

The

Citizen

DURHAM REGION'S
DIVERSITY FOCUSED NEWSLETTER
Issue 18 2013



**LOCAL DIVERSITY
AND IMMIGRATION**
Partnership Council

Celebrating Canadian values: respect, freedom, justice and peace

Every society has values that are important to it and that set it apart from others. Many Canadians feel that its values are what make Canada the best place in the world to live. Canadian values include freedom, respect for cultural differences and a commitment to social justice. We are proud of the fact that we are a peaceful nation.

On Dec. 10, we celebrate International Human Rights Day, a United Nations day to recognize that as a global community we have committed ourselves to a set of key principles, the Universal Declaration of Human Rights (UDHR). The UDHR starts out by saying that "...recognition of the **inherent** dignity and of the equal and **inalienable** rights of all members of the human family is the foundation of freedom, justice and peace in the world". Canadians were instrumental in the drafting of the UDHR and we can see Canadian values reflected in its wording.

As we move into the holiday season, this issue is celebrating all that is great about Durham region. Our community members, institutions, agencies and volunteers all make this a truly welcoming community that values freedom, justice and respect for differences.



Marlene and Bromley
Armstrong

One member of our community who stands out as an **exemplar** of Canadian values is Bromley Armstrong. This fall, he was awarded an honorary Doctor of Laws from York University in recognition of his service to Ontario. Dr. Armstrong, has worked to promote race relations, labour relations and social justice for over 60 years.

In his Convocation address, Dr. Armstrong touched on many topics: why he spoke up for unionized workers and for people who were denied citizenship and pensions for lack of a birth certificate; lobbying the Diefenbaker government to change immigration policy to accept immigrants on the basis of skills and education; and the role he played in the early 1950s in having two landmark pieces of civil rights legislation passed in Ontario. York University president and Vice-Chancellor, Mamdouh Shoukri, commented that, "Mr. Armstrong's dedication, passion and lifelong commitment to the battle against racism is a model worthy of emulation." We agree.

Words in **red** throughout the newsletter are defined in the glossary on page 10.

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World Religion Day: Celebrating with the Durham multifaith community

The Durham Multifaith World Religion Day Committee would like to warmly extend an invitation to the 8th Annual Multifaith World Religion Day Celebration. This event will be held Jan. 19, from 1 to 4:30pm at Sunderland Memorial Arena Auditorium, 20 Park St. E., Sunderland.

This is an event that was **inaugurated** 64 years ago and is now celebrated worldwide. It had the aim of fostering the establishment of interfaith understanding and harmony by emphasizing the **common denominators** underlying the world's great religions.



religious and faith groups invited to come together on this celebratory day in fellowship and prayer. The theme of this year's event is 'The Relevancy of Faith to Society building and Social Cohesion.'

The Township of Brock, as host of this year's World Religion Day gathering, will play a **meritorious** role towards cultivating a **requisite** harmony and understanding, a harmony and understanding that naturally evolves from sincere and respectful celebrations of this nature, and which serves to nurture and secure peaceful relations among its

participants.
Everyone is welcome!

Durham Region is home to a wondrous diversity of cultures and ethnic groups many of whom express their faith as members of the varied

Donald Igbokwe
Chair Durham Region Multifaith World Religion Day Committee

Cross-cultural celebrations: New light, new year and new birth in Durham



As our friends and colleagues celebrate their traditions and holidays, it's great to be able to share a greeting with them. Here is a peek at the festivals of light this time of year in Durham. Diwali, celebrated by Hindus, Sikhs and Jains worldwide, has just occurred. You can say "Shubh Diwali" for "Happy Diwali". For Hanukkah, you can say "Chag Hanukkah sameach" for "Happy Hanukkah". A Sri Lankan festival of bounty, Thai Pongal, occurs in January. You can say "Happy Pongal". African Americans celebrate Kwanzaa between Dec. 26 and Jan. 1. An ancient Iranian festival of light and birth called Shab-e Yalda, dates from the sixth century BCE. You can say "Shab-e Yalda Mubarak".

