



cfuw cfdud

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

**CFUW – Owen Sound & Area Newsletter
November 2024**

President - Cynthia Lemon
Vice-President – Ruth Henderson
Secretary – Sandra Shantz
Treasurer - Styn Furness
Past President – Anne Seymour

[CFUW – Owen Sound & Area](#), celebrating 34 years... 1990 – 2024

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.

Our Club was founded in 1990, spearheaded by two very dynamic women, Alma Wilson and Norah Egener. Our charter was awarded in August 1991 at the national annual general meeting in Toronto. We were the 135th club in Canada at that time.

We look forward to celebrating our 35th Anniversary, beginning September 2025. Join the planning committee!

PRESIDENT'S MESSAGE

In a recent newsletter from CFUW National, the [16 Days of Activism Against Gender Based Violence](#) was shared. This runs from November 25 to December 25, 2024. You may click on the title to access the activism package.

The section that struck me the most at this time is *Violence Against Women in Politics*. In a time when we seem to be immersed in numerous elections, it is almost impossible to **not** see the violence that is threatened against women. The most recent and horrifying example were the remarks made on Friday, November 1, 2024, by Donald Trump against Liz Cheney.

CFUW defines Violence Against Women in Politics as the following:

Violence against women in politics (VAW-P) is a form of gender-based violence that remains a serious problem in Canada and around the world. While politicians of all backgrounds and identities are facing increasing

PRESIDENT'S MESSAGE, continued ...

aggression-particularly on social media- women, indigenous people, members of 2SLGBTQQA+ communities, and racialized individuals are more frequently subjected to identify-focused attacks. These attacks are often graphic in sexuality, gender, and race-based insults and focus on physical appearances. This violence can have a detrimental impact on the health and well-being of women in politics (Raney et al., 2019)

“Any woman who has political aspirations that spends 10 minutes on Twitter following their female mentors may simply be afraid to run. Women see how women are being treated and they get the message. Their response is, ‘Thanks, I’ll take a pass.’”

~ Karen Sorensen, Senator and former Mayor of Banff

At this time, at any time, we cannot afford to have smart, wise and committed women taking a pass. We need them to be involved and representing us at all tables to influence progressive policy making at multiple levels. We all know how long it can take to move issues forward, even with women at the table. We cannot afford to be moving backwards now.

I would encourage all of you to write to our local representatives to “urge them to stand against violence and harassment of women in politics and to promote and practise greater civility (CFUW National).” A template letter for your use is [here](#).

In hope and optimism,

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.

EXECUTIVE COMMITTEES' REPORTS

ADVOCACY

The Advocacy Committee is delighted with the progress that we are making with our policy resolution for CFUW Ontario Council on aging in place. We will be sharing this resolution with you all very soon when we have it a little more finely tuned. Thank you so much to our member Angela Yenssen who has done the heavy lifting on this one. Her expertise has been foundational in creating this resolution!

We are also doing more work on the creation of a resource document for aging in place. This too is a fairly significant piece of work and a challenge in determining how to present this when the information changes so frequently. We want to ensure that we have a living document that can meet the needs of seniors in Owen Sound and Area. So, stay tuned for more on this!

As always, many thanks to our dedicated committee members: Anne Seymour, Jan Chamberlain, Marianne Williams, Donna Phillips, Leslie Garnett and Angela Yenssen. If you wish to join us in this significant work, please contact me at lemondalefarm@gmail.com. We are always pleased to have new voices at the table!

~ *Cynthia Lemon, Advocacy Committee Coordinator*

ARCHIVES

For the past 34 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 10th and 20th Anniversaries. Our thanks go to Donna Phillips, Judy Thomson and Jan Middleton for keeping our history alive. It seems appropriate, in this monthly column, to share with you, especially newer members, some of the highlights of this treasure trove of information as we celebrate our 34th year. Here is a glimpse into what our Club members have accomplished, and the dedicated women who have helped us grow and evolve... 30+ years later.

From the Desk of the Archivist...

The history of our Club is fascinating in terms of our Club's members, accomplishments and special events. As Archivist for the past three years, I have thoroughly enjoyed researching, going through materials and recounting the history of our Club.

