



cfuw Realizing potential.
For all women.

CFUW SOUTHPORT SEPTEMBER 1st, 2025, NEWSLETTER

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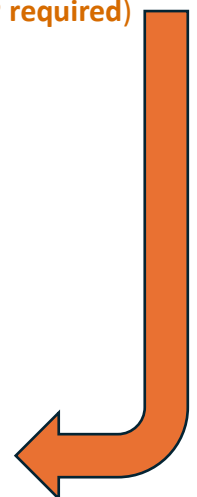
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SEPTEMBER CALENDAR

September 3	7:00 pm	Playing with Pages Book Club (Brenda Greenwood-Vernem)
	7:00 pm	Advocacy Committee (Suzanne Steed & Samantha Trumbley)
September 5	1:30 pm	First Editions Book Club (Shelleen Nelson)
September 8	9:30 am	Scholarship Committee Meeting (Cheryl Grace & Lynne James)
	1:30 pm	Bookmarks Book Club (Catherine Taylor)
	1:30 pm	SKOOB Book Club (Pat Sanagan)
	7:00 pm	Between the Lines Book Club (Judy Moir)
September 10	7:00 pm	Membership Meeting – Special Event (RSVP required)
September 13	6:00 pm	Dinner Club (Luz Maria Alvarez-Wilson)
September 15	7:00 pm	Zoomers Book Club (Mary Jane Moreau)
	7:00 pm	Euchre (Brenda Greenwood-Vernem)
September 16	1:00 pm	Euchre (Michelle Jardin & Heather Conlin)
September 17	7:00 pm	Circle of Readers Book Club (Michelle Jardin)
September 18	7:00 pm	CFUW Southport Executive Meeting
September 19	1:00 pm	Knitting Club (Suzanne Steed)
September 22	1:30 pm	Board Games (Lynn Sanders) NEW
September 23	6:00 pm	Cooking Club (Kathleen Wallace)



September 10th Membership Meeting RSVP Required by September 3

As you are aware from the email and invitation already sent to you, **Program Committee** is starting us off with a big event – **a professional fashion show hosted by Mensch!** The number of seats is limited by fire code, and this meeting is open to the public. We don't want members to miss out so you must RSVP by **September 3rd** to the invitation received last week in your email.



MESSAGE FROM THE LEADERSHIP TEAM

Dear CFUW Southport Members,

Welcome to returning and new members to our 2025-2026 year! We hope that everyone has enjoyed the beautiful warm days of summer in Saugeen Shores. There were a few groups that met over the summer for book clubs, dinner or a play. Last week, The Rovers participated in the tour at Bruce Power and lunch at George's restaurant in Kincardine.

It is now September and with it, another change in the seasons as the leaves change their colours and the days grow shorter. **September 10th** begins a new year for CFUW Southport. The club was founded in 1989 with the mission to empower, educate and support one another. CFUW Southport continues to offer members learning and socializing through monthly Program Meetings where we host guest speakers. The Advocacy Committee focuses on issues meaningful to women and women's wellbeing in our communities and beyond our borders regarding the environment, climate change, gender inequality, aging well in place, housing and food insecurity. Interest groups have grown to include book clubs, board games, euchre, knitting, dinner clubs and coming in October, **Meditation and Mindfulness** (see page 8). Collaborating and working together, we can make a difference with one another and in our community. If you don't see a group that sparks your interest, bring your idea forward; there may be others who are interested to join you in creating something new.

Attached to this newsletter (page 7) is a copy of the **proposed budget** for the coming year. This was reviewed by the Executive team in August; it was determined that the **annual membership fee is increased to \$120.00** (previously \$100.00). The notice of the proposed budget is provided as required prior to the vote that will occur at the October member meeting.

