

**President - Patricia (Trisha) Hendrie**  
**Vice-President – Anne Seymour**  
**Secretary - Vivian McCaffrey**  
**Treasurer - Styn Furness**  
**Past President – Janet Glasspool**

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**[CFUW – Owen Sound & Area](#), celebrating 30 + years... 1990 – 2022**

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.

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**PRESIDENT'S MESSAGE**

Dear Members,

We're free!!! As you all know most of the covid restrictions have been lifted. We can finally start meeting in person again! In fact, the executive committee will meet in person in April. This will be the first in person monthly executive meeting that we've had since 2020. What a wild ride it's been for all of us.

I feel that this is an appropriate time to thank each and every one of you for sticking with us through the last two years. It's been hard but we've stuck together. We stayed connected. And some of us came to know many members we'd never met before or never had the chance to really talk to before the pandemic. I can hardly believe it but over the last 2 years I have had the opportunity to spend time with each and every one of you to some degree or another and I feel so much gratitude for that. I've said it before and I'll say it again, this club has an amazing group of wise women who enjoy life to the fullest. I cannot fathom a better group of role models. Thank you for being you.

***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.*

## **PRESIDENT'S MESSAGE, continued...**

As we move forward, we will of course need to remain aware of changes in public health rules for covid. However, at this time, given the fact that we are all triple vaccinated, I'm thrilled to say get those in person interest groups going if you feel comfortable. But remember, the Tuesday Social Hour will still be here online for us. And Women Who Wonder will remain online. In addition, our general meetings will remain online a bit longer because they were booked in advance. So, as you take advantage of the return to a semi-normal world keep in mind that you still have some opportunities for online interactions.

Again, thank you all for sticking with us and making all the isolation not just tolerable but enjoyable in many ways. Before I sign off, I'd like to thank our policy committee for all their efforts in updating our policy manual. Janet G. led the committee as they added some new items, updated other items, and made other changes for clarity. You can find the new [Procedures Manual](#) on our website by clicking on this hot link. In addition, I will distribute a full copy to everyone shortly.

Sincerely,  
Trisha

*P.S. Be sure to check the answers to the Valentine's Day Quiz and try your hand at the March LOGIC puzzles, page 11.*

*~ Trisha Hendrie, President, CFUW Owen Sound and Area*

## **EXECUTIVE MEETING HIGHLIGHTS**

*Members of our CFUW Executive meet via ZOOM on the first Tuesday of the month at 10 a.m. If you wish to make a presentation to the Executive, please contact President Trisha Hendrie.*

### **Highlights for the March 1, 2022 Executive Meeting**

The Club is very fortunate to have a roster of members willing to serve in various capacities. At its March meeting, the Executive received reports from individual executive members and the Nominations Committee regarding Club members who are willing to step in to fill the vacancies that will take effect at the time of the Annual General Meeting when a number of Executive members retire from their respective positions. Members will be informed through the AGM package distributed to members in advance of the meeting regarding those who are willing to serve on the 2022-23 Executive.

Through the diligent work of President Trisha Hendrie, CFUW National now acknowledges it made an error in calculating the fee rebate for *all* clubs who chose to opt out of paying the Graduate Women International (GWI) fee rebate. The shortfall had been identified last month by Membership Coordinator Roberta Cuthbertson. The Club should receive the balance of the funds owing in the near future.

As the Club moves forward to establish the Scholarship Fund as a separate entity with its own trustees and constitution, Kathy Needham presented a draft constitution for review and discussion. With only a couple of minor adjustments, the Executive approved the constitution and thanked Kathy for her leadership in ensuring the fund complies with all of the requirements for a non-profit entity.

Having an up-to-date and coherent set of policies and procedures is vital to the Club's effective operations. Policy Committee Chair Janet Glasspool brought forward the committee's latest recommendations for revising the Procedural Manual to the March meeting. In addition to a number of housekeeping revisions, changes include adding a "purpose statement" to precede each procedure to provide clarity, outlining the administrative details regarding the newly adopted Code of Conduct, clarifying that email communications will not be used to conduct meetings, and amending the duties of a number of executive positions to more accurately reflect the various roles and attendant responsibilities.

*~ Vivian McCaffrey, Secretary*

## EXECUTIVE COMMITTEES' REPORTS

### PROGRAM

General Meetings are held **usually** on the 2<sup>nd</sup> Tuesday of the Month.

