

Visit the CFUW Booth at the Think Local Market in Shelburne

Welcome Back!

For the 2nd year, we won't be able to gather for our annual ritual of catching up at an in-person Meet & Greet. However, you'll be able to join/renew your membership and sign up for this year's interest groups at the CFUW Orangeville & District booth at the open-air [Think Local Market](#) taking place in Shelburne on Tuesday September 14th from 3 to 7 p.m.

Despite the ongoing COVID pandemic, CFUW Orangeville & District has some great plans for 2021-2022!

This year, we have entered into a partnership with the [Dufferin Board of Trade](#) (DBOT) and, along with the [Dufferin Federation of Agriculture](#), are hosting a Federal Election Debate with the candidates for Dufferin-Caledon taking place on September 8th at 7 p.m. The debate will air live on Rogers TV Orangeville, on TV and online. Questions will be

submitted by the public through the [DBOT website](#) in advance of the debate.

And, as noted above, the Club will have a booth at the Think Local Market on September 14th. The Market is being organized by the Dufferin Board of Trade and features over 50 local vendors and services including CFUW Orangeville & District. It should be a great event!

As well, we are already planning our annual celebration of Persons' Day on Wednesday October 20th and will be scheduling programs, either virtual or in-person for the 3rd Wednesday of each month, excluding December.

This Club is your club. What you put into it, you will get back many times over. Please renew your membership and join at least one special interest group. These smaller groups give you a matchless opportunity to make your closest friendships and,



depending on COVID safety protocols, may be able to meet in-person.

Whether you're talking about a book, having dinner together, or simply meeting with a group of like-minded women, new relationships will begin that will last a lifetime. Forging friendships is what it's all about.

We look forward to seeing you at our booth and do bring along a friend or two. All are welcome!

THINK LOCAL MARKET

TUESDAY

September 14th 3 to 7 p.m.
Shelburne Fiddle Park

515677 Dufferin County
Road 11, Shelburne

Renew your membership and kick off CFUW Orangeville's 2021-22 season, greet old friends and meet new ones, sign up for member interest groups—and have an opportunity to visit the booths of more than 50 local businesses and services! Please visit us on September 14th!

CFUW Orangeville & District Executive Committee for 2021-22

- President – Elisabeth Sachs
- First Vice-president – vacant
- 2nd Vice-presidents (Interest Groups) – Kathy Wray & Lindsay Lupton
- Treasurer – Cathy Campbell
- Membership – Louise Kendle
- Program – shared
- Fundraising – vacant
- Communications & Newsletter – Ingrid Sproxtton
- Recording Secretary – shared
- Archivist – Vickie Lewis
- Social – Lindsay Lupton
- Advocacy (Women in Action) – Lynn Cormier & Lynda Moore
- Scholarships – Lori Ker & Margaret Morrison
- Hearts & Flowers – Eleanor Matte & Brenda Stephen

Membership & Special Interest Groups

Remember, you can now pay your membership dues online! Go to our [website](#) and click on Membership.

For more SIG info go to our [website](#) and click on Interest Groups!

Pay your \$100 membership online by going to the [Membership page](#) on our website, then scrolling down to the Pay Now button for returning members. Or mail your cheque payable to CFUW – Orangeville & District, to Cathy Campbell, 11 Rose Ridge Lane, Mono ON L9W 5Y3. Early bird prize will be awarded after Sept 14th. **Please note that \$25 of your membership fee will go to support the Club's Scholarship Fund.**

Our **Special Interest Groups** are poised for action this year! Some of our groups were able to meet last year thanks to ZOOM while others have taken a long pause, but are ready to pick up again!

Active Living – meets one Sunday per month to do assorted activities like hiking, biking, canoeing, skiing, snowshoeing, horseback riding, tennis, etc. *Convenor required.*

Lunch – Meet once per month to enjoy good food and conversation.

Needle Arts – Knitting, crocheting, needlepoint, etc. Available to every level, including total beginners. Meets first Tuesday evening of each month.

Scrapbooking – Meets monthly on Sunday from Nov. to April – *convenor required.*

Secret Santa – One time secret book exchange in early Dec. at a member's home.

