



Winter holidays are here: time for family, food and fun!

Merry Christmas! Happy Hanukkah! Happy Kwanzaa! Happy Holidays! Season's Greetings! However you choose to celebrate December holidays (or not), the sentiment behind the greetings you will hear and see everywhere are the same. I wish you peace, joy and happiness.

At this darkest time of the year, the lights and the candles you see on houses, in stores and in offices give everything a special holiday glow. This is the time of year when people get together with friends and family to share memories of past holidays, **get caught up** on the news of the year and to eat.

All over the world, food is a big part of everyone's holiday celebrations. At this time of year, people share recipes and food that has been shared with them by their parents and grandparents. You can often find food from all over the world on tables across Durham! Ask your neighbours and co-workers what special food they make for the holidays and if you're lucky, they'll let you try some!

Snow will be arriving soon and winter can make people feel isolated and sometimes lonely. Sometimes holidays can make people **homesick**. Holidays can be the time when we miss family who may be far away or who are no longer with us. Instead of staying indoors and hoping that spring arrives early, put on your layers of clothes and go outside. Take a walk around your neighbourhood in the evening and enjoy the lights. Learn to skate or ski or try **curling**. Build a **snow fort**. Go **tobogganing**. When it really is too cold to be outside for long, visit the library, a local art gallery or a museum. And if you can, invite a newcomer to Durham to go with you!

Words in **red** are defined in the glossary on page 11.



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The coolest party of the year: Join us for the Canada 150 Skating Day

Canada 150 Skate Party

Join us for an afternoon of fun on the ice!

Sunday, December 10

1:30 pm - 3:30 pm

Pickering Rec Complex, Arena

1867 Valley Farm Road



This free event features family skating on both rinks, activities, games, popcorn, hot chocolate, and a special guest all the way from the north pole.

Yes... **Santa will be there!**

The Welcome Centre Immigrant Services (Ajax and Pickering) and the City of Pickering invite you to the coolest party of the year, Canada 150 Skating Day, on Sunday, December 10, from 1:30 to 3:30 p.m. at the Pickering Recreation Complex Arena.

There is a fun-filled afternoon planned for the entire family to enjoy one of Canada's favourite winter sports. Two rinks will be open for free public skating. One rink will have additional City staff to help beginner skaters and a limited amount of skating aids will be available. Free hot chocolate and popcorn will warm you up when you step off the ice.

There will be many off-ice activities to keep you active too. The Pickering Public Library will have electronic winter sports to try. Crafts and music will keep everyone in the family moving and celebrating Canada 150.

Canada 150 Skating Day will be an opportunity for newcomers to experience why skating is such a special Canadian winter activity.

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CANADA 150
#pickeringproud

City of
PICKERING

pickering.ca/greatevents

905.420.4620

Alternate format available upon request call, 905.683.7575 or email customercare@pickering.ca

fun programs for newcomers throughout the year. Get in touch with the Welcome Centres to find out more about English Conversation Circles, the Community Kitchen, the Community Garden and other special event programs for seniors, women and all newcomers. For more information about the programs including a monthly program, visit www.cdcd.org/settlement/community-connections.

You can also volunteer with the Community Connections program. Volunteers participating in the program are as diverse as the newcomer clients. Volunteers are an essential part of the program. If you are a Canadian Citizen or Permanent Resident who is established and knowledgeable about your community, you could be a volunteer! You should also be open to learn about a variety of diverse cultures and willing to share your own cultural background and experience of Canadian society.

Welcome Centres in Ajax and Pickering offer free, confidential and culturally appropriate services to immigrants who have made Canada their home. Call 1-877-761-1155 or visit www.welcomecentre.ca.

Building active communities: Keep warm this winter with some fun activities

Moving to a new community in the winter can be isolating. Getting involved in programs at your local municipal recreation centre is a great way to meet people in your community. The Municipality of Clarington offers programs and activities for adults 55 years old and older. Stay **engaged**, keep active and make lasting friendships with Clarington's 55+ Active Adults programs. There is no membership fee; simply pay for the activities that interest you.

