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The Link is the official newsletter of the National Newcomers' Council of Canada. It is published three times a year and is distributed electronically to all registered Newcomer Clubs across Canada. Please contact the editor regard-

Connecting Canada's Newcomers' from Coast to Coast

Oakville AGM Success!

The 31st National Newcomers' Council of Canada Annual General Meeting was held on October 18, 2008 in beautiful Oakville, ON at the Hilton Garden Inn. Many thanks to the very hard working orga-



The Oakville Newcomers & Alumnae Clubs AGM Organizing Committee. Left to right, front row: Denise Hunt, Helen Choat, Liz Osborne, and Mary Panetta. Back row: Paget Perrault, Roseanne Partington and Kathryn Andrews

nizing committee. Members from both the Newcomers and the Alumnae clubs volunteered and made the task of hosting the AGM look easy indeed!

The AGM was preceded by a Friday evening social for out of town guests and the organizing committee was held at the Glen Abbey Golf Course - world famous for its beautiful greens and celebrity golfers. Guests were welcome to tour the museum part of the facility before, during and after the dinner portion. The Friday social was very entertaining and wonderful warm up for the Saturday meeting.

New NNCC Executive

It is our pleasure to introduce your new Executive for the 2008-09 year, as elected at the Oakville AGM:

President Susan Lotherington; Past President Bernice McNulty; Registrar/Treasurer Judy Francis; Secretary Lisa Mina; Eastern Liaison Beryl Keilty; Central Liaison Evadne Benson; Western Liaison Judi Murakami; Alumni Representative Sharon Smith; Member-at-Large Lise Marvell; Newsletter Editor Suzanne Brett Welsh; and Web Site Editor Verna Dennis.

Each of the executive have provided reports and/or introductions in this issue of *The Link*. Please contact any of the executive with questions, comments or concerns via friends@newcomersclubcanada.com or their individual emails.

The AGM began with a continental breakfast for all attendees. A Presidents meeting and a Newsletter Editors meeting were held prior to the start of the formal meeting. These were great forums to share ideas and con-

cerns. The formal meeting began with the business of the National Council which concluded with the election of the 08-09 Executive (see below). Workshops were arranged on various topics and were very well attended prior to lunch. These popular workshops discussed publicizing your club, fun ideas for general meetings and coping with change. You will find reports on two of these workshops in this newsletter.

The Oakville Organizing Committee arranged for a terrific lunch and meet and greet which was followed by... (continued on page 6)

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Susan Lotherington ~ President



...we have input from sea to sea...

As I write this I am looking at the Christmas tree and watching the snow fall. I heard on the news today that this will be the first Christmas in 40 years where it is a white Christmas from coast to coast. The problem with a white Christmas is it makes for poor traveling conditions and as some are finding out no hydro. But no matter what the environment throws at us no one can take away the Christmas spirit from within. I would like to wish each and everyone from Newfoundland to British Columbia a prosperous and healthy New Year.

When I first came on the executive council five years ago, the majority of members were from Southern Ontario. Because of the use of conference calling for our executive meetings and the extensive use of the Internet we have more members from outside of Southern Ontario than ever before. You could say we have input from sea to sea, with two executive members in BC and two in NS. Your executive is knowledgeable and enthusiastic and ready to help where ever they can. I look forward to working with them in the upcoming year.

Lisa Mina ~ NNCC Secretary



I would like to say that I am very happy to come on board this year on the executive council. I had such a great time at the Oakville AGM, that I thought serving on the executive council would be a great learning experience!

I am originally from Thunder Bay but moved to Sarnia from Sudbury ON. I have been in Sarnia for one and a half years and

am currently the Vice President of the Sarnia Newcomers club. It has been the best thing I have done since moving to Sarnia! I have met such great people, who, in turn, have become really great friends.

