



# THE LINK

National Newcomers' Council of Canada Newsletter

**NNCC EXECUTIVE 2004-2005**  
newcomerscanada@hotmail.com

November 2004

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## THE VALUE OF A SMILE

It costs nothing, but creates much. It enriches those who receive without impoverishing those who give. It happens in a flash but the memory of it lasts forever. None are so rich they can get along without it, and none so poor that they have none to give. It creates happiness at home, fosters good will at work and it is the insignia of friendship. It is daylight to the discouraged, sunshine to the sad and nature's antidote to trouble. It cannot be bought, borrowed or stolen. It is of no earthly good to anyone unless it is given freely.

In the course of a day, if someone is too tired to give you a smile, why don't you give them one of yours? Nobody needs a smile as much as one who has none left to give.



### WESTERN LIAISON OFFICER

**Resides in Western Canada (British Columbia; Alberta; Saskatchewan and Manitoba) and maintains liaison between Council and the member clubs in Western Canada.**

This position on the Executive Board of the National Newcomers Council is still open. Won't you please consider volunteering to fill this important position?

The Western clubs need a representative to provide input and vote on policies.

Please contact Bev or Donna for more information.

## NATIONAL NEWCOMERS' COUNCIL OF CANADA

We have just had a very successful Annual General Meeting held on Saturday, October 16<sup>th</sup> in Kingston, Ontario, with 62 attendees. Our host city worked very hard organizing the meeting and also put on a fabulous Friday evening Social/Dinner at which 52 ladies mingled, ate wonderful food, drank some vino, and talked, talked, talked!!

We found while talking with the ladies that many of them were not familiar with exactly what National Newcomers' Council of Canada is all about. We certainly want all of you to be "in the know" so will try to give you a synopsis of what it is that we (that is, your executive) do.

First of all, we have a Constitution and By-Laws outlining the following:

- Our purpose
- Our relationship with individual newcomers' clubs
- Qualifications of members and dues
- List of Executive Officers and their duties
- Term of Office
- Vacancy in Office
- Nominations and Elections
- Audit (of our financial statements)
- Meetings
  - Annual (held each year in October)
  - Executive (held approximately 4 times a year)
- Executive Costs
- Amendments

We also publish a newsletter 3 - 4 times a year ("The Link") which is sent to your President and is to be shared with all members of your club. We learned from some members that they were not aware of the newsletter and we would like that to change.

We provide an up-to-date register of paid-up members of newcomer and alumnae clubs annually, which is put together from the Application for Membership forms submitted to us by the incoming President each year.

The Council is not a governing body, but rather acts purely as an advisory body to member clubs. We supply information or guidelines as and when requested by interested individuals or clubs; facilitate the exchange of ideas among clubs; promote and/or publicize newcomers' organizations; and supply information and assistance to those wishing to establish a newcomers' or alumnae club.

Each club is self-administered, with their own by-laws, and the Council does not interfere with the running of these clubs.

We encourage our members to become involved on the National Council. It is a wonderful learning experience and an opportunity to meet fellow members from other parts of our country at the Annual General Meeting held each October. The term of office for Executive officers of the National Council is one year in any position. Elections take place at the Annual General Meeting and the process is as follows:

"Nominations shall be made either in advance to any member of the executive, or by any executive member or delegate at the Annual Meeting. Nominees for any position are not required to be present at the Annual Meeting. Nominations shall be accepted for one position at a time, in the order given in the Constitution, and shall be voted upon before nominations for further positions are received. Any voting shall be by secret ballot. Each club represented at the meeting is entitled to ONE vote, and each executive member is entitled to ONE vote. Should a position not be filled at the Annual Meeting, the President shall appoint a suitable person to said position, if at all possible".

We urge you to share information about your club with us. You are encouraged to submit articles for "The Link" to our Newsletter Editor, Linda Waldron. She can be reached by e-mail at [newcomerscanada@hotmail.com](mailto:newcomerscanada@hotmail.com); by mail at 32 Meighen Crescent, Brockville ON K6V 3J7 or by telephone at (613) 345-0815.