Regarding our **Tuesday, February 8<sup>th</sup>** zoom program/general meeting, Trisha Hendrie provided the following information in her February 9<sup>th</sup> email to members: *Please take the time to watch **Natalie Mehra's** impassioned and informative presentation [here's the link: [NatalieMehraLTC](#)] if you missed our meeting ... and since it's up on our YouTube channel please feel free to share it with friends. Also, here's the link for the organization Natalie works for, The Ontario Health Coalition's YouTube channel shared by Lynda Chiotti: <https://www.youtube.com/c/OntarioHealthCoalition1>*

**TUESDAY, MARCH 8 at 10:00 a.m. IWD Program and General Meeting:** Join us by Zoom as we celebrate **International Women's Day** with presentations by two of our very own eminent women, **Jan Chamberlain** and **Janet Glasspool**. Both Jan and Janet will talk about their experiences as women making their way in the work world while balancing home and family. After their presentations, we'll open it up to other members' questions and comments. *All members will be sent the Zoom link the day before. Let us know if you wish to have the link sent to special guests. This presentation will be recorded.*



**Janet Glasspool** was the first female vice-principal for the Grey County School Board. She became the first woman director of education for that board and for the Bluewater District School Board at the time of the amalgamation of school boards. Following retirement from the director's position, Janet worked as an executive consultant for a variety of projects:

- Developer and writer, Woman Abuse Affects Our Children Project sponsored by the Ontario Women's Directorate. Duties involved conducting research and writing a script for a film about the impact of woman abuse on children.
- Developer and writer for a series of online programs designed to support school and community partners in improving learning conditions for students.
- Writer of policy and procedural documents for many school boards across Ontario. Key elements of these documents include board governance, safe schools, student achievement, and staff development.



**Jan Chamberlain** is a lifelong resident of Owen Sound who started volunteering years ago when her children were young, and never stopped! She was recognized as the City's "Volunteer of the Year" in 2008 and "Senior of the Year" in 2021. She has volunteered with Community Foundation Grey Bruce, Homecoming, Doctor Recruitment, the Bluewater Association for Lifelong Learning (BALL), Active Lifestyles Centre Grey-Bruce, the Owen Sound Municipal Non-Profit Housing Corporation, the Council on Aging Grey Bruce, Community Waterfront Heritage Centre, and now Glassworks. In addition to her volunteer work, Jan was elected to Owen Sound City Council, serving 2010 to 2014. During her varied work career, she was coordinator of volunteers at Grey County Children's Aid; taught career development courses at Georgian College; started a career development private business called CCS - Creative Career Services which grew into a Private Career College, and which Jan eventually sold and then retired to care for her husband through his years with cancer.

## **PROGRAM, continued**

**Wednesday, March 16 at 2 p.m. A special program: Gary Sims, CEO of Grey Bruce Health Services will speak to us via Zoom on COVID AND BEYOND: HEALTH SERVICES IN GREY BRUCE.** This presentation will be recorded. Q & A will follow, so start preparing your questions for him!



**Gary Sims** is the President & CEO of Grey Bruce Health Services, our large regional health centre that operates six hospitals located in our Grey Bruce region. He took up his new post at GBHS in December 2019. Gary will share his perspective on dealing with COVID-19 in Grey Bruce and what the post-pandemic future holds for GBHS.

Before coming to GBHS, Gary served as founder and President and CEO of Blanche River Health (Kirkland and District Hospital & Englehart and District Hospital). He is the former CEO of Deep River and District Hospital, and was the CEO of a 200-bed long-term facility in Peterborough prior to that. Altogether, Gary brings more than 30 years of healthcare experience to the table from both the acute care and long-term care sector.

Gary Sims started his career as a hospital pot washer, before going back to school to become a Registered Nurse. In addition to receiving his BScN, Gary holds a Masters of Education and is a graduate of the Advanced Health Care Leadership Program at Rotman School of Business, University of Toronto. He has done executive training programs at both Harvard Law School and most recently at MIT in Massachusetts.