The best advocates for Newcomers are the members! Every chance I get, I promote our club! We have been very success-

ful in spreading the word around Sarnia, and it shows....our October meeting had 10 new people turn out and the November meeting many of those joined and brought someone else! Keep submitting your great ideas, we are always looking for more interesting things to do at our get togethers!

Local museums may offer free or low cost archival services to save your club's important documents.

Saving Your Club's History

Recently a Club wrote and asked us what they could do to save their club's historical material. The Newcomers' Club in Calgary has been archiving newsletters, minutes, bylaws, etc., with the Glenbow Museum. This is a free service provided by the Glenbow Museum which has allowed the Calgary club to save and retrieve these critical pieces of history.

This has been an important

for the Calgary Club as it is compiling its historical perspective in anticipation of its 50th Anniversary in 2011. Without the Glenbow Museum, much of the original documentation would have been lost between executive turnovers. Other city museums may offer a similar service.

All Clubs are invited to have a time capsule or display of their club's his-

tory at the 2011 AGM. Feel free to contact Suzanne Welsh for more information about the 2011 AGM that will be hosted by the Calgary Clubs: 403-836-5631 or sbwelsh@ucalgary.ca.

January 30th is International Women's Day



Moving is both exciting and stressful and starting over is always a challenge.

Judy Francis ~ Registrar/Treasurer

Canadians have a great many things in common in spite of the huge expanse of our country and this makes Canada a truly wonderful place to live. From coast to coast, we all experienced a white Christmas for the first time in years and as a new resident of Vancouver Island who moved here from Calgary to "escape" the winter, we left our snow shovels behind and had to actually buy a shovel. Where are those daffodils?

Another "coast to coast" thing we have in common is the *The National*

Newcomers' Council of Canada which works with Newcomers Clubs right across the country. Regardless of which club you belong to, you choose to join a Newcomers Club because you are "new" to your area, looking to meet new friends and get involved. Moving is both exciting and stressful and starting over is always a challenge.

As the Treasurer/Registrar, one of my main responsibilities is to maintain contact with each club and support them in any way we can. Annual membership ...*(continued on page 4)*

NNCC Financial Report

NATIONAL NEWCOMERS COUNCIL OF CANADA

STATEMENT OF REVENUES & EXPENSES

Year ending November 30, 2008

REVENUE:

Membership Fees	2,190.00
AGM Registrations	2,805.00
50/50 draw AGM	111
Friendship pins	155
Total Revenue	<u>\$5,261.00</u>

EXPENSES:

Bank Charges	90.34
Communications	340.43
Postage	57.16
Brochure Expense	116
Misc.	80
Travel	966
Website	230.88
Printing	301.08
Garden Hilton Oakville	2,800.00
Total Expenses	<u>\$4,981.89</u>

Bank Balance at start of term	\$4,281.94
Add excess of revenues over expenses	279.11
Bank Balance as of November 30, 2008	<u>\$4,561.05</u>

Judy Francis ~ continued

dues are collected from each club which entitle the clubs to appear in and receive the Council's national register, receive copies of helpful information and the newsletter and send delegates to the Annual General Meeting with voting rights at the meeting. The first Newcomers Club in Canada was established in 1961 in Calgary and since then, thousands of people have been members of this wonderful national organization which is something we can all be truly proud of. We welcome back all the clubs who have been members throughout the years and look forward to working with all the new clubs that will be starting in 2009.

Bernice McNulty ~ Past President

Moving to a new city can be very lonely and traumatic. The Newcomer Clubs across Canada provide a means of meeting new friends with similar interests. Friendship being the keynote. It was a real life-saver for me when I joined the Burlington Club and I vowed to do my best to promote this wonderful organization. With this in mind, I was happy to serve on the Executive of the Council. As President, it was my privilege to work with ladies across Canada, convene meetings, assist member clubs with problems and help plan the AGM. Much to my sorrow I was unable to chair the AGM in Oakville but Verna did an excellent job in my stead. My thanks to the Oakville Newcomers & Alumnae Clubs for hosting this event. By all reports, it was a resounding success. This year as Past President I look forward to acting as liaison with the Cornwall Newcomer & Alumnae Clubs for the next AGM.

