



The Citizen

Durham Region's Diversity Focused Newsletter
Issue 23, Summer 2015

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Words that are **bolded** and **underlined** throughout the newsletter are defined in the [Glossary section](#)



Sports in Canada:

What unites us, makes us stronger

The Pan Am Games have arrived in Durham Region. Beginning on July 10, we can watch, cheer, and admire the skills and abilities of elite athletes. The power of sport, however, can last a lifetime. We are lucky to live in communities that see sport and recreation as vital to community health, and at the very heart of what connects people to each other, and to where they live.

For newcomers, sport is an opportunity to meet people who share a common interest. It provides a network of acquaintances and potential friends for both players and families in an instant. The skills young people develop through sport are the very same skills that will carry them through employment and beyond. Skills like: arriving on time, honouring your commitments, never letting your teammates down, putting the good of the whole ahead of the individual, respecting the rules, and the thrill of setting a common goal and achieving it together. Losing gracefully, sportsmanship, is part of our Canadian identity. We are equally as proud of a gold medal as we are watching our Canadian athletes graciously extend the hand of congratulations as they accept silver (well, almost!)

Whether you participate in sport and recreation as a player, a parent, grandparent, coach or volunteer, the benefits are the same. The Durham Charter to Advance Affordable Recreation in Durham Region, signed by all Durham municipalities in June 2014, deems recreation and sport essential to: personal health, human development, quality of life, reducing anti-social behaviours, building families and communities, and investing in a community's future. Enjoy the games! Choose to participate!

Access to local recreation programs can be found on the Durham Immigration Portal in the living section under the "Things to Do" heading.





Building inclusive communities:

Whitby embraces diversity with new programs and services

As part of its ongoing commitment to make Whitby an inclusive and welcoming community, the Town of Whitby launched a new language translation resource to better serve its residents, businesses and stakeholders.

As recommended by the Town of Whitby's Ethno-cultural and Diversity Advisory Committee (EDAC), the Town of Whitby has retained a language translation service so town staff may access [on-demand](#) interpreters of more than 100 languages to better communicate with those whose first language may not be English. The new language translation tool is available in person at any town facility, as well as via telephone with a town staff member.

Get on the bus! EDAC is hosting a free bus tour for newcomers to Whitby on Saturday, Sept. 26 from 9:30 a.m. to 12:30 p.m. The tour will start and end at the Whitby Central Library, 405 Dundas St. W. including points of interest such as recreation centres, library branches, municipal and Regional headquarters, historical sites, the Station Gallery, Port Whitby Marina, Heydenshore Park and much more.

A newcomer can be a new immigrant to Canada who is settling in Whitby, or any new Whitby resident. This tour will not only be a fun, family friendly event, but also an educational experience designed to introduce newcomers to their local government and their new community.

For more information on the language translations service or the newcomers' bus tour, visit the [Town of Whitby website](http://www.whitby.ca/diversity) (www.whitby.ca/diversity).





Learning communities:

Improving language skills

Do you need to improve your English? Are you a newcomer to Canada? Whether you have been in Canada for two days or 20 years, our English Language Program can assist you. To learn English, improve your pronunciation and communicate better with others, join English as a Second Language (ESL) class today. Summer ESL Classes begin Monday July 6 at the Welcome Centre Immigrant Services, 458 Fairall St. Ajax. Classes run Monday to Thursday from 9 a.m. to 1 p.m.

Are you a newcomer who is applying for Canadian Citizenship in the coming months?

Summer citizenship preparation classes are starting on Tuesday, July 28. Classes will be held over six days. Gain an understanding of the rights and responsibilities of Canadian Citizenship: learn about Canada's heritage, geography and government; write practice tests and improve English language skills. This course uses the Discover Canada study guide. Class sessions will be held at the Ajax Welcome Centre Immigrant Services, 458 Fairall St., Ajax. Classes run June 28, 29 and 30 and Aug. 4, 5 and 6 from 9 a.m. to 1 p.m.