### **Programs/general meeting dates for the next few months:**

*\*Save these dates - and watch for further details.*

**Tuesday, April 12<sup>th</sup> at 10 a.m. Program and General Meeting: Guest Speaker will be our very own Lynda Chiotti** who will present a thought-provoking talk on sustainable fabric and clothing. *Virtual meeting by Zoom. Link will be emailed to all members the day before.*

**Friday, April 22<sup>nd</sup> at 10 a.m. to noon Special Earth Day presentation** - An interactive workshop on climate change and action, with facilitators Marilyn Struthers and Ann Schneider. What have we done? What are we doing? What can we do? Before April 22<sup>nd</sup>, be sure to watch (again!) the documentary film, **Resilience: Transforming our Community** *Virtual meeting by Zoom. Link will be emailed to all members the day before.*

**Tuesday, May 10<sup>th</sup> at 7:00 p.m. IN PERSON with Dennis Makowetsky**, author of *Can You Hear Me in the Back?* Reflections on 15 years as a tour manager. Location to be announced.

**Tuesday, June 14<sup>th</sup> 10: 00 a.m. to 5 p.m. IN PERSON AGM on the Bus!** A day of fun... A Magical Mystery Tour around Grey Bruce + lunch. Details to follow.

**Tuesday, July 12<sup>th</sup> IN PERSON Pot Luck Picnic & Social.** Details to follow.

**Tuesday, August 9<sup>th</sup> IN PERSON Tea & Social at Styn's Farm.** Details to follow.

**Tuesday, Sept 13<sup>th</sup> "Welcome Back" IN PERSON.** Details to follow.

We thank all our amazing members of the Program Committee.  
If you wish to join us on this fun and dynamic committee, please contact us.

*\* As always, "subject to change" ;-)*

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

## ARCHIVES

### *From the Desk of the Archivist...*

*For the past 30+ 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 10<sup>th</sup> and 20<sup>th</sup> Anniversaries. Our thanks go to Donna Phillips, Judy Thomson and Jan Middleton for keeping our history alive. It now seems appropriate to share with you, especially newer members, some of the highlights of this treasure trove of information.*

#### **Highlights of the year 2004 – 2005:**

After remembering the late Margaret Cameron in our last newsletter, it is coincidental that I am reviewing her year as President. Margaret led a strong and cohesive group of women who gave their time and expertise to ensure that our mandate was fulfilled. What a terrific group of women we had... 53 regular members and 1 Life Member. That year, Anne Kirkland was Past President, Karen Levenick was Vice, Elizabeth Mullens was our Secretary and Lynn Cox was our Treasurer. The Executive Committee was further made up by Terri Hope, Margaret Howard, Donna Phillips, Elizabeth Lundy and Jan Middleton. We had a dynamic Program Committee: Donna Phillips, Janet Glasspool, Sylvie Cioran and Anne Kirkland. Two other important teams were the "Personal Contact" team who could be counted on to phone members to remind them of upcoming events: Pat Edwards (who still does a wonderful job of phoning our members when called on) and Norah Egner. Secondly, Myrt Heinrich worked diligently at sending news releases to the local Newspapers, Radio and TV stations to publicize our events.

It was an eventful year, starting off with Cheryl McMenemy, the Publisher of the Sun Times, who spoke to us at the Billy Bishop Airport lounge; October's program was a dinner meeting at Georgian College with guest speaker/author Miggs Wynne Morris who talked about teaching in the Northwest Territories. In November, our Outreach Program featured Dr. Kathy Lochnan, Senior Curator, AGO, who gave a talk about artists Turner, Whistler and Monet at an evening reception at our Tom Thomson Art Gallery. This lovely event was co-sponsored by CFUW, the TOM and the Library. *"Our Community Outreach program serves three purposes: it provides an enlightening learning experience for our community; raises funds for our Scholarships and gives an opportunity for the public to become more informed about CFUW"*. Marg Howard, Donna Phillips, Judy Thomson and the many other Outreach committee members did an outstanding job of organizing this event, making sure that tickets were available and sold, and that we had lots of club volunteers to help with the evening. It was a huge success with 168 tickets sold, with a final profit of \$2,853! So many members pitched right in to help, and as a result we were able to give four \$300. scholarships to young women in our community. Great job everyone!