Bernice



Bernice McNulty
Past President
Burlington, ON

Sharon Smith ~ Alumnae Representative

As Alumnae Rep for National Newcomers Council of Canada I deal with correspondence and registration regarding Alumnae Clubs. I also provide assistance to Newcomers' Clubs who would like to start an Alumnae group. *Sharon Smith, President Halifax Newcomers' Alumnae Club, Bedford, N.S.*



Sharon Smith
Alumnae Rep.
Bedford, NS

Evadne Benson ~ Central Liaison

It has been a pleasure to hold the position of Central Liaison over the past year. I will continue on in this role over the next year. It has allowed me not only to connect with executive from current chapters but to reach out to others interested in getting started - one in my last community of Thunder Bay and also Stratford. To them I suggested maybe they could offer interim memberships to the performers coming to the theatre so they could meet "real Stratfordians". During my tenure, I also learned the correct spelling of "liaison"!

executives. Certainly if I can't provide a solution to your concern I shall call on the wisdom of the National Council with whom I feel a strong bond and good working relationship.

Thank you for allowing me to have this role and do keep in touch.

*In friendship,
Evadne
London, ON*



Evadne Benson
Central Liaison
London, ON

I look forward to another year of meeting and e-mailing with chapter

HAPPY CHINESE NEW YEAR ~ January 26

The Chinese have a unique way of representing the New Year through animals. They have 12 different animals to represent each year of the 12 year-cycle and the order remains the same throughout with the year of the rat beginning the cycle and the year of the boar/pig ending the same. As 2008 was the year of the rat, the following year, 2009, is going to be the year of the ox. *from the Lethbridge Newcomers' Newsletter*

Publicizing Your Club by Evadne Benson ~ AGM Workshop Report

Central to attracting new members was developing a pamphlet or business card or both that could be handed to prospective new members. This pamphlet would carry information about club activities, and contact numbers. Because the membership contact changes every year it makes more sense to have a cell phone than a land line so it can be more easily handed over at the end of one's term. Pamphlets could be put in such places as banks and real estate offices as they are most likely to see people who are new to the community. However, the pamphlets could be placed in churches, schools, grocery store bulletin boards, posted at a central bulletin board of a condo or apartment building or parks and recreation facilities or any local industries. Some clubs host a public coffee party 2-3 times a year in a place such as a coffee shop or bistro where people can come and meet some of the ex-

ecutive and get more information about the club.

I personally carry pamphlets with me and hand them out if I learn someone is new to town. I also try and greet new neighbours with a plate of cookies and a pamphlet—even if they are not new to town I give them the cookies!

The one thing to keep in mind about publicizing the club is to take advantage of free advertising on TV, or in local papers. However, be careful about paying for advertising as the "freebies" may dry up on you.

"... take advantage of free advertising on TV, or in local papers."

Fun Ideas for Newcomers/Alumnae Meetings by Verna Dennis ~ AGM Workshop Report

Fun ideas for general/dinner meetings was a well attended AGM Workshop. We have compiled the ideas that were discussed for use by your clubs:

Heritage Groups: Will give very interesting demos on the history of your town for a small fee or honorarium (Guelph pays \$75.00). We saw how interesting these presentations can be later in the day when we were treated to an excellent presentation on the History of the Oakville Museums.

Fashion Shows: both retail and consignment shop (the Ottawa Group suggested that this was a really fun way to approach fashion).

Speakers: from Municipal Government, describing services, athletics, social groups, special events, etc.

Some of you may have heard of **Speed Dating** – Kingston Newcomers ran a Speed Friendship Event modeled on the same idea.

One club has luncheon meetings every month with one dinner meeting per year.

Ladies Night Out: Not meetings per se, but get-togethers to go on field trips, visit potters studios, etc.

