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- Up-Coming Events**
- General Meeting – October 15
 - Book Sale – October 15
 - General Meeting – November 19
 - Christmas Party – December 3, Sans Souci

General Meeting – October 15

Canada's Military, Veterans and Post Secondary Education

Speaker: **General (Ret) Walter Natynczuk, OC, CMM, MSC, CD**
 Chief of the Defence Staff (2008-12)
 D/Minister Veterans Affairs (2014-21)

Websites:

- GWI: graduatewomen.org
- CFUW National: cfuw.org
- CFUW Ontario Council: cfuwontariocouncil.org
- CFUW Belleville & District: cfuwbelleville.com

Club email contacts

- GENERAL: cfuwbelleville@gmail.com
- COMMUNICATIONS: cfuwbellevillecomm@gmail.com
- TECHNICAL/ZOOM: cfuwwebex@gmail.com

NEW MEMBERS ---



and

RETURNING MEMBERS ---



Wednesday, September 17, 2025
St. Thomas Anglican Church, Belleville
Social 6:30 Meeting 7:00

Don't forget your mug



President's Report – Pauline Witzke

Welcome back everyone!

September is renewal time for CFUW Belleville and District members. Please take advantage of our Interest Groups, and plan to attend our monthly General Meetings to hear interesting speakers and to get involved in Club, Ontario, National and International initiatives. Last year, these initiatives included supporting local charities, addressing Period Poverty, and educating ourselves and others about climate change. We all can look forward to another interesting and productive year!



Pauline hosted the first executive meeting of the 2025 – 2026 year in preparation for the September 17th general meeting.

Front row, l-r: Anne Pidduck, Cathy Warren, Carol Fisher

Back row, l-r: Pat Loughren, Pauline Witzke, Laura Hare, Sue Allen, Judith Skelton

Membership – Carol Fisher

Membership and Renewal

Welcome to another year with CFUW Belleville.

Again this year, there will be no paperwork required at all for membership renewal. Just pay your \$115 and you will be registered. For new members, we ask you to fill out a registration form, so we have complete information for the club directory.

Once again, we are having two membership draws for a \$25.00 gift card - an Early Bird Draw for everyone whose payment is received by September 17th and a Member Referral Draw for members who refer a friend who joins CFUW Belleville.

The executive has decided that a current member who has reached the age of 95 will receive complimentary membership in recognition of their years of service to the club. Please notify us if you qualify.

To renew your membership, please e-transfer \$115 to cfuwfinance@gmail.com or mail a cheque (made out to CFUW Belleville & District) to Membership, CFUW Belleville & District, PO Box 20033, Belleville, ON K8N 5V1. A Membership Registration table will be available at the September general meeting for those members who prefer to pay their dues in person.

A copy of the Membership Directory is posted in the Members Only portion of our website, cfuwbelleville.com, if you want to check your contact details. (password 19Belleville39). Any changes and corrections can be emailed to carol.ann.fisher@gmail.com.

Let's make this the best year yet!! Together we can learn, share and keep active!

Member News

One of our members, Lenore Begley, was the recipient of one of the King Charles Coronation Medals given to 20 residents in the Quinte area.

The medal was created to mark His Majesty King Charles III's Coronation on May 6, 2023. Nominations sought eligible candidates who made a significant contribution to the nation, province, or community, or have made an outstanding achievement abroad that brings credit to Canada; and must have been alive on the date of the coronation. This award recognises incredible individuals who exemplify service, dedication, and leadership.

Lenore Begley was honoured for her lifelong advocacy for the vulnerable, leading initiatives in youth education, refugee resettlement, and poverty awareness. CONGRATULATIONS from all us, Lenore!

Education and Advocacy– Anne Banks Pidduck

CFUW Belleville and District will focus on education advocacy this year, possibly with an emphasis on low income or otherwise challenged learners to tap into equity and social justice as well. We can potentially collaborate with Community Learning Alternatives, Pathways to Education, Loyalist College (Prior learning assessment and recognition) or other local partners. An **Education Advocacy Committee**, a **Resolutions Committee** and an **Advocacy Action Plan** will be established as needed.