Continuing in our journey, it was the year **2017- 2018**. Meran Farmer was President for a second term. At the AGM in June, the Club had agreed that we would, at all future general meetings, acknowledge the Traditional Territories as a way to show recognition and respect for our Indigenous neighbours.

This year, we had 48 members that included new member Kathy Needham!

This year marked our 25th year of providing Scholarships to young women in the area. Amazingly, a total of \$6,000 was given out this year.

The program venues and meeting times were varied by the month as we were no longer meeting at St. Andrew's Church. The year began with our first program celebrating the 130th Anniversary of the Kemble Women's Institute. We all met at the beautiful and fascinating WI sculpture at the Kemble Lookout, then were greeted at the Kemble Church Hall where we listened to a presentation about the history of the Kemble WI, the oldest continuously-meeting Women's Institute in the world.

EXECUTIVE COMMITTEES' REPORTS, continued...

ARCHIVES, continued

Our October event was the Fall Gathering of the 8 Huron Region CFUW Clubs, at the Harmony Centre. Helen Penfold gave a fascinating and entertaining speech. The theme was "Are We There Yet...?" Are we fulfilling the mandate of CFUW? The Gathering was meant to share our successes, challenges and ideas. It proved to be a very successful event with speakers and workshops.

Our November meeting was held at Chapman House Hospice. We enjoyed the tour and the presentation by Rob Cordell, Executive Director.

Our Annual Christmas meeting was held at Legacy Ridge where Jane Hendrie gave a relevant and lively talk on Giving Hope and Peace. A copy of that speech will be included in the December Newsletter.

We had decided not to have a general meeting in January due to weather concerns; our February meeting was held at the Alliance Church, for lunch and a talk about English Language Skills for newcomers. In March, the CEO of the Bruce Trail Conservancy gave a most interesting talk on the history and stories about the Bruce Trail. In April, we visited The Artists' Co-op and Don Sankey, Photographer, gave an interesting talk about the Artists' Co-op and allowed us to browse and shop that evening.

In May, we invited Ted Barris to entertain us once again with his presentation on Juno Beach. This was another successful fundraising event held at St. Andrews Church with a full house!

Also in May, Kerina Elliot and Meran attended the CFUW Ontario Council AGM. The Theme of the event was STEM (Science, Technology, Engineering and Math) and lectures concentrated on how critical it is that girls, in particular, become interested and involved in Science and Technology. We were introduced to the program of *Scientists in Schools*, a science education charity, where children are encouraged to get excited and learn about science. Workshops are organized and run in the schools by handpicked scientists. Kerina and I came away very excited about the possibility of starting this share-cost program in our area. (A year later, our proposal was accepted by the Club and we have been donating to this project ever since.)

To top the year off, our AGM in June featured Dr. Katharine Lochnan, Senior Curator (Retired) Art Gallery of Ontario. She entertained and enlightened us with her fascinating "Behind the Scenes" stories.

It was a busy and very rewarding year.

~ Meran Farmer, Archivist

MEMBERSHIP

We have 64 registered members, renewals and new, for the 2024 -2025 year. We extend a warm welcome to our returning and new members. An updated members' directory, including ONLY those who have renewed/joined to date, was distributed November 7, 2024. Please contact me if you did not receive this directory or you're not sure whether you've renewed your membership.

~ Anne Dondertman, Membership Chair

EXECUTIVE COMMITTEES' REPORTS, continued...

NEWSLETTER

At the Executive meeting held April 2nd, 2024 it was approved that this Newsletter, from now on will be published 4 – 6 times a year with interim “e-blasts” as required. As usual, it will be emailed directly to members and posted to the website. Please send contributions for the Newsletter to the editor/coordinator: **Judy Beth Armstrong** armstrong.judybeth@gmail.com.

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.*

On **Tuesday, October 1st** we welcomed back celebrated author, Ted Barris to present his newest book *Battle of Britain: Canadian Airmen in Their Finest Hour*. As always, we had a full house at the Bayshore; Ted entertained all in attendance and helped CFUW raise significant funds for our community outreach and education programs. We sincerely thank Ted Barris for his generosity, The Ginger Press Bookstore for assistance with book and ticket sales, Doug Downey for his technical wizardry, and all those who purchased tickets and attended our Club's major fundraiser of the year.