To find out more about how to join Language Classes or Citizenship Preparation Classes at Durham Catholic District School Board, call the Assessment Centre at 1-855-330-8655. Call the Language Office: at 289-481-1336 or 1-877-761-1155 for more information, or visit us at www.con-ed.ca.



ARCHBISHOP ANTHONY MEAGHER

Catholic Continuing Education Centre



Creating inclusive communities:

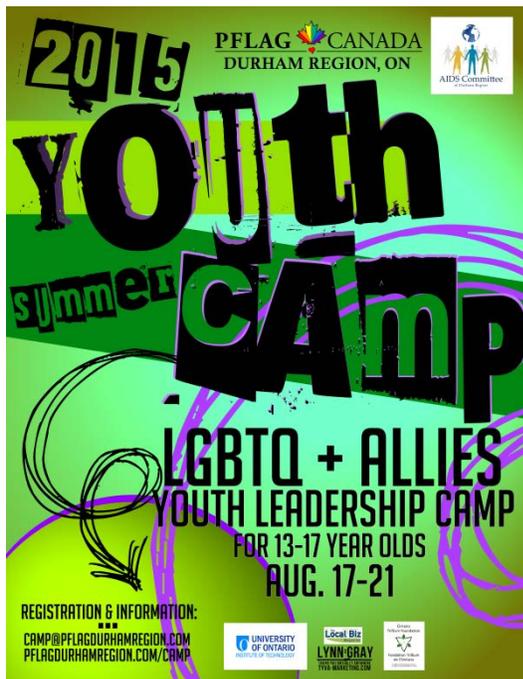
LGBTQ and Allies Youth Leadership Camp 2015

The Canadian Charter of Rights and Freedoms is something we can all be proud of. It states clearly that discrimination is wrong and won't be tolerated. This includes discrimination based on sexual orientation. As Canadians, we have a duty to learn about each other and the freedoms all residents should enjoy. Living freely is hard, especially for LGBTQ* youth. The Youth Leadership Camp is an adult-facilitated and peer-mentored residential style summer camp for LGBTQ youth and their allies, ages 13 to 17.

Hosted by PFLAG Canada Durham Region and the AIDS Committee of Durham, the camp is five days of learning, fun, and making new friends, from Aug. 17 to 21. LGBTQ and Allies Youth Leadership Camp focuses on building and nurturing the leadership potential and personal resiliency of youth in an effort to help them become agents for positive social change in their schools, families, and communities.

The camp is run by experienced volunteers (including teachers and child and youth workers). Youth attend for free, on a first-come-first-served basis thanks to generous donations from our community sponsors. For more information, please visit the [PFLAG Durham website](http://pflagdurhamregion.ca/camp) (<http://pflagdurhamregion.ca/camp>).

*LGBTQ is the acronym used for people who identify as lesbian, gay, bisexual, transgender, queer/questioning and is meant to be inclusive of other sexual orientations





Building welcoming communities:

Art With A Heart Inc. is pleased to announce the launch of The Legacy Project, a 25-week initiative bringing seniors together with other generations to [forge](#) new bonds and relationships while working on a wall-sized artistic [mosaic mural](#), to be installed at Fairview Lodge in winter 2015.

“The Legacy Project will bring seniors together with youth, family members, care-givers and professional working artists. Using expressive arts therapy techniques, we will prompt participants to share their thoughts, imagine themes and actively create art projects around legacy,” explained Sheri Gundry, Executive Director and Artist at Large, Art With A Heart Inc. “The ideas and art created in the inter-generational workshops will be used by our professional Durham-based artists to design the final art installation, which will be created by the seniors and the community around them. It’s an exciting community building project.”

The Legacy Project is yet another way that Art With A Heart is helping seniors in Durham Region. It is the first time the organization is running an inter-generational program of this magnitude. This project is possible thanks to funding from the New Horizons Program for Seniors. For more information, please visit the [Art With A Heart website](#) (www.artwithaheart.ca).