One of the pillars of CFUW is supporting education for women and those who identify as women through the **Scholarship Program**. This year, we were able to provide **\$1,000.00 scholarships to 12 students**. Thank you for supporting the scholarship program with your generous donations. Please consider giving to the Scholarship fund when you submit your membership fee. (Funds are accepted at any time in the year and donations receive a tax receipt).

We are mindful that Sept 30 is the **National Day for Truth and Reconciliation** to honour all Indigenous peoples, survivors and their families and to recognize the ongoing impacts of residential schools. September 30 is also **Orange Shirt Day** to raise awareness of the trauma caused by the residential school system.

We look forward to seeing you on **Wednesday, September 10, 2025** at the **Bruce County Museum 6:30pm** to kick off our first Member Meeting. Please note that due to the fire code limiting the number of attendees, be sure to reply to the email invitation to confirm your seat by **September 3rd**. This meeting is open to bring a friend who may want to join CFUW!

We welcome constructive ideas that help to make our club accessible for all!

Kindest regards,

Judy Moir

Judy Moir

Leadership Team

Kathleen Wallace

Kathleen Wallace

Odette Bartnicki

Odette Bartnicki

SEPTEMBER 10th 6:30 pm at the Museum

WELCOME BACK SOCIAL

The **bar** will be available. Please bring **cash**. The Museum does not accept credit/debit cards. Guests are welcome, but you must **RSVP** to the invitation to add your name and your guest's name to the list before all seats are booked. (Please respond to let us know if you can't come on September 10th too.) Need help? Contact cfuwsp@gmail.com.

SMILE, YOU'RE ON CAMERA!

A **Photo Booth** will be set up to welcome you. Member photos in our new membership directory will help us to identify each other more easily. If you prefer not to have your photograph included, let us know. **Please remember to wear your name tag! It's a good time to find it now!**

BUDGET AND MEMBERSHIP DUES

The **Executive Committee**, under the new **Leadership Team** of **Judy Moir** and **Kathleen Wallace** met on August 22 and approved the **Budget 2025-2026** (see page 7) with an increase to **Membership Dues** to **\$120.00**. We've been able to hold our membership fees at \$100.00 for three years, but our costs are rising as you will see in the Budget. It's still great value at **only \$10.00 per month!** You can pay in advance by e-transfer to cfuw.southport.members@gmail.com or bring a cheque payable to CFUW Southport to the September 10th meeting.

Note: **Only members who pay their dues can participate in book clubs, interest groups, etc.**

SCHOLARSHIP

Donations are accepted at any time during the year. Any amount is welcome, and **CRA receipts are issued for tax purposes**. You can add a donation to your membership fee with your e-transfer or cheque or do a separate donation another time. At the **October 8th** meeting, we'll meet some 2025 scholarship recipients, including a few receiving the new **Women in Trades Scholarship**. Donors to the Women in Trades Scholarship have also been invited. Thank you in advance for your generosity. (*More about 2025 Scholarship Recipients on page 4.*)

Thanks to a generous donation from **Mary Jane Moreau**, we will raffle a brand-new **Nespresso Citiz Platinum Coffee Maker** (valued at \$298.00 plus taxes and shipping on Amazon.ca) at our October 8th Meeting. Nespresso makes an easy-to-use coffee maker and offers premium coffees from around the world to suit everyone's taste. Coffee is ordered on-line and takes 2-3 days to arrive at your door, and unlike other pod coffee makers, Nespresso's aluminum pods are fully recyclable – Nespresso will even send you a pre-paid mailing envelope to return the pods with every coffee order. If you're thinking about replacing or upgrading your current coffee machine, be sure to buy tickets at the October 8th meeting. **All proceeds will go to the scholarship fund.**



2025 SCHOLARSHIP RECIPIENTS:

CFUW Southport Scholarships are offered to women, and individuals who identify as women, pursuing post-secondary education through colleges, universities or programs leading to trades certifications. CFUW Southport has provided **over \$100,000.00** in scholarships over our 35-year history. **Twelve \$1,000.00 scholarships** have been provided in 2025, thanks to the generosity of members past and present, continuing Liz Squires* and Carolyn Day** memorial scholarships, and three local contractors who supported the **NEW** Women in Trades Scholarships.

