

Connecting Canada's Newcomers from Coast to Coast

## 2008-2009

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## The BIG BIKE RIDE -for Heart and Stroke ~ Comox Valley Newcomers

The Big Bike Ride was again a HUGE success with the Comox Valley Newcomer Speedsters winning the much-coveted SPIRIT award for the second year in a row! Yes, that's right! We were the MOST spirited team that entered the event on June 21st in Comox.

Is that a surprise to any of you? Our team raised over \$8,000.00 which was the largest amount in the entire Nanaimo District with Sue Newman raising over \$1000.00 by herself and Dail McIsaac raising over \$500.00.

The Newcomer Speedsters also had the distinction of being the only team in the Comox Valley who had MORE bikers than seats so we actually did two rides to allow everyone to get a chance on the bike.

Accolades to a great team!!!! See you next year. Bev White will be coordinating this event so sign up soon!



## NNCC Call For Nominations

As per the bylaws of the National Newcomers' Council of Canada, the current executive are permitted to stay in their positions for a one year term. At the 2009 AGM in Cornwall, a new slate of executives will be elected by the attending membership.

We would like to invite our members from across Canada to consider serving on this wonderful council in any number of ways: as newsletter or web editor; as a regional liaison; as secretary; or as registrar/treasurer. The only restrictions are related to those representatives of certain regions (the representative member should reside in the related region), and the current registrar/treasurer is incumbent president.

It is not a requirement to be able to attend the AGM (although it is a great time to meet and get to know each other a bit) and teleconferencing has replaced

face-to-face Executive meetings. Computer access or skill is recommended but not essential unless you are newsletter editor or web editor. If you would like more information about these positions please feel free to contact President Susan Lotherington (president@nationalnewcomerscouncil.ca). **You do not need to attend the AGM for consideration. Nominations will be presented based on interest.**

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...A lady I met told me about Newcomers ... and my life changed overnight.

Watch for the NNCC 2009 AGM update in the next issue of *The Link*.



## Susan Lotherington ~ President

As I write this I wonder where did the last year go. Seems like only yesterday that we were gathering in Oakville for the 2008 AGM and here I am planning my trip to Cornwall the host for the 2009 AGM. I look forward to the friends that will be made there and to seeing old friends that were made at previous ones. If possible you should try and make it there - you will not be disappointed.

Perhaps you might consider joining us on the executive next year. Because our meetings are held via conference calls no one has to leave the comfort of their home to attend and it eliminates any out of pocket expenses. We are looking for enthusiastic people to come on the national board. To be nominated for a position you do not have to be attending the AGM, you only need to let us know that you would be interested and what position you think you would be best suited for. All positions are opened except Past President & President. The registrar treasurer from the previous year is the incumbent for President and the other is

self explanatory. Perhaps you might not be interested but know of someone in your club who would be great at this, you can nominate them as long as you have their permission. Please look over the positions and drop me a line.

Seven years ago when I moved to Ontario from Nova Scotia I thought I would never survive. A lady I met told me about Newcomers and asked if I would like to attend a meeting with her and my life changed overnight. I went from sitting at home with no friends wondering how I would ever fill my days to a filled calendar and nearly as many friends as I had back home. I only hope that everyone is as lucky to have such a positive outcome from their association with newcomers.

Since this will be my last submission to the Link as president I would like to take this opportunity to thank my hardworking executive for a job well done, you have made my time as president a joy.

Yours in friendship,

Susan

## Oakville Alumni 2011 AGM Time Capsule

Some of the things Oakville Alumni members are seeking for their 2011 AGM time capsule:

☞ a gavel was that was purchased and subsequently used by Executive members from the early 1990's is currently missing.

☞ In September 1993 the "Oakville Newcomers Recipe Book" was available for purchase - a copy is sought.

☞ Alumni Executive Committee minutes

celebrated the 10th anniversary of the Club in September 1991 - does anyone have memories of this celebration or of the founding of the Club?