They offer a variety of activities, including active living programs, general interest activities, workshops, drop-in programs and special events. Register today for the Robbie Burns Luncheon. Participants will enjoy a roast beef lunch, haggis, bagpipes and readings as we celebrate Scotland's most famous poet on Wednesday, January 24 from noon to 1:30 p.m. In February, they are hosting a Mardi Gras Dinner and Dance on

February 28, from 6 to 9 p.m. Our dedicated 55+ Older Adult Activity Centre is located in the Courtice Community Complex. They also offer programs and drop-in activities at the Diane Hamre Recreation Complex, Garnet B. Rickard Recreation Complex, Alan Strike Aquatic and Squash Centre, and Bowmanville Indoor Soccer Facility.



For more information, call 905-404-1525 ext. 2525. You can register for programs online at www.clarington.net/beactive or in person at any Municipality of Clarington recreation facility or the Municipal Administrative Centre, 40 Temperance Street, Bowmanville. Stay active this winter and have fun!

Supporting families: Adult Day Programs in Durham



Are you or a loved one living with a cognitive impairment (such as Alzheimer's disease, or related dementias) or physical disability? The Region of Durham's Adult Day Program (ADP) may be what you are looking for!

The Region's ADPs are staffed by experienced professionals, and offer clients an opportunity to participate in a wide range of recreational and social programs with other individuals experiencing similar challenges. They also offer **respite** for caregivers and/or families, so they can enjoy personal time while their loved one attends the program. Activities

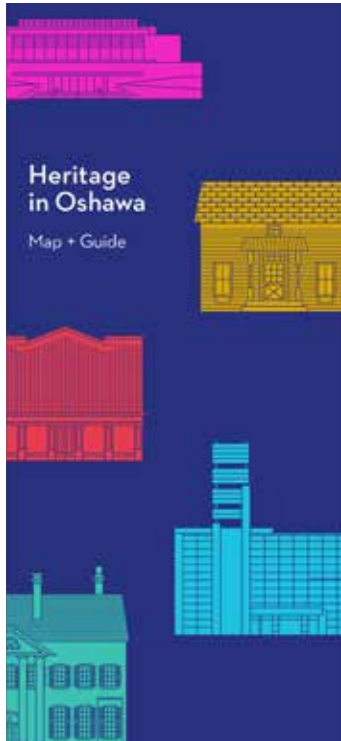
include daily exercise, expressive arts, games, music, daily hot lunches, gardening, pet visits, baking, etc.

The Hillsdale Estates ADP is offered out of Hillsdale Estates in Oshawa. The Lakeview Manor ADP is offered out of Lakeview Manor in Beaverton and temporarily out of the Port Perry Legion.

To book a tour at Hillsdale Estates, please contact 905-579-1777. For tours at one of the two Lakeview sites, please contact 905-426-7388. You can also apply, or register a loved one, by calling the Central East Local Health Integration Network at 905-430-3308 or toll-free at 1-800-263-3877.



Celebrating heritage: Connecting cultural traditions



This winter, take the time to learn more about the community you live in. Visit local museums, galleries and heritage sites to learn about the history of your new home. The City of Oshawa is proud to distribute a newly created brochure on the City's heritage institutions. The brochure has been designed to be used by historians, newcomers, and tourists to explore local sites and understand what you can expect when you visit them. It includes a map, as well as lots of pictures, site descriptions, and contact information.

Visit places like Parkdale Estates, the Automotive Museum, the McLaughlin Gallery and the Sports Museum at the Tribute Communities Centre. Oshawa has a vision that connects past and present and includes the diverse cultural traditions of all its residents. Culture Counts: Oshawa's Arts, Culture and Heritage Plan (www.oshawa.ca/things-to-do/resources/Culture-Counts-Oshawas-Arts-Culture-and-Heritage-Plan-accessible-version.pdf) includes strategies and initiatives aimed at strengthening our arts, culture, and heritage organizations.

You are encouraged to visit our sites and learn more about Oshawa's history. Visit oshawa.ca/culturecounts and learn about The City of Oshawa's commitment to arts, culture and heritage!

Station Gallery: Art is for everyone!

Each winter, Station Gallery invites its members to submit artwork for a chance to be included in a community exhibition. Three **esteemed** art professionals judge and select the artworks that best interpret the chosen theme. These are displayed throughout all of Station Gallery's exhibition spaces. This year marks the 25th Annual Members' Exhibition, and will offer a range of marvelous artwork to view that relates to the open-ended theme of One with Everything, from December 16, 2017 to January 21, 2018. This exhibition contemplates our place in the world and connects internal artistic energies with all that surrounds us. Everyone is welcome at the Opening Reception & Awards Ceremony on Thursday, December 21 at 7 p.m.