Note: This year, Indigenous women received three scholarships across various categories as shown.

This year's 12 recipients in alphabetical order are:

- **Eden Cafik** (St. Mary's) **High School Liz Squires** Social Work (Trent University)
- **Ava Cameron** (SDSS) **High School** Financial Analysis (U of Waterloo)
- **Faith Clark** (St. Mary's) **Women in Trades** Welding Techniques (Fanshawe College)
- **Lucy D'Atri** **Mature Women (Indigenous)** Law Clerk (Fanshawe College)
- **Naomi Fontaine** **Mature Women (Indigenous)** Early Childhood Education (Georgian College)
- **Nevaeh Giles** (PSSSS) **High School Carolyn Day** Personal Support Worker (Georgian College)
- **Carly Greig** (SDSS) **Women in Trades** Welding Techniques (Fanshawe College)
- **Parker Ribey** (SDSS) **High School** B.SC in Agriculture (U of Guelph)
- **Mia Roote** (St. Mary's) **High School (Indigenous)** Indigenous Education (Trent University)
- **Amber Shular** **Mature Women** Power Engineering Technology (Georgian College)
- **Brianna Strickland** (St. Mary's) **High School** Honours Arts (U of Waterloo)
- **Leah Thompson** **Mature Women** Criminal Justice (University of Guelph)

CONGRATULATIONS TO ALL RECIPIENTS!

*The **Liz Squires Scholarship**, a memorial scholarship established by the Squires Family and friends, is provided to a student pursuing a career working with children and youth. 2025 is the final year.

The **Carolyn Day Scholarship, established by the Day Family and CFUW members in memory of founding member Carolyn Day, is offered to a high school graduate who is/has been in the care of **Bruce Grey Child and Family Services**.

Mature Women scholarships are offered to assist women, and individuals who identify as women, who have been **out of high school for at least one year** who are pursuing post-secondary education.

The **Women in Trades** Scholarship is **NEW** in 2025 to celebrate CFUW Southport's 35th anniversary. Many thanks to three local businesses which contributed to this scholarship:

Ryan Walker, Walker Homes
Lynne James Interiors By Design
Elsian Hoxha, Shore Bound Contracting

Scholarship Committee:

Cheryl Grace & Lynne James, Co-Chairs; Kim Hallman, Treasurer
Jane Kramer, Jane Pritchard-Bowers, Judy Azzopardi and Odette Bartnicki

Contact **Cheryl Grace** or **Lynne James** if you are interested in joining the Scholarship Committee.

PROGRAM 2025-2026: Mark your calendar NOW!

Our Program Committee has arranged an exciting and informative list of speakers and events for 2025-2026. Note: Non-member guests are welcome on September 10th and October 8th.

September 10th	6:30 pm	Museum	Welcome Open Meeting & Fashion Show
October 8th	7:00 pm	Museum	Open Meeting: Ed Melanson, Emergency & Disaster Preparedness in Saugeen Shores. Scholarship Recipients Invited
November 12th	7:00 pm	Museum	Michelle Cadotte, Fair Vote Canada
December 6th	12:00 noon	Plex	35th Annual Vigil Against Gender-Based Violence
December 10th	7:00 pm	Museum	Holiday Celebration
January 14th	12:00 noon	Walker House	Lunch & Learn: Martha Bowden, Women in the 17th Century
February 11th	7:00 pm	Museum	Tracy Primeau, Global Expansion of Clean Energy Relating to Indigenous Communities
March 11th	12:00 noon	Walker House	Suzanne Steed, Aging in Place
April 8th	7:00 pm	Museum	Advocacy Committee: CFUW Resolutions
May 13th	7:00 pm	Museum	Susan Brown, United Housing for All
June 10th	5:30 pm	Walker House	AGM/Year End Celebration Dinner

