

Victoria Women's Newcomers Club

Newsletter - SEPTEMBER, 2010

WWW.VICDAYNEWCOMERS.CA

Welcome back to all our members! I hope that you have been enjoying the warm summer weather. Although summer seemed slow to arrive, July and August have been magnificent months with (almost) non-stop sunshine. Victoria continues to be an amazing destination. Welcome back to those of you who have been traveling this summer and to those who have been entertaining friends and family members who love to visit Victoria. I know that I am looking forward to getting back to my regular routines.

As September is just around the corner, our first luncheon meeting of 2010-11 is rapidly approaching. As your incoming President, it gives me great pleasure to introduce to you our enthusiastic Executive committee. We are fortunate to have a mixture of new and returning members on the Executive. We are dedicated to continuing the fine work accomplished by last year's committee. It is our goal to provide for you interesting luncheon speakers and a wide range of activities that will promote friendships and provide supports for newcomers.

Our 2010-11 Executive is as follows:

President: Kathy Schaffer

Vice President: Dana Wallace

Treasurer: Nicola Whitham

Secretary: Donna Bain

Membership: Joanne Cape

Publicity: Andrea Ashton

Hostess: Jeanie Paterson

Newsletter: Bronwyn South

Luncheon: Peggy Bouris

Activity Coordinators: Pam Thompson & Agnes Amundrud

Our activities this fall cover a wide range of opportunities and we strongly encourage you to get involved. If there is something that you would like to do that we are not currently offering, please connect with our Activity Coordinators, Pam Thompson and Agnes Amundrud, We are always interested in starting new groups that meet our members' needs.

At our monthly luncheons, we will have a variety of speakers to entertain, inform and familiarize you with your new community. You will also have the opportunity to meet brand new members as they arrive in Victoria as well as connect with our more experienced members who joined our community several years ago. Moving to a new city is both challenging and exciting! If there is a topic that you think may be of interest to the membership, then please let our Vice President or myself know.

This is our first year where all former members renew their membership in September. We have tried to streamline the process by providing you with an electronic version of our renewal form. Thank you for taking the time to complete it before our first meeting. We are intending to be as organized as possible for receiving both new and returning members. If you have a comment or want to ask a question, please do not hesitate to contact me. I am looking forward to seeing you on September 15th. Take care.

Kathy Schaffer 778-430-1892 kathyschaffer@shaw.ca

NEWCOMERS LUNCHEON

September 15th, 2010 at Cedar Hill Golf Club

1400 Derby Rd @ 11:30

To make your reservation email v1newcomersluncheon@gmail.com.

New members and guests always welcome

Speaker for the September Luncheon:



June Swadron - Re-Write Your Life

June is a speaker, playwright, certified Life Skills Coach and Psychotherapist. She received her clinical designation with the Ontario Society of Psychotherapists in 1996. June is also the author of *Re-Write Your Life - A Transformational Guide to Writing and Healing the Stories of Our Lives*.

She has spent the last twenty years guiding thousands of students in writing and sharing their life stories through a deep and powerful process that completely transformed how they experienced their life journey.

June will be sharing the value of writing life stories as well as readings from her book plus information about upcoming classes. For more information her website is www.juneswadron.com

Sorry!

LUNCHEON CANCELLATION POLICY

At our luncheons, if possible, please pay at the door by cheque. The price for the luncheon is \$22.00 for members, non-members and guests. We are required to provide the facility with the number of lunch attendees on the Monday prior to the luncheon. If you must cancel your reservation please email v1newcomersluncheon@gmail.com by the Saturday before the luncheon. If you fail to cancel by this deadline, please send the Treasurer your \$22.00 cheque to cover the cost of your reservation.

WELCOME!!

A WARM WELCOME BACK TO ALL MEMBERS

NEWCOMERS ACTIVITIES for 2010/2011

Bridge

For years we have heard that playing bridge will keep our minds sharp. A recent study also claims that playing bridge improves the immune system and may help ward off colds! If you are a bridge player and are looking for others to play with (and you want to be smarter and healthier) join this group for a friendly game in members' homes. It's a great way to meet new friends and have a good time.

Book Club

Do you love to read and want to have an opportunity to discuss new books or some of your old favourites? The opportunity to be in a book club is always open to Newcomers. You may join an existing group if there are still openings or sign up for a new group.

