



THE LINK

National Newcomers' Council of Canada Newsletter

May 2007

NNCC EXECUTIVE 2006-2007
newcomerscanada@hotmail.com

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WEB SITE COORDINATOR

Verna Dennis

Looking for Ways to Refresh Your Clubs

Reserve Oct 13th and plan to attend the 30th General Meeting of the National Newcomers' Council of Canada in London, Ontario. Special 45 minute break out sessions are planned for you to meet and discuss strategies. These sessions will be of interest to all members of your clubs as well as your executive.

Session 1: Meeting of Presidents

- To network
- To exchange information

Session 2: How to run a business meeting

- Guidelines
- To raise comfort level of new Presidents

Session 3: Producing a newsletter

- Ideas
- Ways of implementing emailing members

Session 4: Increasing Membership

- Practical ways of increasing
- Sharing of what has worked

Session 4: Implementing Change

- Breathing fresh air into your club
- How do you implement change without stress?
- Can change be made smoothly?

These sessions will have a leader who will provide practical ideas and a sharing time will be provided as well. Encourage your members to attend.

Registration forms are included in this newsletter.

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.westhavgolf.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.

COST:

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

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.

Tentative Agenda

- 8:30 Registration and Hospitality
- 9:00 Presidents' Meeting
- 9:45 Ice Breaker
- 10:00 Opening
Greetings from City Hall.
Welcome from NNCC President.
Welcome from London Alumni President.
Introduction of London Alumni Planning Committee.
Housekeeping
- 10:15 NNCC Business Meeting & Elections
- 10:45 Coffee Break
- 11:00 Break-out Sessions
Conducting a Business Meeting
Producing a Newsletter
Increasing Membership
Implementing Change
- 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

IDEAS FOR ACTIVITIES

YEAR END EVENTS

Barbeque

This year preparations are being made for a Family Barbeque Day. The BBQ will be held in Stirling after a beautiful 20 minute drive in the country. Our venue is a Beautiful park with all the amenities. Please join us for a free fun filled day from 2:00 pm until 6:00 pm.

Lethbridge Newcomers

Hot Dog Bar

The Friendship Group will be hosting a Hot Dog Bar BQ/ Pot luck on June 28th at Hardy Falls at 4:30 pm. A sign-up sheet will be put out on the May general meeting for those wishing to attend. We are able to bring one guest if we wish. Those attending must bring their own utensils, plates, beverage and a food item to share such as casserole, salad or dessert.

Peachland Newcomers

BBQ

Saturday, May 26th is the date of our Annual BBQ. It is open to family and friends and is a lot of fun. Bring your own chair or beach blanket, Frisbee, kite, or any other game suitable for the beach. It is a wonderful way to spend a 'sunny' May day.

Comox Newcomers

Anniversary Tea

A 10th Anniversary Tea is being arranged by the Friendship Group to celebrate Newcomers of Peachland. The tea will be held on June 6th from 2-5 pm at the home of Angela Kanik. Please sign up tonight if you wish to attend the Tea.

Peachland Newcomers

Coffee and Wildflowers May 23 10:30 a.m. 1219 Upton Street, Manotick. Sheila King has invited us for coffee and a short trail walk to identify the wildflowers. This is a delightful opportunity but it could be a muddy outing, so be sure to bring your boots.

Ottawa Alumnae club ONAC

Name Tags

Over the last six months, the same topic has arisen at our monthly Board meetings, i.e. how can our club attract new members and provide a welcoming atmosphere for them to feel comfortable and at home right away. It has been suggested that all members have a name tag, which they keep themselves and ensure it is worn at all club events and meetings. Walking into a room full of people whom you barely know is tough enough without having to struggle trying to remember names! Good idea? How do we enforce it? We really need your help on this one.

Waterloo Newcomers

Kingston has hospitality convenors hand out name tags to people as they come in and collect them at the end of the meeting. They also meet potential new members at the door and pair them with a member who lives in their area. That member takes them under their wing for the night introducing them to others and explaining how Newcomers works. This means that welcoming newcomers is shared by all.

Kingston Newcomers

Other clubs have fines for members who forget their name tags.

H.E.L.P.

