



QUIS TIMES



VOLUME 1, ISSUE 2 SPRING 2007

HOST VOLUNTEER INFO SESSION TO BECOME A MONTHLY EVENT

Quinte United Immigrant Services held a Volunteer Information Session on March 29, 2007. There were 8 potential volunteers in attendance.

The Host program is heading into its 16th year at QUIS. It matches newcomers to Canada with Canadian volunteers to help them adjust to their new life in Canada.

Mark Bull, Interim Host Coordinator and Stephen Kirby, Settlement Counselor told the group about what they can expect as a Host volunteer. They spend 1-2 hours a week helping immigrants and refugees become integrated into the community by doing things

as simple as having a coffee or going shopping together. It allows newcomers to learn more about their new life, Canadian values and traditions, and practice their English or French.

“Volunteering is an enriching experience and you will receive many benefits from volunteering with our Host program,” says Bull. “The Host program allows you as a volunteer to get involved with your community and make connections that can last a life time. You will make our community a welcoming one.”

The Host program runs all year round, but the waiting list is long for newcomers to be matched. “Right now,



we have around 20 newcomers who need a Host volunteer and the list is getting longer,” said Bull.

The Session was so successful, QUIS will be making it a monthly affair. Improved professional development sessions are being designed for current volunteers as well.

For a Host Volunteer Information Package by mail, e-mail your details to mbull@quis-immigration.org

SPECIAL POINTS OF INTEREST:

- *New partnership to increase diabetes awareness among multicultural families*
- *Empowering newcomers to prepare their income tax returns*
- *Free homework help to the children of newcomers to Canada*
- *Sixty march on International Women's Day to help end violence against women*
- *There were 259,267 people taking the oath of Canadian citizenship in 2006*
- *Bill C-394 to allow any Canadian citizen or landed immigrant to sponsor one family member from outside the family class*

INSIDE THIS ISSUE:

DIABETES AWARENESS	2
INCOME TAXES	2
HOMework HELP	2
INTERNATIONAL WOMEN'S DAY	3
60TH ANNIVERSARY OF CANADIAN CITIZENSHIP	3
ONCE IN A LIFE-TIME PETITION	3
WHAT YOU THINK	4

QUIS TO PROVIDE DOMESTIC VIOLENCE PREVENTION TRAINING

On May 24 and 25, 2007 QUIS in partnership with the Ontario Council of Agencies Serving Immigrants (OCASI) will host a training session as part of the OCASI project, *Prevention of Domestic Violence against Immigrant and Refugee Women: Prevention through*

Intervention. The training focuses on recognizing signs of abuse, assessment, referral, and on the impact of the law on immigrant and refugee women in domestic violence situations. It is aimed at those who work at settlement agencies and other service providers

working in shelters, community health clinics, government social services (e.g. welfare office), information centres, distress lines, as well as social workers, are welcome to participate. Call or e-mail us for a registration form at info@quis-immigration.org



LifeWorks is a network of individuals, community groups and organizations who have an interest in promoting healthy living within Hastings and Prince Edward counties.

DIABETES AWARENESS PROJECT IN HASTINGS-PRINCE EDWARD COUNTIES

Belleville -Member of Parliament for Prince Edward-Hastings Daryl Kramp on March 5, 2007 announced, on behalf of Federal Health Minister Tony Clement, that Canada's New Government will contribute \$73,119 to LifeWorks, Hastings & Prince Edward Counties Health Unit to help the organization increase diabetes awareness among low income, multicultural families with young children.

LifeWorks will work with the

Canadian Diabetes Association, the Hastings & Prince Edward Counties Health Unit and QUIS to undertake a needs assessment and environmental scan which will enable them to plan how best to raise awareness about the role of parents in promoting healthy weights in children. They will target their messages to high-risk, low income, multicultural parents of children six years old and under, working with them to increase their knowledge

about diabetes and its risk factors.