Our next program will be held **WEDNESDAY, NOVEMBER 13, 2PM** at Grey Roots Museum & Archives [102599 GREY RD 18, OWEN SOUND] and will feature Naomi Vodden, Director of Mental Health and Addiction Services, who will talk about Brightshores' new Mental Health and Addictions Wellness and Recovery Centre in the newly renovated former Bayview Public school building. Please invite your spouse/partner, friends, family and neighbours to join us as we learn about this important new service, the “first of its kind in Canada”. *Please see the poster below for details.*

Since all our members seem to love going for lunch at Legacy Ridge, we've planned to do just that on **Tuesday, December 10, 11:30 AM** for a festive get-together and Christmas luncheon (\$20. at the door). *Details to follow.*

Please check out the brochure for upcoming programs through the New Year. We hope that you all enjoy this year's program and we invite you to bring friends or those who might want to join our great group of women.

Many thanks go to our Program Committee members (Brenda Bergen, Meran Farmer, Jan Chamberlain, Judy Beth Armstrong, Donna Phillips, Kathy Needham, Cynthia Lemon, Styn Furness, Pat McCoy and Sydney Misener) who love to source out interesting presenters who will provide us with informative and entertaining talks.

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

EXECUTIVE COMMITTEES' REPORTS, continued...

PROGRAM, continued ...



Realizing potential. For all women.



GENERAL MEETING & PROGRAM

WEDNESDAY, NOVEMBER 13, 2024

2:00 PM AT GREY ROOTS MUSEUM & ARCHIVES

102599 GREY RD 18, OWEN SOUND, ON N4K 5N6

GUEST SPEAKER: Naomi Vodden, Director of Mental Health and Addiction Services, Brightshores Health System, talks about Brightshores' new Mental Health and Addictions Wellness and Recovery Centre in the renovated former Bayview Public School building.



MEMBERS ARE INVITED TO BRING THEIR SPOUSE/PARTNER, FAMILY, FRIENDS AND NEIGHBOURS TO LEARN ABOUT THIS IMPORTANT INITIATIVE – THE FIRST OF ITS KIND IN CANADA.

Followed by:

- Q & A
- Brief General Meeting
- Social time & refreshments

www.cfuwowensound.com

www.facebook.com/cfuwowensound

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

The **Tom Thomson Art Gallery** is our first venue for a full tour of exciting exhibitions so join us to be inspired and informed. Everyone is welcome. As usual the tour costs \$6 plus HST payable at the desk. We'll meet at the gallery for a private tour with Heather McLeese on **Friday November 22 starting promptly at 11:00**. We'll see the following exhibitions: a solo exhibition by Bonnie Devine, "Land in War", "The Mark of Community" from the gallery collection, and "Creative Pathways: Celebrating the Neurodivergent Community."

In the exhibition, "The Mark of Community," there is a large work entitled *Owen Sound (Self Portrait)*, 1989 Ink on hand-made Japanese Paper by Harold Klunder (image below). I was one of three new graduates from Georgian College, along with our Printmaking Instructor Hans Albarda, selected to assist as print technicians in producing 20 prints from the block. Harold carved the large wood panels in the band shelter in Queens Park, across from the gallery, and we executed the printing in the North Gallery. The public could watch the process and it was a very exciting project to be involved in! There are other works from the collection on display by Barbara Irvine, Robert Markle, David Milne, Norval Morrisseau and others.

<https://www.owensound.ca/recreation-culture/arts-and-culture/tom-thomson-art-gallery/exhibitions/current-exhibitions/the-mark-of-community/>



Owen Sound (Self Portrait), 1989 Ink on hand-made Japanese Paper by Harold Klunder

INTEREST GROUPS, continued...

ART EXPLORERS, continued...

After the TOM tour (**Friday November 22nd**) we'll go to **Grey Gallery** to see the much-anticipated exhibition "Chance and Change" by Joan Hawksbridge and Barbara Sprague who will be there to talk about their work. If you can't come to the morning tour at the TOM, then join us **around 12:15 at Grey Gallery**. This is a "must see" by two highly respected and talented local artists and is on until the end of the month during gallery hours.

