

Changing Times

A magazine made by newcomers to Southwest Saskatchewan

SUMMER 2012

Guide to Summer Activities
& Events in the City

*2012 Changes to SINP &
How They May Affect You*

**VOLUNTEERS
NEEDED!!!**



SOUTHWEST NEWCOMER
WELCOME
CENTRE



from the editor

Hello in the summer! What summer activities am I going to do this summer? Hmm.. I must confess I am not a very sporty person, mostly because I am just not that good at it. Besides looking foolish, the fear of getting new bruises has kept me a safe distance from trying new contact sports and activities.

This summer, however, I have decided to try and learn at least one new activity. Maybe... golf? How hard could it be? To take advantage of the warm and sunny weather, I am planning to do a lot of walking, biking and swimming. I love water and could spend all my free time on the beach swimming or just listening to the sound of water.

I am super excited that I will have a chance to go home this summer and swim in my native Baltic Sea and perhaps also in few of the many beautiful Latvian lakes (and there are many of them!)

Go out and have fun this summer! Check out all the different activities and opportunities that the city of Swift Current and our community has to offer (on pg. 18-19). And don't be afraid to have new experiences, make new friends and stay active, even if it might mean new bruises.

If you don't see me at the Welcome Centre, I am probably at the beach :)

~ Agnese Vilde

This summer I am planning to enjoy the outdoors with my little boy. we are building a tree house for him in our backyard & we are planning to spend a lot of time in the beautiful parks around swift current, especially the ones with spray parks!



~ Anika Henderson

SUMMER ACTIVITIES
we would LOVE to do this summer:

Coming from a tropical country of more than 7000 islands, I always associate summer with the sea, beach, sand. However, being in the prairies away from the ocean, summer has to be the time for lakes and camping. This summer, I hope my family would gain the courage to be adventurous and head to a camping ground to join hundreds of Canadians who have made camping their summer way of life.



~ Icasiana de Gala

This summer, I can't wait to go camping and swimming with my family! I'm also very excited to be back on my bike exploring different paths, streets, and activities in my home town!



~ Emilia Main



I enjoy being outside, biking or walking. My favorite path way is the Chinook Parkway. But most importantly, I love spending time with my family.

~ Claudia Muñoz

This summer I am going camping with my family at the Cypress Hills. I am also hoping to play lots of basketball with my friends.



~ Mary Jane

Cover Photo taken by Matthew Jarrett

During the summer, I love to go camping with friends or my family. It is always a great way to get away from the noise of the city. Some of my favorite places to go are Lac Pelletier, The Landing, or Douglas Provincial Park!



~ Jacqueline Menzies



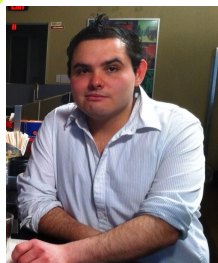
Our family looks forward to spending summer in Swift Current! My husband and I, along with our two children, plan to enjoy the Windscape Kite Festival, Frontier Days, and the numerous parks and pathways in our beautiful city.

~ Mabel R. Derksen

I love being outdoors in the summer and am really looking forward to going hiking. I'm also hoping to go to some local summer events like Chautauqua and the Windscape Kite Festival!



~ Rae Kroshus



My favorite activities in summertime include spending time outside with my friends, barbecuing, listening to live music, jogging, playing soccer and tennis. Also, I'm planning to travel around Saskatchewan carrying my camera and getting some shots of nature, food & drinks from different places. ~ Rafa Diaz

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We would like to express our gratitude to **Emilia Main** and **Mary Jane Gonzales** for all their hard work and great contribution to the Welcome Centre for the past few months. Thank You for sharing your talents, stories, smiles and enthusiasm with us! It has been wonderful to get to know you and we hope to see and hear from you in the future!



GOOD LUCK to both of you as you embark on your educational journeys in pursuit of your dreams.

THANKS GRACIAS Paldies MERCI SALAMAT



Southwest Newcomer Welcome Centre
Annual General Meeting
 June 12, 2012 7pm
 237 central Ave. N.
 Swift Current

SOUTHWEST NEWCOMER
WELCOME
CENTRE

5673295/053112

Meet Jacqueline!

Jacqueline Menzies is our new volunteer, who is home from University for the summer. Originally from Swift Current, she now studies biology at the University of Saskatchewan with hopes of pursuing medicine. Currently, she works as a lifeguard and teaches swimming lessons. She enjoys traveling, playing the flute and curling. Jacqueline is excited to volunteer at the Welcome Centre in order to be more active in the community she grew up in.



WHO IS NEW?

Don't forget to **tell us who is new** in our community. If you know someone (neighbor, friend, colleague or family member) who is new to Swift Current and South West Saskatchewan, please let us know so that **we can welcome and assist them** in any way we can. May the SNWC be the first stop towards their settlement.



Edith Mostesclaros, Gateway Manager in Yorkton, stopped by at the NWC during her short visit in Swift Current.



Meet Rae!

Rae is originally from Moose Jaw, but now works in Swift Current for MailleTec Industries. She has just started helping out at the Newcomer Welcome Centre and is excited to meet new people. She is very grateful for the help and kindness she received when she lived overseas, and would like to help others in the same way.

VOLUNTERERS NEEDED!!

