



cfuw cfdud

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

**CFUW – Owen Sound & Area Newsletter
September 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

Volume. Negative volume. Negative content. Why is it that so often these days we turn up the volume on the negative and nasty things that are occurring? It does not have to be so.

I was up bright and early Saturday morning to go to the Owen Sound Farmer's Market. I spent two hours soaking up the interactions, the eye contact with strangers, the smiles, the families making their purchases, the vendors engaged in sharing the joys of their wares, the wonderful feeling of community. When I exited the market, I found the same on the downtown streets of Owen Sound. Lots of people out and about enjoying the warmth of a late August day, running their errands, browsing in the wonderful downtown stores, taking in a pleasant morning stroll, smiling. It felt good. It felt positive.

Let's turn down the negative volume and turn up the positive. We have the ability to influence in amazing ways in our community. I saw that Saturday. The smiles alone ripple out to others. Let's do more of that.

PRESIDENT'S MESSAGE, continued ...

I am looking forward to a wonderful CFUW Owen Sound and Area year. We are a great community of caring, thoughtful and generous women. I am lucky to be part of such a wonderful group.

~ 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

Our Advocacy Committee is always eager to take on the world! We must, however, focus on and prioritize only those things that we can manage with a small group.

The first Committee meeting of the year was held on August 19th. We continue to work on Ageing in Place and are planning a policy resolution for Ontario Council for the 2025 Annual Meeting. As many may remember, we also were working on a similar resolution for CFUW National. We did contribute recommendations to a resolution that went forward through the National Advocacy Committee. Some of our recommendations were accepted and that resolution was approved at the July 2024 Annual Meeting in Edmonton. We are pleased that we were able to have some influence on this very important issue.

We are working on another project to develop a document on resources for those aging in place. There is a definite dearth of current materials and resources that are readily available to people on how to navigate and access supports. We hope to create a current document that would be available in print and electronic forms for Owen Sound and area. We believe that this is important and necessary work for our committee.

As always, we would welcome new members. We meet the third Monday of every month via Zoom. If you would care to join us, please contact Cynthia Lemon at lemondalefarm@gmail.com.

Many thanks to our committee members for their focus and work on these important projects: Anne Seymour, Jan Chamberlain, Marianne Williams, Donna Phillips, Angela Yenssen and our newest member Leslie Garnett.

~ Cynthia Lemon, Advocacy Committee Coordinator

EXECUTIVE COMMITTEES' REPORTS, continued...

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.

This month we will reminisce the year **2016 – 2017**.

Meran Farmer (yours truly) had the privilege of being President for this year and also the next year! Ruth Henderson was Past President; Trish Searle: Treasurer; Judy Thomson: Membership Chair; Judy Mapleson: Program Chair; Loreen Cumming and Donna Phillips: Website Co-Chairs.

The highlights of the year included a very successful fundraising event featuring Ted Barris, author and journalist, in May 2017 when he presented his book: *The Great Escape: The Untold Story*.

This year, we had 43 returning members plus 8 new members. Judy Campbell and Styn Furness joined us. Marg Howard became a dual member joining both CFUW North York and our Club.

Monthly meeting attendance averaged 25 members.

We had a Healthy Lifestyles Group headed by Loreen Cumming who arranged, among many activities, Yoga and Zumba classes and a Coffin Ridge Winery Walk and wine tasting!

Our Issues Group spent an enormous amount of time researching and presenting to the Club, the issues surrounding the Truth and Reconciliation Commission Report.

The Gardening Group had 15 happy gardeners who enjoyed speakers Audrey Armstrong and Bill Moses, and also presented gardening issues at one of our general meetings, where they dressed in their gardening garb. Most interesting and entertaining!

The Art Explorers headed by Eleanor Huff, had a great time exploring galleries like the Tom Thomson, Intersections Wood Gallery and Grey Roots.

The Book Club donated 54 books written by Indigenous writers, valued at \$1,000 to the elementary school at Cape Croker. They also raised \$200 at a book sale at one of our general meetings.

A Games Group met monthly to play a variety of games, socialize, eat and generally have fun.

The newly formed Yarn Group (Knitwits) met monthly to socialize and work on their individual projects.

Our Club also approved the Outreach proposal of Donna Elliott's idea to support and become involved in a partnership with the Nawash Band at Cape Croker to produce a play depicting the history of the Chippewas of Nawash.

The Club agreed to host an upcoming Fall Gathering and six enthusiastic volunteers headed by Brenda Bergen started work on that event.

