



THE LINK

National Newcomers' Council of Canada Newsletter

NNCC EXECUTIVE 2006-2007
friends@newcomersclubcanada.com

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Verna Dennis

November 2007

The 30th General Meeting in London Was a Great Success

Eighty-six NEWCOMERS FROM ACROSS CANADA met in London at the West Haven Golf and Country Club the weekend of October 12th, 40 Delegates were treated to a gourmet buffet at Marlene Campbell's home served by personal chefs on the Friday evening.

Saturday morning started with a continental breakfast followed by individual meetings for the Club Presidents and the Newsletter Editors. An Ice Breaker got everyone mixing and meeting each other. Susan Owen conducted the business meeting and elections. Note we are truly a National organization now with Sharon Smith from Halifax joining the executive. Suzanne Brett Watts is assisting Jeanne with the newsletter this year and will take this position on next year. Conference calls make it possible for any newcomer to be part of the National Executive.

Susan Owen led a break out session on Conducting a Business Meeting. Jeanne Stoness on Implementing Change and Lise Marvell and Beryl Keilty on Increasing Membership. Delegates found the sessions profitable but would have like more time to spend exploring these issues further.

A delicious lunch was followed by Award-winning Flower Designer Toby Menders demonstrating how to put elegant centerpieces together in record time. His ideas were brilliant. He gave us suggestions on how to use a few simple materials to make statement arrangements. These arrangements were given as door prizes.

There were door prizes for everyone which were donated by London Alumnae. Each delegates also received a hand crafted bag with goodies and one person at each table went home with custom designed table centerpiece

President's Message

Hello Everyone

There is an old Latin proverb that states 'Without friendship life is nothing.

The AGM in London last October was proof-positive that 'friendship' throughout Canada is alive and well because of Newcomer Clubs. The London Alumnae Club did a fantastic job hosting this event. It was beautifully organized with a mixture of good food, entertainment, information and friendship. Thank you ladies!

We have an excellent executive for 2007-08 and I'm looking forward to working with all of them. Using conference calls for our executive meetings makes it possible for every member to attend regardless of distance.

My thanks to Verna Dennis & Susan Owen who guided me through my first year on Council

Wishing you joy in this coming festive season.

Yours in Friendship

Bernice McNulty

Feedback From Evaluations

What part of the meeting did you feel was of most value to you?

Favourable comments were made about all parts of the meeting. Delegates enjoyed the mix of socializing, entertainment and business. Breakout sessions were excellent. They liked having a chance to choose a topic that was of concern. Assigning people to tables really mixed everyone up and seemed to be acceptable to all. Do this every AGM.

Were you disappointed in any part of the meeting?

Not enough time at President's meeting & Breakout Sessions. All so unique, Day was too short. Sessions were too short. Would have liked more Newcomer beneficial events and less entertainment (although was great fun. Late start to sessions - not enough time. Not enough time for Breakout groups. All good topics.

Were you satisfied with the length of the Conference?

Most said "Yes". Just great.

Do you have any suggestions for future meetings?

Have designated seating given with registration right at the beginning. Each club bring along newsletters (past or present) for other members to view and gain ideas. Ask other clubs to bring copies of their newsletters, pamphlets to next AGM. Invite delegates to bring their photos from previous meetings. More time for the Breakout Sessions. Incorporating mix & mingle ideas at the tables & in groups could have bought more time for the sessions. This was an excellent format. If the President's meeting could be done earlier as their breakfast discussion, we would have more time for the discussion groups Printed Agenda for President's meeting. Keep the focus on friendship and idea sharing. Name tags need to be larger print.

Are you aware of the National's newsletter THE LINK?

All said "yes" with the exception of 3. Formerly many were unaware. This is a significant improvement. Individual clubs forwarding the newsletter has helped.

If so, how does your club share its contents with club members?

Majority sent to each member with email. President shares (sometimes). Website appears in monthly newsletter, plus copies left at our luncheons. Provide Website. Mentioned at dinner meetings.

What kind of information, articles or items would you like to see in future newsletters?

Rules for people who have been in Newcomers and moved to a new city and want to go directly to alumnae - and things like this. A summary in the Link of some of the queries raised in the sessions. Just keep up the terrific work. More submission from clubs of what they are doing. Little treasures of travel or tourist attractions from different parts of the country. Enjoy seeing new ideas like "appy hour" New and novel interest groups that are forming within any club. Snippets from other clubs are great. Just keep up the terrific work.