Want to be part of the FAIR and by sparing some of your free time, have fun and HELP us send newcomer kids to camp? If you are available on June 28-July 1, we want to hear from you! For more information and to sign up, please contact lcasiana at (306) 778 6262 or nwc@newcomerwelcomecentre.com

IMMIGRATION NEWS

Provincial Nominee Program Changes - Language Tests Will Be Required

From July 1st, 2012 most people applying for the PNP (Provincial Nominee Program) as semi- and low-skilled professionals will need to take languages tests. These will test for a basic standard in listening, speaking, reading and writing skills. The minister explained that since the focus of the PNP is on immigration's role in the economy, language skills are an essential part of this.

Although the PNP is geared towards Saskatchewan's job market, often this program has been used by applicants to help reunite their families. This is not the goal of the PNP – rather it focuses on Canada's economic and labour interests. Each province and territory has a different version of the PNP which needs to adhere to federal immigration policy and laws. In Saskatchewan it is known as Saskatchewan Immigrant Nominee Program (SINP). More on changes on the next page.

Proposed Plan to Expedite Skilled Worker's Transition from Temporary to Permanent Residence

Some temporary foreign workers (TFW) might become permanent residents more quickly. Proposed changes would reduce the work experience requirements for highly-skilled TFWs who would like to stay in Canada permanently.

This will help trades people – whose work is frequently seasonal or short term and who are working in Canada to become permanent residents. Right now applicants who are classed as TFWs in the Canadian Experience Class need to have worked full time for 24 months out of the last 36 months. These proposed changes would make it so that applicants only need **12 months** of full time work experience.

Parent and Grandparent Super Visa a Great Success

83% of people who apply for the Parent and Grandparent Super Visa are approved. This program helps parents and grandparents visit their children and grandchildren who have immigrated to Canada. Since the program began in December 2011 over 3,500 Super Visas have been approved. Those applying for this program must give proof that the host child or grandchild meets the minimum income level requirements, must have purchased certain types of insurance, and have undergone the Immigration Medical Examination. Most applications are processed within eight weeks. For more information on the Super Visa go to <http://www.cic.gc.ca/english/visit/supervisa.asp>

Press releases summarized by Rae Kroshus.

*To read full press releases go to
<http://www.cic.gc.ca/english/department/media/index.asp>*

have your say

We would like to hear from you. Don't be afraid to comment, write or ask questions.

This time we are sharing a letter from our reader and friend, Ian Ellis.

Thanks for sharing and
HAPPY 50th Birthday!!

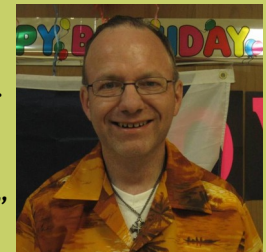
“Swift Current is a whole new community to me. I have met new people and learned a little bit of Ta-Ga-Log. It is great for communication, it is easier, and it shows respect to others.

Some people enjoy learning in their lifetime because they are interested and they are determined. I work with so many out in the community. I think it's important to carry on.

I have joined my second family and it's a bright new life for me. There are friendly and kind people from Asia and they all help me out so I pay them back. They have great food (masarap, and mabuti), entertainment and they have a strong sense of hospitality. It also proves to us all that cultures are different in our world. Yet we all share things and that is important to me, like it should be to all of us.

Paalam,

Your kuya.”



~ Ian Ellis

2012 CHANGES TO SINP & HOW THEY MAY AFFECT YOU

Language Requirements

Earlier this year, Citizenship & Immigration Canada introduced minimum language requirements for newcomers arriving with job offers classified as NOC 'C' or 'D'. NOC 'C' or 'D' jobs are those that usually do not require formal training. They may require a high school diploma or some on the job training, but College or University or Trades Certification are not usually required. NOC 'C' or 'D' would include positions such as food counter attendant, kitchen helper, general farm labourer, etc.

So whose SINP applications will this affect? These language requirements apply to anyone who is submitting an application under the *Hospitality Sector Pilot Project* and the *Long-Haul Truck Driver Categories* as these are categories for NOC 'C' or 'D' positions. It may also affect you if you are applying under the *Student Category* and have a NOC 'C' or 'D' job offer. If you fit into any of the above categories you will be required to submit the results of an official language test with their application. These language test scores must meet the minimum requirements in order for you to be eligible.

There have also been a few changes made to the **Entrepreneur Category**. This is a much less common program in our region so I will not go into the details of these changes. However, if you would like more information about this program, please feel free to contact the SINP directly.

*Changes Summarized by Anika Henderson
Registered Canadian Immigration Consultant
Imagine Immigration & Consulting Services Inc*

Family Category Changes

Up until May 1, 2012, in order to be eligible for the Family Members Category, applicants had to meet all of the eligibility criteria and had to show that they had either a job offer or a certain amount of settlement funds available to them. The job offer could be in any category – it did not matter if it was for a high skilled or lower skilled position. As of May 1, 2012, however, this program has changed and family members must now have a high skilled job offer in order to be eligible through this category.