Station Gallery also hosts informal seasonal Durham Region Artist Meet-up events where all artists, artisans and creative professionals are invited to connect with one another. Each Artist Meet-up is different, ranging from cocktail receptions to short talks by guest speakers on various topics about artists and their work. For more details and to check out what else is coming up, visit www.stationgallery.ca.

Visit Station Gallery, become a member, volunteer or donate today! Connect with creativity @stationgallery. At Station Gallery #artisforeveryone!

Sharing the love of reading: Pass the Book at Oshawa Public Libraries



Oshawa Public Libraries recently launched Pass the Book - Oshawa Reads, Oshawa's biggest book club for adults. This city-wide **book club** is a wonderful way to deepen our sense of community by reading the same book and sharing the same story.

This year's Pass the Book title is *Burden of Desire* by Robert MacNeil. *Burden of Desire* is a historically accurate, fictional tale of war, desire, and **irony**, set in Halifax, Nova Scotia during the time of the Halifax Explosion in 1917. Halifax has been a port of entry for many new Canadians. Participating in Pass the Book - Oshawa Reads is a perfect way to learn about this significant piece of Canadian history. December 6, 2017, marked the 100th anniversary of this tragic Canadian event. For more information, visit <http://oshlib.ca/passthebook>.

We encourage everyone to read about and discuss this memorable tale of the largest man-made explosion in history prior to the atomic bomb at Hiroshima, and the social impact it had on our country.

Interesting fact: The Halifax Explosion, the largest mass-blinding in Canadian history, was responsible for the birth of the Canadian National Institute for the Blind. The anniversary of the Halifax Explosion also marks the first day of CNIB's 100th year of support for those with vision loss.

The joy of the holidays: Share the Cheer with Clarington Public Library

Clarington Public Library is proud to partner with Lakeridge Health Bowmanville and local food banks this December to help share the holiday spirit through the Clarington community!

A wonderful way for newcomers to settle into a community is to **give back**; taking part in programs and special events at your local public library can help your new neighbourhood feel more like home.

Throughout December, an over-sized holiday card will be available at all four Library branches for members to sign. People can sign, write messages, or draw a picture. The card will then be given to the patients and their families that need to remain in the hospital during the holidays.

Library members can help alleviate hunger in their community through Food for Fines, benefiting local food banks. Your Library will credit one dollar in fines for every non-perishable item donated. Donations will also be welcomed where no fines are owed!

The Christmas trees on display at each branch will have special ornaments on their branches. Members can answer "Dear Santa" notes that list food bank donation requests and items most in need this holiday season.

Drop by your local branch for more information on these and other holiday programs, or visit us online at www.clarington-library.on.ca.



Slips, trips and c-c-c-cold!: Staying safe in the winter

The fact that winter in Canada is cold is no surprise to anyone. Canadian winters are world-famous for snow, cold and icy weather. Each year though, it seems to surprise us all over again when the weather suddenly turns. We seem to forget how to deal with the winter and have to re-learn what to do. Here are a few important things to remember.

Dressing for the cold

The most important thing for getting through the winter (and even enjoying the cold weather) is to make sure you are properly dressed. Protect your hands, ears and face from the cold with gloves, **earmuffs**, a hat or **hood**, and a scarf. If the weather is very cold, then mittens are better than gloves and you will be much more comfortable with your head covered. Layer your clothing and make sure you have a warm coat and waterproof, insulated boots with a good **tread**. Frost bite is not a good thing!



Winter driving and winter tires



Be prepared for winter driving. Get a maintenance check and keep an emergency supply kit in the car. You can find information about what to put in to your emergency kit on the Region of Durham website (www.durham.ca/DEMO). Always check the weather forecast when planning a road trip and bring a cell phone in case of an emergency.

It is important to drive with extra care in the winter. Take your time and leave lots of room between you and the car in front of you. This will allow you extra time to stop if you need to brake suddenly. Make sure the head lighting system is working properly and use it all the time. It is much easier for other drivers to see you with your lights on. Check that you are using a winter windshield washer fluid and keep it topped up. It is smart to keep a spare jug in the trunk of the car.

Car batteries sometimes lose their charge in very cold weather. You should always have **booster cables** in the car so you don't get stranded. It is also a good idea to have a membership with a 24-hour roadside assistance company.

