



# THE LINK

National Newcomers' Council of Canada Newsletter

September 2007

**NNCC EXECUTIVE 2006-2007**  
newcomerscanada@hotmail.com

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Verna Dennis

## Why Should You Attend the 30<sup>th</sup> General Meeting in London?

### MEET NEWCOMERS FROM ACROSS CANADA

(We have delegates coming from Alberta and Nova Scotia. This is becoming a National event.) Friday's social is a great time for sharing. Marlene Campbell, London Alumnae is entertaining the delegates in her home.

**NETWORK** with Club Presidents at the President's Meeting.

### GAIN NEW IDEAS for your Club

Special 45 minute break out sessions are planned. These sessions are designed to meet club concerns. Send more than one delegate so your club can get all the information.

1. How to run a business meeting
  - Guidelines
  - To raise comfort level of new Presidents
2. Producing a newsletter
  - Ideas
  - Ways of implementing emailing members
3. Increasing Membership
  - Practical ways of increasing
  - Sharing of what has worked
4. Implementing Change
  - Breathing fresh air into your club
  - How do you implement change without stress?
  - Can change be made smoothly?

**LEARN** how to decorate your home for the fall with Award-winning Flower Designer - Tony Manders

**RELAX AND ENJOY** Fun Music by Three Penny Piece

**WIN** door prizes, exquisite organic centerpieces and specially designed tote bags. (You may get more than one!)

**FREE ACCOMODATION** (Billeting provided if you wish)

Registration forms are included in this newsletter.

**Register before September 12<sup>th</sup>, and your name will be put in a draw for a FREE registration.**

## Weekend Schedule & Venue

### FRIDAY EVENING GATHERING, OCTOBER 12<sup>TH</sup> - 7:00 P.M.

Welcoming dinner at the home of Marlene Campbell: 19 Carnforth Road, London, Ontario.

### SATURDAY ANNUAL GENERAL MEETING - OCTOBER 13<sup>TH</sup> - 8:30 A.M. - 3:30 P.M.

West Haven Golf and Country Club  
[www.westhavengolf.com](http://www.westhavengolf.com)  
7038 Egremont Drive, London

### 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 12<sup>th</sup>.

### BILLETING

Members of the London Alumni Club have generously offered billeting for out-of-town guests in their homes. 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  
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  
2:00 Door prizes  
2:15 Entertainment - Three Penny Piece  
3:15 Introduction of NNCC Executive for 2007-2008.  
Announcement of host city for 2008  
3:30 Adjournment

Details are available at our website  
[www.newcomersclubcanada.com](http://www.newcomersclubcanada.com)

**ENCOURAGE EARLY REGISTRATION** by having a draw for a free membership or offer a special prize. Fees across Canada range from \$15.00 to \$35.00.  
\* Notice that early registrants for the AGM in London are entered in a draw for a FREE registration to the conference.

**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.

**President's Personal Message/Report:**

I'm half way through my term of office on the National Board, and I'm still loving it. (To explain how that works, the National has an automatic progression. The Registrar/Treasurer automatically becomes the President, and then the Past President.)

The National holds four executive meetings a year, plus the AGM; the main emphasis being to treat everyone with kindness and in the spirit of friendship. It makes for such a pleasant and emotionally rewarding atmosphere.

I loved meeting other club members from across the country; a very interesting and gracious group of women. Everyone works so well together and somehow we get it all done. It seems like magic, but really, it happens because we appreciate all we have gained from belonging to Newcomers' over the years, and are happy to do a little administrative work as a bit of a 'pay back'.

The second best thing about being on the board this year has been chairing executive meeting on Sunday mornings in my pajamas, We conference call our executive meetings in the winter months, works great and is nice and warm and cozy.

We've had excellent face-to-face executive meetings at our homes as well;

London, Toronto, Burlington, Mississauga and Ottawa. To quote Dora the Explorer: "Where will we go next? " Calgary is coming up in 2011!

I would encourage anyone, anywhere, who has a computer, a long distance plan and little spare time to join the National Board. It has been a very rewarding friendship experience for me, and great fun to share skills across the country (I'm learning how to conference call, and I must say; everyone on the Board has been very kind).