The SINP has also put a limit on the number of applications that can be submitted by each household. In the past, family members living in Saskatchewan could apply to bring as many of their family members to Saskatchewan as they wanted through the SINP Family Members Category, so long as they met the eligibility criteria. As of May 1, 2012, the SINP has introduced a limit of one family member per household until the principal applicant has been working in Saskatchewan for 6 months. The SINP will save 25% (1000) of their nominations for this Family Category.

Student Category Changes

Foreign students who have graduated from a post-secondary program here in Canada and who have been granted a post-graduate work permit have often decided to seek employment in Saskatchewan because of the opportunities available through the SINP Student Category. Up until May 1, 2012, post-secondary graduates who worked in a permanent full-time position for 6 months or more in Saskatchewan would satisfy the work experience requirement of the SINP Student Category. The May 1, 2012 change means that for students graduating from a Saskatchewan post-secondary program, the 6 months requirement stays the same. But for those students graduating from post-secondary institutions outside of Saskatchewan, the SINP will now require 1 year of permanent full-time employment and residency in Saskatchewan. For the SINP Student Category, students can secure employment in any type of job (high or low skilled) and still be eligible for this program. However, remember that for those who have been working in NOC 'C' & 'D' positions, language test re-



In cooperation with Saskatchewan Ministry of Economy (formally: Ministry of Advanced Education, Employment and Immigration), the Welcome Centre hosted two very informative sessions on June 6th about the new changes implemented to the SINP program.

We are very grateful to Kirk Westgard, Director of SINP, who came out and patiently answered all our questions.

This Summer...Music & Food for your soul!

By Rafa Diaz

Summer is here!! Time to go out and enjoy the awesome weather of sunny Saskatchewan!!! The best part of this time of the year is spending time with friends and family with great music and good meals outdoors. It's summertime and potlucks and barbecues are ready to go. Living in Southwest Saskatchewan, the most common activities I love to do are spending my days off with my close friends dancing and singing around the bonfire, and grilling some burgers and having fun experimenting with drinks and snacks and chilling out under the sun and the stars.

Definitely music is one of the most precious elements of life. No other media changes your condition as quickly as music does. As long as I can remember, since I was a child, I have always been involved in music. I took classes and performed at home as well: playing different instruments and singing in and out of the shower or as a "chef" in and out of the kitchen. Personally, I think the best mix of ingredients in this life is music + food. I always suggest having a radio close to your workspace. It can definitely help your routine a lot. It's amazing how powerful mixes of sounds and beats can change moods and destroy unwanted vibes.

What's so important about listening to music on a daily basis? It's simple: the energy that is transmitted to you through waves of rhythmical sounds affects your behavior unconsciously in a positive way. You feel better and your mood lifts as long as you can keep the music upbeat and avoid sad or low melodies. I cannot describe how it makes me feel to turn up the volume and beat pots and pans all over the kitchen to my favourite tunes. I love to create my own culinary concert!



*You cannot live without food and you cannot live without music. These are essentials of life!
Enjoy the sun, enjoy the music, enjoy the food and enjoy the great company of family and friends.
Enjoy life... see you all out there!*



Cooking Culture

June 17th brought special treat to more than 60 guests at the first ever Cooking Culture event. Six (6) cooks from 6 different cultures braved our challenge and displayed their culinary skills. The cooks had extra help from their friends and family, and from the guests who all helped in peeling boiled eggs, chopping onion, decorating the cookies or kneading the dough. All their work was rewarded—they were treated to a buffet of sumptuous food from Korea, Tunisia, Norway, Kenya, Colombia and the Philippines.

On July 8th, we will be having the second cooking session with cooks from 7 more different cultures. All recipes and stories of the different cooks will be featured in a Cooking Culture Recipe Book to be released sometime in September. These recipes will surely make a great contribution to the cooking culture in the Southwest.

For any question, please call us at (306) 778-6262 or email us at nwc@newcomerwelcomecentre.com

Be a part of our diverse community,
meet, greet and eat.

Join us at the Comprehensive High School
on June 17th and July 8th @ 5:00
for a great culinary experience.

Bookings required at 778-2752.



This program is a bridge, through food, to an insight into the lives of all participants.



Our Stories: Journeys from There to Here

A Mother's Sacrificial Love

By Mabel R. Derksen



I rang the doorbell of a modest dwelling. Joan Ambion's warm smile greeted me as I was ushered into her home. She apologized for the boxes stacked in the corner. Her and her husband Amiel, son Aiel (grade 10), and daughter Ainma (grade 7) were preparing to move to accommodate a growing family. A precious baby girl is soon to join the Ambions in August. "You look great!" I exclaimed as I rejoiced in Joan's anticipation in welcoming the life within her. After getting comfortable, Joan begins to share her story from there to here.

Joan was born in the Philippines where she married Amiel.

After the birth of her daughter, both Amiel and Joan were faced with a difficult decision. One of them would have to leave the Philippines in search of better employment to support the family. Joan agreed to embrace the challenge.

Joan travelled far and wide. After a stint of employment in Saudi Arabia and a return to the Philippines to visit family, she applied to work in Cyprus as a caregiver to a woman dying of cancer. On completion of her contract, Joan stumbled across a magazine that featured an agency looking for live-in caregivers in Canada. In 2006, she arrived in Swift Current to pro-

vide care to her employer's daughter.