We have a website – [newcomersclubcanada.com](http://newcomersclubcanada.com). Our Website Coordinator, Louise Coghlan, presently has a wonderful pictorial record of our Annual General Meeting and Friday evening Social/Dinner posted on the web. You can also download a copy of our newsletter from our website and also find other helpful information there. At membership renewal time, you can download the Application for Council Membership, and in the fall, the Registration form for the Annual General Meeting.

Please stay in touch with your Council. We are here to help you in any way we are able.

Bev McCann  
President

# On a Personal Note

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Bev McCann.....

I have lived in Central and Southwestern Ontario for my entire life: Ottawa and area until 1975; Peterborough from 1975-1981; Oshawa from 1981-1984; Oakville from 1984-1994; and have lived in London since November 1, 1994.

I joined Newcomers in London in January 1995 and found myself on the executive as Membership Chair in the fall of that year. I moved on to Alumnae in the fall of 1997 and served on their executive as Reservations Chair in 2000-01 and then as President in 2001-02.

At the AGM in October 2001 I was nominated onto National Council as Alumnae Representative; served as Secretary for 2002-03; and Registrar/Treasurer for 2003-04. I'm looking forward to my year as President of the National Newcomers' Council of Canada and the opportunity to work with the newly elected executive for 2004-2005.

We currently have 63 member clubs across Canada and I am hoping that you will stay in close touch with your Council. Please feel free to contact me with any concerns, questions or newsworthy events for your club.

Susan Owen....

I was born in Leeds, UK. I have also lived in Coventry, UK as well as Montreal, Calgary, Ottawa and I presently reside in Toronto.

I have a degree in Physical Therapy from McGill University and practiced in Montreal and Calgary before venturing out into many diverse areas of endeavour. I currently work for Interac Association as a meeting and member manager.

I was President of Toronto Newcomers during the 1996-7 term and published their Newsletter thereafter for some time. I still participate in my city's club activities.

I held the position of Secretary/Publicity for 2003-2004 National Newcomers Council of Canada Executive and am currently Registrar/Treasurer.

Teresa Trofymowych....

I have been a member of the Waterloo Region Newcomer's Club since October 2002. Grateful to the friendships and social activities, I wanted to contribute back to the club. So a year later, I became involved on the local executive committee as the Treasurer, and this year as the Vice President.

I have extended my involvement by becoming the Secretary/Publicity on the National Newcomer's Council of Canada. I have a duo career in social work and education. I enjoy travel, sports, arts, and nature.

### Linda Waldron...

My family and I have lived in many communities in this great country: Montreal, Toronto area: High Park, East York, Mississauga (twice); London, Ontario, Port Coquitlam, B.C., and saved the best for last, Brockville, Ontario. Brockville is located on the St. Lawrence River, forty -five minutes West of Ottawa. I was Secretary of Mississauga Newcomers' Club and then served as Secretary and then President of ACORN (their alumnae group before amalgamation) I am presently Newsletter Editor for the Brockville Newcomers' Club and I enjoy quilting, painting and playing bridge.

This is my third year as Newsletter Editor for the National Newcomers' Council. I look forward to receiving all your newsletters...please keep them coming.

### Jeanne Stoness....

As the eldest of nine I learned the importance of family. Growing up in Dresden, which was home of Uncle Tom's Cabin and the end of the Underground Railway, prepared me for the International community of Mississauga. As a teacher I had a rewarding career. The highlights included opening three new schools. Opening a school is like having a love affair but it is legal. An all-consuming passion happens when you develop innovative programs with specially selected colleagues. This led to workshops across Ontario even Bermuda.

As a parent of twin daughters, Erin and Heather, it was humbling to learn that one can not change another but only build on their strengths and minimize their weaknesses. But it is rewarding to see them follow their parent's footsteps as Grade 7 Science and Math teachers in Halton.

As part of a team, it was challenging to design and build with my husband Rae, a new home in English Landing outside Kingston. I learned the value of friends when I moved to Kingston. We returned to Kingston because my husband grew up here. I always said I could be happy if my husband was happy but I learned that moving has not been as easy as I thought it might.

I have met some wonderful people and am beginning to feel more at home here in Kingston, I am active as a Community Food Advisor volunteer with the Public Health Unit and am presently working on courses to become a Master Gardener.

Two years ago I went to Toronto to the AGM and was enlisted as a member at large for the National Council. Last year I was involved in planning the conference held this October in Kingston. This year I am President of the Kingston Newcomers Club and Central Liaison Officer for the National Council. I look forward to becoming involved with all our member clubs from Ontario and Quebec.