At the February meeting, the Book Club was once again in the hotseat to host at the Rusty Gull Restaurant (now demolished!) a CFUW Reads discussion on books chosen by Canada Reads. After lively debate, Phyllis Jones reviewed and argued in favour of *Rockbound* by Frank Parker Day, which turned out to be the 'winner' of the debate. The Georgian College Dining room was the venue for our March meeting, when we gathered for a delicious French dinner. Nancy White, the Community Relations Coordinator for the Grey Sauble Conservation Authority gave an interesting talk on the Grey Bruce Children's Water Festival, which is offered to all Grade 4 students of Grey and Bruce, to teach them to appreciate the importance of water resources.

April was the Resolutions Meeting at the Airport where Jane Hendrie moderated. Among the Resolutions voted on were: Sexual Exploitation of Girls (14 – 18 years) in Polygamous Communities; Equality in Family Law; the Inclusion of Home Care Services under the Canada Health Act (specifically for frail, chronic and acute care patients.)

The AGM in May, was held at the Chaise Lounge restaurant (now "Sizzlin"). 40 members attended. The Gardener's Group chair, Jan Middleton reported that 13 enthusiastic gardeners had visited local gardens, forced daffodils and had presentations by a Master Gardener, and a water colour artist. Jane Hendrie, Chair of the Book Club reported that the book club had split into 2 groups due to the overwhelming numbers of interested book readers. That year, the group had reviewed and discussed books about Afghanistan: *Kite Runner*, *Veiled Threat*, *The Trouble with Islam*; as well as *The DaVinci Code*, and *The Island Walkers*. The afternoon Club was chaired by Marilyn Schmidt. Issues Chair, Donna Phillip reported her lively group of 12, had been discussing: Adult Bullying and Sharia Law. As well, the issues group had facilitated the Resolutions meeting in April.

~ **Meran Farmer, Archivist**

## NEWSLETTER

This monthly Newsletter is posted on the [CFUW - Owen Sound & Area](#) website and emailed directly to members. Please send contributions for the Newsletter to the editor/coordinator: **Judy Beth Armstrong** [armstrong.judybeth@gmail.com](mailto: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 - Owen Sound 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*

## OUTREACH

This year CFUW has chosen to support the REACH Centre as an Outreach Project. For our members who attended the November General Meeting we were given a very comprehensive tour of the facility as well as an overview of the programs that were provided to the clients of this organization. Needless to say, we were very impressed with the work being done and want to show our support.

Recently a small Outreach committee (comprised of Anne Dondertman, Jan Chamberlain, Anne Seymour) has connected with Jennifer Miller, the CEO, to hear what support the centre may welcome from our organization.

We were told that the REACH Centre has a garden area and this year wants to create a [sensitivity garden](#). How can we help to support this initiative?

Jennifer indicated that she needed volunteers to help with the garden in terms of watering when the centre is closed. The REACH Centre is open from Monday to Thursday, but closed from Friday to Sunday. We are looking for a few volunteers to help. We already have a couple of people, but definitely could use a few more.

If you are interested in supporting a green initiative at the REACH Centre through the growing season, please contact Anne Dondertman, Jan Chamberlain, or myself so that we can create a duty roster of CFUW volunteers for this season.

Thank you for your consideration.

*~ Anne Seymour, Outreach Committee*

## WEBSITE

Here is a gentle reminder for Interest Group Co-ordinators. Your Group's description on our [CFUW Owen Sound and Area website](#) may be the inspiration for a new member to join us. Is it timely, correct and interesting? If not, please let me know and we can spruce it up together!

*~ Lynda Chiotti, Website Coordinator*

## **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 GROUP**

We will have another fascinating and informative zoom talk followed by a discussion on "Women in Art" on **Wednesday March 16th at 7:00 pm.**

I'll be sending out the link a day or two ahead. Please join us if you can.

If you are not an Art Explorer but would like to join us for this event then please let me know and I'll send you the link.

*~ Cynthia Porter, Coordinator*

### **BOOK CLUB** – Usually meets the *4th Monday of the month at 1:30 p.m.*

At our February Zoom meeting, Judy Campbell led a spirited discussion of *Five Little Indians* by Michelle Good. This book deals with the aftereffects of Residential School on five Indigenous schoolmates whose lives intertwine over the succeeding years. It left a deep impression on our group, and we recommend it.

At this meeting we also reluctantly split the group into two. With twenty on our roster, we had become too big for in-person meetings in one another's homes and too big to allow everyone to contribute fully to discussions. Things are in flux just now as we sort out the groupings and choose new convenors and meeting times. Stay tuned for more information next month!

