



QUINTE UNITED  
IMMIGRANT  
SERVICES

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Thanks to our Funders  
for their continued  
support:

- (CIC) Citizenship & Immigration Canada,
- (MCI) Ministry of Citizenship & Immigration
- United Way of Quinte



*Our mission at Quinte United Immigrant Services is to 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.*

### Upcoming Community Events

**Throughout March and April**– Community Volunteer Income Tax Program. Contact QUIS for more information.

**Tuesday, March 19, 2013** –Edith Fox Life and Loss Centre information session. Find out about coping with grief and depression, 12 pm, QUIS

**Thursday, March 21, 2013**-Inclusive Community and Economic Development event, 6:30-9 pm, Albert College

**Saturday and Sunday, March 23-24, 2013**– Maple in the County, various locations in Prince Edward County, www.mapleinthecounty.ca

**March 23, March 30, April 13, 2013 (Saturdays)**–QUIS will have an Information Booth at the Quinte Mall. Come visit us there!

**Friday, March 29, 2013**– Good Friday-QUIS office closed

**Sunday, March 31, 2013**– Easter–Happy Easter!

**Monday, April 1, 2013**– Easter Monday-QUIS office closed

**Monday, April 1, 2013**– April Fool’s Day! Canadians celebrate this day by playing harmless practical jokes on each other until 12:00 noon!

**Saturday April 27th, 2013**– Yuk Yuk’s Comedy Tour in Quinte West. Fundraiser for QUIS. See poster page 4.

**Sunday, May 12, 2013**– Mother’s Day. Happy Mother’s Day to all moms!



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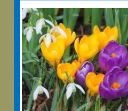
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# QUIS Newsletter



Join us on Facebook!



## SPRING IS HERE!



After a snowy, cold winter, the days are finally beginning to get a bit longer. Canadians look forward to spring as a time of warmer weather, getting outside more and taking part in outdoor activities. Here are some important dates :

### First Day of Spring

In the northern hemisphere (half of the world), the first official day of spring is either March 20th or 21st. In 2013, it falls on March 20th. This day is known as the **vernal equinox**, which means that night and day are roughly of equal length on this day.

### Easter

For Christians, Easter is the most important day of the year. It celebrates the resurrection (coming back to life) of Jesus three days after he was crucified (killed), as told in the Bible. The date for Easter changes from year to year, based on the Church calendar. In 2013, Easter falls on the 31st of March. The Friday before Easter is called **Good Friday**. This commemorates the day Jesus was crucified. Most stores and businesses are closed on Good Friday. On Easter, children search for candies and chocolate eggs their parents have hidden. Other symbols of Easter are rabbits, chicks (baby chickens) and Easter lilies (flowers). These things remind us of the return of light and warmth after the winter.



### Mother’s Day

The second Sunday in May each year is Mother’s Day. This year, it’s May 12. People express their love and appreciation for their mothers. People give cards and gifts, make a meal for their mother or take her out for lunch or dinner. Happy Mother’s Day to all mothers!



### Victoria Day

Canadians celebrate the birthday of Queen Victoria, who ruled from 1837-1901 on the last Monday before May 25th each year. This year it is on May 20th. It is seen as the informal start of summer. There are fireworks and people have picnics and visit cottages for the first time.

## QUIS VOLUNTEER TAX PREPARATION

Do you need help with your Income Taxes? Let us help you! QUIS volunteers will assist eligible QUIS clients to complete their 2012 tax returns.

The program, called Community Volunteer Income Tax Program and run through the Canada Revenue Agency in partnership with QUIS, is available to newcomers who have been in Canada for 5 years or less, (although special circumstances will be considered). The volunteers will assist with simple returns but **will not** do tax returns for:

- Deceased (dead) individuals
- People who have filed for bankruptcy
- Self-employed people
- People who own foreign property over \$100,000.
- People who have capital gains or losses
- People who have rental income or business expenses

You must have a **Social Insurance number** or **Individual Tax number** to participate. Also, you will have to bring a status document (PR card, work permit etc.), as well as relevant information slips (T4s, T5s, Child Tax Benefit information etc.) Please see Cat or John Mark at QUIS for more information or call us at 613-968-7723.



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## WHAT'S NEW AT CIC: SKILLED WORKERS AND TRADES



The **Federal Skilled Worker Program (FSWP)** allows people who have skilled managerial/professional level work experience to apply for permanent residency in Canada. In July of 2012, Citizenship and Immigration Canada stopped accepting applications for this program. There are two exceptions to this rule: people who have a valid offer of arranged employment and international students enrolled in a PhD (doctoral) program.

If you are currently working in Canada and your employer offers you permanent employment, you are eligible to apply for the **Skilled Worker Program**. Your temporary work permit must be valid at the time you apply and also when the visa is issued.

If you are currently enrolled in a PhD (doctoral) program, or who have been enrolled in such a program in the last 12 months you may also currently apply for the **Skilled Worker Program**.