~ **Cynthia Porter, Art Explorers Coordinator**



BOOK CLUB: Groups 1 & 2

Our book clubs enjoy numerous recommended books over the year. We always have great discussions, great snacks and great social time. If you would like to join us, please contact Cynthia Lemon at lemondalefarm@gmail.com or Meran Farmer at meranjoan@gmail.com. We are delighted to welcome new members!

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

Group 1: Our group has immersed itself in all things octopus in the month of October with TWO books that were read and shared: *Remarkably Bright Creatures* by Shelby Van Pelt and *The Soul of an Octopus: A Surprising Exploration into the Wonder of Consciousness* by Sy Montgomery. Janet Barker was ever the gracious host and Jane Hendrie the illustrious discussion leader. We would recommend both of these books to our members for your reading pleasure. In November we are switching it up to read *Horse* by Geraldine Brooks.

~ **Cynthia Lemon**

Group 2:

Our Book Club met September 23rd at the home of Lynn Cox for a very interesting discussion on Biographies. Claude Debussy, Winston Churchill, Richard Wagamese, Michael J Fox, Sir Wilfred Laurier and LM Montgomery were some of the famous and intriguing memoirs that were presented. In October, 12 of us gathered to discuss an historical novel, *The House of Lincoln* by Nancy Horan. While not everyone gave thumbs up to this book, we had a good conversation about the reshaping and changes that took place in United States in the mid 1800's and its relevance to current times.

~ **Meran Farmer**

GAMES GROUP - 1st Friday of the month

Our first Games Group this year was held in October. Six members got together and played games for the afternoon. We gathered again November 1st for another fun afternoon at the home of Styn Furness. It is our intention to play a variety of fun, easy board games and enjoy an afternoon together with like-minded gamers!

~ **Meran Farmer, Games Group Coordinator**

INTEREST GROUPS, continued ...

HEALTHY LIFESTYLES – Wednesdays @ 10:30 AM

For the past couple of months our walking/hiking group has been able to revisit some of our favourite trail walks... Shallow Lake, trails off 26th St. West, Superior St., Harrison Park, and Grey Sauble Conservation Area.



Healthy Lifestyles walkers at Indian River Falls

In the past two weeks we have enjoyed walking to Indian Falls and Jones' Falls. As always, we welcome new walkers who would like to explore the area with us. New members can come as often or as little as they wish. Walks take place at 10:30 AM every Wednesday morning with 2 weeks off at Christmas and in the summer.

Directions are sent out on the Sunday before the Wednesday walk/hike. If you would like to receive our email, please let us know. You can contact us at rosemaryemcconn@gmail.com

~ Rosemary McCann and Janet Barker, Healthy Lifestyles Co-coordinators

TUESDAY ONLINE SOCIALS – Every Tuesday at 4:00 PM

Our Tuesday online social hours 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 every member each week. No need to sign up for anything.

Social hour will continue (almost) every Tuesday. This year our hosts are as follows:

First Tuesday of the month - Cynthia Lemon

Second Tuesday of the month - no social hour as it is a program/advocacy day

Third Tuesday of the month - Anne Seymour

Fourth Tuesday of the month - Loreen Cumming

Fifth Tuesday of the month if there is one - Cynthia Lemon

Thanks to Anne and Loreen for hosting!

We look forward to seeing those of you who choose to attend!

~ Cynthia Lemon, Social Hour Coordinator

INTEREST GROUPS, continued ...

WOMEN EXPLORING ISSUES (WEI)

Over the last few years, we have had the pleasure to engage in an online forum *Women Who Wonder (WWW)*. When Trisha Hendrie was a member, she invited us all to participate every second week on a thoughtful adventure. There was a range of topics presented and anyone could drop in at any time. Before WWW, there was an issues group that existed and many members will remember how that group functioned as an action group.

Now we're proposing a new forum, *Women Exploring Issues (WEI)*, which aims to connect the exploration of big issues through an online forum with our local level challenges.

We are looking for members who would like to work collaboratively on subjects that arouse our interests, to explore issues and to meet online, once a month. Topics, dates and time to be determined by the group members. This is an open invitation to all members.

Please email me at anne.seymour3@gmail.com if interested. I will schedule something in the next few weeks, before the busy festive season, for those members who have already responded and to any other CFUW members expressing interest.