This activity is held on Thursday mornings except for the Thursday the coffee party is scheduled. We meet at a different member's home each week at 10:00 am to exchange ideas, discuss individual goals, share articles, menu plans, recipes, problems, personal successes and many ideas to improve our well-being. We enjoy visiting with each other and experiencing some fun and laughs along with the coffee and tea. HELP is a great opportunity to get to know each other better. Please note: The HELP group 1st Edition is full. There will be a sign-up sheet at the next meeting for a 2nd Edition. Our group will be happy to assist anyone wishing to begin this 2nd group, and we extend an invitation to anyone interested to attend one of our meetings. Just call Dorothy Sampson to choose a date so we know to expect you.

Comox

Good Neighbour Help Line

The St Johns' club has a Help Line for their members. Their "Help" line is here as a support system for their members - perhaps you need help driving to a doctor's appointment, picking up medication for a sick child, or have an automobile problem - call Colleen and she will see who is in your area that can possibly help you out.

ST Johns'

How to generate ideas for your club!

At your meeting divide your members into groups of eight. Give each a different coloured pen. Have tables set up with sheets of chart paper. At the top of each

chart paper identify an area the needs consideration i.e. 1) Ideas for activities - Remember activities need a convenor to coordinate the activity. 2) Ideas for speakers 3) Charity the club should support etc. Each group visits each table. They have 4 minutes to list their thoughts and 1 minute to prioritize the suggestions. They may prioritize others suggestions as well as their own. You might want them to pick their top 5.

REGIONAL NEWS

Toronto

A Year In Toronto

The Toronto Newcomers Club celebrated another successful year of women welcoming new friends through organizing activities. Many special events and activities with an international flavour kept women with similar interests on the go:

- Japanese brush painting (sumi-e) was taught by a well-renowned artist. Our budding artists had great fun and laughs learning to hold the brush at the right angle to create bamboo leaves!
- Dancing shoes were dusted off for a Salsa and Meringue demonstration and practice. We do keep on the move!
- As the year came to an end, a demo in International cooking: Spanish, Arabic and Persian appetizers was given by one of our members.
- Ladies were busy not only with International cooking with our Dine Around Group, but also with getting our tongue around International language skills, in French, German, Italian and Spanish. Sometimes we break into song with Andrei Bocelli.

- Many activities, such as Ladies' bridge or bunco (now that is good for a laugh!) and Mah Jongg ensured an instant welcome to new members.

We bring our experiences from around the world and share them with our new found friends!

Mary Hotrum Toronto Newcomers

Calgary Nugrads

Save this date!

September 16-18, 2011 is going to be a date to remember! Calgary Newcomers and Nugrads are hosting the National Newcomers conference and celebrating 50 years of Newcomers in Calgary. As Calgary was the first Newcomers in Canada, it's a double celebration. They are looking for volunteers to help organize this event and nearer the time, people to act as hostesses etc.

Joint Meetings

Many Clubs have joint meetings with Alumnae and Newcomers this time of year to introduce graduates to Alumnae and to share fellowship.

Thank you all for attending the joint Alumni/Newcomers' Meeting. Although I was not in attendance I heard that it was a huge success. Great fellowship, wonderful entertainment and delicious treats were enjoyed by all.

Kingston

Once again, we have been invited by the Ottawa Newcomers Club to join them in May at the Royal Ottawa Golf Club. What could be better than a lovely lunch at one of our regions finest and oldest golf clubs. Talbots is providing us with a look at new styles for spring and summer. Certainly

something for us all to look forward to.

Ottawa

Quotes from Club newsletters

** Treat your friends as you do your pictures, and place them in their best light.*

Jennie Jerome Churchill

The three best things:

A little seed in good soil

A few cows in good grass

A few friends in the tavern.

Irish Proverb

Interesting and valid points for consideration

Silence is often misinterpreted but never misquoted.

Laugh every day; it's like inner jogging.

The most important things in your home are the people.

Growing old is inevitable; growing up is optional.

There is no key to happiness. The door is always open.

A grudge is a heavy thing to carry.

He who dies with the most toys is still dead.

We do not remember days but moments.

Life moves too fast, so enjoy your precious moments.

Nothing is real to you until you experience it, otherwise it's just hearsay.

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/>

**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 _____

I am interested in _____ break out session.

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

RENEWAL TIME - 'Tis the season of renewal.

Time to renew your NNCC. Membership for 2007-08. We are attaching a Membership Renewal Form and if you haven't already, we would ask you to send the completed form along with your cheque to Bernice McNulty, Registrar/Treasurer as soon as possible. Dues are payable by May 30, 2007. We look forward to your renewed participation and friendship.



