

QUIS CONNECTIONS



@QImmigration



Quinte Immigration
Services

Volume 12, Issue 1

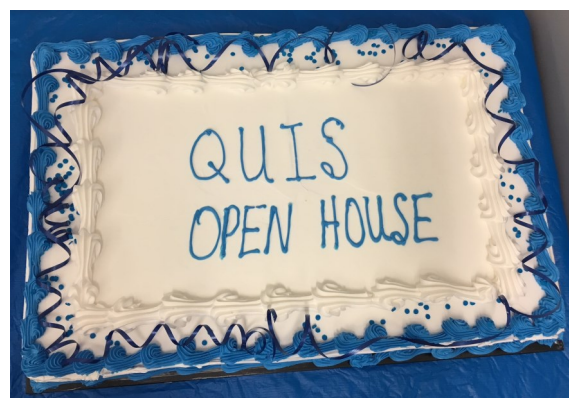
Summer 2018



QUIS Annual Open House & Potluck

On Tuesday June 19th, Quinte Immigration Services hosted its Annual Potluck & Open House. Anyone and everyone was welcome to attend, with many QUIS clients and some visitors from other agencies stopping by to enjoy the food and company, as well as get to know our office, staff, and learn more about our services.

Staff, clients, and visitors brought a variety of dishes to share, all of which were delicious and enjoyed by everyone. The Loyola English as a Second Language classes ordered pizza, which made for a fantastic addition to the menu. A large cake decorated in the QUIS colours was eaten for dessert. QUIS is extremely thankful to all who brought food and visited our space. It was a wonderful, festive afternoon, and a great kick-off to the summer. We look forward to next year's Open House and hope you can attend as well!



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Donation

In early July, Quinte Immigration Services was incredibly grateful to receive a surprise donation of \$400.00 from Ian and Diane Blairs. We asked them to write a little bit about their time at QUIS and why they decided to share their generosity with our agency:

“Firstly, we would like to explain why we needed to have permanent residency in Picton, above and beyond the fact that this is a beautiful place to live. On reaching our seventies we realised, having only one son and living in Canada, that emotionally we wanted to be close to him in our later years. Having no extended family, we felt we could be helpful to each other.

We were very fortunate to find QUIS, discovering all the wonderful work that they do, i.e. bringing families together, helping them through very stressful and difficult periods in their lives, as well as navigating with them, sometimes in another language, through the labyrinth of rules and regulations, all in a professional, caring, and friendly way. In our case, showing so much patience in helping us with the computer skills which were necessary for the documentation required.

We are fortunate that we come from a stable background and country, having been in contact with QUIS we now realise it helps many people with far more complex situations. Our donation is a thank-you, that we hope helps in a small way with the service you give.”



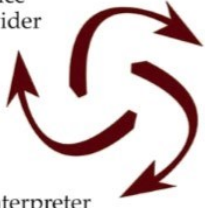
New Volunteer at QUIS

My name is Jacinta A. Obasohan and I am a Nigerian – Canadian raised in Southern Nigeria in a family of four. I attended PACC Adult Education Centre in Montreal Quebec where I got my high school diploma. I then attended Dawson College for two years as a student nurse and am currently a student at Loyalist College studying Customs Border Service . At Loyalist, I



am a student governor representative and during my nursing years, I volunteered at various hospitals in order to give back to my community. I volunteered at Maimonides Geriatric Care in Montreal for two years and I volunteer at the annual event hosted by Loyalist College which brings young scientists from all over the Quinte region to compete in a science and technology fair. I chose to volunteer at QUIS for several reasons: to give back to my community and this organisation, to impact other peoples' lives by making a difference ,and to help new immigrants adapt to Canadian culture through the process of orientation and encouragement by participation of newcomers in social, economic and cultural aspects of the community. I am excited to enhance my skills and gain experience in my future job as a customs border officer, while working for this great organisation.

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A division of Quinte Immigration Services

