



## MAY 2011 - NEWSLETTER

### Letter from your President

The CSA- Toronto is entering its 25<sup>th</sup> year in 2012 and as members we must be proud of our consistency in spite of the challenges.

We must ask ourselves the question, "To what extent have we fulfilled our mandate in Article II of our constitution:

"..... to enable the members to become better acquainted; to strengthen the ties between Canada and other nations; to welcome newcomers to the city of Toronto; to exchange views of mutual interest and to assist in facilitating all members with the opportunity to enjoy and explore the wonders of the City of Toronto and the Province of Ontario."

We need to look back into our records and carefully document our achievements and challenges as we plan to celebrate this milestone. We are inviting everyone especially those among us who have institutional memory of many years to be a part of the process to plan our celebration for 2012 and for the years ahead.

The planned activities for 2011 need the support of all members in order to achieve the expected outcome, so again I ask that each member keep the dates in mind as well as have them documented to ensure attendance and active participation - ensure that your Consulate/Embassy/office is represented at every activity.

*"The secret of success is constancy of purpose." ..... Benjamin Disraeli*

Lola Ramocan  
President

### Visit to Solange Estcoteguy's residence

Our visit to Solange's residence was very interesting. Solange is a visual artist, painter and sculptress.

She gave a fascinating power point presentation on the uses and different methods of paper mache which was started in China in the 2nd century and arrived in Europe in the 9th century. Her residence is a reflection of a superb artist as she exhibits her "pieces" in all her rooms. She also exhibits her art in many countries throughout North and South America.

Solange also gave us the opportunity and guided us to try our hand at creating our own piece of art.

She was the ultimate hostess, as she treated us to a wonderful lunch. We all had a wonderful time and on behalf of the all the members there we wish to say a heartfelt Thank you.

## Upcoming Events - Please keep these dates open

**June 9th - 10:30 a.m. Interactive Cooking Demonstration followed by lunch**

**Where: The Courtyard by Marriott Downtown Toronto, 465 Yonge Street, Toronto**

**Subway access - I block north of College Station**

We are given the opportunity to interact with the executive chef at the Courtyard by Marriott in his **organic cooking demonstration**. He will give us feedback on the advantages of preparing organic food and we will be assisting in these preparations. - Lunch to follow will be purely organic. An opportunity of winning "Dinner for Two" courtesy of the Courtyard by Marriott.

**Please feel free to bring a guest**

**Cost: \$25.00 for member and \$30.00 for guest.**

**Parking complimentary**

**Please contact Rita at 905-771-6770 by June 6th or**

**Email: [mvassallo@rogers.com](mailto:mvassallo@rogers.com)**

**July and August - No events**

**We will return in September with a wonderful lunch get together**

**Interest groups**

We wish to encourage interest groups and would appreciate if anyone would be willing to take on the task of coordinating these groups

Book Group

Cooking Group;

Walking Group - We are hoping to join Oakvalley Group.

**Welcoming committee**

We have formed a welcoming committee to assist Lola in welcoming any newcomers to Toronto. Marcela de Toussaint, together with Patty Peral, will be heading this committee. A member of the Executive Board will also form part of this committee.

We need to encourage membership in the Association and welcome any new arrivals in our midst.

**Projects**

We all have too many extra pens in our homes which we do not use.

Nigel Brown, has organised a "Pencils of Hope" project for African schoolchildren.

Pens, pencils, erasers, rulers & pencil sharpeners will also be accepted.

**COLLECT ALL YOU CAN LET US FILL A SHOE BOX OR TWO!!**

**Cookery Book**

To commemorate our 25th Anniversary the Executive committee will work on updating and 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.

**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 INTERNATIONAL CULINARY DELIGHTS - CSA MEMBERS 2005**

**Entree**

**Lemon Artichoke Chicken - Raquel Costa (France)**

4 single chicken breasts (skinless and boneless)

4 tsp all purpose flour

1 tbsp corn oil or sunflower oil

1 medium onion, finely chopped

1 cup sliced mushrooms

1 clove garlic

½ cup chicken stock

2 tsp lemon juice

1/3 cup dry white wine

1 bay leaf

2 tbsp finely chopped parsley

½ tsp dried or 2 tbsp fresh basil

14 oz can artichoke hearts packed in water, drained and halved

salt and pepper to taste

½ lemon, thinly sliced for garnish

Method:

Dredge the chicken in flour. Heat the oil in a large heavy saucepan. Add the onion, mushrooms and garlic; sauté until soft. Add the chicken, stock, lemon juice, wine and bay leaf. Bring to a boil, then reduce heat and simmer, uncovered for 10 minutes. Stir in the parsley, basil and artichokes. Turn the chicken breasts over in the sauce, cover and simmer 10 minutes longer, or until the chicken is cooked and the sauce is slightly thickened. Season with salt and pepper and garnish with lemon.

Serves 4.