Due to weather uncertainties in the month of January, it was decided to not have a general meeting that month and to add a meeting in August.

EXECUTIVE COMMITTEES' REPORTS, continued...

ARCHIVES, continued

In June, President Meran Farmer, Judy Gay, Judy Thomson and Ruth Henderson attended the National Annual General Meeting at Brock University, St. Catharines, Ontario. Our Club was given an award for a 26% increase in Membership (second year in a row for this Award!) Judy Gay expertly presented a Resolution from our Club, "A Resolution to Strengthen the Regulations of the Pest Management Review Agency, Health Canada". You can imagine how delighted we all were when our Resolution was passed by the delegates!



And lastly, our Scholarship Program awarded four scholarships to deserving female students: three \$1,500 and one \$1,000.

~ *Meran Farmer, Archivist*

EXECUTIVE COMMITTEES' REPORTS, continued...

EDUCATION

Over the summer I submitted the Scholarship Fund's annual filing to the Canada Revenue Agency. I also met with Stuart Reid from the Community Foundation. This year's disbursement from our fund held there is \$2,982. At the September 3rd executive committee meeting we passed a motion to supplement this by \$1,018. That brings the total to \$4,000, which will cover four \$1,000 scholarships.

The terms of our agreement at the Community Foundation have been revised. In addition to providing scholarships, we can now also direct funds to a Canadian registered charity that has education in its purposes (e.g., Scientists in School).

The Executive also passed a motion to approve donating \$1,575 to Scientists in School. This will cover the cost of 5 STEM lessons. We have asked that this donation be directed to Alexandra Community School.

As always, the generous donations made by our members to CFUW's Education Fund (on the membership registration form or to our treasurer at any time) are essential to our Club's ability to fund scholarships to young women, and are greatly appreciated.

~ Kathy Needham, Education Committee Coordinator

MEMBERSHIP

So far, 35 members have renewed for the 2024 -2025 year. We also welcome four new members: Eleanor (Elly) Bell, Leslie Garnett, Sharron Johnston and Sue Loyst.

[Membership forms](#) for renewing and new members will be available at the September 10th general meeting and luncheon at Legacy Ridge. We encourage you to bring a friend and have them join our wonderful Club.

~ Anne Dondertman, Membership Chair

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

EXECUTIVE COMMITTEES' REPORTS, continued...

PROGRAM

General Meetings/Programs are **usually** held on the 2nd Tuesday of the Month.

The Program Committee has once again worked diligently to bring you this year's exciting program. The 2024-25 Brochure will be distributed at the September 10th GM and posted to our website, but here is a quick look at what we've planned for you this fall.

Beginning **August 13th**, 40 Members thoroughly enjoyed our Summer Social and Pot Luck picnic at Styn Furness's lovely farm. Delicious culinary offerings were shared while lively fiddle music was played by Murray Smith.



August 13th – Toe-Tapping Fiddlin' at Styn's farm. L-R: Judy Beth Armstrong, Murray Smith, Linda Crawford

Join us at Legacy Ridge on **September 10** for lunch and listen to Richard Thomas talk about his newest book, *The Jewel of Georgian Bay: Celebrating 50 years of the Chi-Cheemaun*. See the poster below for details.

October 1 will be our fundraiser at the Bayshore Arena where we will be welcoming back celebrated author, Ted Barris to present his newest book *Battle of Britain: Canadian Airmen in Their Finest Hour*. Tickets (\$20.) may be purchased at the Sept 10th meeting, or at the Ginger Press, or the Attack Ticket Office at The Bayshore or at the door. Please encourage EVERYONE you know to attend. See the poster below for details.

Our **November** meeting will be held **WEDNESDAY, NOVEMBER 13** at Grey Roots Museum Auditorium 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 learn about this important new service, the "first of its kind in Canada".

We all seem to love going for lunch at Legacy Ridge, so we've planned to do just that on **December 10** for our Christmas get-together.

Please check out the brochure for all our programs for 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, Jan Chamberlain, Judy Beth Armstrong, Donna Phillips, Kathy Needham, Cynthia Lemon, Styn Furness, Pat McCoy, Sydney Misener and Meran Farmer) 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 ...