Did you know that when the temperature gets down to below seven degrees celcius, your all-season tires get stiff and don't grip the road as well? Winter tires are made with special rubber that is made to stay soft for better traction in cold weather. This will help the car to get going from a stop and to slow down or stop more quickly when needed. There is nothing worse than trying to brake the car and having nothing happen! As an added bonus, insurance companies offer a discount on policies for cars with winter tires.



Slips, trips and c-c-c-cold!: Staying safe in the winter

Snow shovelling

Shovelling snow is very hard work and can even be dangerous. In fact, the risk of having a heart attack spikes in the day or so after a snow fall. **Take it easy** when clearing snow and take breaks when you need to. Shovel early and shovel often so you don't have a huge build-up to clear.

It is important to know that if your home has a sidewalk in front of it, you are responsible for clearing the sidewalk and keeping it safe for people to walk on. Generally, homeowners have 24 hours after a snow fall to clear the sidewalk of snow and ice (check with your municipality to be sure). However, the sooner you shovel, the easier the job will be.



Pet safety in the winter



While many dogs and cats love to play in the snow, the cold can be dangerous for them too. Keep your pets safe by keeping them indoors where it is warm!

Dogs need exercise even in the cold though, so on very cold days, take shorter, more frequent dog walks and don't be afraid to bundle them up in a dog coat. They look extra-cute and will be warm too.

Don't forget that road salt and ice melt is toxic to pets if they eat it and it will irritate their skin. Keep them safe by wiping off their paws with a wet towel after a walk. If your dog will allow it, put them in boots for a winter walk. Many different types and sizes are available. If your dog won't wear boots, paw protector **balm** is available at pet supply stores.

Staying safe indoors

Every year we hear of tragic stories about house fires. Don't let the stories be about you! Never leave candles unattended and keep them out of reach of children and pets. If you are using a space heater, always follow the safety instructions for the unit and keep them far away from anything that may catch fire. Ovens and stoves should only be used for cooking, never heating. Finally, make sure you have smoke and carbon monoxide detectors on all floors of your home and keep them in good working condition. It is recommended that you change their batteries twice a year.

Winter may be cold, but it does not have to be dangerous. Stay safe and warm and enjoy your winter, inside and out!



Advice from a newcomer: Unity in diversity, a lifeline to a successful Canada

During this **auspicious** time of the year, when Christmas is just around the corner and the chimes of bells are in the air, with the torch of integrity and harmony, I would like to put some light on the beautiful elements of diversity in Canada. Years and ages will pass, but Canada will grow younger and younger with the spirit of people from all around the world.



This country has been and will continue to be the homeland of immigrants. Immigrants who, irrespective of race and religion, bring vibes of vision to their destiny, garnering the sole objective of working hard and achieving their goals. Here, some people are inexperienced while some are juggling jobs, some are struggling financially while some struggle with communication gaps, but everyone is biting the bullet to be successful.

Millions of immigrants across Canada living together as friends or family WE together can keep unity in our nation. Shout out to all the struggling immigrants, here's an end to your despair. Welcome Centres spread across Canada will be a guiding light in your path to success.

My message to avid travellers would be, if you wish to learn about different cultures you don't have to travel the world, come to Canada, the mosaic of culture.

by Lata Sharma

Canadian Citizenship Act: Changes you should know about

Did you know that there have been changes to the Canadian Citizenship Act? The best news for many newcomers is that they can now apply for Canadian Citizenship sooner. You must be present in Canada for three out of five years (1095 days). Temporary residents and protected persons can count part of the time they were in Canada before gaining permanent resident status. You must also have filed income tax for three out of five years.

The language and knowledge requirements for Citizenship have also changed. Newcomers between the ages of 18 and 54 must pass the language requirements and the Citizenship test. This requirement is waived for children and those aged 55 and over.

More information on the changes to the Act and what you need to do to apply for Canadian Citizenship are available on the Immigration, Refugees and Citizenship Canada website (www.canada.ca/en/immigration-refugees-citizenship/services/canadian-citizenship/become-canadian-citizen.html). Discover Canada: The Rights and Responsibilities of Citizenship (www.canada.ca/en/immigration-refugees-citizenship/corporate/publications-manuals/discover-canada.html) is the government study guide to help you prepare for your citizenship test or interview.