**NATIONAL NEWCOMERS' COUNCIL OF CANADA
APPLICATION FOR COUNCIL MEMBERSHIP**

2006 - 2007

Club Name _____

Please check one

New (welcome new friends) _____ *Application for Associate membership _____
Renewal (welcome back old friends) _____ Updating of records only _____

PRESIDENT (Contact 1) Name _____

Address _____ City/Prov. _____ Posal Code _____

Area Code-Phone No. _____ E-mail _____

MEMBERSHIP (Contact 2) Name _____

Address _____ City/Prov. _____ Posal Code _____

Area Code Phone No. _____ E-mail _____

NEWSLETTER (Publications Contact) Name _____

Area Code Phone No. _____ E-mail _____

CLUB WEB SITE _____

Club information

Year Founded _____ Number of Members _____

Qualification of Members (Please check one) Newcomers only _____ Alumni only _____ Newcomers & Alumni _____

Please check all that apply

Male members _____ Change of Lifestyle _____ Friends of Newcomers _____ Other _____

ANNUAL DUES

Up to 25 members.....\$10.00 126 to 200 members\$50.00

26 to 50 members.....\$30.00 201+ members\$60.00

51 to 125 members ...\$35.00 Associate members*.....\$ 5.00

Dues Enclosed

_____ \$(amount)

Dues are payable by May 30th, 2006

*An Associate membership is open to any person whose term with a Newcomer Club has expired and there is no Alumnae group, or to a person who was affiliated with a Newcomers Club and moves to a place where there is no Newcomers Club available.

Cheques should be payable to **National Newcomers Council of Canada**

Mail to **National Newcomers Council of Canada: Bernice McNulty, 478 Pearl St. Apt. 1906**

Burlington, ON L7R 2N3

Web-Site Permission Form

I grant permission for publication on the National Newcomers' Council of Canada Website, www.newcomersclubcanada.com, all the information (except email addresses) contained in this form.

Name _____ Position _____ Signature _____ Date _____

Note: We will forward the information entered above to our web site coordinator on your behalf.

Please provide contact information for any other Newcomers'/Alumni Club in your area

Club _____

Name _____ phone/email _____

HELP US HELP YOU

If you know your executive changes please forward them to Bernice so she can make corrections in the Registrar. Jeanne will need a copy of the changes as well so she can send the September newsletter to the proper persons.

Editor's Note:

Thank you for all your wonderful notes and messages. The world is filled with great people and I feel so blessed. I move May 22nd and I am ready thanks to my newcomers friends. They have come in pairs to help me pack. I could not have coped with out them.

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

Strawberry Mandarin Salad

Preparation Time: 15 minutes

10 oz/284 ml whole mandarin orange segments, drained

1 pint strawberries, sliced

$\frac{1}{2}$ cup Renees Naturally Light Ravin Raspberry Dressing

$\frac{1}{2}$ cup whole roasted cashews

8 cups mixed salad greens

Toss all ingredients together. Serve immediately.

Makes 4-6 servings.

Brampton Newcomers

CORIANDER LIME SALSA

(10 servings)

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

$\frac{1}{4}$ cup diced red onion

$\frac{1}{4}$ cup chopped fresh coriander/cilantro

7 drained pickled jalapeño rings, finely chopped

1 clove garlic, finely chopped

Juice of 1 lime

$\frac{1}{2}$ 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 for 1 hour before serving.

Enjoy this great salsa!

Sue Young Calgary

Mix well. Bake in small casserole dish for 25

Hot Broccoli Cheese Dip

1 cup fresh broccoli florets, chopped
2 Tbsp onion, chopped
2 Tbsp red pepper, chopped
1 oz (¼ cup) Parmesan Cheese, divided (I think I used more you can never have too much cheese!)
1 clove garlic, pressed
4 oz (1 cup) shredded aged cheddar cheese
½ cup light sour cream
½ cup light mayonnaise
Freshly ground pepper

Preheat oven to 375.

Place broccoli, onion and red pepper in small mixing bowl.

Grate Parmesan cheese, add 2 tbsp to vegetable mixture.

Reserve remaining parmesan for later.

Press garlic into the bowl.

Add cheddar cheese, sour cream, mayo and ground pepper.

Bake in small casserole dish for 25-30 minutes.

Sprinkle remaining parmesan on top before serving.

I have doubled the recipe and it doubles nicely.

Kathy Connolly Calgary

Pomme Pomme

1 litre carton apple juice
15 tablespoons/225 ml apple schnapps
Pour both juice and liqueur into a jug and throw in a handful of ice cubes. (Forever Summer)
Burlington