☞ The May 1999 Alumni Executive Meeting minutes mention a 1977 photo album which they decided to keep because it marked the beginning of Oakville Newcomers. Does anyone have any information about this photo album?

If anyone can help, please contact Roseanne Partington at 905 827 2678.

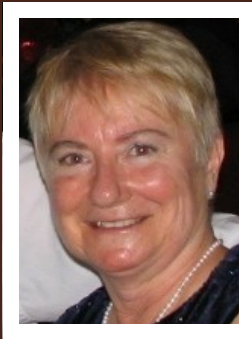
## Evadne Benson ~ Central Liaison

I just wanted to say what an honour and privilege it has been to represent the Newcomers and Alumnae chapters in Ontario and Quebec on the National Newcomers Council. I have met many interesting people, and made new friends during my term. At our recent London Alumnae dinner I encouraged

all members to consider this role on the national executive and invite members from across Ontario and Quebec to consider it as well.

It is a wonderful learning experience and I am grateful to have had the opportunity.

Evadne



The purpose of the National Newcomers Council is to act as an advisory body, facilitate the exchange of ideas between clubs, promote and/or publicize newcomer organizations....

### **Brain Gym**

Name ten 3-letter parts of the body.  
Note: These are not slang, or rude terms, nor foreign words. See page 8 for answers.

*(Thanks to Prunella Barlow for this little brain exercise.)*

## **Judy Francis ~ Registrar/Treasurer**

The fall is a very busy and exciting time for all the Newcomer and Alumnae Clubs across the country. For many members, it may be their first meeting and first step in getting involved with the Newcomer Club in their area. The key is to participate in the activities that interest you, perhaps even start a new activity and wonderful friendships will quickly follow. Many of the clubs have new executives with lots of fresh ideas, enthusiasm and determination to make this the best year ever! This is also the time of year when Newcomer Clubs across the country renew their membership with the National Newcomer Council of Canada and we now have over 50 clubs actively signed up from coast to coast. The Clubs that belong to the National Newcomers Council vary in many ways. Some clubs are exclusively for women, some are mixed, some are large, some small, some are for Newcomers only, others are for Alumnae only or mixed Newcomers & Alumnae. Each club is self-administered and establishes their own set of by-laws. The purpose of the National Newcomers Council is to act as an advisory body, facilitate the exchange of ideas between clubs, promote and/or publicize newcomer organizations, provide an up to date register on the website and supply information and assistance to people wishing to establish a newcomers or alumnae club. There is also an AGM which member clubs are invited to attend and we currently have over 60 representatives attending the AGM in Cornwall on October 17,2009. We welcome all the clubs across Canada and look forward to sharing ideas and friendships throughout the year.

## **Lethbridge Newcomers**

### **Road Rally & Hutterite Colony Tour**

On May 23, members of the club participated in an organized road rally which took us from Lethbridge to Pincher Creek following a route map and a detailed questionnaire. It was a very pretty drive especially when we turned south at hwy 810 from Fort MacLeod and then when we turned west on hwy 507 to Pincher Creek. In Pincher Creek, the members regrouped and proceeded to the Pincher Creek Hutterite Colony for lunch and a tour of the colony. After a delicious lunch, dessert and singing by the Hutterite ladies, we were shown all areas of the colony: dairy farm, auto shop, carpentry shop, egg-laying barn, chickens, church, laundry and school. Our guide was willing to answer all our questions. It was a very educational and interesting tour which gave us an insight into the Hutterite culture.

## **A NOTE FROM LONDON NEWCOMERS' PRESIDENT JACKIE SIMMONS**

Renew, renew, renew. That's what all members must do. Our year is done and I hope you had fun. So what the heck, send a cheque. Remember, to return in September, it's time to renew. Wow, how talented. I amaze myself sometimes.