Chocolate Fondue Night: (Sounds yummy ;-)

Playful Art: I think you need an artist in the group to organize this, but it sounds delightful. As I understand it (and I may have missed a few details here): In groups of 3 people on a very large/long sheet of paper we each draw ourselves at 10 years old, how we looked and where we were. Then we mix up the groups and glue 3 items on each picture, feathers, shells, etc randomly. If you need more information please contact our Waterloo Regional Club.

(Editors Note: More Ideas for Meetings can be found on page 7)



Verna Dennis
NNCC Web Editor
Mississauga, ON

Beryl Keilty ~ Eastern Liaison



Beryl Keilty
Eastern Liaison
Truro, NS

I have been involved with Newcomers since 1978, my first club was in Ottawa. I have attended every National meeting since 1996. I am one of the founders of the Truro Club.

There are eight clubs in the Atlantic Region and at the present time I'm helping to form one in Yarmouth and

hopefully in January, a new one in Sydney.

I attended three National Executive Meetings by phone this past year, fully dressed and beer close by.

Our Alumnae Club in Truro is very active. We get together twice a year with the Newcomers Club. At the fundraiser for our new hospital both clubs will conduct a "Cake Walk" which is very popular with the young children.

I would like to thank the Oakville Clubs for hosting the annual. I'm looking forward to many more "Nationals".

*In friendship, Beryl
Truro, NS*

Calgary Newcomers' 50th Anniversary Celebration and NNCC Annual General Meeting in 2011

The first Newcomers' Club in Canada was established in 1961 in Calgary by Kay Dantz. To celebrate our 50th Anniversary the National Newcomers Council of Canada AGM is being held in Calgary September 16th to 18th 2011. The Newcomers' and NuGrads' Clubs of Calgary are co-hosting the National Newcomers' Conference to celebrate our "big 5-0" birthday. Yes it sounds far away but planning has begun! We are asking for Newcomers' Clubs from across Canada to help celebrate by putting together their own time capsule or scrapbook that reflects their organization. We plan

to showcase the history and memories of each club at this most auspicious event.

If you are interested in participating in the 50th AGM time capsule event, please contact Suzanne Brett Welsh, Chair of the 2011 Jubilee Organizing Committee through sbwelsh@ucalgary.ca or phone 403-836-5631.

We are asking for Newcomers' Clubs from across Canada to help celebrate by putting together their own time capsule or scrapbook that reflects their organization.

AGM Success

continued from page 1

an interesting historical presentation on the founding of Oakville by Susan Crane. As a finale, attendees were treated to an informative and humorous question and answer session with local interior designer Tony Marino who made wall paper "fashionable" again!

All in all it was a marvelous event made all the more memorable by the new friendships that were made. We look forward to the 32nd AGM that is currently being organized by the Cornwall Newcomers & Alumnae Club on October 17, 2009. See you there!

A new look for The Link

I am sure more than a few of our regular readers of *The Link* were surprised by the new look and layout of the National Newcomers' Council of Canada newsletter! We hope you find it fresh and easy to read, with interesting stories from across the country.

I am hoping to profile a number of individual clubs in each issue. Your club can help by sending me your newsletters and other items of interest on a regular basis. I promise to read them and highlight your club whenever possible. Feel free to let me know how you like the new look!



Suzanne Brett Welsh
The Link Editor
Calgary, AB

*Email your club newsletters to
sbwelsh@ucalgary.ca*

Lise Marvell ~ Member-at-Large



Lise Marvell
Member-at-Large
Cornwall, ON

It is a pleasure for me to be on the National Executive once again, serving as Member-at-Large. The AGM in Oakville was a great success and a great learning experience, as were all 5 other AGM conferences I have attended over the years. Thank you to the ladies on the organizing committee; there was a lot of hard work involved, especially behind the scenes.

The workshop Beryl Keilty and myself led was "How To Let Members of NNCC Know About Their Town." Top of the list was the computer, library, Chamber of Commerce, real estate offices, Welcome Wagon, and banks. This was a very interesting workshop with a lot of feedback from ladies from across the country.