Diabetes is the seventh leading cause of death in Canada and affects approximately 2 million Canadians. Physical inactivity and unhealthy eating habits leading to obesity, play a major role in the onset and progression of type 2 diabetes. Although no cure is yet available for diabetes, it can be managed. For more information on diabetes, visit www.phac.gc.ca

FOR SIMPLE INDIVIDUAL OR FAMILY INCOME TAX RETURNS, QUIS HAS THE SOFTWARE AND KNOWLEDGE TO HELP CLIENTS PREPARE THEIR RETURNS.

INCOME TAX PREPARATION WORKSHOP A SUCCESS

On February 28, 2007, QUIS ran an Income Tax Preparation workshop for newcomers to Canada. The workshop was attended by 8 clients.

It was led by Alex Bradley from Revenue Canada. Bradley introduced the new Canadians to the income tax process, the guides and forms. Income taxes can be complicated for newcomers when

they have foreign and Canadian income to claim, or were self-employed. For these cases it is recommended that newcomers locate a professional tax preparer.

For simple individual or family income tax returns, QUIS has the software and knowledge to help clients prepare their returns.

Esperanza McIntyre, Settle-

ment Counsellor at QUIS is very thankful to Revenue Canada for providing QUIS with the software and know-how to do tax preparations. "They help our clients a lot and we are very happy to have it," she says.

Remember income taxes must be completed by April 30th, 2007.



All you need for Homework Help is homework and an eagerness to learn

HOMWORK HELP FOR IMMIGRANT CHILDREN

A partnership called "Homework Help" has been formed between QUIS and Albert College to give free homework help to the children of newcomers to Canada.

Karen Lupu-Jacobsohn, Community Service Coordinator of Albert College and Mark Bull, Interim Host Coordinator are making the arrange-

ments to have international students from Albert College meet with newcomer children from grades 1-8 and give them some extra help with their homework before the school year ends.

The international students providing the help originate from countries from around the globe. Children eligible to receive the help can be from

anywhere in the world, even Canada. Subjects range from English to Math and Science.

"Homework Help" will be held on Thursdays from 6:30 pm until 8:00 pm at Albert College located at 160 Dundas St. West in Belleville.

If your children need a tutor or some extra help, call Mark at 613-968-7723.

QUIS MARCHES TOWARDS THE END OF VIOLENCE AGAINST WOMEN

QUIS President Colleen Tripp and Language Interpretation Service Coordinator Jocelyn Boates joined 60 others including Mayor Ellis on International Women's Day in a march downtown Belleville to raise awareness about violence against women.

They brought banners and walked down Front Street ending at Bridge Street United Church where the movies "Grandmothers of Africa: The Unsung Heroes"

and "Women: The Face of HIV/AIDS" were shown.

"This is a very important event that is close to my heart," said Boates. "As the Coordinator of a program designed to help women through the legal, health, and social service systems when they're victimized by domestic violence, I am deeply moved by the community's support."

Domestic violence can be

especially scary for new immigrants whose English skills are limited.

"Imagine that you have arrived in a new country and you do not speak the language. The person you thought loved you and you left your home country to be with, hit you. You have no family, few friends, and no one understands what you're saying. That's why our services are so important," Boates explained.



International Women's Day has been observed on March 8th since 1977. This year *Ending Violence Against Women: Action for Real Results* was Canada's theme.

MINISTER FINLEY CELEBRATES THE 60TH ANNIVERSARY OF CANADIAN CITIZENSHIP

Ottawa — The Honourable Diane Finley, Minister of Citizenship and Immigration, today welcomed 17 new Canadian families representing each province and territory in a special commemorative citizenship ceremony held at the Supreme Court of Canada on February 16, 2007. The ceremony was held to celebrate the 60th anniversary of Canadian citizenship.

"I am proud to be a part of the 60th anniversary celebrations. Our values as Canadians make us an example to the world," said Minister Finley. "Every day we show that our many differences do not have to divide us. It is possible to be a diverse and harmonious society."