Joan was one of the first Filipinos to arrive in Swift Current. Through the kindness of her employer, she was introduced to other Filipino caregivers the day after she arrived. As she settled into her new life in Canada, she was impressed by people's hospitality and generosity. This was the place she would bring her family.

The process to bring Joan's husband and children from the Philippines to Canada took five long years. Joan recounts missing her homeland while desiring a better future for her loved ones:

There is no place like home. That's the best. But the future opportunities [in the Philippines] are not like [the ones available in Canada]. I can make the comparison. It is truly different in Canada... I'd say I had a good job [in the Philippines]. After I graduated from university, I got a job after two months. I worked in an office. But, I will tell you, my salary back in 1994, if I do the conversion, was about a \$100 a month... it was really hard to leave but if you look forward, for the sake of your future [and your children's future], you would choose to [come here].

As Joan continues to share the difficult memories of desperately missing her family, Joan and Amiel's sacrificial love shines through her words:

But it is hard though. I mean, your relatives are there and you will feel strange here in a place that you have never known. It's really hard, especially when you have a family and you are a Mom. Technically it should be a Father who lives and works abroad. But now, in this generation, most of the Mothers [in the Philippines] work and live abroad... It works out good. I think it's worth it even though you sacrifice... But the good thing is I am lucky and so fortunate that my husband looked after [our children] well. He was the Mother and Father of my kids. I know it was hard for

him too. But through our communication, even though we were apart, our hearts connected... I'm not saying we are perfect. Nobody is perfect in this world. No couples are perfect. But we stick to our promises. I know we were apart for a long time. But our promises are our promises... There are times we had [arguments] but you can settle it. We would always say sorry so we could keep our relationship good. I know it is really hard, but our faith in Jesus is the center of our relationship.

Throughout our conversation, I was amazed at Joan's courage, resilience, and perseverance. She was determined to bring her family into Canada, a country with numerous opportunities to succeed. Yet, at the end of five years, she almost lost hope.

Three weeks prior to the expiration date of her family's medical certificates, which are necessary for entry visas into Canada, Joan found out the immigration office in Ottawa misplaced her immigration application. Panic set in. Joan's former employer intervened and enlisted the help of Member of Parliament David Anderson. Mr. Anderson personally approached the immigration office during business in Ottawa. He was instrumental in expediting her application, which in turn resulted in visas being issued to Joan's family in the Philippines.

Tickets were booked. Bags were rapidly packed. And Amiel, Aiel, and Ainma landed in Vancouver on February 21, 2011. The next day, their medical certificates expired. Joan recalls her emotions at the time:

It was a challenging, exciting, and bad experience for me. But the end result was wonderful... Honestly, it was really hard for me. I waited for so long! I've been apart from [my family for so long]. The last stage, the last step, was really a challenge. You know, I was about to lose hope. I could still get them [in the future], but I would have to wait another 6 months to one year! And I'd have to pay [for all the paperwork] again! And I'd have to cancel their flights... Honestly, my work suffered... I was always crying... I lost weight... But I was still praying and thinking I know God is real. I kept holding on to that.

Today, Joan, Amiel, Aiel, and Ainma are happily reunited, a blessing that the Ambions do not take for granted. And now they are looking forward to new beginnings, a new chapter in their lives, and a new baby. ***"We will have another child to look after [and to enjoy together]. That is why we planned to have another. And we are blessed. We did it!"***

Do you have a story to tell of how Swift Current has become your new home? We would love to hear from you!

Please contact Agnese at (306) 778 6262 or agnese@newcomerwelcomecentre.com



SALSA NIGHTS

By Emilia Main

Our two salsa nights on April 13 and April 20 here at the Welcome Centre to celebrate Hispanic Heritage Month were a success! Over 50 people showed up both nights to have a good time and enjoy the added Latin flavor to their nights. Some were naturals, others (mostly me) had a hard time, but everyone had fun just the same.



We'd like to thank our fabulous instructors John Rojas and Victoria Martinez and we'd like to thank everyone who came out to dance!



If you are interested in learning SALSA or just practicing your moves, join for Salsa classes that take place every **Tuesday @ 7pm** (June) at KIVA, Carmel Mall 234 1st Ave NE More info at 774-6478

Which is followed by Freestyle dancing at Lucky Charlies!

Service Canada

FOR NEWCOMERS



TOPICS OF DISCUSSION:

SIN: purpose, protection, process for newcomers.

PAYCHEQUE DEDUCTIONS: EI, Canada Pension.

EI: types of benefits, criteria, amounts, duration.

CANADA PENSIONS: types of benefits, criteria, maximum amounts, duration as applied to newcomers.

OLD AGE PENSION: benefits as they apply to newcomers, types, eligibility, amounts.

Educational Savings Grant and Bond.

All these topics are explained in depth and more useful links and information can be found on the Service Canada website:

www.servicecanada.ca

We would like to thank Ms. Eileen Humphreys from Service Canada for a great presentation.



Southwest Literacy Committee



Service
Canada

SOUTHWEST NEWCOMER
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MAY = ASIAN HERITAGE MONTH

by Emilia Main & Agnese Vilde

May is Asian Heritage month as declared by the Canadian government exactly 10 years ago. This year's theme is "Advancing Democracy, Strengthening Canada," as pronounced by the Minister of Citizenship, Immigration and Multiculturalism, Mr. Kenny. He also recognized the valuable contributions of Canadians of Asian descent in the development of Canadian history, identity and society and expressed his hope that these Canadians of Asian descent will continue to shape our national story.