The Cornwall Newcomers & Alumnae Club will be hosting the next AGM in October 2009 and we are looking forward to seeing each and everyone of you in our fair city.

All the best in 2009, Lise

Kingston Newcomers' Club

The Kingston Newcomers' Club is ringing in the New Year with a "Feisty Fitness" dinner meeting that will help members turn it around for 2009 with tips and tricks for healthy recipes and exercise. Other exciting events for the Kingston Club included "The Lights at Night" at Upper Canada Village: *Our tour guide led us through a Christmas-themed guessing game, and we listened to Stuart MacLean's famous "Dave Cooks the Turkey"*

on the way. It really WAS cold. The lights were just coming on as we arrived, and every building was outlined, with trees and even the occasional outhouse adding to the fairyland charm. The "squeak" of the snow reminded some of us of wintry days in other places, as we moved from the café at the entrance (hot chocolate!) along the path to such places as the bakery, where the day's last loaves were going into the oven, and Chrysler

Hall, the grand home where 10 decorated trees filled one of the parlors and guests could vote for the most beautiful one. We snuggled close together on a sleigh ride 'round the village, a much faster way to see everything on such a crisp evening. Then, a full turkey dinner in the great barn, and a cup of hot cider to keep us warm as we headed back to the gift shop and the bus ride home. Sounds lovely!

More Ideas for Meetings

Here are some ideas for meetings that have worked quite well.

For attendance purposes... create an attendance card, every meeting will be checked with a sticker that changes every month, the one who attended all the meetings has a free membership for the next year.

In our meetings, in order to get them to know each other we use different topics before the speaker, and we invite them to gather in groups of favorite colors, zodiac, or area where they live (i.e. city where they were born, province, country and finally continent, that way it takes only couple of minutes to find out who is who).

Other meeting focuses or topics have included: laughter yoga; salsa dance classes; Feng Shui; and true colors. e have also had "Show and Tell Coun-

tries", as the membership travel quite a lot and they have much to share. We like to invite a member to share a success story of a person who has moved, and how they overcome all the difficulties.

Our club connects new members with the existing members through a Big Sister mix and match at the General Meetings. Everyone has a smile and has fun, fun, fun which is our goal. Our newsletter takes care of the business, so we try to make our General Meetings as fun as possible, so everyone will look forward to attending.

*Best regards, Lorena Suarez Balkowski
President, Mississauga Newcomers' Club*

Our club connects new members with the existing members through a Big Sister mix and match at the General Meetings.

Comox Valley Newcomers' Club

The activities offered by the Comox Valley Newcomers are putting the word "New" in Newcomers! How full is your daytimer? Along with participating in the activities with which you are familiar, many of you are also learning new things as well and why not!!! You've joined Newcomers to meet new people so let's keep the "New" thing going! If you can walk, why not try snowshoeing when the season opens on Mt. Washington? It's great fun, very social, wonderful exercise and we even have an overnight getaway in a chalet on the mountain at the end of the season. For a "New" movie try the Odds and Ends Club, a "New" restaurant - the Luncheon Club, a "New" recipe - Food, Fun and Friends, a "New" plant - the Garden Club, a "New" tune - the Music Makers, a "New" book, - we now

have a new book club and a "New" Pub and Grub night. We all have something old, borrowed and blue so try adding something "New". You'll be amazed with both yourself and the "New" friends you'll make. The Newcomer activities are for you and in many cases your partner/spouse as well, so don't delay. Come out and join the group. There is no time like now to get involved! You may even end up asking yourself- "Why didn't I do this sooner?"

You've joined Newcomers to meet new people so let's keep the "New" thing going!

*From the Comox Valley Newcomers' Club,
November 2008 Newsletter Activities
Co-Ordinator Report.*

Winnipeg Newcomers' Alumnae Club

Hannah Taylor
The Ladybug Foundation Inc.

