior to and during his presentation. He has generously donated the honorarium for his presentation to the Women's Centre Grey Bruce.

~ Vivian McCaffrey, Secretary

EXECUTIVE COMMITTEES' REPORTS

MEMBERSHIP

I am pleased to announce that we have 56 members, and to provide a bit of background information on our two newest members: Edna Burri and Sharron Colter.

Edna Burri had a career in the federal government. More recently she was one of the founding members of BALL and a past member of the Board of Directors of BALL and the Tom Thomson Art Gallery.

Sharron Colter is a retired Vice-Principal from the Thames Valley District School Board. She is the Chair of the Northern Bruce Peninsula Community Support Advisory Action Committee, a member of the Council on Aging Grey-Bruce, past president of the Retired Women Teachers of Ontario, Co-secretary of the Lion's Head Legion, Coordinator of the Bruce Grey Northern Bruce Peninsula Seniors' Centre Without Walls, and more.

The updated membership directory was emailed to all members a few days ago. Please save it for your future networking with fellow-members. If there are any changes or corrections, please let me know and I'll be sure to put them in the next update.

~ Roberta Cuthbertson, Membership Chair

PROGRAM

General Meetings are held **via zoom** on the 2nd Tuesday of the Month; usually at 10 a.m.

At our **General Meeting on February 9th**, we were thrilled to have Dr. Ian Arra, Medical Officer of Health, Grey Bruce, speak to us via zoom, about the current situation with COVID 19 in our area. Dr. Arra presented a very interesting and timely talk about the Vaccine Distribution plan in a 'hub style' in local hockey arenas. He also explained the role of the Grey Bruce Health Unit in great detail. Our members sent in many questions which Dr. Arra subsequently answered; those responses were sent to all our members a short time later. We invited members of the Southport Club, Kincardine Club, our Regional Director, Lori Kerr and Sandy Thomson, President of Ontario Council. The feedback we received was indeed positive. Dr. Arra donated his honorarium to the Women's Centre in Owen Sound. Our deepest thanks to Trisha Hendrie, Roberta Cuthbertson and Lynda Chiotti for their technical expertise that enabled us to present this important program to approximately 70 people.

Plans are in the works for upcoming **general meetings**. Be sure to save these dates:

March 9th at 10 a.m.: General Meeting featuring Regional Director Lori Ker as guest speaker. We will also discuss the results of our recent Membership Survey and other Club Business. **All members are requested to make every effort to attend.** The Agenda for this important GM is included on page 3 of this newsletter. Watch for the zoom link which will be sent to each member on March 8th.

April 13 at 10 a.m.: General Meeting with guest speaker Natalie Mehra of the Ontario Health Coalition, talking about Long Term Care, Aging in Place and Campus of Care. *Watch for the zoom link which will be sent to each member the day before.*

May 11 at 10 a.m.: General Meeting with guest speaker Melissa Thomson, GBRH, who will be discussing "MAID", Canada's **Medical Assistance In Dying*** program, its history, current and proposed legislation, and the process in Grey/Bruce. *Watch for the zoom link which will be sent to each member the day before.*

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

*You may wish to visit the **Dying with Dignity Canada** website to find out more, and to complete the form to tell your MP that you support Canada's assisted dying legislation:

https://www.dyingwithdignity.ca/supportamendmentstomaid?utm_campaign=030421_helenupdate_supporters&utm_medium=email&utm_source=dwdcanada#newmode-embed-10463-17477

SOCIAL MEDIA

Nothing especially new to report, except to remind members to feel free to post information in our private Facebook group <https://www.facebook.com/groups/oscfuwprivategroup> or check out our public Facebook page <https://www.facebook.com/cfuwowensound>.

We're continuing with our weekly coffee (happy) hour, **Tuesdays from 4-5**. A zoom invitation is sent to each member, so join us for some interesting and lively conversations, or to ask questions and "practise" your zoom skills.

~ **Roberta Cuthbertson, Social Media Committee Chair**

SCHOLARSHIP

The scholarships we will be awarding this spring were finalized at the March 2nd Executive meeting.

CFUW Owen Sound & Area scholarship awards will be presented to a student at each of:

- **Owen Sound District Secondary School:** \$1,200. *This will be the * Jean Milburn Award, made possible through generous donations in Jean's memory by members of our club and by Jean's family and friends.*
- **St. Mary's High School:** \$1,000
- **Peninsula Shores District High School:** \$1,000
- **Georgian College:** \$1,000. *This award is now part of the College's "Women's intuition" Campaign. The purpose of this campaign is to raise support for scholarships for female students.*

Thank you to everyone for supporting our scholarship program.

~ Kathy Needham, Scholarship Committee Chair



- *Jean Milburn, Feb. 26, 1953 - Aug. 6, 2020*

NEWSLETTER

This Newsletter is posted on the website: www.cfuwomensound.com and emailed directly to members. 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 2-3 days following an Executive Meeting.

Please note that it is CFUW 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.