Include topics of general interest - brief articles on how to increase membership & activity events. Financials should be included - breakdown of AGM costs - summary of executive minutes, By-law changes, explanations, importance. How to re-invent groups gone stale - how to motivate hosts for activities in the home - recipe of the month (appetizers & desserts). Enjoy club submissions. A history of each club (1 per issue). Ideas for program - what works for your club? All info pertinent to our shared mission & objectives. It is already informative.

Overall

A wonderful day, thank you.

Congratulations to executive & planning committee - your hard work and dedication paid off, thank you. Superbly well run - fabulous organization of door prizes - great day. Great to meet so many people. Enjoyed the day - Kudos to the planning committee. I am bringing back valuable information, fun and excitement back to our club.. We certainly need this yearly meeting to generate excitement about Newcomers.

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.

BREAKOUT SESSION IDEAS

How to increase Membership

- Putting a float in the Christmas parade
- Using Welcome Wagon
- Flyers in Daycares
- Flyers in Seniors Centres
- Delivering flyers to new homes in area
- Arranging with real estate agents to pass flyer on to new clients in the area
- Posters on central mailboxes
- Article about the Club in local newspaper (twice a year)
- Community T.V.
- Add name to Rotary Welcome Sign (probably cost)

Newsletter

Make a template for Newsletter

Identify recurring items

Layout

Readable Font Arial or Comic Sans

2 columns

Graphics nice but not necessary

Justify print

Contributions

Have contributors submit not only their activity but comments about what is happening in their group using Microsoft word or word processing by email. Easy to cut and paste

Sending out

Email saves BIG TIME

Protect your emails

BCC prevents spam

Full page handout for this session is on NNCC website or contact

Jeanne Stoness jstoness@cogeco.ca

Implementing Change

Change is constant in today's world. Because everything we once knew and depended on is changing, it can be overwhelming. When major change occurs, people have similar reactions of fear, anxiety, self-doubt, and a lack of control.

Differentiate between change and transition. Change is situational. Transition is the psychological process one goes through in adapting to change.

Define the problem: Ask yourself and others, the following questions:

- a. What can you see that causes you to think there is a problem?
- b. Where is it happening?
- c. How is it happening?
- d. When is it happening?

With whom is it happening? (HINT: Don't jump to Who is causing the problem?) When we're stressed, blaming is often one of our first

reactions. Address issues more than people.

- f. Why is it happening? Write down a five-sentence description of the problem in terms of "The following should be happening, but isn't ..." or "The following is happening and should be: ..."

Verify your understanding of the problems.

Prioritize the problems

Understand your role in the problem

Look at potential causes for the problem

Identify alternatives for approaches to resolve the problem

Select an approach to resolve the problem

Plan the implementation of the best alternative (this is your action plan)

Monitor implementation of the plan

Verify if the problem has been resolved or not: Continue, stop, start evaluation.

What should our club continue to do?

What should our club stop doing?

What should our club start doing?

Implementing Change Is Not Always An Easy Process.

LOOK closely at the state of your club

LISTEN to input from members

LEARN where problem areas exist

RESPOND by implementing appropriate changes

OBSERVE members during meetings and activities

Keep things fresh

Make new members feel welcome

KEY to making changes

Answer potential questions

What are the changes?

Why are you making them?

When will they be implemented?

How will they effect members?

More detailed handout for this session is on NNCC website or contact Jeanne Stoness jstoness@cogeco.ca

Conducting A Business Meeting

Part 1: Points to consider before calling a meeting:

- What is the purpose of the meeting?
- Is there an expected outcome?
- Who should be invited?
- Will a quorum be required?
- Will materials need to be provided so that participants may come prepared to make decisions at the meeting?
- How much notice needs to be given?

Part 2: Developing an agenda

- Determine who will chair the meeting?
- Ensure that there will be enough participants to make the meeting worthwhile.
- Who will record the meeting? In what format?
- What topics are absolutely necessary?
- How much time will be needed for each topic? For the whole meeting?
- Send the agenda to those identified in part 1

Part 3: Holding the meeting

- Welcome participants and review the agenda with them.
- Set the tone for informal or a more formal discussion: motions required?
- Provide participants with meeting norms
- Set boundaries for the discussion
- Include a review of past business, approve meeting minutes from previous meetings if appropriate; address action items
- Proceed with meeting, staying on topic but being careful and respectful to include all present that have something to contribute.
- Stay on time.
- Summarize each topic before moving on. Define action items and who is responsible.