Butchart Gardens Walks

If you enjoy gardens you'll marvel at the design and beauty of internationally renowned Butchart Gardens where 1,000,000 bedding plants in 700 varieties ensure uninterrupted bloom from March to October. In the early 1900's Jennie Butchart transformed a limestone quarry on her property into the Sunken Garden and added the Japanese, Italian and Rose Gardens, plus bronze statues, fountains and ponds. Butchart Gardens is a magical place and you'll leave refreshed and inspired. The group meets for coffee after the walk. The group meets outside the Gift Shop at 9:30 am.... you must have an annual pass to Butchart Gardens.

Coffee Social

This is a relaxed group who meet in each others' homes and who enjoy conversations on many topics. Returning members in the group are happy to answer Newcomers questions regarding settling into Victoria. By sharing our stories and resources we build a supportive environment that helps all of us with our adjustments to Victoria.

Couples Friendly Dinners

Meet other couples in the comfort of a member's home for a casual meal and conversation. The dinner is potluck with the host providing the main course and the guests bringing the appetizer, salad and dessert. Each couple brings wine. What a great chance to try out a new recipe or share one of your favourite regional dishes.

Couples Pub Night

Spend an evening socializing with other Newcomer couples in a casual setting while discovering the many neighbourhood pubs of greater Victoria. We'll visit Victoria's brew pubs and traditional English, Irish and Scottish pubs where many types of local beer and ales are on tap. The Newcomers group meets in a private area of the pub. Bring your partner and enjoy drinks, dinner, and stimulating conversation in a relaxed atmosphere.

Ladies Dinner Club

Meet other members in the comfort of a member's home for a casual meal, conversation and lots of laughter. The hostess provides the place, dishes, tea and coffee while the guests bring the potluck dishes coordinated by the convener, and wine or beverages of their choice.

Ladies Pub Night

Spend an evening socializing with other Newcomers in a casual setting while discovering the many neighbourhood pubs of greater Victoria. We'll visit Victoria's brew pubs and traditional English, Irish and Scottish pubs where many types of local beer and ales are on tap. The Newcomers group meets in a private area of the pub. Enjoy drinks, dinner and stimulating conversation in a relaxed atmosphere.

Mid Day Munchies

No fuss, no bother, no need to set the table - eating on our laps is just fine. Come share an informal and light lunch (salad, sandwiches and of course, dessert) in each others' homes. Hostess will provide coffee and tea and guests will bring the rest as an organized potluck. What a wonderful way to get to know each other and share some great food.

Mini Lunch, Restaurant

Did you know that Victoria has North America's second highest number of restaurants per capita? What a wonderful opportunity for you to visit restaurants, cafés and bistros that will tease your taste buds, with the opportunity to make new friends over a delicious lunch at locations that offer stunning views of the harbour and the mountains. The mini lunch group may try a local favourite restaurant or check out one of the hottest new eateries. Who says we can't explore Victoria through our stomachs!!

Mystery Book Club

Do you enjoy reading head-scratching whodunits, spine-tingling suspense, and psychological thrillers? Are you fascinated by intrigue? This is an opportunity to get together with other newcomers who love mysteries, to discuss your favourites and to be introduced to new mystery authors and their books.

Scrabble

Do you fancy yourself as a wordsmith? Here's an opportunity to get together with friends in the comfort of each others' homes to play a friendly game of scrabble, enjoy stimulating conversation and have coffee.

The Walkers

What better way to enjoy the beauty of Victoria, learn its history and discover its treasures than by a 1 1/2 hour walk, (approx. 5 km.) with friends. We benefit from exercise while we walk, talk and get to know each other! Walks are varied and planned to take advantage of the seasons. For example, we go on casual coastal walks at Saxe Point, discover the first flowers in the spring in the parks, marvel at the baby goats in Beacon Hill Park, meander along the back lanes of Oak Bay, or find Emily Carr's grave. Of course, we reward our efforts at the end with coffee and more talk.

Day Tours

Sample day tours include Empress Tea and Tour; Ghostly Walks; and Tour of Chinatown.

If you are interested in joining an existing group or forming a new group, please sign up at the next meeting or contact one of the Activity Coordinators.

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