INTEREST GROUPS

ART EXPLORERS GROUP

Art Explorers have enjoyed two excellent art talks on zoom in January and February with Judy Thomson. We looked at the "Depiction of Women ..." from an ancient 11 cm-tall figurine (28,000-25,000 BCE) through to Impressionism and Post-Impressionism! Judy deserves a well-earned break but we look forward to further talks, hopefully in the Fall.

While most of us can't take a winter escape this year, we will travel to the art scene in sunny Mexico! Join us for a **video lecture on Monday, March 15 at 2:00 p.m.** on "The Early Paintings and Life of Frida Kahlo" and experience a gallery virtual tour from an October 2020 exhibition of her work and artefacts from her life. *The zoom link will be sent to Art Explorers the week before.* Everyone is welcome to join us just let me know and I will send you the link.

Now we can meet in small groups, for those interested, we will visit Grey Gallery to see the new exhibition "Focus on the Figure." John Laughlin has "used the human figure as his inspiration for over four decades. This exhibition features a selection of his paintings, each with something to say about the human condition." The proposed date is **Friday March 26 at 2:00** and afterwards at The Bleeding Carrot for coffee and discussion.

~ Cynthia Porter, Coordinator

BOOK CLUB - 4th Monday of the Month

We meet online at 1:30 on the fourth Monday of each month. All CFUW members are welcome to join us. Book Club met online on February 22 to discuss Jennifer Robson's *Our Darkest Night*, under the leadership of Judi McIlroy. Our next month's topic, on **March 22nd**, will be *Caste: The Origins of Our Discontents*, by Isabel Wilkerson. Trisha Hendrie will be the leader, in addition to her regular chore of hosting our group on zoom. We are grateful to her.

~ Lynne Cox, Coordinator

GAMES GROUP - 1st Friday of the Month at 1:30 p.m. and 3rd Friday of the Month at 7:00 p.m.

Games group meets monthly (twice a month during COVID) to play a variety of card and board games. We have been very successful in continuing our gaming on zoom. Several games such as Tribonds, Code Names, and Just One are amenable to being played on zoom. A zoom invite will be sent to all current members of the Games interest group a few days prior to the meeting. If you would like to join the Games interest group to receive invites and updates please contact Trisha Hendrie [solafyre@yahoo.com 519-778-2052]. Our **next meeting is March 5th at 1:30 p.m.**

~ Trisha Hendrie, Coordinator

GARDENERS

Spring is in the air – or soon will be -- and our thoughts turn to our gardens. Our Gardeners' Group has been "fallow" for a couple of years, but if you have an idea for "re-grouping" our gardeners, either in person or online -- or if you want to recommend a garden-related online program to share with the group, please send me an email: armstrong.judybeth@gmail.com

The following free zoom workshops, *offered by Grey County Master Gardeners*, may be of interest to our members. Pre-registration is essential.

Pollinator-Friendly Gardening, Saturday, March 27 @ 11:00 a.m. Learn about the benefits of pollinators, why we should care, some of the different pollinators (not just bees) and how to attract and keep them coming back to your gardens, presented by Grey County Master Gardeners, Margot Byers and Vicky Thompson. **Please register through this link - <http://bit.ly/OSPollinatorGardens>** After registering, each participant will receive a confirmation email containing a handout and information about joining the meeting. For more information contact Carolin Brooks at the public library: cbrooks@owensound.ca 519-376-6623 ext. 214.

If Only Trees Could Talk on Sunday, April 11, 2021 at 1:00 p.m. Do you ever wish you were a tree whisperer who has inside knowledge on the many struggles of trees and shrubs? **Jen Llewellyn**, Nursery & Landscape Specialist, OMAFRA, provides insight into environmental, cultural and pest issues affecting trees and shrubs in Ontario gardens. She shares strategies for diagnosing and managing these and other plant health issues. **Register for this seminar at www.greycountymastergardeners.com**. Registration will close on April 4, 2021 or when maximum capacity is reached, so register early!

~ *Judy Beth Armstrong, Coordinator*

HEALTHY LIFESTYLES

February was a very busy and interesting month for the Healthy Lifestyles group. We decided to embrace Zoom for meetings and our Zoom meetings are a hit! Great participation and lots of laughs.

Feb 3rd we watched a video of Miranda Esmonde-White, a Fitness Trainer. We all participated in a ½ hour of easy stretching and gentle exercise, and then a chat about other exercises alternatives and a general talk about staying healthy.

Feb 10th we did some more exercise with the same video, and afterwards chatted about Vitamins and Minerals in our diet.

Feb 17th we were privileged to hear Katrina Cuthbertson, an Honours Graduate in the field of Food Science who gave us a most interesting and informative talk on "Scientific perspectives on the Future of Food". Katrina discussed the benefits of technological innovations, customizing food concepts, food waste programs, packaging, eating local to support small producers, and preserving the environment. We would love to have her back sometime as there was so much to ask her and to find out more about Food Insecurity. We had 17 participants for the meeting.

Feb 24th we discussed "Crickets for Protein" and had a few good laughs about that. We also discussed the recently revealed problem with "hard butter"!!

We all felt that having Katrina return to again discuss interesting aspects of food production and the environment would be an excellent idea. Roberta will ask Katrina to do another presentation.