We are immensely grateful to Lynne Cox, as convenor of the group, for shepherding us through the pandemic and bringing us to this new beginning.

*~ Jane Hendrie – temporary reporter*

### **GAMES GROUP** - *1st Friday of the month at 1:30 p.m.*

Games group meets once a month, during the day, to play a variety of card and board games.

When someone says "board games" to you, do you cringe thinking about Monopoly or Sorry? Well, we have news for you, those are not the games we'll be playing. Whether you are new to the board game revolution or obsessed with it, this is the games group for you! We love party games and euro games. If you would like to join the Games interest group to receive invites and updates, please contact Trisha Hendrie. Our next meeting will be on **March 4th, 2022**

*~ Trisha Hendrie, Coordinator*

## INTEREST GROUPS, continued...

### GARDENERS GROUP

As you've read in the report from our OUTREACH Committee, the REACH Centre has a garden area and this year wants to create a [sensitivity garden](#). If any of our members are aching to get their green thumbs in action this spring/summer, volunteers will be needed to help with the garden in terms of watering, etc. over weekends when the centre is closed. If you are interested in helping or want more information, please contact Anne Dondertman, Jan Chamberlain, or Anne Seymour so that they can create a duty roster of CFUW volunteers for this season.

If any of you have ideas about activities or outings for our Gardeners' Group, give me a shout! Perhaps a visit to one or two of our local lavender farms this summer ...?

*~ Judy Beth Armstrong, Coordinator*

### HEALTHY LIFESTYLES

February has come and gone and we were able to enjoy a number of walks throughout the month, one at Kelso Beach and along the harbour wall. As well, we had a great winter hike at Hibou on a beautiful day. Through the month of March, we plan to walk **every Wednesday morning, 11:00 a.m. at Harrison Park**. Please join us.



If YOU have an idea for a walk you'd like to lead in person, OR a healthy lifestyles-related topic we could pursue, please email me: [meranjoan@gmail.com](mailto:meranjoan@gmail.com). We welcome any member who is interested in joining us.

*~ Meran Farmer, Coordinator*



## INTEREST GROUPS, continued ...

### WOMEN WHO WONDER (WWW) – 2nd and 4th Wednesday of the Month at 7:00 p.m. via Zoom

Women Who Wonder or WWW for short 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. If you would like to join the WWW group to receive invites and updates, please contact Trisha Hendrie [[solafyre@yahoo.com](mailto:solafyre@yahoo.com) 519-778-2052]. At our next meeting, **March 9<sup>th</sup>**, we'll be exploring the concept of "Toxic Positivity vs. Optimistic Realism"

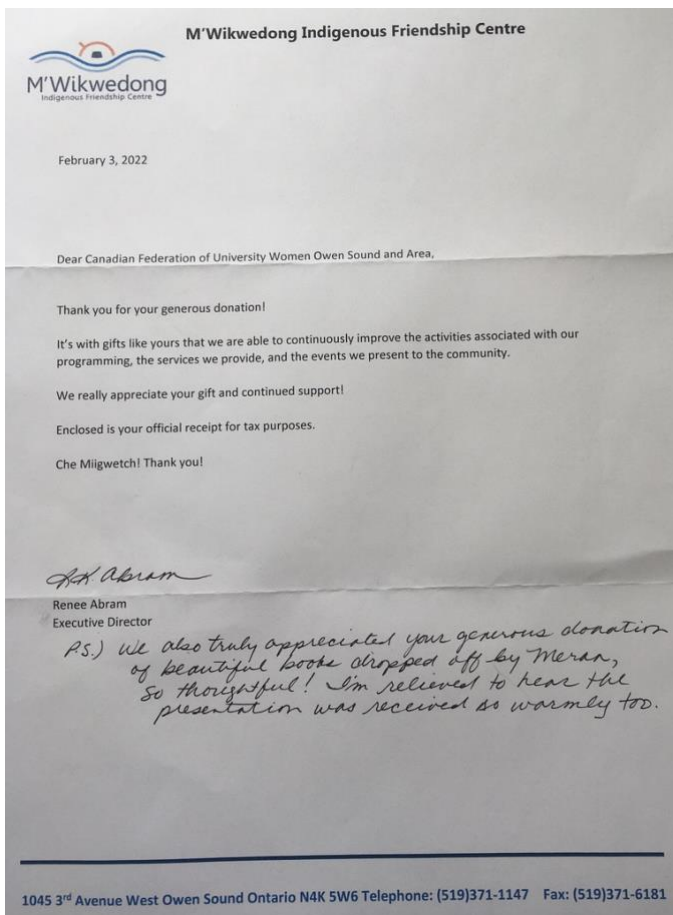
~ *Trisha Hendrie, Coordinator*

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

Our Knitwits group meets monthly (the second Wednesday) starting at 1:30pm. Until further notice all meetings are online. The zoom link is sent out a few days ahead to the Knitwits membership list.