Creating strong communities:

Welcome Centre Immigrant Services

Welcome Centre Immigrant Services (WCIS) in Ajax and Pickering, provide a variety of services and information under one roof to help newcomers settle successfully and make Durham home.

Wherever you live, it is important to understand local laws, customs and procedures. On May 30, a forum was held at the Ajax Welcome Centre, “Creating Positive Relationships”. Sessions included Adult Relationships, Teen Relationships and Teen/Adult Communication. Durham Regional Police officers presented on the role of police in domestic violence situations. Participants stated “Now I know exactly when to call [911](#)”, and another indicated they learnt about “the non-emergency police number.” Participants expressed that they found the information helpful.

Special thanks to: Bethesda House, Community Development Council Durham, Settlement Workers in Schools, Durham Region Intimate Violence Empowerment Network, Durham Welcome Centre Immigrant Services, Durham Region Police Services, Durham Children’s Aid Society, Family and Community Action Program, Herizon House, Northern Lights Canada and The Youth Centre.

To learn more about Durham Welcome Centres, visit [YouTube](#) (www.youtube.com/watch?v=WSu9waqZDQY) to see a video about a success story or the [Welcome Centres’ website](#) (www.welcomecentre.ca/durham/)!





Celebrating culture:

Durham Region Film Festival

Lights, camera, action! This year, celebrate the first annual Durham Region Film Festival, connecting audiences and [film buffs](#) with the riches of movies Sept. 25 to 27.

ReelWorld Festival programmers will bring together an amazing series of films with the work of talented artists at two exciting locations in Durham: the Regent Theatre and Docville Wild West Movie Set.

Supporting the work of culturally diverse artists, ReelWorld was formed to help bring colour to screens and to the industry – helping artists from our communities realize they have the opportunity and know-how to tell their stories.

Friday, Sept. 25 - The Regent Theatre, Oshawa: From script to screen, enjoy the opening night gala of film and storytelling with both a short and a feature-length film, followed by an artist's question and answer session.

Saturday, Sept. 26 - Docville Wild West Movie Set, Clarington: Come and experience two film screenings, outdoor family activities, a student film competition, movie sets to inspire and create stories, and the flavours of local food.

Sunday, Sept. 27 - The Regent Theatre, Oshawa: Visit the beautiful Regent Theatre for a day of authentic storytelling, with three film screening packages and workshops, featuring the creative work behind making a film.

For tickets, contact the [Regent Theatre Box Office](#) (www.regenttheatre.ca).





Building learning communities:

TD Summer Reading Club and Ride to Read

For kids, summer is a time for fun and play. This summer, Durham Region libraries will explore reading as play, and encourage kids to discover that the joyful, boundless and carefree feelings associated with play can just as easily be found in a great book.

Children across Durham Region can visit their local library branch (www.durhamimmigration.ca >Learning >Library Programs) to register for the TD Summer Reading Club. The reading club kit includes a reading journal and exclusive access to the [TD Summer Reading Club website](http://www.tdsommerreadingclub.ca) (www.tdsommerreadingclub.ca). Here they can discover great new reads, [rate books](#) and write reviews, read eBooks, submit and read jokes, and much more!

There will also be a lot of free programs that your child can be part of. Check your library's website for more details.

Don't forget, libraries have books for all ages, and in many different languages. Don't hesitate to ask one of the library staff if your local library branch doesn't have children's books in your home language, as they may be able to get them for you through an [Interlibrary Loan](#).

To ensure everyone has access to their local library and all the programs they offer during the summer, Durham Region Transit (DRT) has once again teamed up with Durham libraries for the Ride to Read program. Children from ages 4 to 13 (Grade 8) are eligible to receive a sticker on their library card that will allow them to ride DRT buses free of charge. Children under 10 must be accompanied by a fare-paying adult.

So don't hesitate! Visit your library's website to find out when you can register for the TD Summer Reading Club. Fun, discovery and play await!





Celebrating welcoming communities:

What's your Pan-Am plan?