New Year's Eve occurs on Dec. 31 in the West, but the Scots call it Hogmanay. In Japan, New Year is Shogatsu and to wish "Happy New Year", you say "Yorokobu". In Vietnam, it is Tết Nguyên Đán or simply Tết and you say "chúc mừng năm mới". For Chinese New Year, "Gōng xi fā sái" is Mandarin while "Gung hei faat choy" is Cantonese for "Happy New Year".

Christmas, a major festival of birth, has many names from Noël to Kristúyenna (Greek). Another festival of birth Mawlid al-Nabi is that of the Prophet Muhammad. It will be celebrated on Jan. 14 and you can say "Eid Mubarak". To Sikhs, who will be celebrating the birthdays of founding Gurus, you can say "Happy Gurpleb".

So, happy holidays to everyone!

Sally Grande
Multicultural Council of Durham

Celebrating snow!

Newcomers to Canada may have mixed feelings or get negative messages around snowfalls and the inconvenience they represent. I prefer to think of snow as an opportunity rather than precipitation. I see snow and I am immediately reminded of times I spend shovelling with my Dad. We lived in the country and had by all standards a long driveway. We would grab our shovels and somewhere between the top and the bottom of the driveway we had discussed schools, dreams, lunch and God. We debated, and in our minds solved the world's problems one shovel full at a time. I don't remember if I complained about helping, but I suspect I did.



Audrey and her son, Sam, taking a break from solving the world's problems.

I have my own driveway now and have resisted buying a snow blower reducing the driveway to a one person job. On occasion I find myself outside shovelling the driveway with one of my children discussing schools, dreams, lunch and God. We debate and solve the world's problems one shovel full at a time. They complain and I ignore them hoping that someday in their adult lives they will only remember the good parts too. Like most things in life, perspective is a choice – I choose to celebrate snow. So, if you are new to Canada or just open to a new way of thinking of snow, perhaps you too can grab two shovels instead of just one.

Audrey Andrews
Manager, Diversity & Immigration Program
Region of Durham

Winter in Canada: Some tips for clearing snow

- Always try to push snow rather than lifting it.
- Protect your back by lifting properly and safely:
 - stand with feet at hip width for balance
 - hold the shovel close to your body
 - space hands apart to increase leverage
 - bend from your knees not your back
 - tighten your stomach muscles while lifting
 - avoid twisting while lifting
 - walk to dump snow rather than throwing it
- When snow is deep, shovel small amounts (1-2 inches) at a time.
- If the ground is icy or slippery, spread salt, sand or kitty litter to create better foot traction.



For more snow safety visit www.torontoems.ca/main-site/careers/safety-tips/show-shovelling.html

And one last tip, have fun!



Celebrating holidays and traditions? Don't forget to feed your green bin



This time of year, there are many traditions celebrated by various faiths, many of which involve meals enjoyed with family and friends.

Did you know that about 30 per cent of your garbage is made up of kitchen food waste? By composting your kitchen food waste you can help reduce the amount of garbage going to landfill.

When hosting holiday celebrations this year, remember you can put the following in your green bin to be composted by the Region of Durham:

- Leftovers such as meat trimmings, fruit and vegetable peels and cores, and other food scraps.
- Paper towels and napkins, paper plates, paper cups, paper table cloths and other food-soiled paper products.
- Cut flowers and houseplants (potting soil removed).

- Nuts, shells, seeds, rice and even spices.
- Small amounts of used cooking oil and grease.
- Shells from seafood including shrimp, crab and oysters.

Here are some tips on caring for your green bin:

- Remove food from plastic bags and packaging.
- To keep your food waste from sticking to the green bin during cold weather, line the bottom with newspaper or a paper egg carton.
- Use paper bags from popcorn, sugar, flour or potatoes to hold your material and prevent waste from freezing to the green bin.
- Wrap wet food waste (such as meat, fish, fruit and vegetable waste) in newspaper or paper towels.
- Please don't put your small kitchen catcher at the curb.
- Set your green bin out on the morning of collection day (before 7 a.m.) rather than the night before.