We had a really amazing year, with so many good things happening. We had a wonderful 35th anniversary celebration with the Alumni at our joint dinner in April. Your Executive worked really hard and we went from a membership of 62 to 106, and maybe a few more. Opening up the membership to ladies who are widowed, divorced or separated was something I am so proud of. The best part of that change was seeing so many new members out at lots of activities.

## Bernice McNulty ~ Past President

After serving three terms on the Executive it is time to say "Good-bye".

It was a wonderful experience working with ladies from across the country. Since our Executive consisted of members from Nova Scotia, Ontario, Alberta and British Columbia it was impossible to meet regularly face-to-face. Using e-mail, conference calls, etc. we got to know each other and became a 'family' working towards a common goal. Our aim being to promote friendship and aid member clubs to uphold the principles of Newcomer clubs in Canada.



As Past President it has been my duty to act as liaison for the AGM with the Cornwall Newcomers Club AGM Committee. It was a joy working with a group of dedicated ladies who had been working diligently for the past year to make this year's AGM a truly memorable occasion.

I look forward to seeing you at the AGM where you are certain to make new friends and have a great time.

## Tidbits

**Kingston Newcomers Club** and their sister Alumnae members were able to have a novel tall ship sailing experience aboard the brigantine St Lawrence II on Lake Ontario. This unique event took place on September 12.

**Guelph Newcomers Club** shared the following information with its members:

With cold weather and the flu season coming up we all turn our minds to our health, how we will fare during the cold winter months and what we can do to ward off illness. Eating well is always a smart defense and including anti-oxidants in our diet goes a long way in building up our immune system. Here are twenty high anti-oxidants foods to think about adding to your grocery list: Small red beans, wild blueberries, red kidney beans, pinto beans, cultured blueberries, cranberries, cooked artichokes, blackberries, prunes, raspberries, strawberries, red delicious apples, granny smith apples, pecans, sweet cherries, black plums, cooked russet potatoes, black beans plums, gala apples. Hope everyone has a healthy winter!

**Oakville Newcomers Alumni Club** recycle the large outer milk bags are being used to make sleeping mats for distribution to third world countries. The bags are cut into strips and then crocheted by some of the Newcomers Alumni members into 5 ft by 3 ft mats.

**Newmarket and Area Newcomers** held a Charity Casino and Year End Party! The club's members raised funds for Canadian Cancer Society for Breast Cancer Research through a charity casino night this past June. The \$10 donation at the door was split between the charity and the top three winners of the night (bring your lucky charms ladies). Additional fundraising activities included a pink M&M guessing game and the selling of 50/50 draw tickets and a signature pink martini, etc. All members wore a **PINK** item of clothing to help support Breast Cancer!

The **Toronto Newcomers Club** voted to make International Women's Day a club event, recognizing the importance of this date.

## Helpful Hints ~ Coast to Coast

From **London Newcomers Alumnae** comes the very useful "Drivers Anonymous": In their 8th year of providing driving service for members who need a lift to the monthly general meetings. If members are unable to drive at night, or for any reason at all a lift is needed, members simply call a committee member and arrangements are made.

From **Cornwall Newcomers & Alumnae Publicity**: members offered to approach their hairdressers with information on Newcomers. As hairdressers are in contact with many women daily, they could be of great help to spread the word as they chat with their clients

Fundraising idea from **Oakville Newcomers and Oakville Newcomers Alumnae**: Cookbook Project with proceeds going to local charities.

A new idea from **White Rock South Surrey Newcomers** is to hold an annual book exchange—to reduce, reuse and recycle with left over books going to charity.



## Lise Marvel ~ Member at Large

Greetings from Cornwall! I can't believe my year on council as member at large is almost over. The past year working with Susan Lotherington as President at the helm and Verna as my patient coach and all the other executive has been a very interesting and rewarding year. Thank you to you all. We look forward to seeing everyone soon at the AGM here in Cornwall. Our special team of ladies for the Alumnae group Liz and Joyce have done a wonderful job getting ready for your visit. And oh yes the 3 sheep are anxious to meet everyone Friday night. One has been acting up - you guessed it - the boy. Hopefully we are not down to only two by the 17th. See you soon!