Watch this space for opportunities to make a difference – locally, provincially, nationally!

Interest Groups – Cathy Warren

This is a summary of the opportunities to get involved with that are available to CFUW Belleville & District members. Sign up at the September General Meeting or if you are unable to attend, please contact the convenor(s) to join or to get more information.

AMERICAN MAH-JONG is played with 152 tiles and four players with the goal to make specific hands. Evidence suggests that Mah-jong is very good in enhancing executive function including short term memory, decision making and planning. Mah-jong is a highly social game and can be a fun way to keep your mind sharp. Players meet Mondays in each other's homes based on a mutually agreed schedule. Because the group is currently at capacity, new players should reach out to the contact to discuss availability. Contact: Catherine O'Rourke Catherine.dawn.orourke@gmail.com 613-967-0359



ARTS GROUP chooses cultural and performance outings to attend together, sometimes locally, sometimes farther afield. Not all members participate in all outings, but many find it attractive to try out a new experience (like opera) with friends who may be more knowledgeable.

Contact: Carolyn Cockerline cockerline@cogeco.ca 613-967-6199

BOOK BELLES is a fun, relaxed book club that meets in the afternoon (2-4pm) on the third Tuesday of the month, with some exceptions agreed upon by our members. We cover a wide variety of styles and authors and have lively discussions generally guided by the host. Hosts are rotated and the schedule is planned for the season at our June potluck luncheon. We would welcome up to 2 new members this fall. If we have more interest at the sign up, we can help a new group get started. Contact: Pat Loughren patloughren54@gmail.com 705-896-7940



BOOK EXCHANGE is similar to a book-of-the-month club and has been running for over 25 years. There are no meetings, but there is a Summer Social to discuss new titles. In August, members submit favourite book titles which are compiled into an Excel chart with authors' names, ratings and synopses. In early September members vote for their favourite books and the top 12 are chosen. Members receive the first books in October and pass them until the 12th book, which they keep. A detailed flow chart is taped on the back inside cover to ensure a smooth handover every month. The cost to join this year is \$35 (the approximate cost of a hard cover book). The book exchange is accepting 3 new members for the 2025-26 season. If you wish to join the group or would like more information, please contact June Boudreau juneboudreau5@gmail.com 613-392-2298. Also on the committee is Carol Goodall.

BRIDGE CLUB welcomes members who are long time players as well as those newer to the game. We play in our homes eight times over the year including hosting twice. As well, there is an Opening and Closing party where members and spares play and socialize. A nominal fee is collected to cover prizes etc. Contact: Susan Pine, i.pine@sympatico.ca, 613-962-4765

CANADIAN LITERATURE DINNER GROUP read and discuss 8 Canadian Literature books throughout the year. We are a group of 36 people now; new members are welcome. We gather at various restaurants in the Quinte region on the first Tuesday of each month from October until June. Our June get-together is a potluck at the home of one of our members where we suggest books for the next year. We have an exciting list of books for 2025/2026 season with 3 authors as guests. The authors are Shane Peacock from Brighton for: 'As We Forgive Others' in October, Finding Home with author Laurie Ness Gordon and Terry Fallis in April with his new book: 'A New Season'. Contact: Teresa Gibbs, teresagibbs58@gmail.com 613-847-4068 or Barb Durnford barbaradurnford@gmail.com 613-966-0242



CANADIAN LITERATURE LUNCH GROUP meets at noon on the first Tuesday of each month to discuss Canadian books and authors. Members take turns hosting the meetings, and each brings her own lunch, with the hostess supplying tea, coffee and sweets. Contact: Ann Howes cann.howes@gmail.com 613-394-3067.