For more tips, visit www.durham.ca/waste.

Travelling over the holidays? What you need to know about car seat safety

Celebrating with family and friends is what makes holidays special. Travelling safely is important. Using a car seat correctly can reduce fatal injuries by 71 per cent for infants and 54 per cent for toddlers. Correct use requires the following: choose a car seat that meets your child's height and weight; install it according to the car seat and vehicle manuals; and harness your child into the seat properly every time.

Durham Region Health Department has information to help. Visit www.durham.ca/carseatsafety for checklists, community resources and on-line videos. **Video links are available in Arabic, Chinese, Korean, Portuguese, Punjabi, Spanish and Urdu.** Public health nurses can answer your questions; call Durham Health Connection Line at 905-666-6241 or 1-800-841-2729, Monday to Friday, 9 a.m. to 6 p.m.

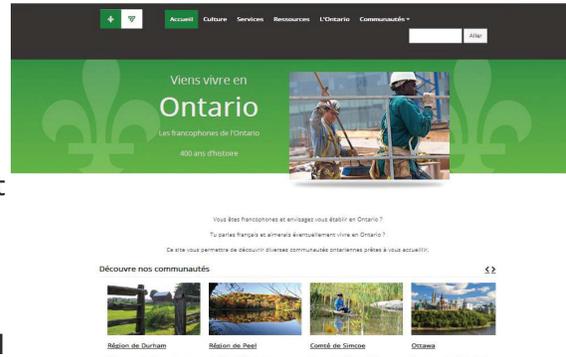
In Ontario it's the law, drivers must have all children under the age of 16 properly secured in a car seat, booster seat or seatbelt. Drivers can be fined \$240 and two demerit points.

Many children are in cars every day, let's keep them safe. While visiting www.durham.ca/carseatsafety, please complete our feedback survey for a chance to win a \$20 gift certificate for Toys R Us!



Celebrating Francophone Ontario: New French-language website launched

The new provincial Francophone immigration website is intended to help Francophone newcomers be better prepared before they settle and to inform them about the French services that are available once they arrive.



The Francophone immigration site was launched to support both federal and provincial strategic objectives. In 2006, the Federal government established a five-year strategic plan to foster Francophone immigration to communities outside Quebec. In addition, the federal government's five-year plan for action, the Roadmap for Canada's Official Languages identifies three pillars to concentrate their efforts: education, communities and immigration. Provincially, Ontario's first Immigration Strategy has set a 5 per cent target for Francophone immigration making Francophone immigration an area of strategic importance.

The City of Greater Sudbury was the lead and the site developer for the Francophone immigration site but the site includes contributions from 17 other municipalities from across the Province (including Durham!). The Francophone immigration site was launched at the Association française des municipalités de l'Ontario (AFMO)'s conference in September by Minister Michael Coteau.

The Francophone immigration site is one in which municipalities are showcased. Each municipality/region owns a page of content giving basic information about their population, area with an emphasis on French services in education, culture, settlement, and media.

Visit www.immigrationfrancophone-ontario.ca for more information.

John Howard Society: Celebrating 50 years



JohnHoward
SOCIETY OF DURHAM REGION



Paul Dobbs, "John Howard" (Patrick Davidson), and Brian Sibley (JHS Executive Director) at the 50th anniversary gala Sept. 26.

In September, the John Howard Society (JHS) of Durham brought together more than 200 people at Deer Creek Golf & Country Club in Ajax, representing the agency's many community partners of the past five decades. It was an evening of reflection as guests were taken through a series of brief **vignettes** that recounted how the organization began, evolved, and grew with the support of those many partners. They even had "John Howard" available for guests to take a photo with to remember the evening by.

of volunteers have meant tens of thousands of individuals have been helped to find their way, their purpose, in their own community. Today, the agency provides more than 20 programs and services covering employment, housing, counselling, parenting, diversion, addictions and more.