~ Anne Seymour, *Women Exploring Issues Coordinator*

MEMBERS' NEWS ...

Congratulations to Ellen Lewis on once again becoming a grandmother ... to twins! Mid-October, Ellen and Gary's son Peter and his wife Chandra welcomed two babies, 3 weeks early, but they're all healthy and happy! The boy is 7 pounds one ounce and the girl is 6 pounds 2 ounces. We look forward to hearing updates from Ellen on these precious additions to her family.



Thank you ... from Anne Dondertman, Grey Gallery:

When we experienced a sudden and severe flood late afternoon on Friday of Labour Day weekend, I thought it would mark the end of our Grey Gallery experiment. We had water coming in on all three floors of our old building and I couldn't see a way forward. Our building is well over a hundred years old; indeed, it may be among the oldest in Owen Sound. Many generations of owners have taken care of it before us, and it is still sturdy and handsome. Living and working in the building makes us feel grounded in this place.

I was in a panic because we had commitments for exhibitions right into 2025 and I dreaded having to call and disappoint the artists. However as soon as I put out the word that we were going to be closed indefinitely, we began receiving messages of sympathy and support, and I started to realize just how lucky we were. Having come from a large city, where our community was limited to a small group of friends, neighbours and family, we had never experienced the sense of common purpose that has grown up around us in Owen Sound's downtown core. Most of us here are small business owners struggling to keep going, forced to be creative, flexible, resourceful and, of course, above all, hard working. Over the five or so years since we opened Grey Gallery, I have come to know many of them, not only those in the arts and culture sector, and to admire the vision and dedication both owners and staff bring to their businesses. Owen Sounders are fortunate that we have such a range of independent businesses in our city, offering unique products and services as an alternative to the prevailing corporate culture, and I feel grateful to be among them.

MEMBERS' NEWS, continued ...

John and I made the decision to carry on, even though we, like our building, are aging. We feel that we have a solid place here, and still have an opportunity to contribute to our adopted home. We are sincerely grateful to every one of you who have taken an interest in us, offered messages of hope and support, and urged us to carry on. Grey Gallery has had a facelift, and looks better than ever. We look forward to welcoming people back beginning Thursday Nov. 7.

~ Anne Dondertman and John Laughlin, Grey Gallery, Owen Sound

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

Georgian Bay Garden Club

Christmas Urns & Swags Sale

Unique Christmas Urns & Swags made with seasonal greens and enhanced with natural materials in gold, silver, red & white



Cost: \$70/Urns & \$25/Swag

Sale Saturday, November 16, 2024

9:30 a.m. - 1:00 p.m.

Community Waterfront Heritage Centre
1155 1st Ave West, Owen Sound, ON



OPPORTUNITIES FOR COMMUNITY INVOLVEMENT, continued ...



* [SEE OUR ONLINE AUCTION - IT'S LIVE!](#) *

The funds raised will allow us to continue offering events, resources, and a campaign school to support women to run, get elected, and succeed in local politics.

Bid on a wide range of items from local merchants, perfect for holiday gift-giving for those on your list (or even yourself)!

Whether you are a seasoned bidder or new to online auctions, the BiddingOwl platform has been designed to make your experience fun and easy! Once registered, you can place bids and track the auction in real time. You can even sign up for email or text updates if you have been outbid!

Auction Details:

- **LIVE:** Monday, November 4, 2024 at 10:00AM
- **CLOSES:** Saturday, November 15 at 8:00PM
- **Items Sent To Winners On/Before:** Friday, November 29
- **Register To Bid on BiddingOwl:** [CLICK HERE](#)
- More details are on our website [HERE](#)

We rely entirely on donations and event contributions to cover our costs, so your support is greatly appreciated! Please bid and share the auction with your network to help all of us achieve greater gender balance in the next municipal election - October 26, 2026.

If you have any questions, please let us know. Thank you!

Laura Wood, Co-Founder
On behalf of the electHER Now Planning Team



more women at the political table
electhernow.ca

OPPORTUNITIES FOR COMMUNITY INVOLVEMENT, continued ...



SPECS

Connecting seniors to social activities, groups, and services in our community.

Social Prescriptions Engage Cultural Seniors (SPECS) is a project of the Community Waterfront Heritage Centre (CWHC) to enhance the lives of seniors by involving them in cultural and community activities. Social prescribing links seniors with non-medical support and activities in our community to improve health and well-being.