This summer, local municipalities within Durham Region are proud hosts of several Toronto 2015 Pan Am and Parapan Am Games events from July 10 to 26 and Aug. 7 to 15. As we welcome many athletes and spectators, be mindful that [traffic volumes](#) will be heavier during this time, especially on event days.

To keep athletes, spectators and residents moving during the games, high-occupancy vehicle (HOV) lanes (also known as [carpool](#) lanes) will be implemented on 400-series highways across Toronto, including on Highway 401 in Ajax and Pickering, from June 29 to Aug. 18. For more information, please visit the [Ontario government Pan-Am games website](#) (www.ontario.ca/games2015).

There are many things you can do to keep Durham moving, from walking and biking to transit and ridesharing. Now is the perfect time to try carpooling to work, so you can take advantage of those HOV lanes this summer! Have you considered offering alternate work arrangements for staff, such as flexible hours or [telecommuting](#)? See more ideas at the [Smart Commute Durham website](#) (www.smartcommutedurham.ca).





Celebrating inclusive communities:

Ajax Pride House

Ajax Pride House is a dedicated temporary location during the Pan Am Games, that offers a safe space for the LGBTQ community, visitors, newcomers, athletes, volunteers and allies to watch the games, celebrate the sport and culture of the games, network, and participate in events. Ajax Pride House is being hosted in the Ajax Welcome Centre at 458 Fairall St. Developed by the Town of Ajax, the Ajax Pride House initiative is delivered with a number of community partners, including Community Development Council Durham (CDCD), The Youth Centre, Durham Queer Parenting, Durham Regional Police Services, PFLAG Durham Region, the AIDS Committee of Durham Region, the Diversity and Immigration Program, and The Get Real Movement.

In addition to live telecasts of various sport competitions during the games, Ajax Pride House will also host a number of events including panel discussions, film screenings, family events, a community barbeque, an [open mic](#) night, networking events and partner displays. There will be settlement services available for people who may need information in Spanish or Portuguese. For a complete listing of events, please visit the [CDCD website](http://www.cdcd.org) (www.cdcd.org) or the [Panamajax website](http://www.panamajax.ca) (www.panamajax.ca).

Join us on [Facebook](https://www.facebook.com/groups/AjaxPrideHouse) at www.facebook.com/groups/AjaxPrideHouse.





Durham welcomes the world to the Pan Am and Parapan Am Games 2015:

What's on near you? Pan Am Games – July 10 to 26

Ajax

Batter up! History will be made at the President's Choice Ajax Pan Am Ballpark during the TORONTO 2015 Pan Am Games. This recently upgraded venue will host all baseball and softball games, including women's baseball — a first for an international multisport Games — as well as the return of men's softball to the Pan Am sport program.

For 16 days, spectators will watch elite players from the Americas knock it out of the park as they compete for a spot in the gold-medal game!

As one of the few venues operating through the entirety of the Pan Am Games, this lively venue will also feature three diamonds for competition.

For the Games, two soccer fields have been transformed into a baseball diamond and an adjacent diamond was rebuilt with new sod and clay to meet the most up-to-date International Baseball Federation standards.

Ajax's four "pinwheel" fields will host softball training and competitions. The fields have been upgraded to meet International Softball Federation requirements.

For more information, visit www.panamajax.ca.



TORONTO 2015
Pan Am/Parapan Am



Oshawa

Since opening in 2006, Oshawa's GM Centre has hosted major musical and cultural acts such as Cirque du Soleil, as well as national and international sporting competitions, including the 2011 Canadian Curling Open, IIHF World Junior pre-competition matches and the Canada Synchronized Skating Championships.

It is also the home of the Oshawa Sports Hall of Fame, the Oshawa Generals of the Ontario Hockey League and the Durham TurfDogs of the Canadian Lacrosse League.

For the Games, Toronto 2015 will use the GM Centre's multi-purpose arena to host the weightlifting and boxing competitions with up to 3,000 spectators per session.

