



THE LINK

National Newcomers' Council of Canada Newsletter

April 2007

NNCC EXECUTIVE 2006-2007
newcomerscanada@hotmail.com

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NEWSLETTER

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WEB SITE COORDINATOR

Verna Dennis

Calling all Presidents and Newsletter Editors
Reserve Oct 13th and plan to attend the 30th General Meeting of the National Newcomers' Council of Canada. Special break out sessions are planned for you to meet and discuss strategies to help you in your jobs. If you are not continuing in your posting for next year, please pass this information to the person replacing you in your position.

Registrations forms are included in this newsletter.

Other break out sessions can be planned if you would like. Do you need ideas for increasing membership, interesting programs and or stimulating activities? We need your ideas!

Free Friendship Pin - Break-Out Sessions

Please help us with suggestions for the break-out sessions at your AGM.

For any suggestions that we use at the 07 AGM, the first person submitting the suggestion will receive a Free NNCC Friendship Pin.

President's Message:

On behalf of all Newcomers and Alumni and especially those of us on this year's National Newcomers' Council of Canada Executive Board, I extend our deepest sympathy to our newsletter editor, Jeanne Stoness, on the recent death of her husband. We are all extremely grateful that Jeanne is able to continue with her valuable work on our Board and with the 'Link' at this time of great personal loss.

Jeanne, our thoughts are with you at this sad time.

Verna Dennis, President

Planning in London

We have the venue arranged (West Haven Golf and Country Club), have committed our half of all 50/50 draws this year to our AGM fund and are planning an auction in April with all proceeds going to the same fund. We have assigned committee members to various tasks such as soliciting door prizes; billeting chair; bags and name tags; and have a volunteer to host the Friday evening pot luck in her home.

- Bev McCann

Weekend Schedule & Venue

FRIDAY EVENING GATHERING.

OCTOBER 12TH - 7:00 P.M

A welcoming dinner hosted by the members of the London Alumni Club Planning Committee to welcome the NNCC Executive, out of town delegates and the billeting hosts to be held at the home of Marlene Campbell: 19 Carnforth Road, London, Ontario.

SATURDAY ANNUAL GENERAL MEETING

- OCTOBER 13TH - 8:30 A.M. - 3:30 P.M.

West Haven Golf and Country Club
www.westhavengolf.com

7038 Egremont Drive, London

3 ½ kms. west of Hyde Park Road on the right side of Fanshawe Park Road - look for stone entrance gates west of Denfield Road

FOOD AND DRINK

Continental breakfast

Choice of chicken or vegetarian lunch. Coffee and tea throughout the day, cash bar and wine available during lunch.

ENTERTAINMENT

Speaker-Award-winning Flower Designer - Tony Manders www.regencyflorist.com/

Fun Music by Three Penny Piece
www.threepennypiece.ca

Lots of door prizes.

COST:

Total cost for the conference: \$35.00 non-refundable. A late fee of \$5.00 will be charged for registration after September 12th.

ACCOMMODATION FOR OUT-OF-TOWN GUESTS

BILLETING

Members of the London Alumni Club have generously offered billeting for out-of-town guests in their homes. Just indicate that you wish to be billeted on your registration form, and someone from the billeting committee in London will contact you.

HOTEL

Windermere Manor Conference Centre, 200 Collip Circle, London for Friday, Oct. 12th only.

Limited number of rooms reserved. Special rate for 1 Queen Bed (single or double) \$117.00 plus taxes.

Suite with 2 double beds, living room with sofa bed, kitchen - \$127.00 plus taxes for 2 people, additional \$10. for third person.

For reservations call 1-800-997-4477 and ask for London Newcomers' group reservations. If busy, leave name and phone number and they will call you. All rooms are non-smoking.

Check-in 3:00 P.M. - check-out 11 A.M. Must book before September 12th, 2007.

Free parking at hotel.

Tentative Agenda – March 2007.

The Agenda will be finalized at the June NNCC Executive Meeting.