From literally running programs out of their own homes, to the present day where JHS now takes some of their services into the homes of those who need them, the journey has been full of fascinating events. Floods, fires, office moves, dozens of government change overs, hundreds of students, and thousands

Paul Dobbs
John Howard Society



PFLAG: Celebrating family in all its diversity

The holiday season is in full swing and the end of 2013 is approaching quickly. At PFLAG Canada Durham Region we have a lot to celebrate as we look back on the events, change and awareness that has taken place over the past year. Some highlights from this past year include our LGBTQA Youth Leadership Camp, An Evening of Hope, Gay Day at Canada's Wonderland, our monthly coffee nights hosted in Oshawa and Ajax and much more.



Most recently, a reason for celebration comes from Nov. 20 becoming known as Trans Day of Remembrance. Supportive communities around the Durham Region have come together in the fight for equality, inspiring change and saying no to hate by signing a proclamation to officially designate Nov. 20 as Trans Day of Remembrance.

At PFLAG Durham we are a family built on support and a common goal to inspire change and say no to hate. We strive to support, educate and provide resources to parents, families, friends and colleagues with questions or concerns around the clock. This holiday season we can be your family too. For more information on becoming a part of our growing family as a volunteer, member or you are in need of support please visit us at: www.facebook.com/PflagCanadaDurhamRegion or email DurhamON@pflagcanada.ca. You can also call 1-866-530-6777 ext.533 or locally 905-231-0533.

Jayne Harper
PFLAG Canada Durham Region

Whitby celebrates youth who embrace diversity

The Ethno-cultural and Diversity Advisory Committee leadership awarded five secondary school students with a Diversity and Social Justice Award. This award recognized secondary school students who demonstrated leadership in the areas of diversity and social justice, including equity and inclusivity within their school and/or the Whitby community.

On June 24, 2013, Town of Whitby Council presented the following five youth with a \$500 scholarship to celebrate their incredible contributions to diversity and social justice in their community.

- Kiana Bonnick
- Derek Fernandes
- Chantal Lamb
- Amanda Manson
- Lorianne Williams



From organizing community celebrations, awareness events, leading school initiatives, creating and serving on committees, these youth have made a positive contribution to make our community and world a more inclusive place. Their actions and initiatives have increased inclusivity related to ability, age, culture, religion/spirituality, sexual orientation, socio-economic status and social justice. Congratulations to each of these youth!

This is an example of just one way the Ethno-cultural and Diversity Advisory Committee is celebrating the diversity in the Whitby community. For more information on the initiatives of this committee, please visit www.whitby.ca/diversity.

Celebrating Diversity Champions: The LDIPC launches a new recognition program

Are you a diversity champion? Organizations and individuals that show leadership in diversity and immigration matters need to be recognized, whether they have just begun or are further along the journey. You are invited to apply to be a Diversity & Immigration Champion and demonstrate publicly that you have embraced the principles of inclusion and commit to sharing in the responsibility of making Durham region a more welcoming community.

Participating is a simple process. First, please complete the application form. If you or your organization **aligns** with the principles outlined in the plan, staff from the Diversity and Immigration Program will contact your organization and have a Diversity & Immigration Champion Declaration of Intent signed by the appropriate signatory. The organization or individual will then receive a framed certificate recognizing their commitment.

Receiving the certificate is a cause for celebration and the Co-Chairs, members of the LDIPC, or Diversity & Immigration Program

staff would be pleased to participate in a presentation and celebration of your efforts and commitment.

For more information about the LDIPC or the Community Plan, please visit www.durhamimmigration.ca/about/ldipc or email ldipc@durham.ca.



Sharing globally: Community partners celebrate Durham's best practices internationally

Good things are happening in Durham region. The innovative ideas, knowledge and expertise of our colleagues and community partners are being celebrated both here in the region but also internationally. We'd like to mention just a few of the change-makers who are making a difference globally.

Daniel Chang Li is an Area Manager of Family Services at the Region of Durham. He was recently invited to speak at the International Conference on Global Support for Democratization in China and Asia, a prestigious three day event that featured speakers from around the globe. In Daniel's talk, he stressed the need for dialogue, understanding, negotiation and compromise as China moves to further big economic reforms. As one of the leading economic and military powers in the world, supporting China's path to democracy and its stability will be crucial for the world's economy, prosperity, security and peace.