For more information, visit the [City of Oshawa website](http://www.oshawa.ca/things-to-do/pan-am-2015.asp) (www.oshawa.ca/things-to-do/pan-am-2015.asp).

Parapan Am Games – August 7 to 15

Whitby

The Abilities Centre, which opened its doors in June 2012, is a state-of-the-art community facility that sets new standards in Ontario and Canada for accessibility and inclusive and innovative programs that enable people of all abilities and ages to lead healthy, active lives.

It is one of the five venue clusters TO2015 will use to host the 2015 Parapan Am Games.

For the games, TO2015 will use the courts located on the infield of the 200-metre running track to host judo and boccia during the Parapan Am Games.

For more information, visit the [Town of Whitby website](http://www3.whitby.ca/panam/games.php) (www3.whitby.ca/panam/games.php).



Celebrating a culture of inclusion:

Durham Festival

After Pan Am the party continues. Meet your neighbours, discover local talent and explore your own community, and those close by at the very first Durham Festival!

DURHAM FESTIVAL

A CELEBRATION OF CULTURE & CREATIVITY IN DURHAM REGION

August 13-16, 2015

Four days of energizing fun within Durham Region's dynamic waterfront communities. While you're here, take a tour northward to visit our beautiful rural townships too. Enjoy food, art, music, culture and outdoor adventures. Be part of the first annual Durham Festival, a celebration of creativity and culture for everyone!



www.durhamfestival.ca





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Healthy communities:

Staying safe while playing sports this summer

Have the Pan Am Games inspired you to get more active? Remember to play safely and use the right equipment, like a mouth guard.

A mouth guard is a plastic device that fits over the upper teeth and is an essential piece of athletic gear for many sports. It is worn to help prevent injuries to the teeth, lips, cheeks, and tongue.

Whatever your age, sporting ability, or level of activity a mouth guard should be worn to protect your smile and teeth. Consult a dental professional to ensure a comfortable and properly fitted mouth guard. Check with your team coach or manager for local dentists who offer mouth guards at a reasonable cost.

Care for your mouth guard:

- Do not chew on your mouth guard (this will damage it).
- Replace your mouth guard if it has holes or tears, becomes loose, or irritates your teeth or gums.
- Rinse your mouth guard before and after each use. Avoid hot water.
- It is important to clean your mouth guard regularly. Brush it with toothpaste or cool soapy water and rinse thoroughly.
- It may be easier to find a lost mouth guard on the playing field if it is coloured plastic.
- Store and transport your mouth guard in a [perforated](#) plastic container.
- Do not share your mouth guard with others.

When playing sports or doing physical activities keep hydrated! Water is the best way to rehydrate your body!





Healthy communities:

Staying safe in the sun

Canada is only cold for part of the year! The warm weather is here and so it's a great time for enjoying the outdoors, participating in outdoor sporting activities or watching sporting events at the Pan Am and Parapan Am Games. When you are outside it is important to protect yourself from the harmful effects of the sun's ultraviolet (UV) rays. The sun can cause sunburn to unprotected skin in as little as 15 minutes. Over time this can cause premature aging, eye damage, and skin cancer.

Enjoy the summer season by following these sun safety tips:

- Use a [broad spectrum](#) waterproof sunscreen and lip balm with an SPF of 30 or higher. Apply sunscreen 20 minutes before going outside. Reapply every 2 hours and after getting wet or sweating.
- Cover up by wearing a wide-brimmed hat, long-sleeved shirt and long pants.
- Wear sunglasses that offer 100 per cent UVR protection.
- Check the daily UV Index before going outside.
- If possible, plan outdoor activities before 11 am and/or after 4 pm to avoid the sun's strongest rays.
- Find shade or create your own with an umbrella.

Remember to be sun safe while cheering on your country at this year's Pan Am and Parapan Am Games. For more information please contact Durham Region Health Connection Line at 1-800-841-2729 or 905-666-6241 or visit the [Region of Durham's website](#) (www.durham.ca).