All yarn crafters (not just knitters) are welcome. If you would like to join, or have any questions, please e-mail me at: [Shawna.macivor@gmail.com](mailto:Shawna.macivor@gmail.com).

~ *Shawna Macivor, Coordinator*



Our **January 11<sup>th</sup>** program featured a zoom presentation by Renee Abram, Executive Director of the M'Wikwedong Indigenous Friendship Centre.

This letter (on the left) of thanks from M'Wikwedong may be of interest to members.

We hope to have a follow-up sometime in the future when we can all meet there, at the friendship centre in Owen Sound, and enjoy the beautiful art murals and learn more about their exciting programs.

## SPOTLIGHT ON A COMMUNITY VOLUNTEER

In this issue we shine the spotlight on a long-time community volunteer among our members... **ANNE ROGERS.**



Recently, in an online ceremony, Anne was recognized for five decades of generously volunteering and offering her time, creativity and business savvy for Grey Bruce Health Services. She received certificates of gratitude from Grey Bruce Health Services and Bill Walker, MPP for Bruce-Grey-Owen Sound, as well as **The 2021 Ontario Volunteer Service Award ~ 50 Year Award** certificate and pin from the Province of Ontario.

When I asked Anne, by email, to tell me about her experiences as a hospital volunteer, here's what she wrote... "I moved to Owen Sound in 1970 and joined the hospital auxiliary that September. At my first meeting, I came home as the corresponding secretary; by December I became the treasurer. I was busy working in the old hospital as a volunteer. I worked in the gift shop for 19 years, and enjoyed buying and marketing the merchandise. Every time we raised money from the gift shop, I would buy a G.I.C. for the Auxiliary. We organized ... fashion shows, bridge parties and formal dinner dances over the years. All money raised was invested.

Eventually we were involved in raising money for the new hospital which was built for \$60 million and opened in 1986. The Auxiliary's fundraising efforts proved significant... One of the most memorable moments was when I, as the incoming Hospital Auxiliary president, was able to turn over a cheque for \$333,333.33 plus a penny to Garth Pearce, the Hospital Foundation President. And because the government gave 2 for 1 matching funding at the time, the **Auxiliary's contribution actually amounted to one million dollars!**

I spent six years on the foundation and six years on the hospital board. The whole experience taught me to be a better person, a person with confidence. I enjoyed all the volunteers I worked with and can say I would do it all over again.

My life has been wonderful... my husband Ted of sixty years and my three children are my pride and joy. I have five wonderful grandchildren, and a couple of years ago had the memorable experience of taking them on a Mediterranean cruise and seeing their excitement at visiting Rome and the Vatican.

I enjoy travelling ... Spain, Italy, Florida, California. I keep going while I can."

~ Anne Rogers

Members are invited to nominate the next "community volunteer" for our spotlight. Send your suggestions to Judy Beth Armstrong, [armstrong.judybeth@gmail.com](mailto:armstrong.judybeth@gmail.com)

### **CONDOLENCES...**

We extend sincere condolences to **Judy Thomson** whose husband Ken Thomson died on Tuesday, March 1. On behalf of our CFUW members, we will send a card and a donation to the Tom Thomson Art Gallery as Ken's charity of choice. A memorial service for Ken will be held on Saturday, May 7th, 1:00 pm at the Historic Leith Church.