LANGUAGES AVAILABLE

AFRIKAANS*	KUTCHI*
AKAN*	LAOTIAN**
ALBANIAN*	LATVIAN (LETTISH)*
AMHARIC*	LEBANESE*
ARABIC	LINGALA*
ARMENIAN*	LITHUANIAN*
ASSYRIAN*	LOW GERMAN*
AZERI*	MACEDONIAN+
BENGLI*	MALAY ^
BERBER*	MALAYALAM*
BIKOL*	MALTESE*
BOSNIAN*	MANDARIN
BULGARIAN**	(MODERN
BURMESE**	CHINESE) ^
CAMBODIAN**	MARATHI*
CANTONESE	MIN NAM
(TRADITIONAL	(HOKKIEN)*
CHINESE) ^	NEPALI*
CATALAN	NORWEGIAN
CHALDEAN*	NUER*
CHIU CHOW	OROMO*
(CHAOZHOU)*	OTJIHERERO*
CREOLE*	PASHTU*
CROATIAN	PERSIAN
CZECH	POLISH ^
DANISH*	PORTUGUESE ^
DARI*	PUNJABI ^
DUTCH	PUNJABI
ESAN*	GURUMUKHI*
ESTONIAN*	ROHINGYA*
FANTI*	ROMANIAN
FARSI ^	RUSSIAN ^
FINNISH	SENEGALESE*
FLEMISH*	SERBIAN+
FRENCH ^	SERBO-CROATIAN
FUJIAN *	(BOSNIAN)*
FUZHOU*	(CROATIAN)*
GEORGIAN*	(SERBIAN)*
GERMAN ^	SHANGHAINESE*
GOFIGNA*	SINHALA*
GREEK ^	SLOVAK
GUJARATI ^	SLOVENIAN*
HAKKA*	SOMALI*
HEBREW	SPANISH ^
HINDI ^	SWAHILI*
HUNGARIAN	SWEDISH
IGBO*	TAGALOG*
ILOCANO*	TAISHAN*
ILONGO	TAIWAN*
(HILIGAYNON)*	TAMIL ^
INDONESIAN ^	TATAR*
ITALIAN ^	TELUGU*
JAMAICA PATOIS*	THAI**
JAPANESE	TIBETAN*
(ADDITIONAL	TIGRIGNA*
COSTS)	TSHILUBA*
KALENJIN-	TURKISH ^
KIPSIGIS*	TURKMEN*
KALENJIN-NANDI*	TWI*
KANNADA*	UKRAINIAN ^
KAREN**	URDU ^
KHMER*	UZBEK*
KHRGHYZ*	VIETNAMESE ^
KINYARWANDA*	YORUBA*
KIRUNDI*	
KONKANI*	
KOREAN	
KURDISH	
(BAHDINI)*	
(KURMANDJI)*	
(SORANI)*	

+ TRANSLATION ONLY
* INTERPRETATION ONLY
^ VIDEO CONFERCING

BEAT THE SUMMER HEAT

Although Canada is known for its snow and cold, we still get hot and humid summers in the Great White North. Below are some helpful tips to make sure you have a healthy, safe, and enjoyable summer.

1. **Protect yourself from the sun:** Always use sunscreen with at least SPF 15, even on cloudy days when sunburns can sneak up on you due to the reduced heat. Apply it at least 30 minutes before going out in the sun. Some medications may make you more prone to sunburn, ask your doctor if you have any concerns.
2. **Rest & relaxation:** It's easy to get worn out in the heat. Take frequent breaks in the shade when working or playing outdoors. Avoid strenuous activity between 10am and 4pm, when the temperature is highest.
3. **Stay hydrated:** Your body loses a lot of water through sweat, and it's important to replace it throughout the day. Take a reusable water bottle with you wherever you go. Eating more fruits and vegetables can also help you stay hydrated.
4. **Close the curtains:** As nice as it is to let the sunshine in, keeping your drapes or blinds closed during the daytime can lower the temperature of your home, reducing the need for air conditioning and fans.
5. **Cool smarter, not harder:** Turn fans towards windows to blow the hot air out rather than in. Hanging damp cloths in front of windows can also cool the air flowing in. Keep a spray bottle full of water and spritz yourself with it to cool down. These tips may sound strange, but little things can make a big difference in keeping yourself and your living space cool!
6. **Power down:** Running appliances can generate extra heat in your home. Try to reduce your electricity use where you can. Turn unnecessary lights off. Try no-cook recipes to avoid using the oven. Dry your clothes outside instead of using the dryer. Plus, using less electricity is good for the environment and your Hydro bill!
7. **Plan 'cool' activities:** Summer fun can still be had away from the sun! Swim at the community pool or take your little ones to the splash pad to cool off. Read, rent a movie, or take in one of the many free activities the library has to offer. Relax at a public park or conservation area to get away from heat-retaining pavement and concrete.

Stay safe and enjoy your summer, winter will be back before you know it!

SUMMER WORD SEARCH

Find and circle the list of words in the word puzzle below.

