



## AUGUST 2011 - NEWSLETTER

### Letter from your President

The month of June is the midway mark for the activities of the CSA-Toronto for 2011. It is gratifying that all activities planned have been effectively implemented and the plans for the next 6 months have been approved by the Executive at its last meeting held in June 2011.

Let me use this medium to remind our members that "a chain is as strong as its weakest link" so we have to ensure that all members plan to go the extra mile in supporting all agreed activities for the rest of the year - One way to do this is to include the activities in your diary and involve families and friends when possible in a timely manner.

Marcella Paz y Puente who is now the chair of the Welcoming Committee as well as those who have volunteered to serve with her must be congratulated. The interest groups need to be energized similarly by volunteers. These areas of the Association are crucial, as they broaden, arouse interest, strengthen the Association and present it as a good option for new spouses to register and become members as soon as they arrive in Toronto.

It is my wish that all members will enjoy the Summer break and return energized and committed to serve effective September when we will have a "Sizzling Summer Lunch and more" to be hosted by our First VP.

*"One can never content to creep when one feels the impulse to soar".....(Helen Keller)*

Lola Ramocan  
President

### The Courtyard by Marriott Downtown Toronto

The interactive cooking demonstration was very well attended and we had a fantastic time. The food preparation by Chef Brian was very interesting as he shared some "tricks of the trade" in certain food preparation. Chef Brian also talked about the benefits of organic food and that the Marriott is very diligent about this process. All the guests were handed a gift bag which contained some wonderful organic products and a most delicious dessert which we got to take home with us. We were then treated to a scrumptious two-course organic lunch as well as a glass, or two, of wine. The comments from our members have been very positive and the Hotel is also willing to host us again should we so wish.

## Upcoming Events - Please keep these dates open

### September 20th - Guests to lunch in Etobicoke at residence of Nigel Brown

**Time: 11:30 a.m.**

**Please RSVP by September 13th to - Rita Vassallo at [mvassallo@rogers.com](mailto:mvassallo@rogers.com) or 905-771-6770**

"Nigel & Bernadette cordially invite members to lunch at their residence on Tuesday, 20th September. If you can arrive by 11.30am for a short club meeting before lunch is served it would be appreciated. Please note that The Kingsway is a no parking zone so after filling the driveway with cars it will be necessary to park on one of the streets off The Kingsway.

There will be a raffle in aid of the association. If you have any spare pens or pencils lying around, please bring them along for Pencils of Hope."

## **FUTURE EVENTS**

**October 29th - Join and encourage our spouses to attend**

**The Annual Consular Ball**

**October - Visit to Bata Shoe Museum -**

**November - "Mexican Folklore Fashion Show"**

### **Welcoming committee**

Our welcoming committee is in the process of preparing a "Welcoming" folder which will provide information to any newcomers in Toronto. The welcoming Committee Chairperson, Marcela Paz ye Puente, will be heading this committee and will be informed by the Ontario Protocol Office of new arrivals in Toronto. Your assistance may be needed from time to time to ensure that we acknowledge and greet any new arrivals in our midst.

### **Projects**

The "Pencils of Hope" project for African children is doing great. We have filled quite a few shoe boxes with the pens, pencils etc. and have handed them over to Nigel.

*"Thank you to all members who have so kindly & generously donated pens, pencils & other items to go to African school kids who really need them! As a result, I'm now looking to hear from anyone who is going to Africa in the next few months, who could carry a small box or shoebox full of equipment (a maximum of about 1.5kg), to be donated to a school in need there, either directly or through a Rotary club." - Nigel Brown*

Please email me on [bhunkelerbrown@gmail.com](mailto:bhunkelerbrown@gmail.com)

### **Cookery Book**

To commemorate our 25th Anniversary the Executive committee will work on reissuing our "International Culinary Delights" cookery book which was originally printed in 2005.

We will need all our members to provide their favourite recipes from their countries to be included in this edition. The more members involved the more interesting the book will be!!!

Details to follow.

### **Treasurer required**

The position of Treasurer on the Board has been vacated and we would like nominations from you our members.

### **Website**

We would like to advise you all that our website is being updated and that it should be up and running soon. As an executive committee we encourage you to log into our website to find out more of what is happening in our Association. For security purposes we will be providing a password to enter particular sites in our website

<http://www.consularspouses.org>

### **RECIPE OF THE MONTH - TAKEN FROM COURTYARD BY MARRIOTT - INTERACTIVE COOKING DEMONSTRATION- JUNE 9TH, 2011**

#### **Entree**

##### **Phyllo Wrapped Chicken Breast**

4 single organic chicken breasts - seasoned with salt & pepper and seared in butter

##### **Filling:**

½ cup chevre (goat cheese)

1 tbsp cranberries - sun dried

1 tbsp prosciutto - diced into small pieces

lemon zest from 1 lemon

Salt and Pepper to taste

##### **Wrapping**

3 sheets phyllo

¼ cup butter (melted) or olive oil

2 tbsp chives (chopped)

Salt and Pepper to taste

##### **Method:**

Preheat oven to 400°F.

Combine all the ingredients of the filling and set aside

Cut a 1.5" incision in the side of the chicken breast

Place a quarter of the filling into the chicken breast

Place a strip of phyllo pastry, brushed with butter and sprinkled with

chives, over the chicken to secure the opening Bake for 25 minutes or until

the filling is bubbling and the top is brown - Serves 4