## **QUIZ & PUZZLE PAGE**

### **Answers to Valentine's Day Quiz**

1. What mobster led the gangsters behind the St. Valentine's Day Massacre?  
a. *Al Capone led the St. Valentine's Day Massacre on Feb. 14<sup>th</sup>, 1929, in Lincoln Park, Chicago.*
2. Who first dubbed Valentine's Day a holiday?  
a. *King Henry VIII in 1537.*
3. During the Victorian era what were sent to unliked suitors?  
a. *Vinegar Valentines. They are called vinegar valentines because they were full of caricatures, sarcasm, and rude poetry.*
4. What is the oldest surviving love poem written on?  
a. *A clay tablet! "The Love Song for Shu-Sin" Around 2000 BCE*
5. In what year was Saint Valentine of Rome martyred?  
a. *270 A.D. under the rule of Emperor Claudius II. St. Valentine objected to the emperor's ban on marriages and engagements. Apparently Roman men were realizing they'd rather stay with families and sweethearts than go to war. (This is one version anyway).*
6. What Ancient Roman festival is thought to have been a basis for Valentine celebrations?  
a. *Lupercalia – I'll leave you to do a search on this. It's kind of fascinating.*
7. Who created the first Valentine's Day box of chocolates?  
a. *Richard Cadbury*
8. What year did Hallmark launch its first Valentine's Day product?  
a. *The first Hallmark Valentine's Day cards were made in 1916*
9. In which of Shakespeare's plays does he refer to Valentine's Day?  
a. *Hamlet*
10. On Valentine's Day 2020, what company funded an impotence awareness day in Britain?  
a. *Pfizer*

~ Most of these questions were taken from <https://www.mantelligence.com/valentines-day-trivia/>

### **March Puzzles**

Let's do a few **logic puzzles** this month!

1. A girl meets a lion and [unicorn](#) in the forest. The lion lies every Monday, Tuesday and Wednesday and the other days he speaks the truth. The unicorn lies on Thursdays, Fridays and Saturdays, and the other days of the week he speaks the truth. "Yesterday I was lying," the lion told the girl. "So was I," said the unicorn. What day is it?
2. Susan and Lisa decided to play tennis against each other. They bet \$1 on each game they played. Susan won three bets and Lisa won \$5. How many games did they play?
3. There are three crates, one with apples, one with oranges, and one with both apples and oranges mixed. Each crate is closed and labeled with one of three labels: Apples, Oranges, or Apples and Oranges. The label maker broke and labeled all of the crates incorrectly. How could you pick just one fruit from one crate to figure out what's in each crate?

## WAYS CANADIANS CAN STAND WITH UKRAINE

### EDUCATE YOURSELF AND OTHERS USING REPUTABLE RESOURCES

- List of Canadian reputable news sources: <https://thecanadaguide.com/basics/news-and-media/>
- Article: Russia-Ukraine conflict timeline: <https://www.ctvnews.ca/world/a-timeline-of-major-events-leading-up-to-russia-s-invasion-of-ukraine-1.5751379>
- Article: Current conflict explained: <https://www.ctvnews.ca/world/what-does-putin-want-in-ukraine-the-conflict-explained-1.5794288>
- Article: Russian attacks on Ukraine, what's happening now: <https://www.cbc.ca/news/world/ukraine-russia-invasion-mar2-2022-1.6369595>
- Canada's official response to the crisis in Ukraine: [https://www.international.gc.ca/world-monde/issues\\_development-enjeux\\_developpement/response\\_conflict-reponse\\_conflits/crisis-crisis/ukraine.aspx?lang=eng](https://www.international.gc.ca/world-monde/issues_development-enjeux_developpement/response_conflict-reponse_conflits/crisis-crisis/ukraine.aspx?lang=eng)
- Canada's announcement of support to Ukraine: <https://pm.gc.ca/en/news/news-releases/2022/02/24/canada-announces-additional-measures-support-ukraine>
- Don't contribute to "Russophobia" or prejudice against any nationality; here are some articles about the impact this crisis is having on innocent Russian citizens who do not support the war.
  - The impact of Putin's actions on Russian citizens: <https://www.nytimes.com/2022/02/26/world/europe/russian-economy-ukraine-war.html>
  - What Russia's citizens are experiencing: <https://www.cbc.ca/news/business/russia-invasion-economy-column-don-pittis-1.6367198>
  - Opinion piece on the effect the crisis has on Russian citizens: <https://www.aljazeera.com/opinions/2022/2/25/russians-are-also-victims-of-putin>