- 8:30 Registration and Hospitality
- 9:00 Presidents' Meeting
- 9:30 Ice Breaker
- 10:00 Greetings from City Hall.
Welcome from NNCC President.
Welcome from London Alumni President.
Introduce London Alumni Planning Committee.
Housekeeping
- 10:15 NNCC Business Meeting & Elections
- 10:45 Coffee Break
- 11:00 Break-out Sessions
- 12:00 Door prizes
- 12:15 LUNCH
- 1:15 Door prizes
- 1:30 Speaker Award-winning Flower Designer - Tony Menders
www.regencyflorist.com
- 2:00 Door prizes
- 2:15 Entertainment - Three Penny Piece www.threepennypiece.ca
- 3:15 Introduction of NNCC Executive for 2007-2008.
Announcement of host city for 2008
- 3:30 Adjournment
Please forward your suggestions to any member of the Executive Board



Our Friendship Pin was a Millennium Project for the National Newcomers Council of Canada.

- Manufactured by Bond Boyd, making jewelry for over 60 years
- Size: approx. 1.5 inches
- Made of bronze and plated with 25K brushed gold. The pin will not tarnish.
- The clasp is a diagonal pin with a safety catch.
- Bond Boyd offers a lifetime warranty on the pin.
- Cost \$12.00 each including taxes, and shipping by Canada Post Parcel Post.
- For express postal delivery the cost is \$15.00
- Our Friendship Pins are always available at the AGM. At London/07 the price will be \$10.50 each.
- Form available for ordering at end of newsletter.

NNCC Executive

In January we were able to include Sharon Burgis in Calgary in our executive meeting through speaker phone. Our last executive meeting was held by telephone conference. It went so well we are doing it for the next meeting as well. This means that we could truly become a National executive. Think about becoming an executive member. Find out more about NNCC.

IDEAS FOR ACTIVITIES

FAMILY BOWLING

Second Saturday of every month. Experience bowling with Black Lights, Smoke and fluorescents. Please join in the fun for further information
Lethbridge Newcomers

A GOOD BOOK

Snow Flower and the Secret Fan by Lisa See is set in 19th century China. It quickly acquaints us with the practice of foot-binding and the difficulty of being born female in a patriarchal society. This book demonstrates where traditions & rituals play a significant role for generations of families. It is for discussing the value of friendships, particularly between women. In the book, friendships are preserved through 'secret' writing. But no matter how our relationships are sustained, their existence is fragile. It helps us realize we must nurture friendships to keep them alive.

Missassauga Acorns

INTERESTING ITEMS TAKEN FROM CLUB NEWSLETTERS

London Newcomers' is organizing an Amazing Race Car Rally in May Mystery destination for lunch. Entry fee \$5.00 (See also December LINK)

Comox Newcomers' has a Genealogy club, a Sundry Buddy Club that gets together to discuss happenings in the area and a Spontaneous Friendship Group for Singles.

Sarnia Newcomer's Club is a member of the National Newcomers Council of Canada (NNCC). The NNCC acts as an advisory board to member clubs and provides an up-to-date register of paid up Newcomer and Alumnae Clubs. It facilitates the exchange of ideas among clubs through its newsletter "THE LINK" which is published three times a year. Your club president receives this register and newsletters for perusal by the executive and the general membership. If you are moving to another city and want a contact name for a Newcomer Club, check with your president.

REGIONAL NEWS

Calgary Nugrads

Due to the rising cost of printing, postage and related supplies, not to mention the mail delay of receiving your newsletter, the executive of NuGrads is encouraging all members who have access to e-mail to receive their newsletter by E-MAIL. The printing and postage of the newsletter is our greatest expense. Seriously considering a switch to e-mail would certainly decrease this expense. As a bonus, you will be among the first to among the first to receive your newsletter! Thanks for your consideration.

***Many clubs have found that emailing as many newsletters as possible does reduce their expenses. Write and let us know about your experiences.**

Vancouver Newcomers' perform a wonderful humanitarian service by delivering decorated eggs to the homeless on Easter Sunday April 8. Last year 86 dozen eggs (that's 1,032 eggs!) were

assembled by Lola and her volunteers and they had fun doing it.

A simple method of decorating the eggs is to immerse the eggs in a solution of water, food coloring and a few drops of cooking oil. Swirl the egg around until desired intensity is achieved, then gently blot dry with a paper towel. Repeated applications with different colors produce wonderful marbling effects. This is a safe method for small children.