CRAFTS AND COFFEE meets the third Tuesday of the month in members' homes from 1-3 p.m. We usually work on our own projects, getting feedback from our members. We have also enjoyed workshops from talented members and the occasional outing to view a display or hear a lecture. Our members enjoy quilting, knitting, rug hooking, fabric art, treats and conversation. New members are always welcome. Contact: Jo-Anne Twamley jt看wamley@oxpoint.ca 613-847-0756

DIGITAL PHOTOGRAPHY AND SCRAPBOOKING

Group meets on the fourth Wednesday of the month at 2 pm from October to June. The emphasis is on using a phone and/or tablet to take and edit photographs which can then be used to produce photo books for your own enjoyment or to share with family and friends. Each meeting will have an instructional

segment as well as a sharing time. New members are always welcome. Contact: Jane Taylor, jetaylor654@gmail.com, 613-968-6307

ENVIRONMENT GROUP meets on the last Tuesday afternoon of the month and has been focusing on small changes that can be made to assist the environment and presenting them to the members of CFUW. Climate Change will be the focus this year. Anyone interested in learning more about the group is most welcome to contact Mary E. Miller mmiller0852@bell.net 604-818-2422 for more information.



FRENCH CONVERSATION/LA CONVERSATION is a smallish group with a wide variety of fluencies in French. Meeting once a month, in the early afternoon, members take turns hosting the get-togethers in their homes. Last year, the regular date was the last Monday of the month. The topic of conversation is determined by the hostess. The group offers a warm welcome and generous support for those who need a little encouragement. Bienvenue! Contact Margaret Gilbey megilbey@yahoo.com 647-289-5052

GOURMET GROUPS There are 2 groups that meet monthly in each other's homes to enjoy good food and wine sprinkled with friendship and laughter. Although the current groups are at maximum, anyone interested in joining with others to form a new group will be welcome.

You can contact Martha Griffin, ghgriffin@hotmail.com, 613-966-3711 Barbara Durnford, barbaradurnford@gmail.com, 613-966-0242 or Jane Anderson ganderson33@cogeco.ca 613-962-2213 to find out more information on these existing groups.

GREEN THUMB INTEREST GROUP is a group whose members have an interest in gardening. We meet when things of interest to us are happening in the community, and to visit new and different plant nurseries. We share information about our gardens by email and often exchange seeds and plants. New members are welcome. Contact Jane Bermingham, janebermingham668@gmail.com 613-661-4177



HAPPY HIKERS is an outdoor walking group meeting once or twice a month. Walks are normally between one and a half and two hours with everyone going at their own pace along different trails around the region. Recent hikes have been the first Sunday of the month from about 10:30 am to noon, but we are open to other days and times as members wish. New members are welcome.

Contact: Debi Butler debi.i.butler@gmail.com 613-968-3225 or Joanna Hoekstra p.j.hoekstra@sympatico.ca 613-391-9428 or 613-962-4837

LEARNING ABOUT INVESTMENTS & FINANCIAL LITERACY CLUB meets on a Thursday (TBD) of each month at 1:30 pm. Our first meeting will be on Thursday, September 18, and will be an informal get-together. Our aim is to become more financially literate, and to boost our confidence in this important aspect of our lives. Everyone participates in the discussion, sharing their knowledge, personal experiences, and ideas, with a few laughs thrown in for good measure. We take turns presenting on topics of interest, such as estate planning, taxes, RRIFs, annuities, and more. At the start of the year, we each choose a portfolio of investments (stocks, bonds, ETFs, REITs, and cash) for the upcoming year and follow these. Come and join us. For more information, including details of our first meeting, contact Karen Mouck karenmouck@gmail.com 613-394-5953



READ THE WORLD LUNCH meets monthly at member's homes. We have lively discussions about fiction and non-fiction books by international and Canadian authors. We usually bring our own lunches. Currently, we are at capacity with nine members. If there is interest, we are happy to facilitate the formation of a second Read the World group. Contact Ann Lanning fuzzandy@hotmail.com 613-966-3011

TABLE HOPPERS meet for lunch at a variety of restaurants throughout the Quinte area - usually on the first Wednesday of the month. It is a great way to get to know each other socially while exploring the area.