Let us celebrate the wonderful and meaningful contributions of all Canadians of Asian heritage.

Vivienne Poy

Born in Hong Kong, Poy moved to Canada in 1959 as a university student. She received a PhD in history at the University of Toronto. She enjoyed success as a fashion designer after founding *Vivienne Poy Mode* in 1981. In 1998, Poy became the first Canadian of Asian descent to be appointed to the Senate. As a member of the Senate, Poy proposed that May be Asian Heritage Month. As a result, May 2002 was Canada's first celebrated Asian Heritage Month.



David Suzuki

Mr. Suzuki was born as a third-generation Japanese-Canadian in Vancouver. He suffered internment in British Columbia during World War II. Suzuki grew up to earn a PhD in zoology. After studying in the States, he returned to Canada to host several CBC programs, eventually leading up to *The Nature of Things* - a popular program on nature, the environment, and sustainability. In 1991, the *David Suzuki Foundation* was founded to promote environmental sustainability. In recent years, he has become a prominent spokesperson on climate change.



Rey Pagtakhan

Born and raised in Manila, Dr. Pagtakhan received his Doctor of Medicine at the University of the Philippines. He moved to Canada and became a Professor of Pediatrics and Child Health at the University of Manitoba. In 1988, he became the first Filipino-born Canadian to be elected to the House of Commons. In 2002, he became Minister of Veterans Affairs, and in 2003 - Minister of Western Economic Diversification, a post with which he created funding for the Winnipeg based International Centre for Infectious Diseases.



Sandra Oh



Sandra was born in Ottawa to Korean immigrant parents. She studied drama at the National Theatre School of Canada in Montreal, even though she had received a journalism scholarship from Carlton University. Her decision paid off: in 1994, Oh won a Genie Award for best actress for the Canadian film *Double Happiness*. She went on to star in the American film *Sideways* and her most notable role as a doctor in *Grey's Anatomy*, a role for which she won a Screen Writers Guild Award and a Golden Globe.



Zaib Shaikh

Zaib was born in Toronto and is of Pakistani descent. He studied theatre at the University of Toronto Mississauga. He went on to direct and write the CBC adaptation of *Othello*. He is most known for his starring role on *Little Mosque on the Prairie*, a popular sitcom about a Muslim community living in rural Saskatchewan.



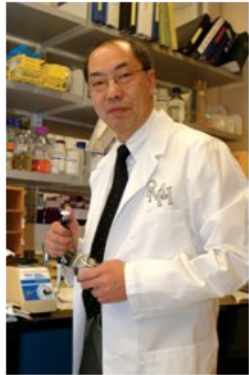
Carol Huynh

Born to Chinese-Vietnamese refugees in British Columbia, Huynh started wrestling at the age of 15. She went on to win the gold medal in the 2008 Summer Olympics in Beijing for wrestling.



Tak Wah Muk

Raised in Hong Kong, Dr. Mak is an award-winning researcher in the fields of biochemistry, immunology, and cancer genetics. His research concentrates on understanding the elemental biology of cells to determine how the immune system works and tumors form. He began his research at the Ontario Cancer Institute in Toronto, where in 1984 he solved one of immunology's most complex problems when he discovered how the immune system recognizes pathogens. He continues to study the molecular biology of the immune system and of cancer. He is an Officer of the Order of Canada.



Adrienne Clarkson



The Right Honourable Adrienne Clarkson came to Canada from Hong Kong as a child in 1942. She had an award-winning 18 year career with the CBC as one of Canada's first female television personalities. In 1999, Clarkson became the first immigrant appointed Governor General of Canada. As Governor General, she worked to forge strong ties between the Aboriginal communities of the north and the rest of Canada.

Chandrakant Shah



Dr. Shah is an Indian-born Canadian doctor and social activist. He has been a staff physician at Anishnawbe Health Toronto where he provides primary health care to Toronto's aboriginal community as well as the homeless, the unemployed and children living in poverty. His textbook, *Public Health and Preventive Medicine in Canada*, is widely used by students from a range of health disciplines. He has won the Order of Ontario and an Outstanding Physician award from the College of Physicians and Surgeons of Ontario.

Baljit Sethi



Born in Lahore, India, Sethi immigrated to Canada in 1972. In 1974, she began working with the Immigrant Services Society of BC as a family counselor and then as a Settlement Counselor, assisting newcomers to Canada with settlement services. Through 38 years of dedicated service to newcomers' integration and the promotion of multiculturalism, Sethi has changed the community's outlook. Although better known as an activist and advocate for immigrant women and seniors; she is

also a known author, painter and performing artist and has been a source of inspiration to many.



KATIMAVIK FAREWELL

*By Emilia Main
Katimavik 2012 volunteer*



After I graduated high school in June 2011, I was a shell of a person. I went to school full time and worked in fast food nearly full time as well. I had few friends, few hobbies, and little motivation in life. The only thing that kept me from completely becoming a zombie was volunteering, but if I had chosen to go to university that following September, I would have lost the volunteer position I loved so much. I would have continued on with work and school, without purpose or direction.