Creating a culture of inclusion:

Language in the workplace

As Durham welcomes the world for the Pan Am and Parapan Am games, it seems like a fitting time to share a story that mixes sport, language and the workplace. I come from a sports family, my mother, sisters, husband, and children are all deeply involved with sports of all kinds. My colleague, Samantha, does not come from a sports family. While she wasn't born in Canada, she was educated here and so I made assumptions about her and Canadian sports-related [colloquialisms](#). I would routinely ask her to [quarterback](#) an event, [stick handle](#) a situation or [knock it out of the park](#). It was when I said, "let's hope nobody [drops their Coopers](#)" that she finally confessed that she didn't always understand what I was asking and so jokingly asked me to perhaps make requests using more concrete verbs!

Inclusive language practise takes time and takes many different forms. To ensure that everyone understands what I'm asking, I now consciously remove references to sport from my everyday language. Learning is of course a two-way street. Samantha has learned to think about what might happen when she uses words like [bin bag](#) and [soap powder](#) though I suspect she was teasing me when she said that something was "[just not cricket!](#)"

Language is often nuanced and local and in the workplace, critical to success. Our barrier was low and easily overcome. As we welcome people from around the world to Durham, it is a great opportunity to check-in with everyone around us and make sure we are indeed "[singing from the same song sheet.](#)"

Audrey Andrews, Manager, Diversity and Immigration Program





Celebrating diversity:

Forums and champions

The Local Diversity and Immigration Partnership Council is pleased to announce that PFLAG-Durham Region and the Clarington Public Library are the newest Diversity and Immigration Champions. If your organization is interested in become a Diversity and Immigration Champion, visit www.durhamimmigration.ca > About > Local Diversity and Immigration Partnership Council > Diversity & Immigration Champion. And talking about champions, Audrey Andrews, the Manager of the Diversity and Immigration Program was pleased to speak to up-and-coming diversity champions at an event in May.

Msgr. Pereyma Catholic Secondary School in Oshawa held a Diversity Forum in partnership with the school Settlement Worker, Waseem Sheikh and the Manager of the Settlement Workers in Schools program, Oliver Forbes. They invited their English-as-a-Second Language students and two leaders from each club and group in the school to participate.

Audrey spoke to the group about creating inclusive environments. Students then participated in interactive activities and brainstormed ways to make sure their events are welcoming and inclusive to all. Each group created an action plan to take back to their various clubs. Certificates were presented to all participants.





Glossary

911:

The phone number to call in an emergency for police, fire or ambulance

Allies:

Friends, supportive people

Bin bag:

Slang term used in England for a plastic garbage bag

Broad spectrum:

Refers to the range of light that a sunscreen protects for

Carpool:

Usually people who work near the same building who share driving responsibilities to travel to and from the workplace

Colloquialisms:

Local ways of saying something, often slang

Drops their Coopers:

Slang for indicating that two people might be getting into a physical fight, comes from hockey where if a player takes off their gloves (made by the firm Cooper) and throws them onto the ice, it signifies that they are going to get into a fist fight with another player

Film buffs:

People who really like movies

Forge:

To go forward with determination



Interlibrary loan:

When one library borrows a book or other materials from another library, usually at no cost to the person looking for that material

Just not cricket!:

Old-fashioned British slang meaning that something is not right

Knock it out of the park:

Do something really well; comes from baseball where if a player hits the ball out of the ballpark, it's at least one homerun

Mosaic mural:

A wall painting made up of a variety of different pieces of art work

On-demand:

To have or create something as it is needed

Open mic:

Short form for open microphone; a social event where the audience participates in the event by singing, telling stories, reading poetry or something similar, anyone is welcome to participate

Peer-mentored:

Where a person participating in an event is partnered with someone similar to them to explain how a program/event/group works

Perforated:

Something with holes in it

Quarterback:

Slang for planning, leading and taking charge of an event; comes from football where the quarterback is the person who is in charge of telling others on the team the plan for each play



Rate books:

When you assign a mark or grade to the books you have read

Sing from the same song sheet:

Slang for all involved in an event or group saying, believing and understanding the same thing

Soap powder:

Old-fashioned British slang for laundry detergent

Stick handle:

Slang for leading an event or meeting; comes from how hockey players move the hockey puck across the ice

Summer camp:

A place for children or youth to come together in the summer for a set period of time, usually has a theme, often outdoors, nearly always fun!