Come join us at the February Social to hear guest speaker Hannah Taylor, an inspirational 12-year old student, Canada's youngest advocate for the homeless. After a life-changing encounter with a homeless person when she was 5, she founded The Ladybug Foundation at age 8, and has raised both awareness and money, speaking to thousands of people across Canada. Please feel free

to invite a guest to hear this exclusive speaking engagement and visit with Newcomer and Alumnae members.

To find out more about The Foundation's programs, visit www.ladybugfoundation.ca.



Judi Murakami ~ Western Liaison



Judi Murakami
Western Liaison
Courtenay, BC

I'm so pleased to be the western liaison, as I'm a true newcomer to the Comox Valley and so lucky to be part of the newcomers group here. I had never heard of newcomers until I moved here, and what an amazing group of women! Whenever I meet others who've just

moved here I invite them to join us. I have lived in BC since 74, and have retired to Courtenay. When I'm not teaching aquatics I'm at the theatre ushering, or creating fun art pieces, or cooking up a storm. I would encourage all the western clubs to share your voices, ideas and concerns, so let me know your contact info if your email address isn't on the National Newcomers' Council of Canada website: www.newcomersclubcanada.com. Happy New Year everyone!

Cheers, Judi

West Vancouver Newcomers' Club

We've unwrapped the presents, eaten the turkey, drunk the champagne and now it's time to wish you all a HAPPY NEW YEAR! Here we are and it's 2009. I can remember when we were all getting ready for 2000 and wondering if technology as we knew it would cease to exist. Well, we made it through all of that and here we are nine years later and getting ready for the 2010 Olympics. What a difference a few years can make!

The Executive and I have been busy putting together some really exciting things for our club in the New Year. We will be celebrating with the Americans on January 20th with an Inaugural Brunch. I am so excited and have hope that President Obama will bring a new and much needed energy to the White House and America.

I hope you can all join us in the festivities.

I give you my sincere thanks for participating in our Christmas Ornament Auction. As you know the proceeds went to Sage House and I am pleased to report that we wrote a cheque for \$1,200 to that worthwhile organization. We also collected lots of toiletries that were used to make Christmas stockings for the women at the shelter. Sage House had run out of toiletries the day we delivered ours. Needless to say, they were thrilled with our gifts and generosity.

So here's to the backside of 2008 and HELLO to 2009 and a much better New Year!

President Sheri Etherington, West Vancouver Newcomers' Club, The Welcome Mat Newsletter

Kindness from Coast to Coast ~ Charitable Acts

As I read the dozens of newsletters that came to me these past few months, I was amazed by the number and variety of charitable events organized by our many sister organizations. In Nova Scotia, the Alumnae Club organizes an annual charity lunch to raise money for Symphony Nova Scotia and Phoenix House. West Vancouver Newcomers hosted a Christmas ornament auction with proceeds going to Sage Transition House for

abused women. Beaconsfield Newcomers held their first Craft and Bake Fair to raise money for their charity, the Pat Roberts Centre, a preschool dedicated to special needs children. Brockville Newcomers put their needles and hooks to work and created mittens, hats and scarves for the annual Kinsmen's Snowsuit campaign. Calgary NuGrads collect gifts for Sherrif King Home, an emergency shelter for abused women. Many clubs hold 50/50 draws and donate the

proceeds to their special causes. Food donations are also popular means of giving, particularly at Christmas. However, year round the Toronto Newcomers' Club has an activity group that seeks out different volunteer opportunities for its members. It is amazing how great and deep the giving goes in this country.

*Suzanne Brett Welsh
Editor, The Link*

Beaconsfield Newcomers' Club

The Beaconsfield Newcomers' Club has been very busy with Oktoberfest, a Children's Halloween Party, hip hop dance lessons, charity craft fair, and a Holiday Social and Cookies with Santa. For 2009, members are looking forward to Cooking by Candlelight and Making Sushi, in addition to How to Start a New Business, What Not to Wear, and Interior

Design. The Beaconsfield newsletter is full of interesting local information, including recycling and green tips, as well as cultural activities. Living and working in a bilingual community, the Beaconsfield Newcomers offer opportunities to learn the French language. The most recent newsletter gave some examples of New Year's resolutions *en Français*.