Meet the 2025-2026 Executive Team



L-R (back): Catharine Crawford, Lynne James, Brenda Greenwood-Vernem, Catherine Tolton, Dee Schilling, Samantha Trumbley, Judy Azzopardi, Lesley Anderson, Cheryl Grace, Catherine Taylor, Jane Pritchard-Bowers. L-R: (front) Judy Moir, Odette Bartnicki, Kathleen Wallace
Missing from photo: Lynn Sanders, Debbie Doherty, Suzanne Steed

LEADERSHIP FOR 2025-2026

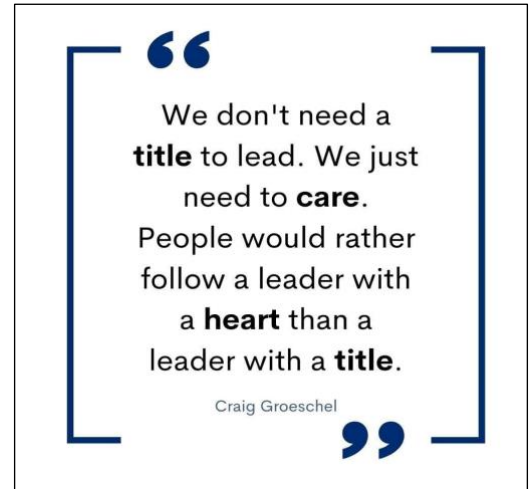
Our new Leadership Team will be inducted on September 10th meeting. Changes are shown in red font. We still have openings (highlighted in yellow). If you are interested, please contact Judy Moir or Kathleen Wallace.

Executive Officers:

Leadership Team: **Judy Moir, Kathleen Wallace**, Odette Bartnicki
Treasurer: Dee Schilling
Secretary: Lynn Sanders
Membership Chair: Lesley Anderson
Ad Hoc: Judy Azzopardi
Catherine Tolton
Catharine Crawford

Standing Committees:

Advocacy Committee: **Suzanne Steed & Samantha Trumbley**
Archives:
Caring Committee: Jane Pritchard-Bowers
Program Committee: **Catherine Taylor & Debbie Doherty**
Scholarship Committee: Cheryl Grace & Lynne James
Vigil Committee: Colleen Morgenroth & Janice Lace



Communications: Lynn Sanders (Communications Coordinator)
Minutes: Pat Sanagan, Jane Pritchard-Bowers & Marcia Hesse
Social Media: Kathleen Wallace & Natalina Campagnolo
Newsletter: Odette Bartnicki
Media: Odette Bartnicki
Website: Pat Sanagan & **Samantha Trumbley**

Interest Groups:

Cooking Club Facilitator: Kathleen Wallace
Dinner Club Facilitator: **Luz Maria Alvarez-Wilson**
Rovers Facilitator:
Euchre (Afternoon): Michelle Jardin & Heather Conlin
Euchre (Evening): Brenda Greenwood-Vernem
Knitting Club: **Suzanne Steed**
Board Games: (New) Lynn Sanders – First Meeting September 22 1:30 pm

Book Clubs:

Between the Lines: Judy Moir (First Monday monthly 7:00 pm)
Bookmarks: Catherine Taylor (First Monday monthly 1:30 pm)
Circle of Readers: Michelle Jardin (Third Wednesday, alternate months beginning Sept. 7:00 pm)
First Editions: Shelleen Nelson (First Friday monthly, 1:30 pm)
Playing with Pages: Brenda Greenwood-Vernem (First Wed. alternate months beginning Sept., 7:00 pm)
SKOOB: Pat Sanagan (First Monday monthly 1:30 pm)
Zoomers: Mary Jane Moreau (Third Monday monthly 7:00 pm via Zoom)

BUDGET 2025-2026

The Executive approved the following proposed budget for 2025-2026 at their Meeting on August 22nd. Membership will be asked to vote on this on October 8th. However, because **Membership Dues are being increased to \$120.00**, we thought you might want to see why. If you have any questions, don't hesitate to contact Dee Schilling, Treasurer.