Citizenship Preparation Classes will run at the Ajax Welcome Centre 6:15 p.m. to 9 p.m. from January 15 to February 12, 2018 Monday and Wednesday and April 10 to May 10, 2018 Tuesday and Thursday. Please call a language office to register: Ajax: 289-481-1336 or Whitby: 905-666-1255.

Durham Paramedic Services: Volunteering in the community



Paramedics are found all over the world. In Canada, they are trusted public sector workers. The Region of Durham Paramedic Services volunteers at many public relations events throughout the year. These events are at schools, shopping malls, community safety days and at an open house in June. These events showcase **paramedicine**, with live **scenarios** re-enacting lifesaving skills used in an emergency. This volunteerism demonstrates a strong commitment to the community.

The fall/winter months are a busy time for volunteering. At Halloween, Paramedics hand out treats in the community. To honour Remembrance Day, their volunteer Ceremonial Guard can be seen at community events on November 11 and throughout the year. Paramedics also volunteer to drive in holiday parades.

Paramedics support the United Way Campaign and purchase and wear different coloured **epaulettes** to raise funds and awareness. September is pink for Breast Cancer, November is light blue for Prostate Cancer, and, on Fridays, the epaulettes are red for Wounded Warriors.

Paramedics also support "Bring Your Kids to Work Day." This year, 90 Grade 9 students visited and assisted in a live scenario with **CPR** for an **overdosed** patient.

For updates on public relations events, please follow us on Twitter at @durhamparamedic. If you would like us to attend your public relations event, email rdpsqualitydevelopment@durham.ca.



Keeping children healthy: 18-Month Well-Baby Visits

Is your child going to be 18 months old soon? As a resident of Durham, you can book a free 18-Month Well-Baby Visit with your doctor or with a nurse practitioner. It is important for parents to take an active role in monitoring and supporting their child's development. How a child plays, speaks, and acts offers important clues about how they are growing.

Parents/caregivers can track a child's **developmental milestones** from one month to age six years by using a free online checklist called the Nipissing District Developmental Screen (NDDS). The NDDS is available free and online to all Ontario residents. Parents can also register their child with endds.ca and be provided with the NDDS screening tool to create a snapshot of their child's development, receive email reminders to screen as the child grows and tips/activities to encourage child development.

Parents are encouraged to schedule their child's 18-month visit with their primary health care provider. This visit is a longer, more in-depth appointment, which allows extra time for parents to ask questions about their child's growth and development. It is also a great opportunity to hear more about programs available in the community that promote child development.



To learn more about the Enhanced 18-Month Well-Baby Visit, call Durham Health Connection Line at 905-666-6241 or 1-800-841-2729, or visit www.durham.ca.



Supporting local initiatives: the Clarington Community Grant Program



Bowmanville Horticultural Society
- Recipient of the 2017 Clarington
Community Grant Program

Do you have a good idea for your community? The Community Grant Program provides financial assistance to not-for-profit, volunteer community organizations which provide direct programs or services that benefit the residents of Clarington. It is our hope that these organizations will one day become **financially self-sufficient**.

Eligible organizations can receive funding for one successful grant application per year, up to a maximum of \$5,000. Applicants are encouraged to pursue other funding opportunities and are eligible to apply for funding for events through Clarington's Community Event Sponsorship Program. Organizations will not be eligible if they receive municipal funds through the Clarington municipal budget. Organizations must remain in good financial standing with the Municipality of Clarington to be considered.

The Municipality of Clarington recognizes the contributions non-profit organizations make to inclusion and diversity in the community. Applications from groups who make a difference in the lives of Clarington residents will be considered for funding.

Applications for 2018 will be accepted from January 18 to February 23. For more information, visit www.clarington.net/grants. Questions about the program may be directed to Erica Mittag, Community Development Coordinator at grants@clarington.net.

Funding Opportunities Update: Learn about funders and new granting programs

Like Clarington, other municipalities offer grant programs to local not-for-profit and volunteer organizations in their communities. The Province of Ontario, the federal government and private foundations all provide different granting programs to support the work of the voluntary sector. Finding out about the different programs in time to meet the application deadlines can be difficult. To help local not-for-profits across Durham know what to apply for and when, the Local Diversity and Immigration Partnership Council sends out a quarterly Funding Opportunities Update. You can find copies of the Funding Opportunities Update on the Durham Immigration Portal, or you can subscribe to receive quarterly emails. Subscribers to the update are also invited to funders forums, grant-writing workshops and similar events.