Respectfully submitted, in friendship,  
Verna Dennis, President 2006/2007

***Protect your Members***

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Please try to remember to shred?

Would you please always try to remember to shred/tear up the hard copies of your newsletters when you have finished with them? Your doing this will better protect the vulnerable privacy of those members whose own personal information is listed in the newsletters.

Burlington Newcomers'

Oakville Alumnae post a reminder

**IMPORTANT - Please Remember - Don't drink and drive.** If you live near enough why not walk round and take advantage of Oakville's safe streets. If you email the hostess, she will suggest car pooling opportunities with fellow members.

Life is too short for drama and petty things, so kiss slowly, laugh insanely, love truly and forgive quickly"

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## IDEAS FOR ACTIVITIES

### Book Club Selections

#### Halifax

*Animal, Vegetable, Miracle: A Year of Food*  
by Barbara Kingsolver.

#### London

*The Birth House* by Ami McKay

#### Mississauga

*The Secret Life of Bees* by Susan Monk  
Kidd

#### Ottawa

*The Age of Innocence* by Edith Wharton

#### Red Deer

*Icy Sparks* by Gwyn Hyman Rubio

#### ST Johns

*Human Bears* by Ron Pumphrey

### Appy Night

Appy night is a relaxed social event for newcomers, either single or with guests, to make new friends and enjoy each other's company while savouring a scrumptious smorgasbord of appetizers. Participants should take along a generous serving of their favourite appy and their own beverage of choice. The hostess will supply tea and coffee. This event is scheduled for the third Saturday of each month between 6:00 pm - 9:00 pm. It is left to the hostess to decide how many guests she will be comfortable entertaining. I will do my best to make sure the numbers are not exceeded. Our hostesses for this month are . . . Weather permitting, outside areas will be used. Please write one name per line so if you are bringing a guest you will need to use two lines. This is the only way we can correctly tally the numbers.

## REGIONAL NEWS

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### ST Johns

Over the summer, a list called **LOOK WHO SHARES YOUR INTEREST** was sent to **NEWCOMERS' members**. On this list were over 25 other interest group ideas that members had said they were interested in participating with other members. These are interest groups just waiting to blossom but will only start running if one of our members decides to become its convener!

"So, what does a Convener do?" you may be asking yourself.

The Convener's role is to see that the Interest Group meets regularly.

The Convener plays an important role in the success of the Newcomer's Club!

The Convener is responsible for the organization of the interest group by setting up dates and times for their meetings with the help and input from the interest groups' members. Think of yourself as the 'Captain of the Team' but the 'Team' is also there to help you run and organize the interest group too. Remember that the Convener can always contact the Second Vice-President at any time for assistance in setting up the Interest Group too. You are never alone and on your own!

The Convener is responsible for a newsletter advertisement each month from September to May that promotes and gives details about their Interest Group

### Joint Meetings and Activities

Promote Liaison between Newcomers' Club and Alumnae by having joint activities.

Calgary have a joint Coffee Break twice a month at a local coffee shop.

Kingston have a circulating book club and a cooking club that has members from both clubs.

Oakville have a wine appreciation group spanning newcomers' and alumnae. Husbands are welcome but not necessary. This month's appreciation is in the form of a tried and trusted POT LUCK BLIND Tasting. Participants bring their chosen wine with the label hidden in an LCBO bag and with the neck foil removed. Participants try to identify Chardonnay from Pinot Grigio or Merlot from Shiraz.

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### Editor's Note:

Thank you for your patience. I moved into my new home on August 10th. It's great to finally be one place and not living out a suitcase. I have a computer set up again and can peruse my email on a regular basis. I notice when I read your newsletters that more and more clubs are using the net to distribute their newsletters. Not only is this more economical but it's better for the environment. I read each and every newsletter you send me so please keep them coming. It's great when we can share ideas across the country.

Thanks

Jeanne Stoness

### Quotes from Club Newsletters

A mind once stretched by a new idea, never regains its original dimensions.

St Johns

The best blush to use is laughter:  
It puts roses in your cheeks and in your soul.