Tammy Rankin (Elder Abuse Prevention Coordinator, Region of Durham), Jennifer Josephson (Brock Community Health Centre)

and Sgt. John Keating (Durham Region Police Service) co-creators of the Elder Abuse Prevention Toolkit



presented the multilingual resource to an international audience at the International Federation on Ageing Conference in Istanbul, Turkey. The resource kit was very positively received and was highlighted in the Federation's newsletter. More information on the Elder Abuse Prevention Toolkit can be found online at www.durhamelderabusenetwork.ca.

Dr. Hugh Drouin, Commissioner of Social Services has recently returned from an international conference in Atlanta, Georgia where he spoke about the importance of servant leadership – a concept that is daily put into practice across the Region's Social Services Department.



Students and Teachers Against Racism (STAR): DDSB celebrates 21 years

This fall the Durham District School Board hosted the 21st annual STAR Camp. Ninety-five intermediate student leaders, along with 20 Senior STAR leaders attended a leadership retreat from Oct. 21 to 23 at YMCA – Camp Wanakita, in Haliburton. Senior students assisted with program delivery and fulfilled the responsibilities of cabin monitors at night. In total, 24 schools participated.

Using anti-oppression and anti-racism frameworks, STAR simulations reinforced leadership development; while raising awareness about the intersections of identity, diversity, and equity issues. This leadership training provided students with the skills necessary to collaborate with teachers, while planning and implementing innovative social justice initiatives at the school level.

Students participated in a variety of interactive sessions based on:

- Collaborative leadership and community building.
- Critical literacy analysis on discrimination.
- The meaning of bias, discrimination, oppression, power, prejudice, and stereotyping.
- Focus on the isms and phobias (ableism, classism, heterosexism and homophobia, racism, religious phobias, sexism, and xenophobia – fear of foreigners).



Working within their schools through partnership with staff, students will support the implementation of equity and inclusive education within their schools and communities.

Celebrating Inclusive Workplaces: 2013 EmployABILITY Awards Gala

The Durham Region Employment Network (DREN) hosted the 2013 EmployABILITY Awards Gala at Tosca on Oct. 3, in recognition of the National Disability Employment Awareness Month. The awards recognized the achievements of people who, despite a substantial barrier to employment, successfully obtained and maintained competitive employment. Also recognized are the businesses that provided the opportunity and the service providers who successfully matched their client's goals with the employer's needs.

This year, there were 11 nominees for the EmployABILITY Awards and all were recognized at the event. The three winners chosen demonstrate that there are no limits to success when ambition and opportunity connect:

- Winner 1- Ben Robichaud, Employer: Home Depot
- Winner 2- Lance Lewis, Employer: Shoppers Drug Mart
- Winner 3- Stephen Willsher, Employer: Sunspace Sunrooms

The Durham Region Employment Network also recognized achievements in innovation, volunteer citizenship and media.

In addition, The Regional Municipality of Durham awarded citizens, businesses and/or services nominated by local area municipal and regional advisory committees for efforts that have proven successful at the removal or prevention of barriers for people with disabilities. For more information on the winners of the 2013 EmployABILITY Awards, please visit www.dren.org.



Donna McAllister
DREN

Welcome Centre Immigrant Services: New managers in Ajax and Pickering

The Durham Welcome Centre Immigrant Services (WCIS) located in Pickering and Ajax offer innovative resources and assistance to people who have recently come to make Canada their home. Funded by Citizenship and Immigration Canada (CIC), newcomers receive support and links to appropriate programs and activities that help them meet their goals. An extensive network of partnerships provides core services in language instruction, employment guidance, and settlement supports. WCIS welcomes Kathy Pittman-Feltham, as the new Welcome Centre Manager in Pickering and Hermia Corbette, as the new Welcome Centre Manager in Ajax.