### Lise Marvel....

I am Presently Vice-President of the Cornwall and Area Newcomers Club. I have just been elected as Alumni Representative on the National Newcomers Council of Canada.

I have moved several times across Canada from coast to coast: 1964, we moved to Charlottetown, PEI where our first daughter Charlotte was born; 1965 to Scarborough, ON; 1966 we moved again, to Niagara Falls where our second daughter, Leslie, was born on Christmas Day; 1968 we moved to London, ON; 1969 to Kitchener, ON where our third daughter, Jacqueline was

born; 1971 to St. Eustache, PQ; 1972 to Rouyn-Noranda, PQ, 1976 to St. Hillaire, PQ; 1979 to Bridgewater, NS; 1981 to Pierrefonds, PQ, 1982 to Vancouver, BC (this is where I first found Newcomers and served on their executive for 4 years and then to the Alumni for 2 years); 1989 to Regina, SK (serving as Vice-President of their Newcomers Club and Vice-President of Alumni for another 3 years); 1991 to Pointe Claire, PQ; 1996 to Newmarket, ON; and then finally in 1997, after looking at 50 houses between Toronto and Montreal, decided to settle down and try country living in Williamstown, ON. We have never regretted it!

I still operate a small pre-school two mornings a week and am very active in the community. I sit on the Board as a Director for the Williamstown Fair (the oldest fair in Canada - 193 years old). I am also very active in the Newcomers Club that has always been my salvation in all these many moves.

Soon we will be forming Alumni within our club. If you have any questions concerning forming an Alumni, please do not hesitate to contact me and I'll do my best to help!

It was a pleasure meeting all the ladies at the AGM this year. It was my first time and it was great seeing the camaraderie that exists between everyone! It is easily seen that the Executive of the National Newcomers Club is there for you all.

## Susan Lotherington

After leaving Cape Breton 2 years ago my husband and I settled in Whitby, Ont. We have 3 daughters, 2 of which have moved here and one is a teacher in Halifax. I enjoy playing cards, reading and shopping (not necessarily in that order).

Our club here in Whitby/Oshawa is only small but filled with lots of things to do. We have 3 book clubs, 2 bridge groups, ladies luncheon, movie nights, breakfast club, games night and a mystery night that meet every month. We also have special outings into Toronto for theatre, shopping, etc. We meet on the 2nd Tuesday of every month and try to have some sort of entertainment at each meeting.

## Louise Coghlan....

The first time I heard about Newcomers was when my family moved to Kingston, Ontario. I only knew one person and she was the one that told me about the club. What a wonderful experience that was. I immediately had a group of friends with things to do. When the time came to move away from Kingston, I knew I would have to join a Newcomers Club in our new city.

I have been with Newcomers in London for the past 7 years. I have mainly been the newsletter person, for our Newcomers Club and the Alumnae Club, but I also did a year as Alumnae secretary. I joined the Council in 2000 as the newsletter person. Again, I knew nothing of National Newcomers until a member from our club had joined as an executive.

Being on the executive of National has been an enjoyable experience. At the Annual General Meetings it is so great to meet members from across Canada. Also, to find out concerns other clubs have. I have now switched over to Website coordinator and am learning all kinds of new things about the computer. I hope with the website to link members across the country with each other.

Beryl Keilty....

I've been involved with Newcomers for many years now; living in many cities from East to West; retiring here in Truro, Nova Scotia to be close to our two darling grandchildren, Taylor and Noah.

I attended the National Annual General Meeting in Kingston in October. What a great weekend, both weather wise and friendship. Once again, I want to say a big thank you to the Kingston gals - it was a wonderful day.

I have been the Eastern Liaison for Council for many years now and enjoy travelling with my husband Al to meet up with everyone once a year.

Have a "Joyous Christmas" with your dear families. If you are in a new city with no family near, invite a "newcomer" for Christmas dinner. That's what Al and I did in Regina and now the four of us travel together. We've remained great friends.