WELCOME BACK GENERAL MEETING & LUNCHEON & *The Jewel of Georgian Bay...*

TUESDAY, SEPTEMBER 10, 2024

11:30 AM AT LEGACY RIDGE GOLF CLUB DINING ROOM

318494 GREY ROAD 1, OWEN SOUND, ON N4K 5N4

Luncheon followed by author Richard Thomas speaking about his newest book, *The Jewel of Georgian Bay: Celebrating 50 Years of the Chi-Cheemaun*. Autographed books [\$30. Cash] for sale.

- Mix & mingle (cash bar available)
- Meet & greet friends old & new
- Lunch – Seasonal Menu incl tea/coffee (\$20. at the door)
- Bring a friend or two
- No need to RSVP
- Membership renewal/registration for 2024-2025
- Buy your tickets for Ted Barris, Oct 1st 2024



www.cfuwowensound.com

www.facebook.com/cfuwowensound

EXECUTIVE COMMITTEES' REPORTS, continued...

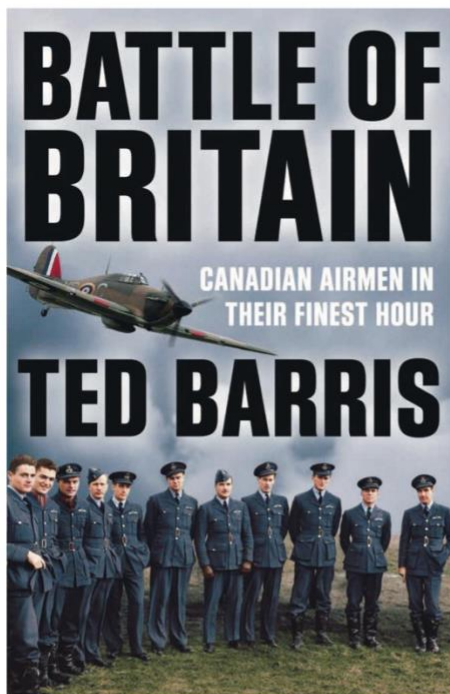
PROGRAM, continued ...



Realizing potential. For all women.

TED BARRIS

JOURNALIST, AUTHOR AND ORDER OF CANADA MEMBER
will talk about his latest book,
Battle of Britain: Canadian Airmen in Their Finest Hour



**TUESDAY,
OCTOBER 1, 2024**

7:00 PM

**AT THE HARRY LUMLEY
BAYSHORE COMMUNITY CENTRE**

**1900 3RD AVENUE EAST,
OWEN SOUND ON N4K 2M6**

TICKETS: \$20

**AVAILABLE AT:
THE GINGER PRESS,
GREY GALLERY
AND AT THE DOOR**

~ A fundraiser for CFUW – Owen Sound & Area community outreach and education projects ~

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

We'll start off this season with a **TOM tour on Thursday September 12 at 11:00** (tour fee \$6 + HST paid at the desk) to see two exhibitions by artists Michael Belmore "Copper Connections" and Gordon Monahan "Sonic Shadows: Imagined Soundscapes for Tom Thomson." You may have seen these exhibitions during the summer months but we always receive so much more insight with a private guided tour by Heather McLeese. This will be the last opportunity to see and hear "Sonic Shadows," but if you can't join us Gordon Monahan will be speaking about his exhibition on Saturday 7th at 11:00 at the gallery.

Please let me know if you can come to the TOM tour on the 12th and if you are interested in having lunch together. We'll go to **Papi's Eatery and Lounge** (formerly Nathaniel's) <https://eatpapis.com> at 12:30. Everyone is welcome to join us or bring a friend who might be interested in Art Explorers.

The Owen Sound Community Artists Studio Tour is happening on Saturday and Sunday **September 21 & 22 - 10:00-5:00**. Pick up a map from the Tourist Centre at the TOM atrium, the Library or <https://osstudiotour.ca>. **Grey Gallery** is exhibiting a piece from 30 artists (including Heidi Berger and me), to view prior to the tour, with an **opening on September 15 - 2:00-5:00** and they will be on display and for sale until the 28th.

~ Cynthia Porter, Art Explorers Coordinator

GAMES GROUP - 1st Friday of the month at 1:30 PM – or to be determined

Come play games with us! You are never too old to learn a new game, laugh with friends, and just have a good time. We are just here to have fun! If you want to join the Games Interest Group to receive invites and updates, please contact NEW Games Group Coordinator, Meran Farmer at meranjoan@gmail.com.

~ Meran Farmer, Games Group Coordinator

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 recommenced on Tuesday, September 3, 2024 and 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 ...