We know that funding is very important to not-for-profit organizations. As opportunities come to our attention, we are committed to sharing that information with our community partners. Through the identification of opportunities that develop and grow the sector, we can better meet the needs of Durham's diverse communities. The Funding Opportunities Update is not an exhaustive list of funding opportunities and should not stop you from investigating funding opportunities on your own. If you find a funding opportunity that you think should be added to the list, please contact us at ldipc@durham.ca.

Changes are coming: New and improved newsletters and the Durham Immigration Portal

The Durham Immigration Portal is getting a facelift! On March 2, we will officially launch the new and improved website. You will be able to quickly access the information you need from your mobile device and share content through social media. The content will be refreshed, easy to read, and as always, specific to Durham. There will be a new 'news' section on the site and a Twitter feed.



We are also changing how we share the electronic version of The Citizen and the Funding Opportunities Update. Both of our newsletters will have a new e-newsletter format with all the articles in the body of the email. If you currently subscribe to one or both of the newsletters, you will automatically receive the new format. You will be able to manage all of your subscriptions (The Citizen, Funding Opportunities Update, News) on the updated Durham Immigration Portal.

We are looking forward to hearing from you about the new changes. If you do not currently subscribe to our newsletter but would like to, email us at diversitynewsletter@durham.ca.

Glossary

Auspicious – favourable

Balm – a gel or cream that protects skin

Book club - a group of people who get together to discuss the same book they have all read

Booster cables – wires to connect the battery of one car with the battery of another car

CPR – Cardiopulmonary resuscitation which is the medical technique used to help someone who has stopped breathing

Curling – a winter sport played by teams on sheets of ice; each team must throw a large round rock within a series of circles at the other end of the ice; the team with the most points wins

Developmental milestones – things like walking, talking, or holding a cup by a certain age

Earmuffs – cloth covering for your ears, usually tied together with a band that goes over your head (yes, they are funny looking!)

Engaged – interested

Epauettes – the pieces of cloth on the shoulders of the paramedic's uniform

Esteemed – very important

Financially self-sufficient – having enough money to run programs and the organization

Get caught up – talk to each other about your lives, what's been happening, what's new, who's doing what, when, where

Give back – volunteer or donate

Homesick – missing home and family very deeply

Hood – the top part of a coat that covers the head, usually attached to the coat

Irony – word or an expression that actually mean the opposite of what you mean, usually used to be funny or sarcastic

Overdosed – someone who has taken too many drugs and is unconscious or not awake

Paramedicine – the roles and responsibilities of paramedics

Respite – time away from caring for someone else

Scenarios – short examples of a situation

Snow fort – a house or building made of snow

Take it easy - carefully

Tobogganing – going very fast down a hill on a toboggan (a long wood or plastic toy that seats more than one person) – yes, very fun!

Tread - the grip on the bottom of your shoes or boots



Success Story: When preparation meets opportunity

I am a medical doctor from The Philippines and worked as a General Practitioner for almost two years. I moved here to start a family with my husband. I spent my first few weeks like a tourist, then I started researching on how to become a licensed doctor in Ontario. I attended Health Force Ontario information sessions and read a lot of materials online. It was overwhelming, to be honest. I submitted the requirements, I bought reviewers, and then I studied for three months.

At the end of the third month, I thought deeply about the career that I wanted. Is this what I really need right now? As I browsed through a variety of websites, I came across a program called Enhanced Language Training (ELT). I did an inquiry over the phone and was invited to talk personally with Alana. She introduced the program and talked about recent and past success stories. I felt very optimistic.

April came and I started the ELT program. It felt like a home after only two weeks of being together. Alana connected me with The AIDS Committee of Durham Region and recommended I apply to a recently advertised position. On June 1, I received a call from the AIDS Committee of Durham Region, underwent a telephone interview and was offered the job. My main goal was to communicate with migrant farm workers in rural and suburban areas, identify their health care needs and connect them to the available resources within Durham. I am currently enrolled in Ryerson University's Health Services Management Program.

The last thing that I would like to share is that I believe in the saying "Luck is what happens when preparation meets opportunity" (Seneca). ELT is one way of helping you prepare so that when the opportunity comes in, you are all set and ready to grab it.

Karen Alinas



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



Follow us and on Twitter at #DurhamImmigration



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.