- Ask for new items of business - determine whether they may be addressed or whether they should be carried over to the next meeting.
- Discuss next steps and determine the timing for the next meeting, if required.
- Adjourn.

Full handout for this session is on NNCC website

Eastern Liaison/ Alumnae Rep Report

We had a successful Conference in London, Ontario on October 13, 2007. Our session "Increasing Membership" was informative. Brainstorming suggested putting pamphlets and notices in different places in their community - Real Estate offices, Mortgage offices and local Banks, Libraries, bulletin boards in Supermarkets and stores, Doctor's offices, Welcome Wagon, moving companies. One way to get new members is to have an article published in the local newspaper early in the school year. Red Letter Days in local newspapers (each month), a web site, and one delegate even had a "Newcomer" float in their Santa Parade. "Word of Mouth" is one of the best ways.

Lise helped a few clubs with Alumnae issues last year.

We conducted the "Ice Breaker" - "Autograph Search" to delegates moving. From all comments it was a "HIT".

It was great seeing familiar faces and meeting new friends. Beryl met three former National Presidents and a former neighbor from her subdivision in Truro.

It was a great Convention and we hope you'll start fund raising at your local club so you can attend next year in Oakville.

In friendship,

Beryl Keilty (Eastern Liaison)

Lise Marvell (Alumnae)

Introducing our new Central Liaison Evadne Benson

Evadne Benson of London Newcomers Alumnae has accepted the role of Central Liaison for the next year. This means she acts as a bridge between the National Board and chapters in Ontario and Quebec-31 in all. She has been member in London for about 5 years having moved there from Thunder Bay. She has held the role of first-vice and chapter president with London Newcomers and attended 2 AGM's representing London. She is a retired public health nurse, wife and mother of 2- a daughter in Calgary and a son in Horseheads New York. She is an avid quilter and knitter and belongs to 2 other women's groups in London. She is an eager promoter of Newcomers carrying pamphlets in her purse and delivering them to banks and real estate offices. She has been known to hand them out to clerks in stores who say they are new to the city. She is looking forward to this role and asks all chapters that may have issues, questions or concerns about Newcomers to share them with her so that she may relay them to the board to be dealt with.

November's "QUICK TAKE"

Your words, your dreams, and your thoughts have the power to create conditions in your life.

- * What you speak about, you can bring about.
- * If you keep saying you can't stand your job, you might lose your job.
- * If you keep saying you can't stand your body, your body can become sick.
- * If you keep saying you can't stand your car, your car could be stolen or just stop operating.

- * If you keep saying you're always broke, guess what? You'll always be broke.
- * If you keep saying you can't trust a man or trust a woman, you will always find someone in your life to hurt and betray you.
- * If you keep saying you can't find a job, you will remain unemployed.
- * If you keep saying you can't find someone to love you or believe in you, our very thoughts will attract more experiences to confirm your beliefs.
- * Turn your thoughts and conversations around to be more positive and power packed with faith, hope, love and action.
- * Don't be afraid to believe that you can have what you want and deserve.
- * Watch your "Thoughts," they become words;
- * Watch your "Words," they become actions;
- * Watch your "Actions," they become habits;
- * Watch your "Habits," they become character;
- * Watch your "Character", for it becomes your "Destiny"
- * So.....To prevent any obstacles..... GET OUT OF YOUR OWN WAY!

Enjoy every minute you live!!

Oshawa/Whitby

Stress Reducer

1. Cultivate gratitude
2. Carve out an hour a day for solitude
3. Begin and end the day with prayer, meditation, reflection
4. Keep it simple
5. Keep your house picked up. (not spotless)

Truro Newcomers

IDEAS FOR ACTIVITIES

THE ROLLING DINNER CLUB: The rolling dinner club consists of groups of 3 couples that share time and meals at each others homes, dining, chatting & getting to know other couples. First the three couples meet at one home for a dinner evening. The 2nd and third couples will then take their turn at hosting a dinner. The hosts will set the date and provide a theme and/or menu. They prepare the main course while the other couples bring a starter or dessert.