Kathy's background includes work in the government and non-profit sector in the areas of risk management, community development and engagement, project management and operations. Hermia has worked for several years researching, developing and launching programs in the areas of youth employment, community development, newcomer services, conflict mediation, partnership building and community engagement.

Working together, in an integrated manner Welcome Centre Immigrant Services embraces the approach that as a system of services, when a newcomer succeeds, we all succeed.

For more information and to explore partnership opportunities please contact:



Kathy Pittman Feltham
905-420-3008
kathyfeltham@unemployedhelp.on.ca



Hermia Corbette
289-482-1037
hcorbette@cdcd.org

Community skills-sharing: Income tax clinics

Are you new to Canada? Are you nervous or unsure about completing your income tax forms? If you think you might need help completing your income tax claim, the Community Volunteer Income Tax Program (CVITP) may be able to help. The objective of the CVITP is to help eligible taxpayers who do not know how to prepare their income tax and benefit returns, and who have low to modest income and a simple tax situation. The CVITP is a collaboration between the Canada Revenue Agency (CRA) and community organizations who host tax preparation clinics and arrange for volunteers to prepare the returns. The CRA offers training and tax software for volunteers, as well as coordinators to guide community organizations as they deliver the program. For more information, visit www.cra-arc.gc.ca/volunteer.

Both sites of the Welcome Centre provide tax preparation clinics as do the majority of the public libraries in Durham region. Clinics typically start in February. For more information about when and where tax prep clinics will be held, visit the events page on the Durham Immigration Portal www.durhamimmigration.ca in the new year.



Celebrating community partnerships: DRPS and UOIT innovate



The University of Ontario Institute of Technology (UOIT) is celebrating an innovative community partnership which promotes a greater understanding of those challenged by mental illness.

The Durham Regional Police Service (DRPS) approached the UOIT Faculty of Health Sciences in 2005 to discuss ways to educate police about signs to watch for when officers encountered a person who may be experiencing a mental illness.

Together with Ontario Shores Centre for Mental Health Sciences, UOIT and DRPS researched and created a series of real-life critical-incident police simulation videos. First implemented in 2007, the interactive simulations have educated thousands of front-line officers on how to recognize possible indicators of mental illness and how to respond.

As word spread among other police services about the successful community collaboration, an idea surfaced about a second series of videos on the topic of elder abuse awareness. The Ontario Provincial Police (OPP) joined the partnership and volunteered to provide media expertise while The Regional Municipality of Durham, along with many seniors' groups and community organizations, contributed significantly to content development. The police simulation videos have been mandatory training for OPP officers since 2012.

Recognized as a leading practice by Accreditation Canada, the videos and the partnership are gaining interest from police forces from across the province, the country and internationally.

Community celebrations: Navarathri

In October, the Tamil Academy and Fine Arts of Durham celebrated Navarathri, a Hindu festival full of lights, joy and festivities marked by great devotion for 10 days. For the first nine days, the Divine Mother Goddess Durga (remover of miseries of life) is worshipped and **invoked** in different **manifestations** of her Shakti (energy or power). Each and every day of Navarathri has its own importance and meaning.



During the first three days, the mother is invoked as a powerful force called Durga to destroy all our impurities, evils and defects. The next three days, the mother is worshipped as a giver of spiritual wealth referred as Lakshmi. Lakshmi has the power to give her devotees vast amounts of wealth. The final three days are spent in worshipping the mother as the goddess of wisdom referred to as Saraswati. The celebration ends with the tenth day of victory called Vijaya Dashami, in commemoration of the victory of truth over evil and the victory of divine forces over demonic forces. It is celebrated through special prayer and food offerings to the gods at home, in institutions and in temples. Many Hindus also believe that it is lucky to start a new venture, project or journey at this time since evilness is destroyed.

The Tamil Academy & Fine Arts of Durham celebrated the tenth day with special prayers and by sharing special food amongst families. Children and youth joined new classes such as barathanatyam dance, miruthangam (classical drum), vocal and veena (plucked stringed instrument) as well as new academic classes with blessings from Durga and Guru for a successful future.

VIVA PAN AM AJAX! TM/MC

Viva Pan Am Ajax: Call for volunteers!