But I didn't. There was another opportunity for me, a chance for me to gain life experience, lifelong friends, and connections throughout Canada. Instead of continuing on as a living zombie, I chose Katimavik.

Katimavik attracted me for many reasons. I wanted a gap-year. I wanted to gain life experience. I wanted to volunteer. I wanted to see more of Canada. I wanted to make friends. I wanted to learn more about myself and what I

could accomplish. I wanted to learn about culture and community. I wanted to do something that most of my peers would never choose. I wanted to go to school the following September with purpose, with experiences, with confidence, and with a sense of pride.

My decision to do Katimavik was fully supported by my own logic. However, it was not supported by my family, co-workers, and peers. I was told I would become wayward and not know what I want in life. I was told that I would not continue my education if I took a gap-year. I was told I would be missing the best year of my life. I was told many negative things that in fact motivated me even more to complete Katimavik.

I was also told positive things that helped me ease my doubts about the program. Teachers told me that former students had had wonderful, life changing experiences. Katimavik alumni recommended the program to all youth. The program itself boasted

success from all sides of the Katimavik story: volunteers, communities, work partners, billet families, and the government. In the end, it was my decision. And I haven't regretted it once.

The program is winding down into its final days. My group and I have accomplished so many things in our six months together. We've reached personal goals, group goals, and community goals. We've grown individually and as a group. We've learned about ourselves, each other, Canada, and life. We've gained communication skills, problem-solving skills, planning- and organizational-skills, and life-skills. We've lived in two culturally and linguistically different communities: one in Quebec and here in Swift Current. We lived together in a house and we were responsible for cooking, cleaning, and problem-solving for ourselves. Under the guidance of our Project Leaders, we organized activities that facilitated learning: whether it was learning about the community,

learning language skills, learning about ourselves or each other.

We spent time in both communities exploring available leisure activities, community events, volunteer opportunities, and cultural differences.

In Quebec, we volunteered supervising children while single parents went to a conference to explore politics. We participated in a snow sculpture contest. We visited a sugar shack. We hung out at a 50s diner. We built a Quinzhe. We went to the museum. We spoke at a city council meeting.

Here in Saskatchewan, we've volunteered at the Exotic Poultry Sale, bingo, the Mother's Day Tea, Relay for Life, Picnic in the Park, and Saskatoon Pride. We've visited a Hutterite colony, gone to Lyric Theatre events, visited two Western Development Museums, gone to Saskatchewan Landing, and toured the Tunnels of Moose Jaw.

These all sound like simple activities that some of us could have done without Katimavik. But that's not the important part. The value of Katimavik can be seen by stepping back and seeing how things have changed.

Personally, I've changed. I now have confidence that I can succeed. I can work better in a group. I have friends that I can trust. I now know that I don't need my mom to always cook for me. I can see how important building a community through involvement and volunteering is.

Others in my group have a better understanding of what they want to do in the months and years to follow. Some have gained an appreciation for all the work and planning that goes into managing a household and organizing activities. Some have gained proficiency in their second language. Others have taken a break from their lives at home to figure out who they are and what they want. I think that we are all worldlier, more mature, and more capable of accomplishing tasks and life goals.

Communities have been affected. We work 40 hours a week at not-for-profit organizations who benefit from the diversity volunteers from all over Canada bring. We bring creativity, personal experiences, skills, culture, and willingness to work and make a difference. Some organizations benefit from the person-power. Community organizations don't always have the money to hire an extra hand, so volunteers fill that void and help out. We've also volunteered at community events that needed reliable volunteers willing and ready to work for nothing but a thank you.

Canada has been affected, too.

Katimavik has created a network of thousands of participants and alumni that are more civic-minded, more willing to engage, and more prepared for life and all its obstacles.

Katimavik has connected individuals across this vast, culturally and linguisti-

cally diverse nation. Katimavik has fostered diversity, tolerance, and learning through a program that forces individuals and communities out of their comfort zones.

*There have been **30 000** Katimavik volunteers since its beginnings in 1977 who have provided over **640 000** hours of volunteer service per year.*

Above all, Katimavik gives youth the experience, skills, and motivation that will allow us to grow into the leaders of tomorrow. Youth are the future leaders of Canada. We are the future entrepreneurs, doctors, skilled-workers, teachers, politicians, and professionals. Katimavik inspires us to not just be the future, but be the future that can make a positive difference in Canada and the world.

With Katimavik's funding cut, the program will longer be available to youth like me and like the ones in my group. However, we hope that Katimavik's spirit lives on in life-long learning, volunteerism, community engagement, civic participation, and active citizenship. These are things that will help create a strong, compassionate, and unified future Canada.





PROGRAM SUMMARY

- **On the Move Program: Girls Wed nights and Boys Thursday nights. 7:00—9:00 p.m.**
- **Families in the Park Monday—Thursday July 9—Aug 17. For parents with children ages 0-5 years.**
- **Parks Play Program for kids age 5-12 starts on July 9th.**
- **The Hub opens its door July 9th for youth age 12-17. 1:00—9:00 p.m.**
- **2012 Skateboard Camp June, call 778-2787 for more information**
- **Skateboard Competition held on August 16.**
- **Penny Carnival concludes the summer on August 17.**
- **I-Splash! is at Riverside Park, 10:00—4:00 p.m. Ages 5-12 on July 20.**

what every newcomer should know about...