Red Deer Newcomers Club

THE JOY OF GIVING: Once again this year we will be putting a basket out at each general meeting to collect items for "The Kingston Food Bank". When it is full, we will then deliver it to the Food Bank. Items urgently required are peanut butter, Kraft Dinner, canned stew and baby formula as well as diapers. Your donation no matter how small would be greatly appreciated.
Kingston Newcomers

Card Making Club

Whether you want to do something creative, show your friends and family you "care enough" to send a card you made yourself (instead of Hallmark's "very best"), or even if you are just tired of spending lots of \$\$\$ on cards at your local store — considering joining us on the second Wednesday of the month at 10am. It's amazing what you can do with some paper, stickers, rubber stamps, ribbon, etc.
Oakville Newcomers

SOMETHING TO THINK ABOUT

One aspect of our monthly dinners that we hope you appreciate is that we encourage

random seating for our members. As you enter for the dinner, you choose a number of the table that you will be seated at for the evening. This means that you never have to be shy about attending alone, you will meet new people at each dinner, and there is no need ever to feel excluded. That being said, however, if someone would like to be seated with a certain person, this can also be arranged.

from the President's Message Burlington

Newcomers thinking about the planet

Start a book/magazine exchange, a smart way of recycling.

Oakville Newcomers

A GREAT IDEA!

The rave review column is a great way for newcomers to discover those hidden gems in the community and since we have so many new members this fall, I suggest to compile a list of your favourite places to shop for groceries, for places to take your children to, places to eat out, caterers, hair stylists, hiking groups, nature societies ... you name it.

ST. JOHN'S NEWCOMERS

November Book Selection

"A Spot of Bother" by Mark Haddon.

At 61, the hero is settling down to a comfortable retirement, when his daughter announces she is marrying someone the family considers inappropriate. Unnoticed in the uproar, he discovers a lesion on his hip, and quietly begins to lose his mind. Believe it or not, there is comedy as well as poignancy in this complex family drama! The author previously wrote "The Curious Incident of the Dog in the Night-time".

Oakville Newcomers

"Food For Thought"

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was. The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was. The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. Students responded with a unanimous "yes." The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed. "Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life.

North Vancouver

REGIONAL NEWS

Featured Club

Comox Valley Newcomers Club

The Comox valley is a 2 1/2 hour drive north of Victoria on the east coast of Vancouver Island. It is comprised of several small towns and Denman and Hornby Islands with a total population of approximately 63,000 people. Courtenay, Comox, Royston, Union Bay and Fanny Bay are on the ocean and Cumberland, an old coal mining town is inland. It takes no time get anywhere and cycling is often a mode of transportation. In the winter you can easily ski in the morning and be golfing 45

minutes later. You can buy fresh fish at the docks plus wonderful local produce from the area farms and markets.

The Comox/Courtenay area was mainly an air force base with both logging and fishing industries until West Jet decided to start sending in regular direct flights from Calgary about 5 years ago. This started a huge immigration of very active and newly retired people to the valley and there are now direct flights to Edmonton and Mexico as well. Word is out about this very special valley paradise and the population is steadily growing. The wonderful combination of the ocean, mountains, farmlands and moderate climate, plus the endless variety of activities has attracted people from all over the world including England, Scotland, Ireland, Wales, Switzerland, Australia, Peru and seven Canadian provinces. Sightings of bald eagles, blue herons, seals, sea lions, spawning salmon, trumpeter swans (over 3000 winter in the valley), humpback and killer whales add to the enchantment of the Island. It is a birder's dream with the many species of birds. People are attracted here for the outdoor activities such as year round golfing, hiking, kayaking, fishing, swimming, cycling, skiing, sailing, camping and the many cultural, theatrical and artistic events as well. There are many very talented people that have chosen to live in the valley and their work is often featured in local galleries and at seasonal festivals. The valley is one of five Canadian communities to receive Cultural Capital designation.

Once you move here, you seem to become an "Island" girl and no one wants to leave. The Valley itself has a very calming effect on everyone even though most of us have

never been busier doing "fun" things . The Newcomer's Club was started in 1988 with 10 founding members and has grown to over 200 members. The club offers a large variety of activities such as hiking, cycling, skiing, snow shoeing, bridge, music makers, garden clubs, golf, tennis, book clubs, stitchery, quilting, coffee parties, appy nights, supper evenings and various walking groups and everyone is really encouraged to get involved. Friendships are quickly formed and there is a very dynamic aspect associated with the Comox Valley New Comers Club. We warmly welcome about 20 new members per meeting and they very quickly feel at home within the club and the Comox Valley community as well. Many of us are here on a new adventure, ready to challenge ourselves and try new things without any family support ,so the New Comer's Club and our new friends become an extremely important part of our life. I have often heard the ladies on our Friday morning walks say " We can't believe we actually live here- it's so beautiful!"