Soup & Salad Exchange – Meets several times a year to

Afternoon Book Discussion – meets monthly to discuss a book

Art Appreciation – Convenor provides on-line links and info on virtual art gallery tours, as well as links to the best-of-the-best in dance, film, theatre, photography, etc. – *co-convenor needed.*

Book Exchanges – monthly exchange of mystery or literary books

Breakfast Club – Meets first Friday of each month for breakfast to have fun, companionship and exchange books – *convenor required.*

taste and share appetizers, soups, salads, breads and desserts – *convenor required.*

Wine, Women & Travel – Meets second Wednesday each month to share travel experiences, websites, info, best practices – *convenor required.*

Women in Action – Meets evenings to research & champion issues important to our club, such as Indigenous Issues; Poverty; Gender Based Violence; Children's Issues & Environmental/Water/ Mental Health/Education Issues

Women's Getaway Weekend – 2022 week-end getaway TBC. *Convenor required.*

Day-Trippers – Meets several times a year for all-day excursions to attractive locations & good restaurants for lunch – *convenor required.*

Dinner Out – Meets 3-4 times per year for dinner and good conversation in local restaurants – *convenor required.*

Evening Reading Group – Meets 2nd Tues. evening of each month to discuss agreed-upon book, which one member will research and then review.

Exploring Vegan Cooking – Meets monthly at members' homes to share vegan dishes provided by each member. Vegan knowledge, recipes, tips and food sources are shared.

Friday Night Social – Meets Friday nights, 3-4 times per year at members' homes for appetizers, drinks and to just enjoy oneself.

Games – Meets monthly from Nov. to March at members' homes on week-ends or evenings to play board and card games – *convenor required.*

Golfing – Meets on demand from May thru October at local clubs.

Ice Skating – morning adult skates at Tony Rose.

BOOK REVIEW – *Miss Benson's Beetle* by Rachel Joyce (some summer reading submitted by Eleanor Matte)

This is a well-crafted story about an unhappy misfit (self-proclaimed) who leaves her mundane life in search of her "holy grail"...a golden beetle! This unique and rare creature has been seen only on a remote island in the South Pacific. Through many misadventures, including the acquisition of an 'assistant'..and a stalker..., she discovers the 'aristocracy of the trees' and the beauty of nature. In her quest for a beetle she also discovers that no matter how far one travels, one is still carrying the baggage of the past. This is an enjoyable romp through the pages. Thanks Eleanor!

New Club Name?

You'll recall that, in the July newsletter, we asked for feedback regarding changing the name of the Club to make it less Orangeville-centric, bearing in mind that the name format required by CFUW National is CFUW followed by a geographical location or area. We've received some suggestions for a new club name including CFUW Headwaters Women, CFUW Orangeville Headwaters Women, CFUW Headwaters,

and CFUW Headwaters Women's Club. If you have a different suggestion, please e-mail it to [President Elisabeth](#) on or before September 14th. We'll compile the suggestions and, hopefully, put forward a motion at the October general meeting.

Hello, my name is
CHANGE

Update from Ontario Council

Ontario Council (OC) Speaker Series
October 2nd
ZOOM Meeting

**Protect, Elect and Respect
Canadian Women in Politics**

The October 2nd speaker is Senator Marilou McPhedran. The Honourable Marilou McPhedran is a human rights lawyer, professor and activist, and was appointed as an independent senator in the Parliament of Canada by Governor General David Johnston on the recommendation of Prime Minister Justin Trudeau in November 2016. To learn more, click [here](#).



Check out the Ontario Council website [here](#).

Your Invitation to join the CFUW Orangeville Executive Team

Recruitment for the club's **2021-2022 Executive Committee** is still ongoing. Do you want to help strengthen our club with your leadership skills? There are opportunities in several areas including Vice-President, Membership, Program, Secretary, Fundraising, and Communications. Contact [Elisabeth Sachs](#) if you would like to learn more or are interested in joining our Executive team. The time commitment is not onerous. The Executive Committee meets once per month on the 4th Wednesday of the month. The Club could really use your help ... please consider getting involved!



Building Bridges Scholarship Update

In early spring 2021, the Scholarship committee made a recommendation to the Club Executive who agreed to reframe our Building Bridges Scholarship in two major ways. The first modification was to focus the award more locally to the Headwaters region and second was to focus on broader racial diversity, dedicating two awards worth \$500 each to Black, Indigenous, People of Colour (BIPOC) female students.

The Scholarship committee connected with Alethia O’Hara-Stephenson, founder of the Dufferin County Canadian Black Association (DCCBA). The DCCBA has recently established a scholarship directory on their website, and Alethia welcomed the proposal to add our Building Bridges scholarships to their directory. With this partnership, we were identified as a DCCBA sponsor on their website, our scholarship was advertised to the area secondary schools and applications were collected on our behalf in June.

At the end of July, the DCCBA held a virtual awards ceremony for the potential student winners. The evening included musical entertainment, greetings from municipal, provincial, and federal elected representatives and a couple of inspirational speakers for the students. Elisabeth Sachs, Cathy Campbell, and Lori Ker attended the event, and provided some background on CFUW and announced our scholarship winner.