This Summer With The City of Swift Current Recreation & Parks Department

Summer is fast approaching. Would you like to know what activities you or your family could do within the city? Simply give the Recreation and Parks Department a call, at 778-2787 or check out our website at swiftcurrent.ca.

HERE ARE JUST A FEW OF THE GREAT PROGRAMS OFFERED FOR THE SUMMER OF 2012

Do you have children between the ages of 0 -5 and are looking for something to keep them busy!? Come out to Kin Park every Monday -Thursday from July 9th to August 17th for **Families in the Park**. Kin Park is located along Bell Street & 15th Ave-

nue NE. This is a FREE program that runs from 10 a.m. to 11:30 a.m.

Children ages 5—12 are invited to the **Parks Play Program**. Monday to Friday July 9th—August 17th. 8:30 a.m. -12:00p.m. @ Salteaux, ACT, Riverside and Westside Parks. 1:00p.m.—4:30p.m. @ ACT, Saulteaux and Riverside Park.

The Hub Youth Centre runs Monday—Friday from 1:00 p.m. -9:00 p.m. at the Center (55 1st Ave NE.) The Hub is a fun place for youth ages 12—17 to hang out for the summer, go on adventures and road trips too! There is no cost for the programs come and check it out!

WHAT YOU NEED TO KNOW ABOUT PROGRAMS & FACILITIES

1. Programs and facilities are available for all ages
2. Youth drop in programs are supervised by trained play leaders
3. Get active and make some new friends
4. Recreation and Parks programs are all free unless otherwise stated.
5. Parks, pools, parkways and programs are all available for your recreation.

Live it everyday!
June is Recreation & Parks Month



The City of Swift Current offers great opportunities to lead a healthy, active lifestyle. It provides and offers facilities and programs geared towards children, young adults and those who are young at heart.

Let's make everyday a day for recreation!

Poolside Fun

By Jacqueline Menzies

With the days getting warmer, going swimming at a lake seems to be a great idea! But if you are unable to make it to the lake, why not try out the swimming pool? The indoor pool is located at 1100 11th Ave NE, and is currently open. It has a main pool with diving boards, a rock wall, and for small children slide. There is also a smaller pool, which allows younger children to touch the bottom, and start a love for swimming. If at the end you of your swim you need to warm up, there is a hot tub and a sauna, just make sure there are only 6 people are in the hot tub at a time! The best times to come can be found in the chart below. Make sure you have an adult with the kids if you are going to family swim!

Starting June 14 the Aquatic Center will be closed and on June 16 Fairview pool will be open. Fairview is an outdoor pool and has a main pool, with a shallow end for young kids or those wanting to wade in the water. Next to the main pool is a small, but deep pool. Watch out since the entire pool will likely be over your head. Into this pool there are two slides, which can become very fast with water. There is also a large grass area to soak up those summer rays. Or if you want to have lunch with Friends and family there are some picnic tables that can be found. And for those young and young at heart there is a water park! The best times to go to the pool are:

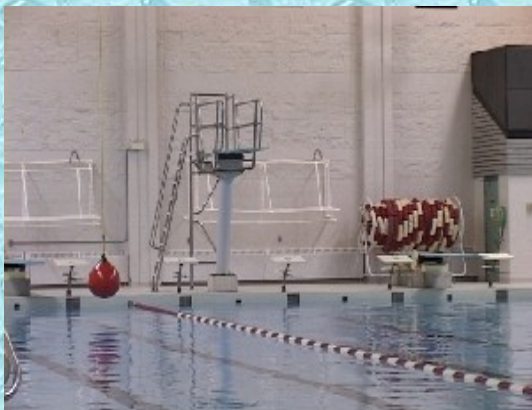
Swim Type	Time and Days
Family Swim	Mon-Fri 12-1 and 3-4 Mon, Wed 6:30-7:15 Sat, Sun 1-2:30
Public Swim	Mon, Wed, Fri 4-5:30 Mon-Fri 7-8:30 Sat, Sun 2:30-6

Swim Type	Time and Days
Family Swim	Mon-Fri 1-2:00 (beginning June 29) Friday 5:30-6:30 Sat, Sun 1-2:00 and 5:30-7:00
Public Swim	Mon- Fri 2-5:00 (beginning June 29) 6:30-8:00 Mon, Wed, Fri 8-9:00 Sat, Sun 2:30-6pm and 7-9:00pm

The cost to go swimming depends on your age. If this is a little more than you want to pay, you can come on **Friday from 7-8:30 when everyone only needs to pay \$2!**

Age	Cost
3-5	\$3.25
6-11	\$3.75
12-17	\$4.25
18-64	\$6.00
Family of 5	\$11.25

The pricing is the same as that for the Aquatic Center. On June 16, it will be \$2 from 1-5 for Family Activity Day.



Aquatic Centre



Fairview Pool

So pull out those swimsuits, life-jackets, water wings and goggles and head down the Aquatic Center! Hope to see all of you there; I know I will be!

TRUE SPORT

Have you been trying to find the perfect new summer sport for you?

Or do you want to try a new sport without the commitment of buying equipment first?