CFUW Southport Budget				
September 1, 2025 - August 31, 2026				
	2025 - 2026		July 28 2025	2024 - 2025
Revenue:	Budget		Actual	Budget
Membership Dues (see note)	13,680.00		11,150.00	10,400.00
Raffles & Book Sales			581.00	300.00
Advertising	100.00		-	
Total Revenue	13,780.00		11,731.00	10,700.00
Expenses:				
Speaker Honorarium	900.00		900.00	900.00
Meeting Expenses (Program)	770.00		517.19	500.00
Guest lunches & dinners	350.00		-	-
Misc. Operating Expenses	1,200.00		1,543.79	450.00
One-time Equipment Purchases	-		-	200.00
Communication & rebranding	130.00		207.96	300.00
Caring Committee	100.00		128.02	100.00
Membership Committee	200.00		98.74	200.00
Bank Charges	350.00		287.03	250.00
Badges	150.00		358.76	100.00
Facility Rentals	1,000.00		1,000.00	1,100.00
Website STRIPE & Tech Support	700.00		1,208.66	700.00
Ontario Council (Insurance)	712.50		693.75	700.00
CFUW National Dues	6,270.00		6,105.00	5,500.00
Vigil Administration	500.00		-	-
Total Expenses	13,332.50		13,048.90	11,000.00
Net Income (Expenses)	447.50		(1,317.90)	(300.00)
Note: Membership revenue assumes membership numbers will remain unchanged at 114, with annual dues at \$120.				

Motion for October 8th:

Be it moved that the Proposed Budget for 2025-2026 as published in the September 1st Newsletter be approved by Membership

ROVERS GO NUCLEAR

If you notice a **glow** around some of our members, it could be they were part of the August 20th Rover's excursion to the **Bruce Power Visitors' Centre**. Interactive displays and an informative presentation were followed by a bus tour of the huge facility. The Visitors' Centre is open Monday to Friday 9:00am to 4:00 pm. Pre-registration is required for security (government ID is required). Register online at <https://www.brucepower.com/bustours/> or contact the Visitors' Centre at (519) 361-7777.



L-R: Murda Schmidt, Dee Schilling, Tish Mouritzen, Heather Conlin, Judy Moir, Kathleen Wallace, and Odette Bartnicki



The Rovers also enjoyed lunch on the patio of **George's on Harbour**. For more information click [here](#).

Thanks to **Kathleen Wallace** for organizing this event!

Did you know we have 7 Book Clubs? If you are not returning this year, please let your facilitator know before Sept. 10th so space can be opened to another member.

MINDFULNESS, MEDITATION AND BEYOND

Exploring & Growing "Your Practice"

"Living in the moment is learning how to live between the big moments. It is learning how to make the most of the in-betweens and having the audacity to make those moments just as exciting."

Morgan Harper Nichols

When: 4 Thursdays – Oct 30th to Nov 20th (9:30 to 11:00AM) @ Michele's Cadotte's home, Southampton. Whether you are new to mindfulness, have given it a try, or have an existing practice, you are welcome to join this foundational group where we explore mindfulness and meditation in various forms. The aim is to create a safe space where you can experience various practices and participate according to your level of comfort. We will explore mindfulness of body, breath, thoughts and emotions as paths to greater awareness and support each other in developing a personal mindfulness practice. There will also be an opportunity to reflect, ask questions and practice mindful speaking and listening as we make space for all voices. They say that mindfulness is simple but not easy. Developing new habits can be easier with the support of others who are willing to show up with a "beginner's mind", share their experiences and have some fun in the process. Maybe that's you? This group is offered by member **Michèle Cadotte**. Michèle has completed a 2-year Mindfulness Teacher Training Certification program with mindfulness teachers Tara Brach and Jack Kornfield. If you have questions about this group, please contact Michèle after Oct 20th as she will be travelling for much of the fall. The group size will be limited to 8 participants. If there is interest beyond this number, we can consider another venue.