We are pleased to announce that Sunit Toor from Shelburne was awarded one of our 2021 Building Bridges scholarships. Sunit is attending McMaster University this fall as she begins her Bachelor of Science program and works towards becoming a doctor. Sunit has a long list of accomplishments and is widely regarded as a young leader in her school and her community. As one of her references said “Sunit is a very smart and hardworking individual. I can say with confidence that she becomes deeply committed to anything she takes on. I’m especially impressed with how well she balances her school, work, and extracurricular activities.”

We congratulated Sunit and wished her all the very best in her next chapter of Education. We let her know that she would have a large support group of women back here at home who will be cheering her on. We have her contact information and hope to invite her to attend an upcoming virtual club meeting. We thanked Alethia and the Dufferin County Canadian Black Association for their hard work in putting the event together and for championing post-secondary education and scholarship awards for youth in our communities.



Wine, Women & Song! – Food and Drink Favourites

Here’s a favourite recipe submitted by Elisabeth Sachs—thank-you Elisabeth! If you have a favourite recipe you’d like to share, please e-mail it to [Ingrid Sproxton](mailto:Ingrid.Sproxton).

Pickled Red Onions*

Makes about 2 cups; easily doubles. Takes 15 minutes or less to make, not counting standing time. Tastes even better as it ages; a family favourite as a side dish, lovely with a cheese plate or

as a salad/meat topping. Great hostess gift.

- 1 cup red wine vinegar
- 1 cup sugar
- 1 tablespoon pickling spice
- 2 or 3 (I use almost 4) thinly sliced red onions

Put vinegar, sugar and pickling spice in a deep saucepan or pot. Bring to a boil over medium-high heat.

Stir in the onions. Cover tightly and remove from heat. Rest at room temperature for at least 1 hour or until room temperature. Transfer to a 2-cup Mason jar, seal and refrigerate overnight. I use a glass storage jar with plastic lid, squeezing out the air a bit when covering, which works just as well. Best after a few days resting, and lasts up to a month (never around that long at my house!)

*Adapted from Michael Smith’s *Farm, Fire & Feast: Recipes from the Inn at Bay Fortune* © 2021 [Penguin Canada], available through Booklore. Also check out the Inn at Bay Fortune’s website: <https://innatbayfortune.com>. Worth a post pandemic trip to PEI.

Women in Action – Advocacy

ELECTION 2021

Ready to cast your vote for Dufferin-Caledon's next federal Member of Parliament to represent your views and values in the House of Commons? You have four options:

- **Walk-in** to the **Elections Canada Office for Dufferin-Caledon** (51 Townline, Orangeville - same building as Citrus Dance Studio) *any weekday until Sep 13 between 9 am and 9 pm.*
- **Walk-in to Advanced Polls** on *Sep 10, 11, 12, 13.*
- **Mail-in** by applying for a **Special Ballot** from Elections Canada - must apply online or at an Elections Canada office *before Sep 14 @ 6 pm* (see link below). You can apply to vote by mail now even if you're still making up your mind.
- **Walk-in to Election Day Polls** on *Sep 20 between 9:30 am and 9:30 pm.*

CFUW-O has proudly partnered with the Dufferin Board of Trade (DBOT) in support of their election work to inform and engage Dufferin-Caledon citizens. This partnership serves to increase CFUW-O's name recognition in the community, so look for our club logo in local and social media and at two events. All federal candidates have been invited to participate in the following:

- Online [Election Portal](#)
- Sep 8 Televised Debate on Rogers tv (submit your questions via the [Election Portal!](#))
- Sep 14 [Think Local Market](#) in Shelburne (3-7 pm)

As part of this partnership, CFUW-O gets to submit one question to the candidates as part of the debate. CFUW-O also receives a booth at the [Think Local Market](#) where the federal candidates and more than 50 small Dufferin businesses will also have booths. This outdoor, safe and socially distanced event is in lieu of both the usual Orangeville Farmers Market outreach days AND the CFUW-O Meet & Greet that is usually our first meeting of the year.

Be sure to check out the Candidate Report Card on pages 22-23 of the [CFUW Election 2021 Toolkit](#) to help you 'grade' how closely each candidate's policy position aligns with CFUW Policy. For a list of the Dufferin-Caledon candidates, click [here](#). And note that gender parity was achieved—3 of 6 candidates are women!

INTERNATIONAL ADVOCACY

CFUW-O member Lynda Moore is a member of the [CFUW National Committee for International Relations](#) again this year. She is planning to attend the [United Nations Commission on the Status of Women's 66th meeting](#) in March as a delegate, and anticipates it will be either virtual again, or a hybrid event. The Priority Theme is: **"Achieving gender equality and the empowerment of all women and girls in the context of climate change, environmental and disaster risk reduction policies and programmes."** If this theme is of interest to you, any CFUW-O member can apply to be a delegate (watch for an invitation to apply later this fall). No prior experience is necessary and it's definitely worthwhile to go at least once to witness how international policy – that is ultimately implemented nationally – is developed. Even without that aspect, it is such a rich learning experience!