*Lise's sheep are Timothy Ross, next is his mother Heidi, and then Abigail a very spoiled old aunt who is the star at our 200th oldest fair in Canada.*

## Proposed NNCC Bylaw Amendment

As per the National Newcomers' Council of Canada Bylaws, we need to inform our membership of any proposed Bylaw amendment that will be presented at the October Annual General Meeting.

Please be advised that the following amendment will be presented for vote by the attending members:

**To rename the position of website coordinator to website editor and further modify the website editor's position so that it is a voting director position.**

This would make the website position an executive position, equivalent to all other directors. This was passed by motion at an executive meeting. It now requires a vote by the general membership at the AGM for inclusion in our bylaws. A bylaw amendment request will also have to be filed with the Province of Ontario. Please direct any questions to President Susan Lotherington ([president@nationalnewcomerscouncil.ca](mailto:president@nationalnewcomerscouncil.ca)).

## Web Update

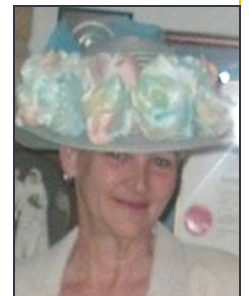
Thank you to former National Council Board member Amy Johnson of Strathroy, ON for her assistance in helping us set up our new web-site.

Also thanks for originally getting the National up on the web; it has been a great asset to the organization over the years.

I would love to have some new pictures to use to decorate our web-pages.

Please send .jpgs to [friends@nationalnewcomerscouncil.ca](mailto:friends@nationalnewcomerscouncil.ca).

Verna Dennis, Web-Editor



**Verna Dennis  
NNCC Web Editor**

## The Link ~ Connecting Your Club!

How fast a year can fly by! It has been an amazing time for me as editor, in the unique position of reading so many newsletters from so many of our member clubs. I am constantly amazed by the energy and enthusiasm across this great country. I enjoyed the challenge of perusing the newsletters sent to me and have sought to provide interesting and insightful and inspirational pieces from here and there. I will miss this challenge, but I am certain that the next editor for *The Link* will do the same and provide the connection that is so necessary for a country that is as large as ours is with so many diverse yet unified (in spirit and mission) clubs.

It is my hope that in my next position on the Executive of the National Newcomers' Council of Canada I will be able to build on my newly formed appreciation for the many sister clubs that have membership with the NNCC and I seek to find more ways to strengthen the ties that bind us all. I look forward to meeting you at the Cornwall AGM.



**Suzanne Brett Welsh  
*The Link* Editor**

Email your club newsletters to [newsletter@nationalnewcomerscouncil.ca](mailto:newsletter@nationalnewcomerscouncil.ca).

## Local Notes ~ From Here *and* There

### THE GOLDEN OIL – CANOLA

Fields of bright yellow canola anchor an industry that sends oil around the world. Canbra Foods is a leading producer and exporter of food-grade canola oil, high protein animal feed pellets and environmentally friendly lubricants.

The company, originally called Western Canadian Seed Processors, got its start in 1957 squeezing oil out of sunflower seeds. It soon switched to rapeseed, producing a marine lubricant, an edible oil and animal feed. When agricultural scientists developed a new healthier strain of rapeseed, a new name was in order. Representatives from the oilseed-crushing industry met in Calgary in 1978 and named the new variety Canola for Canadian Oil. Canbra Foods ships its Lethbridge products to thirteen countries. *From Lethbridge Newcomers*

### Vancouver Bridges

**Capilano Suspension Bridge** was originally constructed in 1889. It hangs 230 feet above the Capilano River and continues to be one of the most popular tourist attractions in the Greater Vancouver Area.

**Lions Gate Bridge** was completed in 1938. It links the North Shore with Vancouver and surrounding area. It is named after the Lions, the distinctive twin peaks that guard the entrance to the inner harbour.