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## REGIONAL NEWS

CONGRATULATIONS GO OUT TO CLUBS CELEBRATING MILESTONE  
ANNIVERSARIES IN 2004-05

### THIRTY YEARS

London Newcomers' Alumnae Club  
Ottawa Newcomers Alumnae Club  
Markham/Unionville Newcomers'  
Club

### TWENTY YEARS

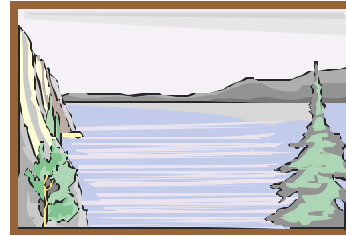
St. Catharines & District Newcomers Club  
White Rock/South Surrey Newcomers'  
Club

## EASTERN REGION



The Truro Newcomers Club is looking forward to hosting the 2005 AGM. Planning committees are putting their heads together to come up with an informational and pleasant visit to Nova Scotia. More to come in the Winter Link.

## CENTRAL REGION



The London Newcomers Alumnae Club announced a new name for their newsletter in November: "Between Friends". How apropos and what a wonderful newsletter it is! I enjoyed my read. The format and content kept me reading from article to article. Perhaps we can persuade our Web Master to get permission to share the newsletter on our site.

Kingston Newcomers' have shared the recipes that were served at the potluck dinner held the evening prior to the AGM last month:

### Pumpkin Soup

3 cups	chicken stock
1 cup	whipping cream
1 15 oz. can	pure pumpkin
3 Tbsp.	dark brown sugar
½ tsp.	chili powder
½ tsp.	ground coriander
¼ tsp.	ground nutmeg
¼ tsp.	ground cumin
¾ cup	sharp cheddar cheese, grated (optional)

Bring chicken stock and whipping cream to a boil. Whisk in canned pumpkin, sugar, cumin, chili powder, coriander and nutmeg. Reduce heat and simmer for about 15 minutes. Season to taste with salt and pepper. Ladle into bowls. Garnish with cheese and cilantro.

Donna Stoness

### Spinach Salad (from Sharon Beveridge)

2 cups	cooked cold rice
1 pkg.	spinach, broken
1	red pepper, chopped
3 stalks	celery, chopped
½ cup	chopped onions
½ cup	raisins
1 cup	cashews
½ cup	fresh bean sprouts

### Dressing

¼ cup	soy sauce
½ cup	oil/canola oil
2 cloves	garlic, minced

(The dressing makes a lot – mix the ingredients and add the dressing just before serving)

### Baked Parmesan Chicken

3 lb.	chicken pieces	1½ cups	butter
4½ cups	fresh bread crumbs	1 clove	garlic, crushed
1¼ cups	grated Parmesan cheese	1 tbsp.	Dijon mustard
1 tbsp.	Salt	1½ tsp.	Worcestershire sauce
a cup	fresh parsley, chopped		

## WESTERN REGION



We are very pleased to announce the formation of a new club in the Abbotsford/Mission area. Abbey-Mission Newcomers Club with a membership of 13.

Last year I mentioned that Red Deer had an official cookie and I am pleased to be able to share the recipe. Darlene Blair contest winner from Trochu, Alberta says "her tasty, chewy Caramel Surprises are representative of Red Deer as "Biting into this cookie is like visiting Red Deer - You'll get a pleasant surprise. "

625 ml	(2 ½ cups) flour	10 ml	(2 tsp.) vanilla
175 ml	(¾ cup) cocoa	2	eggs
5 ml	(1 tsp.) baking soda	125 ml	(½ cup) chopped pecans
250 ml	(1 cup) white sugar	40	Rolo Caramels Topping
250 ml	(1 cup) brown sugar	125 ml	(½ cup) chopped pecans
250 ml	(1 cup) margarine	15 ml	(1 tbsp.) sugar

In a large bowl cream margarine, then beat in both the white and brown sugars until fluffy. Add vanilla and eggs, beat well. Add flour, cocoa and baking soda and blend well. Stir in pecans. Shape 15 ml (1 tbsp.) of dough around 1 Rolo Caramel, making sure it is completely covered. In a bowl combine the two topping ingredients together. Press one side of each ball in the topping mixture and place nut-side up on an ungreased cookie sheet. Bake at 180°C (350°F) for 10 minutes. Makes 40 cookies.

*Note: If the cookie should spread too much while baking, add a little flour to the dough.*