New Year's Resolutions

- 1- Perdre du poids
- 2- Réduire ses dettes
- 3- Passer plus de temps en famille
- 4- Trouver un meilleur emploi
- 5- Faire plus d'exercice
- 6- Boire moins d'alcool
- 7- Arrêter de fumer
- 8- Réduire son stress
- 9- Être mieux organize
- 10- Faire du bénévolat

Can you figure out the English translations?



National Newcomers' Council of Canada

E-mail: friends@newcomersclubcanada.com

www.newcomersclubcanada.com

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History of the National Newcomers' Council of Canada

In May 1978, the National Newcomers' Council of Canada (the "Council") was formed. Its aims are:

- (a) to act as an advisory body to member clubs;
- (b) to provide an up-to-date Register of paid-up member Newcomers clubs and their Alumnae clubs;
- (c) to facilitate the exchange of ideas between clubs;
- (d) to promote and/or publicize Newcomers organizations; and
- (e) to supply information and assistance to people wishing to establish a Newcomers or Alumnae club.

The **National Newcomers' Council of Canada** is not a governing body. Each Newcomers Club is self-administered with its own By-Laws and the Council does not interfere with the running of these clubs. The Council shall supply information, guidelines and advice as requested by interested individuals or clubs. For more information, check out our website: www.newcomersclubcanada.com.

Connecting Canada's Newcomers' from Coast to Coast

Creamy One Pot Pasta

Submitted by Kim Lee

Beaconsfield Newcomers' Club Member.

Ingredients:

large garlic cloves, peeled
1 jar (210 mL) sun-dried tomatoes in oil, undrained
5 1/4 cups (1.25 L) chicken broth
1 lb (500 g) uncooked penne pasta
1 head broccoli (2 cups/500 mL small florets)
2 medium carrots, peeled
4 oz (125 g) reduced-fat cream cheese (Neufchâtel)
1/4 tsp (1 mL) salt
1/2 tsp (2 mL) coarsely ground black pepper
Fresh piece of Parmesan cheese and snipped fresh basil.

Directions:

1. Thinly slice garlic. Place garlic and 1 tbsp (15 mL) oil from sun-dried tomatoes into (8-qt./7.6-L) pot. Cook

over medium heat 2-3 minutes or until garlic is golden brown, stirring occasionally. Remove from heat; add broth. Return to burner; increase heat to high. Cover and bring to a boil. Add pasta; cover and simmer vigorously for 8 minutes or until pasta is almost cooked but still firm, stirring occasionally.

2. Meanwhile, cut broccoli into small florets; place into bowl. Cut carrots in half lengthwise; thinly slice crosswise on a bias. Drain tomatoes; pat dry and slice into thin strips.

3. Cut cream cheese into cubes. Add vegetables, cream cheese, salt and

black pepper to pasta; stir until cream cheese is melted and fully incorporated. Reduce heat to medium; cover and cook an additional 2-4 minutes or until vegetables are tender. Place basil in bowl and cut using kitchen shears. Top with Parmesan cheese. Sprinkle with basil.

Yield: 6 servings. Per serving: Calories 410, Total Fat 11 g, Saturated Fat 4 g, Cholesterol 15 mg, Carbohydrate 66 g, Protein 15 g, Sodium 1000 mg, Fiber 5 g

Cook's Tip: For an interesting flavor twist, omit salt, black pepper, Parmesan cheese and basil. Add 1 tbsp (15 mL) Moroccan Rub or Greek Rub.

For a heartier version of this recipe, add grilled turkey Italian sausage or sliced grilled chicken breasts to pasta.