Anticipation and excitement is growing as the Town of Ajax prepares to welcome the world in 2015!

Ajax has been selected as the host site for baseball and softball during the Pan Am Games which will run from July 10 – 26, 2015. Not only is this an incredible and exciting opportunity for Ajax, but history will be made as Ajax will be the first site to host women's baseball in a multi-sport games. We will also see the return of men's softball to the Pan Am Games program.

The Ajax Pan Am Ball Park (located adjacent to the new Audley Recreation Centre) will welcome approximately 450 athletes from 24 teams along with 175,000 spectators over the 16 day period, during which Team Canada will defend the Gold medal they won at the Pan Am Games in Guadalajara in 2011.



To deliver an event of this magnitude, volunteers are needed to ensure a seamless and successful event.

Are you interested in volunteering leading up to and during the 2015 Games in Ajax? Visit www.panamajax.ca for more information. Sign up for volunteer updates and you'll be sent notifications from the Town of Ajax and/or TO2015 when general and Games-time volunteer opportunities become available. Volunteers must be at least 14 years of age.

United We Play!

GLOSSARY

Aligns – matches or falls in line with

Common denominator – similarity between two different things

Exemplar - a person who is an outstanding model

Inalienable – a part of something that cannot be removed or taken away

Inaugurated – began, the first of something

Inherent – an integral or vital part of something

Invoked – to be called upon

Manifestation – a form or a type of something or someone

Meritorious - valued

Requisite - necessary

Vignettes – the acting out of a portion of a story



Success Story: Becoming a Canadian Citizen

There are about one million Americans living in Canada, contributing to the close relationship that Canada has with its neighbour to the South. While to the rest of the world, we seem so very similar, we know that there are a number of important distinctions that allow each nation to retain its own distinctive identity - what would Canada be without poutine, toques and national healthcare?

Cora Yin came to Canada in 2005. Originally from Hawai'i she met her future Canadian husband while living near Seattle and they now call Durham home. While language wasn't an issue, navigating the system was more complicated and time-consuming than expected. Looking back, what was confusing at first "... was just getting all of the paperwork straight, I needed a SIN number to work so I had to figure out how to get that and how to get a health card ... just to get what everyone else already has to get going in my life, there were a lot of details. Even moving a car up here involved a lot of paperwork". Getting a credit card proved to be another hassle as without a credit history in Canada, it's very hard to get a credit card.

Luckily, finding work didn't take that long. "I went to a temporary employment agency because I thought that would be a good way to get a job and see what was in the area. I had used them when I was in the US and I figured they worked the same way here, they can find you something that can often lead to a permanent job, so I did that both online and in person". With a few temporary assignments under her belt, Cora eventually got a job at the Region of Durham where she works now.

Americans and Canadians can have dual citizenship and so many Americans and Canadians take advantage of that and hold both. "There were things I couldn't do because I wasn't Canadian, like voting was a big thing. And there were also different little things, for example, I do different sports and triathlons and for certain Canadian championships, I could show up and compete but if I did well, I wouldn't be awarded a medal because I wasn't a Canadian. So I felt a little left out. I felt I would belong more if I was a Canadian and it felt like the right thing to do". So Cora applied for her Canadian Citizenship, got the study guide and did the test. "It was a good exercise for sure because I learned more about Canadian history than I would have otherwise".



A proud new American-Canadian, her advice to newcomers, "take advantage of the programs that are available at the Welcome Centres to help you along because there are a lot of little details to navigate, to just find your way around to other programs. The Welcome Centres also help you to meet people and find groups out there to do things with and learn about and just how to live".

We look forward to hearing your stories and feedback. If you would like to subscribe or contribute to The Citizen, please contact us:

Email: diversitynewsletter@durham.ca | **Portal:** www.durhamimmigration.ca

Back issues: Visit www.durhamimmigration.ca for back issues of The Citizen by clicking on the Creating Community tab, and then clicking on the Diversity Newsletter heading. You can also sign up for the newsletter online. Please feel free to forward The Citizen to others.