In 2006, 259,267 people took the oath of Canadian citizen-

ship. Canadian citizenship was legally and officially created on January 1, 1947, when the first citizenship act came into effect. Until then, people living in Canada were considered British subjects living in Canada. QUIS will celebrate the anniversary on July 1, 2007 in Belleville by hosting a Citizenship Ceremony being held during the Canada Day Celebration.

"EVERY DAY WE SHOW THAT OUR MANY DIFFERENCES DO NOT HAVE TO DIVIDE US."

DID YOU SIGN THE "ONCE IN A LIFETIME" PETITION?

Peggy Nash, Member of Parliament for Parkdale-High Park in Toronto asked QUIS to distribute a petition supporting Bill C-394 that will allow any Canadian citizen or landed immigrant to sponsor, once in their lifetime, one family member from outside the family class in February.

QUIS was able to secure

many signatures from clients, staff, board members and volunteers.

The bill would allow citizens or permanent residents of Canada to sponsor a son or daughter over the age of 22, an aunt or uncle, a brother or sister, a niece or nephew, or even a first cousin.

"This bill is long overdue for

Canada," said Orlando Ferro, QUIS Executive Director. "I would sponsor someone from my family," says Ferro who is originally from Brazil.

Reuniting families is one of the main elements of Canadian immigration. Those who signed the petition Bill C-394 gives families a better chance of being reunited.



If you would like to sign the Petition, you can visit the QUIS office



QUINTE UNITED IMMIGRANT SERVICES

41 Octavia St.
P.O. Box 22141
Belleville, ON K8N 5V7

Phone: 613-968-7723
Fax: 613-968-2597
E-mail: info@quis-immigration.org

WE'RE ON THE WEB!

WWW.QUIS-IMMIGRATION.ORG

SERVING THE QUINTE AREA
FOR OVER 20 YEARS!

OUR MISSION

Quinte United Immigrant Services will guide those newcomers isolated by culture and language in the Quinte area through the process of settlement and adjustment, encourage the community to respect the diversity of immigrants by promoting recognition of the value of racial and cultural differences, and facilitate the integration and participation of newcomers into the social, economic and cultural life of the community.

OBJECTIVES

- ♦ To operate as a charitable organization to prevent and relieve the distress experienced by immigrants settling in Canada
- ♦ To assist immigrants in locating affordable housing, furnishing and other related items
- ♦ To locate agencies and services to meet the needs of immigrants
- ♦ To cooperate and collaborate with and assist other organizations concerned with the general welfare of immigrants to Canada

SERVICE DESCRIPTION

Quinte United Immigrant Services currently offers direct, essential services to newcomers to Canada including reception, orientation, translation/interpretation, referral to community resources, solution focused counselling, general information, employment-related services to meet the needs of newly arrived immigrants any time after their arrival in Canada.

WE WANT TO KNOW WHAT YOU THINK

Things are changing at QUIS and we want the community's input to the changes we are making and on the services we provide.

Each program has surveys and questionnaires about services, but we think there is more to what you think, what you want, and what you need.

We would like to know how our services helped you, that is, what benefits you received from accessing our services. Were you accepted to sponsor your children for immigration? Were you able to become a citizen? Did you learn how to write an effective

résumé? Did you meet a new Canadian friend and get involved with your community?

What else would you like to learn about? If we held a session about Tenant Rights, would you attend? What time of the day should it be? What would stop you from attending? What other topics would interest you the most? How to have your foreign credentials accessed? Child-care and the importance of early childhood education?

Do you think your child would benefit from a homework club? What would be the best time of the day to

have one? Would you benefit from a job finding club?

What do you think about the community you live in? Are your neighbours friendly? Have you experienced any problems in your community? Have you ever felt discriminated against?

If you are a service provider, do you know when to make referrals to our services? The Host program? Would you like to know more about our services?

You can write us a letter, give us a call, or send us an e-mail. Be honest and let us know what you think. We want to hear from you!

Canada

Ontario



Quinte United Immigrant Services is funded by the Government of Canada, the Government of Ontario, and the United Way of Quinte