The SPECS project offers a variety of activities such as:

- ✓ Local history presentations at the CWHC
- ✓ Tours at Billy Bishop Museum
- ✓ Art exhibits at Tom Thompson Art Gallery
- ✓ Afternoon movies at the library and more!

A sense of belonging MATTERS to health!

*Participation in most aspects of the SPECS project is free of charge. Some cultural organizations and events not funded by this program may offer events at a reduced rate for seniors.

HOW DOES IT WORK?
You can get involved in SPECS by connecting with a Link Worker who will guide you to different activities for seniors like you.

CONNECT WITH US

- ☎ 519-371-3333
- ✉ specs@waterfrontheritage.ca
- 🌐 www.greybruceoht.ca/specs

A Link Worker will contact you to discuss your interests and needs and help you find the right activities for you in Owen Sound.



Funded by the Government of Canada's New Horizons for Seniors Program



Social Prescriptions Engage Cultural Seniors (SPECS)

The Community Waterfront Heritage Centre (CWHC) has introduced the Social Prescriptions Engage Cultural Seniors (SPECS) program, a new initiative aimed at improving senior well-being in Owen Sound and nearby areas through cultural and community engagement. Supported by the Government of Canada's New Horizons for Seniors Program, SPECS operates on the concept of social prescribing, which connects individuals to non-medical community activities to boost overall health and quality of life.

Through SPECS, seniors can enjoy a variety of cultural experiences, including historical presentations at the CWHC, tours at the Billy Bishop Museum, art exhibitions at the Tom Thomson Art Gallery, and social afternoons at the library. Most activities are free, with certain events offered at discounted rates for seniors. According to Jan Chamberlain, Chair of the CWHC, the program is intended to foster social connections and provide enriching experiences that support a fulfilling life for older adults.

SPECS addresses the broader social determinants of health, acknowledging that well-being extends beyond physical health alone. It offers seniors opportunities for learning, social interaction, and active community involvement. Participants can receive guidance from a "link worker" who will help match them to activities suited to their interests and needs. This program exemplifies a holistic approach to senior care, aiming to enhance both mental and emotional wellness through cultural immersion and social engagement.

Interested seniors can contact the CWHC for more information or to get started, and volunteers are invited to help run the program. 519-371-3333, specs@waterfrontheritage.ca.

OPPORTUNITIES FOR COMMUNITY INVOLVEMENT, continued...

[United Way Bruce Grey](#)

In December of 2022, we sent a special request for support and you responded! We were able to set up a special fund to help women access birth control that is not covered by any government program.

In 2023 we only had one woman access the funds. But since August of this year, we are now into our third request. This has depleted the fund.

Your help is needed again.

The fund is accessed by doctors in the new medical clinic that opened in the region and focuses on women's reproductive needs and support. We then work with a single pharmacy (priority pricing!) who provides the item requested once we've confirmed we have the funds to cover it. The pharmacy then invoices us.

The primary population for this clinic is unhoused women, women with substance use disorders, and women experiencing human trafficking.

One of the challenges the clinic organizers have identified is that hormone-eluding IUDs are not covered by any programs for women over 25. The cost, including taxes, is approximately \$425 per IUD. They provide 5 years of birth control, so cost-effective, but expensive as an upfront cost. The Public Health clinics do not provide this option either, we did check.

We want to ensure women have choice back into their precarious lives.

Thank you,

Francesca, Executive Director, United Way of Bruce Grey, 380 9th street East, Owen Sound, ON N4K 1P1
519-376-1560 <https://unitedwayofbrucegrey.com/>

[Safe'n Sound](#) ... [Donate Today](#) 310 8th Street East, Owen Sound, ON N4K 1L4 [\(519\) 470-7233](tel:5194707233)

\$30

Enough to pay for something like a week of juice. YUM!

\$50

Donate enough for us to provide something like a week of new socks or underwear for our participants. Comfort & dignity!

\$70

Donate enough to buy something like a month's worth of hygiene products. We can never have too much!

\$150

Help us with cleaning donated items and our participants' clothing! Donate enough for us to pay for something like 150 loads of laundry!