### DONATE TO TRUSTED FOUNDATIONS AIDING UKRAINIAN CITIZENS

- Donate to Help Us Help: <https://helpushelp.charity/donate>
- Article: How Canadians can help support Ukraine, including where to donate: <https://www.slice.ca/how-canadians-can-support-ukraine-right-now/>
- List of reputable Canadian organizations aiding Ukraine: <https://globalnews.ca/news/8651679/ontario-help-ukraine-donations/>
- Be aware of scams angling to receive donations under false pretenses: <https://toronto.ctvnews.ca/beware-of-donation-scams-involving-ukraine-1.5799910>

### SEND A LETTER TO YOUR MP

Write a letter to your Member of Parliament expressing the need for increased support to Ukraine. Find your Member of Parliament here: <https://www.ourcommons.ca/members/en> Help Us Help has also put together examples of letters and what to demand here: <https://helpushelp.charity/new-page>

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

*print this page to keep by your calendar*

**MARCH 2022**

- 1 - **Executive Meeting**, 10 a.m. Virtual meeting by Zoom
- 1 - Tuesday Coffee Hour – 4 – 5 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie
- 2 - Healthy Lifestyles, 11 a.m. Walk at Harrison Park. Contact Meran Farmer
- 3 - Deadline for submissions to March Newsletter. Email to Judy Beth Armstrong.
- 4 - Games Group, 1:30 p.m. Contact Trisha Hendrie
- 8 - GENERAL MEETING & PROGRAM at 10 a.m. Join us to celebrate International Women's Day with presentations by Jan Chamberlain and Janet Glasspool. Virtual meeting by Zoom. Link will be emailed to all members the day before.**
- 8 - Tuesday Coffee Hour – 4 – 5 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie
- 9 - Healthy Lifestyles, 11 a.m. Walk at Harrison Park. Contact Meran Farmer
- 9 - Knit Wits, 1:30 p.m. Virtual meeting by Zoom. Contact Shawna Macivor
- 9 - Women Who Wonder, 7 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie
- 15 - Tuesday Coffee Hour – 4 – 5 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie
- 16 - Healthy Lifestyles, 11 a.m. Walk at Harrison Park. Contact Meran Farmer
- 16 – SPECIAL PROGRAM at 2:00 p.m. Guest Speaker Gary Sims, CEO Grey Bruce Regional Hospital: COVID - What has Transpired and Moving Forward. Virtual meeting by Zoom. Link will be emailed to all members the day before.**
- 16 - Art Explorers, 7 - 8:30 p.m. Continuation of a visual journey from the Renaissance to the 20th century. Virtual meeting by Zoom. Contact Cynthia Porter.
- 22 - Tuesday Coffee Hour – 4 – 5 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie
- 23 - Healthy Lifestyles, 11 a.m. Walk at Harrison Park. Contact Meran Farmer
- 23 - Women Who Wonder, 7 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie
- 28 - Book Club, 1:30 p.m. Virtual meeting by Zoom. Contact Jane Hendrie.
- 29 - Tuesday Coffee Hour – 4 – 5 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie
- 30 - Healthy Lifestyles, 11 a.m. Walk at Harrison Park. Contact Meran Farmer

**APRIL 2022**

- 1 - Games Group, 1:30 p.m. Contact Trisha Hendrie
- 5 - Executive Meeting, 10 a.m. IN PERSON!**
- 5 - Tuesday Coffee Hour – 4 – 5 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie
- 7 - Deadline for submissions to April Newsletter. Email to Judy Beth Armstrong.
- 12 - GENERAL MEETING & PROGRAM at 10 a.m. Guest Speaker - Lynda Chiotti: sustainable fabric and clothing. Virtual meeting by Zoom. Link will be emailed to all members the day before.**
- 12 - Tuesday Coffee Hour – 4 – 5 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie
- 13 - Knit Wits, 1:30 p.m. Contact Shawna Macivor
- 13 - Women Who Wonder, 7 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie
- 19 - Tuesday Coffee Hour – 4 – 5 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie
- 22 – FRIDAY, APRIL 22, 10 a.m. to noon. Program - Special Earth Day presentation: An interactive workshop on climate change and action. Virtual meeting by Zoom. Link will be emailed to all members the day before.**
- 26 - Tuesday Coffee Hour – 4 – 5 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie
- 27 - Women Who Wonder, 7 p.m. Virtual meeting by Zoom. Contact Trisha Hendrie

*~ Watch for more activities and events in the NEXT Newsletter ~*