The government is making changes to the Federal Skilled Worker Program and will likely start accepting applications when the new rules are in place. That should happen sometime in the summer of 2013.

Keep in mind that there are exceptions to these circumstances, so if you think you qualify as a Skilled Worker, come and see us at QUIS!

Another new program that just started in 2013 is the **Federal Skilled Trades Program**. In order to apply for this program, you must have experience in a specific skilled trade. These trades include industrial, electrical and construction trades, maintenance and equipment operation trades, supervisor and technical jobs in natural resource, agriculture and related production and processing, manufacturing and utilities supervisors and central control operators.



To avoid backlogs, the government is limiting the number of applications for the Skilled Trades Program in the first year to 3000.

For both the Skilled Worker and Skilled Trades Programs, you must meet minimum language requirements in English and French. You will have to take a test through an organization approved by Citizenship and Immigration Canada.

**For more information on the above two programs or any changes to the immigration system, please call QUIS at 613-968-7723. We can help you discover the possibilities!**



## Scotiabank can help open the door to your new start in Canada.

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**Quinte Mall**  
390 North Front St, Belleville, ON  
Ph: 613-967-6769 Ext. 4200

**North Front Centre**  
305 North Front St, Belleville, ON  
Ph: 613-962-3077 Ext. 4200



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## SPECIAL EVENT FOCUSES ON LOCAL DIVERSITY!

Attend this unique event for the chance to come together with the community to celebrate diversity and economic development! Call QUIS for tickets: 613-968-7723 (Note: Tickets are **NOT** available at the door).

THE  
City of Belleville | United Nations Association in Canada | Quinte Local Immigration Partnership  
PRESENT

## INCLUSIVE COMMUNITY AND ECONOMIC DEVELOPMENT



Date of Event March 21, 2013  
Venue Albert College  
Time 6:30 pm  
Tickets \$10.00 per person  
(includes light supper buffet)

Mayor Neil Ellis, *City of Belleville*  
Karen Poste, Manager  
*Economic & Strategic Initiatives*

Music Local Musicians



## LIFE INSURANCE FOR REAL LIFE NEEDS SEGURO DE VIDA PARA CUBRIR LAS NECESIDADES IMPORTANTES DE LA VIDA

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Today is a good day to learn more, so let's talk.  
Este es un buen momento para informarse mejor, así que hablemos.



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In support of Quinte United Immigrant Services



Saturday April 27th, 2013



PROUDLY CANADIAN

YUK YUK'S "ON TOUR"

YOU JUST CAN'T LAUGH ANY HARDER!

Treat yourself to a night of laughs in support of Quinte United Immigrant Services!

**Date:** Saturday April 27th, 2013— Doors open at 6pm

**Where:** Astra Lounge—106 Yukon Street on the Canadian Forces Base in Trenton (Quinte West)

Cash Bar and DJ

Roast Beef Buffet Dinner at 6:30pm—Comedy show at 8:30pm

Buffet and Comedy show \$50.00 per ticket—Comedy show only \$40.00 per ticket

Comedians: Adrian Cronk, Derek Seguin, Nick Beaton and Tim Rabnett

**To buy tickets:** Go to the QUIS Office, 41 Octavia St., Belleville or call 613-968-7723

## GARDENING: IT'S PLANTING "THYME"\*

\* Thyme is an herb that is pronounced the same as the word, "time".



Many people in Canada look forward to spring so that they can start planting their gardens. When the weather gets warmer, in April and May, people make trips to garden centres to buy flowers, plants and seeds as well as other material they need such as fertilizers and tools.

Here are a few tips on gardening:

- If you are planning to grow vegetables, you need a space where the sun shines at least 6 hours a day
- Most soil can be made better with **compost**. **Compost** is rotting vegetable leftovers, egg shells etc. that can be stirred and "cooked" in the heat to form a type of natural fertilizer. You can buy a container to make compost. Keep adding vegetable leftovers, coffee grounds etc. and stir the mixture.
- Don't plant your garden too close to trees, or the tree will take all the nutrients from the soil and will put too much shade over the garden.

In 2012, the **City of Belleville** started a pilot project for community gardening. They offer garden plots for free to interested people. The garden is located in Ponton Park, near Dundas Street West and Sidney. **The City will be accepting applications until April 12th at 12pm from residents who want their own garden plot. For information about this year's gardening, contact Melanie Morrish of the City of Belleville Green Task Force at mmorrish@city.belleville.on.ca.**



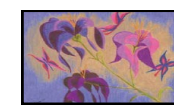
On the city's website (<http://www.city.belleville.on.ca/ResidentServices/GreenTaskForce/Pages/CommunityGardens.aspx>), the following benefits of community gardening are listed:

- It supports good nutrition and physical activity
- It's an escape from the noise and commotion of everyday life
- It provides education about composting, mulching and waste reduction
- Learning to grow plants is mentally stimulating and teaches people to think sustainably
- Neighbours can get to know each other better

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