Many of our members have been out snowshoeing, walking, skiing and now that restrictions are slowly being lifted, we hope that we can go out in groups again in the next few weeks. We love hearing about all the different walks and trails you are doing. *

In the meantime, we encourage everyone to call a friend or two, and get outside for fresh air and exercise...it's also good for your mental health!! There's always someone looking for a buddy to walk with. You now have the new Membership List... use it to call someone for a chat or a walk.

Watch for an invitation for our next HL zoom meeting. If you wish to be on our list, please Email me: meranjoan@gmail.com

~ *Meran Farmer, Coordinator*

- **Editor's Note: When you join the Bruce Trail Conservancy and become a member of the Sydenham Club [www.sydenhambruce-trail.ca], you'll receive a quarterly newsletter which includes invitations to join any number of organized hikes in our area. If you walk on the Bruce Trail, whether on your own, with a few friends, or with a CFUW-HL group, please consider joining the Sydenham Bruce Trail Club. And enjoy our amazing Grey-Bruce!**

WOMEN WHO WONDER (WWW) – 2nd and 4th Wednesday of the Month at 7:00 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. If you would like to join the WWW group to receive invites and updates please contact Trisha Hendrie [solafyre@yahoo.com 519-778-2052].

Our **next meeting is March 10th at 7:00 p.m.** when we will discuss [The urgency of intersectionality | Kimberlé Crenshaw](#) [Dec 2016 Time 18:49] and [Intersectionality will save the future of science | Shawntel Okonkwo](#) [July 2019 Time 17:48]

~ *Trisha Hendrie, Coordinator*

YARN CLUB (Knitwits) 2nd Wednesday of the month

Our March meeting will be held on **Wednesday, March 10**, with the zoom starting at 1:30pm. The link notice will be sent out to all current Knitwit members a few days ahead. Members of this group don't have to be knitters – some crochet or do needlework or even mosaics – but all enjoy crafting in the company of other women. If you would like to join, or have any questions, please e-mail Shawna Macivor at: Shawna.macivor@gmail.com.

~ *Shawna Macivor, Coordinator*

CFUW – OWEN SOUND
CALENDAR OF CLUB EVENTS AND ACTIVITIES
print this page to keep by your calendar

MARCH, 2021

- 2 - Executive Meeting, 10 a.m. Virtual meeting by Zoom.
- 2 - Tuesday Coffee Hour, 4 – 5 p.m. Virtual meeting by Zoom. Contact Roberta Cuthbertson
- 4 - Deadline for submissions to March Newsletter. Email to Judy Beth Armstrong
- 5 – Games Group, 1:30 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie.
- 8 – International Women’s Day 2021, 8 a.m. Hosted by THE WOMEN’S CENTRE GREY BRUCE. More info and Tickets through this link: <https://www.thewomenscentre.org/IWD>.**
- 9 - General Meeting, 10 a.m. Virtual meeting by Zoom, featuring Regional Director Lori Ker as guest speaker. All members are requested to make every effort to attend. Your zoom invitation will be emailed to you on Mar. 8th**
- 9 - Tuesday Coffee Hour, 4 – 5 p.m. Virtual meeting by Zoom. Contact Roberta Cuthbertson
- 10 - Knit Wits, 1:30 p.m. Virtual meeting by Zoom. Contact Shawna Macivor
- 10 - Women Who Wonder, 7 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie
- 15 – Art Explorers, 2:00 p.m. Zoom Lecture on Frida Kahlo. Contact Cynthia Porter
- 16 - Tuesday Coffee Hour, 4 – 5 p.m. Virtual meeting by Zoom. Contact Roberta Cuthbertson
- 19 - Games Group – 7 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie.
- 22 – Book Club, 1:30 p.m. Virtual meeting by Zoom. Contact Lynne Cox.

- 23 - Tuesday Coffee Hour, 4 – 5 p.m. Virtual meeting by Zoom. Contact Roberta Cuthbertson
- 24 - Women Who Wonder, 7 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie
- 26 – Art Explorers, 2 p.m. at Grey Gallery: "Focus on the Figure" with John Laughlin
- 30 -Tuesday Coffee Hour, 4 – 5 p.m. Virtual meeting by Zoom. Contact Roberta Cuthbertson

APRIL, 2021

- 4 - Deadline for submissions to April Newsletter. Email to Judy Beth Armstrong.
- 6 - Executive Meeting, 10 a.m. Virtual meeting by Zoom
- 6 - Tuesday Coffee Hour, 4 – 5 p.m. Virtual meeting by Zoom. Contact Roberta Cuthbertson
- 13 - General Meeting, 10 a.m. Virtual meeting by Zoom with guest speaker Natalie Mehra. *Your zoom invitation will be emailed to the day before.***
- 13 - Tuesday Coffee Hour, 4 – 5 p.m. Virtual meeting by Zoom. Contact Roberta Cuthbertson
- 20 - Tuesday Coffee Hour, 4 – 5 p.m. Virtual meeting by Zoom. Contact Roberta Cuthbertson
- 27 - Tuesday Coffee Hour, 4 – 5 p.m. Virtual meeting by Zoom. Contact Roberta Cuthbertson

Watch for more activities and events in the NEXT Newsletter