St Johns' message . . . Spring officially arrived on March 21st. The last of the snow disappeared, the sun warms the ground and each day the landscape brightens a little more with the colors of spring. Thanks to an early time change we have an extra hour of daylight to wander in the garden and marvel at the growth of our spring blooms. Ohh...wait... I must be dreaming! That may be how spring works in the rest of the country but most definitely not in Newfoundland. Sadly, if we were to wander in the garden during the last hour of daylight, we would surely freeze before we found any new growth to marvel at. The lateness or complete lack of spring in Newfoundland makes the months of April and May, for many of us, long and difficult to endure.

Coming to terms with the fact that spring is NOT just around the corner is the first step to surviving April and May. If you have the opportunity to get away, go. If not, nurture something (start with yourself) and fill your life with color and cheer. Buy yourself a new spring accessory, pick up a colorful bouquet of flowers, start some outdoor plants from seed, or treat yourself to a pedicure or new hair style. But most

important of all, is to spend time with friends.

Kingston Newcomers' has a regular feature in their newsletter about cleaners. Here is one, would you like to see more. Let me know.

Drain Cleaner:

1 cup baking soda

1 cup salt

1 pot of boiling water

1 cup cold water

Keep your drain unclogged and dour free by using this mixture once a week. Mix the baking soda with the salt. Pour $\frac{1}{4}$ of this mixture into the drain. Follow with a pot of boiling water, then flush with cold water.

For more recipe ideas, check out ecoactionteams.ca, greenup.on.ca and greenpeace.ca.

WEB SITES

St Johns, NL

<http://newcomers-stjohns.blogspot.com>.

Sarnia, ON

<http://www.sarnia.com/newcomers>

Calgary, AB

<http://calgarynewcomers.com>

Lethbridge, AB

<http://www.lethbridgenewcomers.com>

National Newcomers' Council

<http://www.newcomersclubcanada.com/World>

<http://www.newcomersclub.com/>

* If your club has a web site please let me know so I can include in our websites



**REGISTRATION FORM
NATIONAL NEWCOMERS' COUNCIL OF CANADA
30TH ANNUAL GENERAL MEETING, SATURDAY, OCTOBER 13TH, 2007
LONDON, ONTARIO**

Name _____

Address _____

Email _____ If no email address, telephone number _____

Name of your Club _____

Executive Position (if applicable) _____

Do you plan to attend the Presidents' Meeting on Saturday morning? Yes _____ No _____

Do you plan to attend the Newsletter Editors' Meeting on Saturday morning? Yes _____ No _____

REGISTRATION FEE - \$35.00 non-refundable (includes Continental Breakfast & Lunch on Saturday). A late fee of \$5.00 will be charged for registration after September 12th.

FRIDAY EVENING GATHERING, OCTOBER 12TH - 7:00 P.M. (Welcoming dinner)

Hosted by the London Alumni Planning Committee to welcome NNCC Executive, Out of town delegates and Billeting hosts; at the Home of Marlene Campbell: 19 Carnforth Road, London, Ontario (519) 438-2220

Will attend? Yes _____ No _____

SATURDAY ANNUAL GENERAL MEETING – OCTOBER 13TH – 8:30 A.M. – 3:30 P.M.

West Haven Golf and Country Club, 7038 Egremont Drive, London – 3 ½ kms. west of Hyde Park Road on the right side of Fanshawe Park Road – look for stone entrance gates west of Denfield Road.

Please indicate choice of entrée: Chicken _____ Vegetarian _____

Any specific dietary concerns? _____

BILLETING

Do you wish to be billeted? Yes _____ No _____

Are you carpooling? Yes _____ No _____

If so, names of carpooling members: _____

Carpool contact person _____ Email _____

Do you wish to share a room? Yes _____ No _____ If yes, with whom _____

Arrival date and time : _____ Smoker: Yes _____ No _____

Allergies: (specify – pet, etc.) _____

HOTEL

Windermere Manor Conference Centre, 200 Collip Circle, London for Friday, Oct. 12th only. Limited number of rooms reserved. Special rate for 1 Queen Bed (single or double) \$117.00 plus taxes. Suite with 2 double beds, living room with sofa bed, kitchen - \$127.00 plus taxes for 2 people, additional \$10. for third person.