The Welcome Centre is happy to have a True Sport Bag, which contains sporting equipment needed to try out a new sport this summer. There are hockey helmets, basketballs, footballs, volleyballs, a soccer ball, tennis racquets and balls, Frisbees and board games. So come out and borrow some equipment for a few days and try a new activity!

Find a sport you will love for the rest of your life, and stay active this summer!



ADULT SOCCER

Every Sunday @ 7:00 pm

At the Prairie Field
(Highland area)

No participation cost, no registration.
Just come and play!

SOME UPCOMING EVENTS IN THE SOUTHWEST

Swift Current:

June 21-24: Long Days Night Music Festival

June 23-24: Windscape Kite Festival

June 28-July 1: Frontier Days

June 30: Canada Day Parade

July 1: Canada Day Flag Raising

June 16-Sept. 22: Market Square (every Saturday)

Maple Creek:

Every Friday until Fall: Farmers' Market

July 7: 25th MC Ranch Rodeo

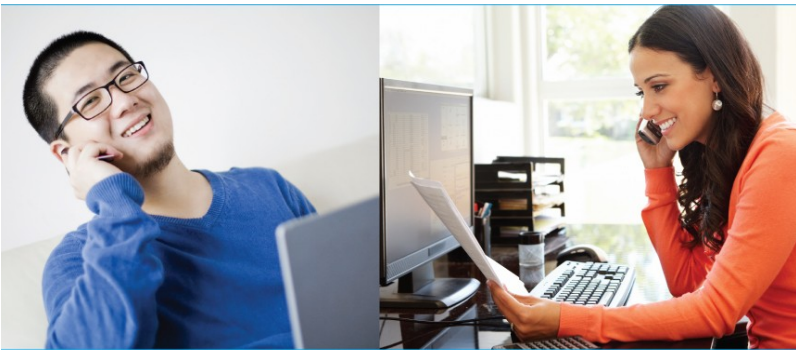
July 20: Third Annual Heritage Festival

Town of Herbert:





July 5: Movie Night in the Park

August 3-5: Centennial Celebration

Learn English From Home *for free*



You Will Need

-  5 - 7 hours to study on your own every week
-  A telephone for weekly calls with your teacher
-  A computer with high speed internet, OR
-  A CD Player

Are you:

- a permanent resident of Canada or convention refugee?
- of legal school leaving age?
- unable to attend full time English language classes?
- at a minimum English language level?
(minimum Canadian Language Benchmarks of Listening 3, Speaking 3, Reading 2, Writing 2)

www.linchsnational.ca

Improve Your Language Skills

Listening

Speaking

Reading

Writing

Study online or by correspondence and work one-on-one with a certified TESL teacher.

Here is an opportunity for you to
**LEARN ENGLISH FROM HOME
FOR FREE.**

There are **120 seats open** to rural Saskatchewan Permanent Residents who wish to learn English but cannot access a full time class.

Please Contact Bula Ghosh from *Great Plains College* for more information about the program and how to get started. Her contact details are as follows:

Tel. Numbers: (306) 773 1531
(306) 778 5477

Email: bulag@greatplainscollege.ca

REMINDERS



We will keep you posted about the next Zumba classes at the Welcome Centre

EVERYONE IS WELCOME!

Don't miss out on the fun!



International Women of Swift Current
get together for support and friendship.

Activities include: *discussion groups, exercise programs, movie nights, cooking demonstrations, and cross-cultural exchanges.*

Meeting Place & Time

Southwest Newcomer Welcome Centre
237 Central Ave N, Swift Current

September - April on most Wednesdays
@ 7:30 p.m.

CONTACT INFORMATION

Myra Leyshon (306) 773 – 5068,
mleyshon@sasktel.net
Anne Moola (306) 773 – 1711
annemoola@shaw.ca



Find us on
Facebook

Don't miss out on important events, announcements and opportunities for newcomers living in Southwest Saskatchewan.

Add us and keep in touch with all that is going on!

<https://www.facebook.com/groups/41822533487/>

LANGUAGE ASSESSMENTS

Want to take an **ESL** class?
Need to **improve your English** for your job?

Ask us about our language assessments and to see if you qualify! For more information and to sign up, please contact Agnese at (306) 778 6262 or agnese@newcomerwelcomecentre.com

SUMMER CAMPS

We continue to raise funds for summer camps. We just had a hotdog sale on June 15 at the BMO Park. We will also be taking charge of the North Gate during the Frontier Days. We still need volunteers. We will be announcing the summer camps available, and hopefully we could send many kids to camp. A big THANKS to those who helped during the hotdog sale. Contact us if you want to volunteer.



NEW GRADUATES

We would like to congratulate all the Grade 12 graduates in the Southwest. Among those graduating this year are children from newcomer families. CONGRATULATIONS AND GOOD LUCK!!!



Dela Cruz Family

Families Reunited & New Arrivals



Lo Family



Lianko Family



Morante Family



Mandrique Family

**SOUTHWEST NEWCOMER
WELCOME
CENTRE**

www.newcomerwelcomecentre.com

We will be launching our website soon.
Watch out!!!

SOUTHWEST NEWCOMER WELCOME CENTRE

237 Central Avenue North, Swift Current, SK S9H 0L3

Phone: (306) 778 6262

Fax: (306) 778 6226