In addition, Lynda has been selected to co-represent CFUW on the [GWI Organizational Development Steering Committee](#), along with fellow member Lynne Kent and representatives from more than 50 other NFA members of GWI. The goal of this initiative is to advance GWI strategy and sustainability, and the work starts this month with an Orientation for all NFA reps. Lynda is also a dual member in the [CFUW Canada GWI](#) club which meets quarterly and typically has international speakers from other NFAs. The guest speaker for the last meeting was Egyptian Federation member Sahar Gamal who spoke about her professional life, the Alexandria Branch of the Egyptian NFA, and serving on the GWI African Regional Board. Such a fascinating speaker!

If you wish to learn more about any of these platforms for international advocacy, or how you can get involved too, please contact [Lynda](#) directly. While CFUW-O is not a GWI-supporting club, there are still many ways that any CFUW member can participate in international advocacy.

HUMAN TRAFFICKING FOLLOW-UP

After the CryNot presentation at our May general meeting, a virtual meeting was held with Ontario Solicitor General and Dufferin-Caledon MPP Sylvia Jones. Lori Ker and Lynda Moore from our Club and Sandra Shaw, Ontario Council (OC) Chair for the Status of Women and Human Rights, met with Sylvia to discuss the Human Trafficking (HT) resolution passed at the OC AGM in May, and ways in which CFUW and specifically our Club can support efforts to educate students, first responders, hotel/motel staff and the general public about HT. A meeting report will be published in the September 15th edition of OC News.

Member Profile – President Elisabeth

We'll be using the [Proust Questionnaire](#) to get to know one CFUW-O member a little better each month. President Elisabeth volunteered to start us off! Marcel Proust, the French essayist and novelist, believed that in answering, or not answering, these questions, an individual reveals his or her true nature. If you'd like to be profiled in a future newsletter, please send a note to [Ingrid Sproxton](#).

1. What is your idea of perfect happiness? Time spent laughing, eating cake and hugging my family and friends
2. What is your greatest fear? Leaving a stone unturned
3. What is the trait you most deplore in yourself? The inability to have just 1 piece of cake.
4. What is the trait you most deplore in others? Self-righteousness
5. Which living person do you most admire?
6. What is your greatest extravagance? Perfume
7. What is your current state of mind?
8. What do you consider the most overrated virtue? Modesty
9. On what occasion do you lie?
10. What do you most dislike about your appearance? My toes
11. Which living person do you most despise? Any dictator, anywhere
12. What is the quality you most like in a man? A fierce intelligence coupled with a wicked sense of humour
13. What is the quality you most like in a woman?
14. Which words or phrases do you most overuse? Great!
15. What or who is the greatest love of your life?
16. When and where were you happiest? Anywhere with my baby daughters snuggled in my arms, and the best is yet to come
17. Which talent would you most like to have?
18. If you could change one thing about yourself, what would it be?
19. What do you consider your greatest achievement? Waking up to the gift of each day
20. If you were to die and come back as a person or a thing, what would it be?
21. Where would you most like to live? Wherever my heart resides
22. What is your most treasured possession? My scars. They tell stories
23. What do you regard as the lowest depth of misery? Obsessing about what woulda, coulda, shoulda, mighta been
24. What is your favorite occupation?
25. What is your most marked characteristic? Optimistic tenacity
26. What do you most value in your friends?
27. Who are your favorite writers? Oh my! Far too many to list. I'll read a writer's short stories first. If they are good, likely their novels are too. A select few are Ursula Le Guinn; Alice Munroe; Doris Lessing; Jane Urquhart and yes, some men too: Arthur Hailey; Wally Lamb; Charles Dickens; Thomas King; Shakespeare; Ken Follett; ancient Greek chroniclers.
28. Who is your hero of fiction? Any characters that overcome impossible odds yet preserve their essential humanity
29. Which historical figure do you most identify with?
30. Who are your heroes in real life?
31. What are your favorite names? Valeska; Marin; Leander; Eduard
32. What is it that you most dislike? Arrogance in any form
33. What is your greatest regret?
34. How would you like to die?
35. What is your motto? Never Surrender

CFUW Orangeville & District

E-mail: info@cfuworangeville.com

<http://www.cfuworangeville.com>

Advertising

To advertise in *connections*, send a copy of the ad (in JPEG format, please) to [Ingrid Sproxton](#). The cost for one ad is \$10. For \$50, you can put in an ad for one year (nine issues). Give or send your payment to Cathy Campbell, Treasurer, 11 Rose Ridge Lane, Mono, ON L9W 5Y3. The advertising deadline is the last day of the month preceding issuance of the current month's newsletter.



The Power of Women Working Together