Once you move here you seem to become "Island" girls and no one wants to leave. It's a wonderful place to move/retire to.

The welcome mat is always out to anyone who would like to visit our little bit of Paradise here in the Comox Valley.

Judy Francis, Comox Valley

Pictures of the club are on the NNCC website

Joint Meetings and Activities

Kingston clubs join once year for a joint games night and they have their Christmas Dinner together. This helps build relationships between the two groups.

Editor's Note:

I'm so blessed. Nancy Leger of the Brockville Newcomers has volunteered to help read all your newsletters and glean information for the LINK. Suzanne Brett Walsh of Calgary is in training to take over as Newsletter Editor next year. Isn't that wonderful! Thanks ladies for making my life easier. I hope you noticed in the AGM evaluations that the LINK is more widely known than when I took over this job two years ago. Thank you for making the effort to pass the LINK on to your members. Most clubs forward it by email. Thanks Jeanne Stoness

WEB SITES

St Johns, Nfld

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

Fredericton, NB

www.frederictonnewcomersclub.homestead.com

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sjknvnewcomers@hotmail.com

Barrie, ON

www.barrienewcomers.com

London, ON

londonnewcomersclub.com

Mississauga, ON

www.newcomers.eboard.com

Oakville, ON

www.oakvillnewcomersclub.com

Sarnia, ON

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

Toronto, ON

www.TorontoNewcomersClub.ca

Regina, SA

www.reginaneewcomersclub.com

Calgary, AB

<http://calgarynewcomers.com>

Lethbridge, AB

<http://www.lethbridgenewcomers.com>

Red Deer

www.freewebs.com/rdnewcomers

National Newcomers' Council

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

NATIONAL NEWCOMERS COUNCIL OF CANADA

STATEMENT OF REVENUE & EXPENSES For the year ending October 31, 2007

REVENUE:

Membership Fees	2,210.00	
AGM Registrations	2,815.00	
Friendship Pins	763.25	
50/50 Income	65.50	
Total Revenue		5,853.75

EXPENSES:

Bank Charges	66.96	
Communication	242.95	
Miscellaneous	73.56	
Postage	94.76	
Printing	213.29	
Travel	760.00	
Website	466.16	
AGM – West Haven Golf Club	2,238.44	
Total Expenses		(4,156.12)

Excess of Revenues over Expenses **1,697.63**

Bank Balance at start of term	2,584.31	
Add excess of revenues over expenses	1,697.63	
Bank Balance at October 31, 2007	4,281.94	

TRIED & TRUE RECIPES

Mixed Greens Salad with Pomegranate and Toasted Pecans

Crisp greens, tart, crunchy pomegranate seeds; and pecans make this salad unique. It's nutritious, too, with pecans contributing monosaturated fat (the good kind) and pomegranates providing a good dose of fiber, vitamin C, and antioxidants.

1 1/2 tsp.	red wine vinegar
2 Tbsp.	aged balsamic vinegar
1/4 tsp.	kosher salt
1/8 tsp.	freshly ground pepper
6 Tbsp.	extra virgin olive oil
8 cups	mixed greens, rinsed well
1/3 cup	pecans, toasted and roughly chopped
1/2 cup	pomegranate seeds, from 1 medium pomegranate

1. In medium nonreactive bowl, whisk together vinegars, salt, and pepper.
2. Gradually drizzle in olive oil, whisking until emulsified.
3. Toss greens with just enough vinaigrette to coat.
4. Sprinkle with pecans and pomegranate seeds and serve.

Makes 6 to 8 servings.

Jeanne Stoness Kingston

Jeanne Stoness

Stilton Shortbread

Great for Christmas Gifts

1/2 cup	unsalted butter, room temperature
1 Tbsp.	sugar
1/2 tsp.	salt
2 cups	all-purpose flour
1 cup	Stilton cheese or other blue cheese
1/4 cup	ground pecans

1. Preheat to 300°F.
2. Grease 8-inch round baking pan and line with parchment paper.
3. Cream together butt, sugar, salt until pale and fluffy.
4. Stir in flour until blended.
5. Crumble Stilton with pecans and mix into flour mixture until just blended.
6. Press dough evenly into bottom of prepared pan.
7. Score with a sharp knife and prick with a fork.
8. Bake for 45 minutes to 1 hour until firm and golden.
9. Cut into wedges while warm. Allow to cool to room temperature before removing from pan.

Makes 8 servings