ONTARIO COUNCIL:

Following the CFUW National AGM on July 12th, Sandra Shaw, sent the following congratulations:

“Please pass this note on to your executive/leadership and the rest of your Club members - Congratulations (again!) to being 12 out of the 20 CFUW Clubs nationally which achieved a 10% or greater increase in Club membership in 2024/2025 and were honoured at the National AGM. Ontario Council is proud of your achievement!

CFUW Nepean (+30%)

CFUW Haliburton Highlands (+24%)

CFUW Milton and District (+19%)

CFUW Kingston (+18%)

CFUW Peterborough (+14%)

CFUW Perth and District (+14%)

CFUW Grimsby (+13%)

CFUW Headwaters and District (+11%)

CFUW Oshawa and District (+10%)

CFUW Georgetown (+10%)

CFUW Kincardine (+10%)

CFUW Southport (+10%)

Kindest regards,

Sandra Shaw, President (2024-2026), CFUW Ontario Council”

NEWS FROM NATIONAL:

If you don't already subscribe to receive national newsletter, you can view the August 22nd edition [here](#).

Ever wondered what happens to the resolutions discussed by CFUW clubs across Canada? Look at the [Policy Session Booklet 2025](#) to see what members at the AGM on July 12 and 13 voted on. A resolution supporting **2SLGBTQ+ Rights** was passed this summer. Click on this helpful Glossary of

Terms: [The 519 Glossary of Terms](#) which is intended to facilitate a shared understanding around equity, diversity, inclusion and awareness. **We can all learn together.**

ADVERTISE WHERE IT COUNTS:

If you are a member or know a local woman who would like to advertise in our monthly newsletter for a very reasonable fee, please contact our treasurer, Dee Schilling at cfuwsp@gmail.com

Thank you to Lynne James for renewing for 2025-2026.



WANTED: A FEW GOOD WOMEN

Several committees are open to new members. Contact the co-chairs directly.

- **Advocacy** – co-chaired by **Suzanne Steed** and **Samantha Trumbley**
- **Program** – co-chaired by **Debbie Doherty** and **Catherine Taylor**
- **Scholarship** – co-chaired by **Cheryl Grace** and **Lynne James**
- **Rovers** – see job description below

Archivist Wanted

Our 2024-2025 Archivist, **Stephanie Campbell**, is moving on, so we need an archivist. The role entails collecting the Agenda and Minutes of Membership and Executive Meetings, along with the Membership List (names only), the Budget and Newsletters and Media Releases on a thumb drive. There's a checklist to guide you. You meet once with Museum Staff in the fall to hand over the collected materials. This position does not require attendance at Executive Meetings and can be done remotely. The schedule is flexible. Please let us if you would like this role.

Rovers Facilitator

Dee Schilling has organized Rover excursions over the past few years but it's time for someone else to step up. This can fit your personal schedule and you can organize as few or as many outings per year as you like. Please let the Leadership Team know if you would like to take this on.

SUPPORT WOMEN'S HOUSE SERVING BRUCE AND GREY



Do you know who Sophie McDougall is?



Her image is on a new Canadian postal stamp. Sophie McDougall translated books and other materials into Michif for 20 years while serving as an elder with the Prince Albert Métis Women's Association. Michif is categorized as critically endangered by UNESCO. McDougall, who died in 2023 at the age of 94, also worked with organizations in Prince Albert to document and teach the regional dialect of Michif French. She appeared in the YouTube series *Métis Women Stories* in her late 80s — and later contributed to the creation of the Learn Michif French app. To learn more about Sophie click [here](#).