Contact: Mary Milne memilne190@gmail.com 613-962-6369



THE VOYAGEURS: This group will share travel ideas and goals, gather information, see photos and hear tips from members' previous trips, to encourage and inspire travel. Perhaps you will even discover a future travel partner! Join us to be inspired, reminisce about interesting locations, and have fun sharing your travel memories! Contact Susan Walker suswalker6@gmail.com 613-243-4999

Garden Tour – Retiring Co-Chairs Irene Hiebert & Karen Mouck



The CFUW Garden Tour 2025 Video:

Two of our members, Karrin Broadhurst and Mary Miller, started a conversation with a participant at a Green Task Force event locally. They learned his name: Mustafa AlTaiar and the name of his business: *The Story*. *The Story* is a film-making venture to tell stories of positive actions, community events and personal journeys. Once Mustafa learned of the CFUW Garden Tour, he saw the inspiration for a new documentary.

If you have visited any of the CFUW Garden Tour social media platforms in recent weeks, you will have seen the 12-minute video. We of the Garden Tour 2025 Committee are honoured to share this video with you. It is our hope that this video will remind you of the pride you feel in our Garden Tour and the support it offers to the CFUW Scholarship Program.

More about Mustafa and *The Story*

Mustafa AlTaiar, with a PhD in Computer Sciences and an MBA from Carleton University, has lived, studied, and worked across three continents: Europe, Africa, and Asia. Currently, he works as a professor at Loyalist College.

But beyond academics and professional life, what defines him most is volunteering. For more than 20 years, he has dedicated time and effort to initiatives helping those in need both locally and around the world.

Using his experience in filming and editing, he has worked with well-known names in Canada to create documentary films that give a voice to people living in conflict areas, shedding light on war crimes and atrocities that the world needed to see—to help stop them from happening again.

From these experiences, *The Story* was born. The goal is simple: to shine a light on good deeds so that more people can see them, be inspired, and join in making a difference.

The Story launched in July 2025, and can be found on: [Youtube](#) [Facebook](#) [Instagram](#) [TikTok](#)

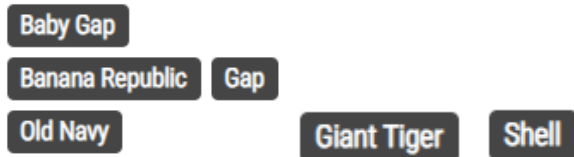
If anyone has a story worth telling, *The Story* can capture it -for free- and share it widely with a goal of spreading positivity and strengthening our communities.



FUNDSCRIP

Our club has an account with [FUNDSCRIP](#) where you can purchase gift cards online. You receive the full value of the gift card and the club receives a percentage from FUNDSCRIP. You can order a card and have it delivered to another address – this is great for gifts – birthday, Christmas ...whatever!

Each month, there are specials where the retailer offers a higher payout percentage than normal. In September, this includes:



Visit <https://www.fundscrip.com/login> to learn more and to purchase your gift cards. Questions? Contact Mary Milne or Laura Hare who are regular users.

Website, Instagram, Facebook– Jane Taylor

Please take some time to examine our [website](#). You will find that, during the summer, the site has undergone considerable revision. Please let me know what you think.

Thank you to those members who regularly send articles and photos of club and interest group activities to me at jetaylor654@gmail.com for posting on our website, Facebook and Instagram pages.

Communications– Laura Hare

A sympathy card was sent to Jacqui Fry on the passing of her stepson, David.

Please continue to send information about activities related to the life of members – significant anniversaries, birthdays, deaths and illnesses, so that cards can be sent.

Email: cfuwbellevillecomm@gmail.com.

Information for the newsletter should be sent in a Word or Excel document or body of an email. Pictures are most welcome, too. **Please do not send PDF files for information that is part of the newsletter.**

All information for the October Newsletter is **due by 6:00 pm, Oct 3, the first Friday of the month**

Book Sale – October 15

All those books you enjoyed over the summer? Time to share!

Bring your previously read books and purchase a few new books at \$2.00 a book. This is a Club Fundraiser. Our first of 2025-26.