--Linda Knight London

Robin McGraw, tells us in her book, *In Side My Heart*, "I absolutely believe that in order for a woman to experience happiness, fulfillment, and peace, she needs to know two things: who she is, and who she is meant to be."

A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst . . . a spark that creates extraordinary results.

St Johns

### WEB SITES

St Johns, Nfld

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

London, ON

[londonnewcomersclub.com](http://londonnewcomersclub.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/>

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**REGISTRATION FORM**  
**NATIONAL NEWCOMERS' COUNCIL OF CANADA**  
**30<sup>TH</sup> ANNUAL GENERAL MEETING, SATURDAY, OCTOBER 13<sup>TH</sup>, 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. Conducting a business meeting Yes \_\_\_\_\_ No \_\_\_\_\_  
Producing a newsletter Yes \_\_\_\_\_ No \_\_\_\_\_  
Increasing membership Yes \_\_\_\_\_ No \_\_\_\_\_  
Implementing Change Yes \_\_\_\_\_ No \_\_\_\_\_

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

**FRIDAY EVENING GATHERING, OCTOBER 12<sup>TH</sup> - 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 13<sup>TH</sup> – 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. 12<sup>th</sup> 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 12<sup>th</sup>, 2007. **Free parking in hotel.**

**Please complete form before September 12<sup>th</sup>, enclose your cheque in the amount of \$35.00 (\$40.00 if after September 12<sup>th</sup>) 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**

**2007 - 2008**

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. \_\_\_\_\_ Postal Code \_\_\_\_\_

Area Code-Phone No. \_\_\_\_\_ E-mail \_\_\_\_\_

**MEMBERSHIP (Contact 2) Name** \_\_\_\_\_

Address \_\_\_\_\_ City/Prov. \_\_\_\_\_ Postal 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 30<sup>th</sup>, 2007**

\*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](http://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 \_\_\_\_\_

## TRIED & TRUE RECIPES

### Jessie's Tex Mex

#### Red Deer

- 1 lb. ground beef
- 1/2 onion (chopped)
- 1-2 tomatoes (diced)
- 7 oz. tomato sauce
- 1/2 pkg. taco seasoning
- 1 cup salsa
- 1 cup water
- 10 nacho chips-approx.(broken into bite size pieces)
- 2 pkgs. Lipton SideKicks Spanish Rice
- 1-2 cups grated cheese (cheddar or Tex Mex blend)

Brown ground beef and onion in large frying pan-drain. Add next 6 ingredients. Cover and simmer for 10 mins. Cook rice according to pkg. directions. Mix all together and put in a 9x13 casserole dish. Top with grated cheese. Bake uncovered @ 375 for 20-30 mins.

### Red River'n Oats Pancakes

From the Red River Website

- |  |        |
|--|--------|
| 3/4 cup boiling water                                      | 175 ml |
| 1/2 cup Red River Cereal                                   | 125 ml |
| 1 1/4 cup Robin Hood or Old Mill Oats                      | 300 ml |
| 2 cups milk  | 500 ml |
| 1 cup Robin Hood All Purpose flour<br>or whole wheat flour | 250 ml |
| 2 Tbsp sugar   | 30 ml  |
| 2 Tbsp baking powder                                       | 30 ml  |
| 3/4 tsp salt   | 3 ml   |
| 3 eggs   | 3      |
| 1/2 cup Red River Cereal                                   | 125 ml |

Combine boiling water and Red River Cereal.

Let stand 30 minutes.

Add oats and milk: let stand 10 minutes, until milk is absorbed.

Combine flour, sugar, baking powder and salt in mixing bowl.

Add eggs and oil to cereal mixture. Mix well.

Add to flour mixture, beating until smooth.

Spoon batter by 1/2 cupfuls (50 ml) onto preheated greased griddle or frying pan.

Cook until bubbles break on surface and underside is golden. Turn and cook other side until golden. Serve hot with butter and syrup or cinnamon honey butter.

Makes 18 pancakes

TIP Freeze leftover pancakes. Reheat in toaster or microwave.

**Red Deer**