### Sarnia's Port

Sarnia, ON is the largest city on Lake Huron, located where the three upper Great Lakes (Michigan, Huron and Superior) empty into the St. Clair River. The Sarnia port is still an important centre for lake freighters and "salties" carrying cargos of grain, ore, and petroleum products.

## Sharon Smith ~ Alumnae Representative

October is here and my term as Alumnae Rep is coming to an end. I have been on the National Executive for the past two years, the previous year being Member-At-Large. It is such a great opportunity to meet and socialize with ladies from across the country. If were talking on the phone or in person there's this instant bonding. We all know what it's like to move and start over again that right away we have things in common. I would encourage anyone in Newcomer's or Alumnae to join in and get involved either with your own Club's Executive or the National Executive or both like a lot of us in these positions. It is a great experience and attending the National AGM's has been so much fun.



Sharon Smith  
Alumnae Rep.

## Teamwork: A New Approach

At the North Vancouver Newcomers' April Planning Meeting members indicated they wanted some kind of a buddy/mentoring system for new members. Teams provide a framework that offers support to new members, while better supporting ALL members and increasing their participation.

Team Format:

a) There will be five teams, each responsible for two meetings:

- Fitness - October (Speaker), May (Special Event)
- Travel - November (Special Event), March (Dinner)
- Dining - December (Dinner), April (Speaker)
- Arts - January (Speaker), June (Dinner)
- Social - February (Special Event-Pot luck), September (Special Event)

b) Members will choose a team based on their interests. For example, if you like to walk, hike, play golf, or watch sports, you might choose to be on the Fitness Team.

You also might like to cook, go out for dinner, and enjoy new wines. Should you choose the Dining Team? Hmm, you can be on only one team so you have to decide between your two interests.

c) New members will join a team according to their interests and possibly their proximity to other members. The Membership Coordinator will notify the team.

d) Each team will select two leaders who will coordinate participation at meetings, new member support, etc.

*From the NOVA Newsletter. Editor's note: It will be interesting to see how this works for this Club.*

**A novel way to integrate new member support with monthly dinners or special events planning.**

## More Novel & Interesting Activity Groups

While it would be impossible to highlight all of the activity groups that each club offers to its members, a few pop out as being a bit more unique or off beat. This column hopes to inspire more different groups to be created across the country.

Vancouver Newcomers and former Newcomers enjoy power walking the seawall that protects Stanley Park. Thornhill Newcomers have a historian, a Poets' Lunch and a News Corner. Newcomers in White Rock/South Surrey get together for Drumming & Chatting, and a Women Overboard group (board games from Europe provide themes for everyone's fancy), and Card Making (greeting cards, boxes, baskets, tags, etc). A few clubs encourage linguistic expansion in French, Spanish and German. The Ajax Pickering Newcomers enjoy Kalookie and

Zumba and have a "guinea pig" foodie club (no they don't cook with them! They just try out new recipes on likeminded members). London Newcomers can share their travel experiences in their Armchair Travel group, or work out with the Wild Girls pole dancing (a legitimate form of performance art and fantastic exercise). Waterloo and Region Newcomers and Alumnae have just started the Antiques, Auctions and All group—hoping to enjoy their shared passion for collectibles.

Comox Valley Newcomers have Appy Night, Betwixt and Between (for younger Newcomers), cycling (long road and short), as well as an alliance with the local seniors curling club. And Guelph Newcomers have an Astronomy group that meets monthly to gaze at the stars and beyond.

### National Newcomers Friendship Pin

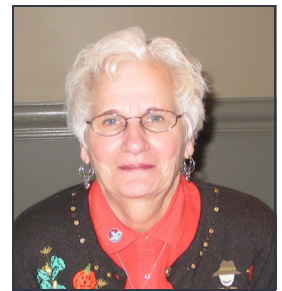


See page 8 for more information

### Beryl Keilty ~ Eastern Liaison

Greetings from the colourful Atlantic Provinces. If you are thinking of taking a Fall holiday, you should consider the Cabot Trail. The colours are outstanding this year.