Telecommuting:

Working from home for a short period of time; the “tele” refers to remote access to computer networks

Traffic volumes:

The number of cars on the road at a given time; the higher the volume the more crowded the roads, and the slower the drive



Engaging community:

Building a new vision for welcoming communities

The Durham Diversity and Immigration Community Plan was finalized five years ago. As a community, we have achieved and learned an enormous amount during that time. You can learn more about the priorities, the milestones and the amazing achievements on the Immigration Portal in the “About” section under the “Diversity and Immigration Community Plan” heading.

It’s now time to set a new vision for this work. We will be coming to you to seek your input, ideas, innovations and opinions on what the new vision for welcoming communities in Durham should be. **If you’re interested in participating in a community focus group in August or September, please [email us](#) at ldipc@durham.ca.** In September, we’ll be launching a community survey and so you’ll hear from us again in the next issue of *The Citizen*.



IT'S YOUR PLAN



Success Story:

Learning two languages while settling in Canada

In 2008, Darliani Oliveira and her husband embarked on an adventure. They left southern Brazil for Montreal where Darli's husband had been offered an engineering position at Bombardier. The firm provided initial support to the family as they settled; helping them with funding for the move, and helping them with real estate, lawyers and translation of documents. Language, however, was still a significant barrier, so Darli enrolled in French-language classes which luckily, wasn't too difficult as there are similarities between French and Portuguese. In Montreal, Darli was busy attending school, volunteering with people with disabilities and reading to children in a local daycare.

A new opportunity came up, however, and in 2011 the family moved to Durham. Leaving Montreal was very hard; the family had made very good friends who were like family to them. Settling into Durham was also more difficult as Darli didn't speak English and, with a small baby, she felt very isolated. Finding a place to live was also harder as there were so few options for rentals, they instead chose to buy a house. Luckily, they were able to find a local real estate agent who spoke Portuguese (and is originally from Brazil!). She was an enormous support to the family as they settled into life in Durham.

Being resourceful, Darli went online and found a Brazilian community in Durham and slowly she and her husband built a community of friends around them of couples with small children like themselves. Learning English took longer. When she first arrived, Darli could just introduce herself in English. She enrolled in LINC classes in Oshawa. After a couple of years she was ready for a new language challenge, so enrolled in the ELT program. The first week was the hardest and, at first, she was intimidated by the language abilities of her classmates. Her teacher, however, was adamant that she could and would succeed in the program and every day she stayed after class with Darli to help her practice her English. The ELT teachers also helped Darli update her resume and when the language-class portion of the program ended, helped to find her a placement in an office.

That office placement in a local MP's office has turned into a part-time paid position, and Darli loves it. She credits her continued success to the support and advice of her co-workers who push her to practise her English-language skills (answer the phone!) and support her as she does. Mondays can still be hard as she spends all weekend speaking Portuguese, but she's adapting and learning, and with the support of her family and her co-workers, she's confident of success.

Darli's advice to newcomers, be confident in your ability to learn English and to adapt to your new community; it can be hard and you'll need to work at it, but don't give up.





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

[Email us about The Citizen](mailto:diversitynewsletter@durham.ca): diversitynewsletter@durham.ca

And check out the [Durham Immigration Portal](http://www.durhamimmigration.ca) (www.durhamimmigration.ca)

Follow us on the Region of Durham Facebook page and on Twitter at #DurhamImmigration

Back Issues: Visit the [Durham Immigration Portal](http://www.durhamimmigration.ca) (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 specify if you require the accessible version). Please feel free to forward The Citizen to others.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