Reservations call 1-800-997-4477. Ask for London Newcomers' group reservations. If busy, leave name and phone number and they will call you. All rooms are non-smoking. Check-in 3:00 P.M. – check-out 11 A.M.

Must book before September 12th, 2007. **Free parking in hotel.**

Please complete form before September 12th, enclose your cheque in the amount of \$35.00 (\$40.00 if after September 12th) made payable to National Newcomers' Council of Canada, and mail to:

Bernice McNulty, 478 Pearl Street, Apt. 1906, Burlington, ON L7R 2N3

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Friendship Pins

Club Name: _____

Ship to Name _____

Address _____

City, Province, Postal Code _____

Phone (please include area code) _____

Email _____

Number of pins ordered standard postage: _____ X \$12.00 = _____ (TOTAL)

OR

Number of pins ordered express postage: _____ X \$15.00 = _____ (TOTAL)

Please fill in this form, enclose a cheque payable to "National Newcomers Council of Canada" in the amount of the TOTAL and mail to our Registrar/Treasurer:
Bernice McNulty, NNCC Registrar/Treasurer 2006-2007
478 Pearl St. Apt. 1906, Burlington, ON L7R 2N3

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Editor's Note:

I don't know how I would have coped without my Newcomer and Alumnae friends. When my husband died the end of January, they offered help and food for the visitations to our home. Often you hear of people being there for you immediately after bad news comes but drop by the wayside as time passes. This has not been the case, they have continued to call and make sure that I am active and involved. They are truly happy that I have been able to sell my large waterfront home and will be building an elevated bungalow in Kingston. I have had numerous messages from across the country. I feel truly blessed. Thanks. Now on to my income taxes. The one thing, I have not handled well is getting out this LINK on time. I couldn't seem to focus and get the job done but I'm on track again. **I need help with the newsletter. Please consider coming forward.**

In order to make The Link a newsletter that truly links our clubs across Canada, I need help collecting information. Please send me a copy of your newsletter. If I see interesting articles, I include them in our newsletter. **Please send me an email j_stoness@yahoo.ca** There's an underscore between j and stoness **with your name & email address**

TRIED & TRUE RECIPES

Whitby/Oshawa has Four Fabulous Zero Point Soups

GARDEN VEGETABLE SOUP

2/3 cup sliced carrots
1/2 cup diced onions
2 garlic cloves, minced
3 cups fat-free broth (beef, chicken, or vegetable)
1 1/2 cups diced green cabbage
1/2 cup green beans
1 tbsp. tomato paste
1/2 tsp. dried basil
1/4 tsp. dried oregano
1/4 tsp. salt
1/2 cup diced zucchini

1. In a large saucepan sprayed with nonstick cooking spray, sauté carrots, onions and garlic over low heat for about 5 minutes.
2. Add broth, cabbage, green beans, tomato paste, basil, oregano and salt, and bring to a boil.
3. Lower heat, cover, and simmer for around 15 minutes or until beans are tender.
4. Stir in the zucchini and continue to heat soup for 3 - 4 minutes.

Makes 4 servings. Enjoy!

CORIANDER LIME SALSA

(10 servings) Sue Young Calgary

1 can (28oz/796ml) PC Blue Menu No Salt

Added Diced Tomatoes

1/4 cup diced red onion
1/4 cup chopped fresh coriander/cilantro
7 drained pickled jalapeño rings, finely chopped
1 clove garlic, finely chopped
Juice of 1 lime
1/2 tsp ground salt and pepper

Drain tomatoes thoroughly, discarding liquid. In bowl stir together tomatoes, red onion, coriander, jalapeño, garlic, lime juice and salt & pepper. For best flavor, cover and let stand in refrigerator

PLUM TOMATO CABBAGE SOUP

(1/5th recipe: 36 calories/ 0g fat/ 480mg sodium/ 7.5g carbs/ 1.5g fiber/ 5g sugars/ 1.5g protein = 0 Points!)

Customize this soup to satisfy your taste bud with optional ingredients, Make it hot 'n sweet (with SPLENDA & Red Hot sauce), garlicky (TABASCO Garlic and/or garlic salt), or sweet 'n mild (SPLENDA). Any way you serve this soup, it is zero Points per serving!