HEALTHY LIFESTYLES – Wednesdays @ 10:30 AM

We've had a busy time since the last newsletter... we continue to scout out local walking and hiking trails in and around Owen Sound for approximately an hour of exercise year-round with the exception of a two week break at Christmas and in the summer.

Our group meets Wednesday mornings at 10:30 AM. Directions for the meeting place are sent out by email prior to the outing, usually on the Sunday before.

Recent hikes include ones at Shallow Lake, Cobble beach, and trails off Superior Street and Notre Dame School. We've also walked north along both sides of the harbour and a few east side neighbourhoods.

We also travelled a little further afield to Southampton and the Singhampton Sculpture Garden.



Singhampton Sculpture Garden. L - R: Joanne Bright, Shawna Macivor, Rosemary McCann.



Janet Barker at Singhampton Sculpture Garden

New walkers/hikers are always welcome. You can walk with us as few times or as many times as you wish. Please email us [rosemaryemccann@gmail.com] if you would like to be added to the list. Let us know if you are coming on a particular day and we will look out for you. Hope you can join us.

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

INTEREST GROUPS, continued ...

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

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|--|---|
| <p>Group # 1: We are looking forward to a wonderful year of reading! We have already met to discuss our favourite summer books. Our book selections for this year are as follows: ~ Cynthia Lemon</p> | <p>Group #2: We have chosen our books for this coming year and it is a really interesting list. ~ Meran Farmer</p> |
| Sept: <i>The Seed Keeper</i> by Diane Wilson | Sept 23: Choice of Biographies |
| Oct: <i>Remarkably Bright Creatures</i> by Shelby Van Pelt and <i>The Soul of an Octopus: A Surprising Exploration into the Wonder of Consciousness</i> by Sy Montgomery | Oct 28: <i>The House of Lincoln</i> by Nancy Horan |
| Nov: <i>Horse</i> by Geraldine Brooks | Nov 25: <i>Remarkably Bright Creatures</i> by Shelby Van Pelt |
| Dec: <i>No Time to Spare</i> by Ursula K. Le Guin | |
| Jan, 2025: <i>None of This is True</i> by Lisa Jewell | Jan 27, 2025: <i>Mrs. Van Gogh</i> by Caroline Cauchi |
| Feb: <i>What We Buried</i> by Robert Rotenberg | Feb 24: <i>My Best Stories</i> by Alice Munro |
| Mar: <i>The Bear Who Came Over the Mountain</i> by Alice Munro plus one other Alice Munro short story of your choice. | Mar 24: <i>The Women</i> by Kristin Hannah |
| Apr: <i>Huckleberry Finn</i> by Mark Twain and <i>James</i> by Percival Everett | Apr 28: <i>Lessons in Chemistry</i> by Bonnie Garmus |
| May: <i>Consider the Lobster</i> by David Foster Wallace | May 26: <i>Personal Librarian</i> by Marie Benedict |

INTEREST GROUPS, continued ...

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Thanks to Anne and Loreen for hosting!

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

~ Cynthia Lemon, Social Hour Coordinator

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

[Grey-Bruce Ontario Health Team Summer Newsletter](#)



[SweetWater Festival](#), September 12-15 for concert tickets or free events:
<https://www.sweetwatermusicfestival.ca/swmf-2024>

[“Back to School” with BALL: Bluewater Association for Lifelong Learning](#)

Binoojiinyag dadibaajimowag **Voices of the Children** **Gichi-Name Wiikwedong Reconciliation Garden**

National Day for Truth & Reconciliation

Come to the Fire
Monday Sept. 30th
10:00AM to 11:30PM
(ceremony at 10:00)



Sip & Support



**LIVE
AUCTION**

Limited Tickets. Get Yours Now!

Harmony Centre OS
September 28th
2pm-4pm



Bid on items such as:
paintings/pottery
cleaning services
restaurant gift cards
quilt
crystals
yard services
signed Raptors jersey
and much more...

FREE Tickets &
Coffee/Tea



Sip on Starbucks coffee or tea, bid on auction items
and Help Your Community Thrive!

SEPTEMBER NEEDS LIST

- Men's/women's clothing for all seasons!
- Toilet paper and paper towel
- Sleeping bags
- Tents (preferably 3-5 person tents)
- Shampoo/conditioner, deodorant
- Water bottles
- Socks
- Shoes/boots



Bring by Safe 'N Sound 310 8th St East, Owen Sound
between 9am-3pm 7 days a week