I am especially looking forward to our National meeting in mid-October, as my good friend Lise is hosting the Friday night "Meet and Greet". It is always a fun time and you get to meet Newcomers from across Canada. See you in Cornwall. In friendship, Beryl



Beryl Keilty  
Eastern Liaison

### MENTORING COMMITTEE ~ West Vancouver Newcomers Club

A mentoring committee was set up due to concerns from members at our May meeting that new members would appreciate more follow up and information from dedicated members. This would also relieve the board members, such as the President and Vice, of this responsibility.

We agreed that there will be 2 or more members (not necessarily committee members) present at our monthly meetings who will be responsible for overseeing that new members are made to feel welcome by: a) explaining the different activities available to sign up for; b) finding out what they are interested in and encouraging them to get involved with the activities; c) providing a lift on first meeting and/or activity; and d) arranging for them to sit with

members who might have common interests.

ASK ME badges would be worn by those members on duty for the meetings. Responsibility will change and be flexible for each meeting. The committee will arrange for 'follow up' calls to new members, as this would be another good opportunity to ask new member about activities they might be interested in and encourage participation. The committee is happy to welcome any other members who would like to volunteer as mentors on a 'as needed' basis. Anyone is welcome to attend our meetings.

**... new members would appreciate more follow up and information from dedicated members ...**



## National Newcomers' Council of Canada

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www.nationalnewcomerscouncil.ca

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**Brain Gym** answer: Eye, ear, lip, gum, jaw, arm, rib, hip, leg, toe.

## 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.nationalnewcomerscouncil.ca](http://www.nationalnewcomerscouncil.ca).

*Connecting Canada's Newcomers' from Coast to Coast*

## The Back Page ~ Butternut Squash Soup Recipe

### Ingredients

- 2 tbsp margarine
- 1 cup onion chopped
- ½ tsp. curry powder
- 3 cups chicken broth
- 1 cup apple juice
- 8 cups cubed squash cooked (buy the frozen bags at whole foods)
- 2 cups peeled chopped pears
- ½ tsp. salt
- 2/3 cup sour cream
- Parsley for garnish

### Directions

Cook onions in margarine until translucent; cook frozen squash until soft. Combine onions, squash, chicken broth, apple juice and pear in blender and puree. Warm puree in pot. Add curry powder, salt and sour cream. Heat and serve with parsley on top. Serves 6.

*Contributed to the Welcome Mat by West Vancouver Newcomer member Jan Stanley.*



## DID YOU KNOW?

The **NNCC Friendship Pin** was a Millennium Project for the National Newcomers Council of Canada.

These pins are:

- Manufactured by Bond Boyd, making jewelry for over 60 years; lifetime guarantee.
  - Approximately 1.5 inches
  - Made of bronze and plated with 25K brushed gold. The pin will not tarnish.
  - \$15.00 each including taxes.
- Friendship Pins are available at the AGM or by order form. You can find an order form at [www.nationalnewcomerscouncil.ca](http://www.nationalnewcomerscouncil.ca). Quantities are limited.

## Calgary Newcomers' 50<sup>th</sup> Anniversary Celebration and NNCC 34<sup>th</sup> Annual General Meeting in 2011

The first Newcomers' Club in Canada was established in 1961 in Calgary by Kay Dant. To celebrate our 50<sup>th</sup> Anniversary the National Newcomers Council of Canada AGM is being held in **Calgary September 16<sup>th</sup> to 18<sup>th</sup> 2011.**

The Newcomers' and NuGrads' Clubs of Calgary are co-hosting the National Newcomers' AGM 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 cap-

sule or scrapbook that reflects their organization. We plan to showcase the history and memories of each club at this most fantastic 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](mailto: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.**