6 plum tomatoes; chopped
4 cups fat-free vegetable broth
2 cups chopped green cabbage
*Optional ingredients: salt, pepper, SPLENDA, Red-Hot Sauce, TABASCO Sauce, garlic salt

1. In large pot sprayed with nonstick spray, place chopped tomatoes along with any juice and seeds.
2. Cook over medium heat for 2 - 3 minutes, stirring occasionally.
3. Add broth and cabbage, and raise heat to high. Once soup reaches a boil, reduce heat to low and cover. Allow soup to simmer for 5 minutes.
4. Season to taste with salt, pepper, and any of the other optional ingredients. Enjoy!

Makes 5 generous 1-cup servings.

Be creative... Adding an ounce of raisins or a package of (drained, rinsed, & cut) Tofu noodles to the recipe only bumps it up to 1 Point! Mmmmm...

1/5th recipe with raisins: 53 calories/ 0g fat/ 480mg sodium/ 12g carbs/ 2g fiber/ 8g sugars/ 1.75g protein = 1 Point

1/5th recipe with noodles: 44 calories/ 0.4g fat/ 485mg sodium/ 9g carbs/ 3g fiber/ 5g sugars/ 2g protein = 1 Point

CHINESE SHOESTRING SOUP

(1/4th recipe: 32 calories/ 0g fat/ 515mg sodium/ 5.5g carbs/ 1.5g fiber/ 3g sugars/ 2.5g protein =0 Points!)

This beautiful bowl of soup is almost as much fun to make and look at as it is to slurp!

- 4 cups fat-free broth; vegetable, chicken, or beef
- 3 medium-sized scallions
- 1 small carrot
- 1 small zucchini
- ½ medium-sized red pepper
- 1 tsp. light/ low-sodium soy sauce
- *Optional: 4 lemon wedges

1. Begin by cutting all veggies (scallions included) into matchstick-sized strips (use a vegetable shredder if you have one!).
2. In large pot, combine all ingredients except for scallions (and lemon wedges).
3. Bring to a boil. Once soup has reached a boil, reduce to medium heat (a low boil) and add scallions.
4. Cook for approximately 5 minutes, until veggies are limp. If desired, serve with lemon wedges for a citrus-y touch.

Makes four 1-cup servings

Be creative... At just 1 Point a serving, turn this into Shoestring Egg Flower Soup! Pour 2 large egg whites into container with a spout (like a measuring cup). Once soup has cooked for 5 minutes at medium heat, remove from heat and VERY slowly pour in egg whites while VERY quickly stirring in one direction. The result will be gorgeous bursts of egg bits in your yummy shoestring soup!

1/4th recipe with egg whites: 41 calories/ 0g fat/ 545mg sodium/ 6g carbs/ 1.5g fiber/ 3g sugars/ 4g protein = 1 Point

PUMPKIN LICIOUS VEGGIE SOUP

(1/5th recipe: 35 calories/ 0g fat/ 400mg sodium/ 6.5g carbs/ 2g fiber/ 3.5g sugars/ 2g protein = 0 Points!)

With chunks of fresh veggies and creamy pumpkin kick, this 0-Point soup ROCKS!

- 4 cups fat-free broth; vegetable or chicken
- ½ cup canned pure pumpkin
- 1 small zucchini
- 1½ cups chopped celery
- 1 medium-sized red pepper
- *Optional: salt and pepper; to taste

1. Cut pepper and zucchini into large chunks.
2. In large pot, stir to combine broth and pumpkin.
3. Add celery and cook on high heat. After a few minutes (once soup is hot but not yet boiling), add zucchini and peppers.
4. Once soup has reached boil, reduce heat to low.
5. Simmer for 5 minutes, or until veggies are tender.
6. Add salt and pepper, if desired, and dig in!

Makes five 1-cup servings.

Be creative... Toss in a half of a cup each of canned corn kernels and black beans for the last few minutes of cooking. With addition of these Southwest inspired ingredients, each serving is just 1 Point!

1/5th recipe with corn and black beans: 71 calories/ 0.5g fat/ 480mg sodium/ 14g carbs/ 3.5g fiber/ 4g sugars/ 4g protein = 1 Point