W F M Y F I R E F L I E S P F
 Y V T X J D K C A I U E B R H
 Q P H S X G Y T I D I M U H L
 N V E K Z E I L T U C H F S V
 R S A N D C A S T L E E J A Y
 D U T U O W N L A P Y L B N C
 R N I H B A R B E Q U E H D V
 X G R O U K J Q P Z T M F A W
 F L K L S E O D S O V O T L Z
 C A T I U Y G W T F R N C O P
 N S C D L R I J R Q B A Y B A
 G S K A V M S C O M E D X E L
 M E Q Y M H N L P W N E U A I
 D S Y Z A P O P S I C L E C T
 N E E R C S N U S F R I Z H P

- BARBEQUE
- BEACH
- CAMP
- FIREFLIES
- HEAT
- HOLIDAY
- HUMIDITY
- LEMONADE
- POPSICLE
- SANDAL
- SANDCASTLE
- SPORTS
- SUNGLASSES
- SUNSCREEN
- SWIM



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 Bancroft and Tweed.



Current Events

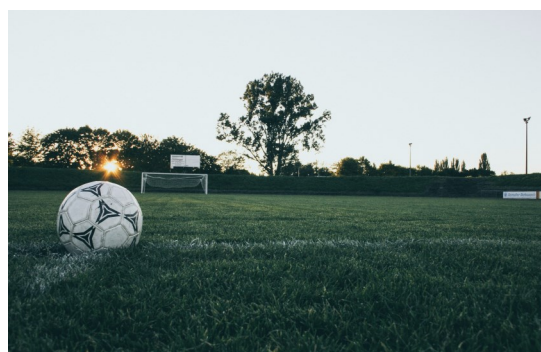
Salsa Dancing Night

On May 1st, QUIS hosted a Salsa Dancing Night as part of our Community Connections program. The event featured a salsa dancing demonstration, which was greatly enjoyed by all in attendance. Afterwards, the music kept playing for everyone to continue practising their moves! It was a fun and active evening for all. Anyone interested in learning salsa dancing themselves can reach out to Latin Salsa with Taili on Facebook.



Sports & Games Night

On May 17th, QUIS held a Sports & Games Night for clients and their families to come out and enjoy some fun in the sun. QUIS provided several different games and sports equipment as well as refreshments. The weather was perfect and staff joined in on the activities held on the outdoor green space at 41 Octavia Street. It was a great afternoon spent in the fresh air, and we're all looking forward to our upcoming events in the autumn.





Upcoming QUIS Events,

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Canada Day	2 Canada Day Stat–Office Closed	3	4	5	6	7
8	9 Orange- men’s Day/ Nunavut Day	10	11	12	13	14
15	16	17	18	19	20	21
22 Tisha B’av- Jewish Ob- servance	23	24	25	26	27	28
29	30	31				

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labour Day– Office Closed	4	5	6	7	8
9	10-Rosh Hasha- nah – Jewish Ob- servance	11	12-Muharram– Muslim Ob- servance	13	14	15
16	17	18	19-Annual Suit Drive 12pm-7pm	20-Quinte Hu- mane Society Info Session	21	22
23 30	24–Sukkot- Jewish Ob- servanc	25	26	27	28	29

Holidays, and Observances.

 = QUIS Events

 = Holidays and Observances

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Regatta Day	2	3	4
5	6 Civic Holiday -Office Closed	7	8	9	10	11
12	13	14	15 Assumption of Mary-Christian Observance	16	17-Gold Cup Parade Day	18
19	20-Discovery Day	21	22-Eid ul Adha/Muslim Observation	23	24	25
26	27	28	29	30	31	

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2-Simchat Torah	3	4	5	6
7	8 Thanksgiving-Office Closed	9-Fire Prevention Info Session 11-12	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25-Fall Craft Party 5pm-7pm	26	27
28	29	30	31-Halloween			

Dress For Success



Quinte Immigration Services
Annual Suit Drive

September 19, 2018

12 pm - 7pm

41 Octavia St. Belleville, ON. 613-968-7723

email: ceotis@quinteimmigration.ca



QUIS at Waterfront Weekend

Quinte Immigration Services took an active part in the Belleville Waterfront & Multicultural Festival.

On Thursday, July 12th, Mahmoud, our Arabic-Speaking Settlement Worker, went to Bridge Street United Church to interpret for the Syrian vendors regarding Health Unit requirements on food preparation, including how to cook in a certified kitchen, how to keep the hot food hot and to keep the cold food cold, how to carry the food from the kitchen to the Waterfront Festival, how to sanitize hands, how to clean the utensils used, and how to take food temperature. Dr. Aruna Alexander from the Belleville Inclusion Committee supervised the food preparation.

From Friday July 13th-Sunday July 15th, QUIS shared a table with and assisted the City of Belleville Inclusion Committee in helping two Syrian families sell their products at the festival: one selling Syrian home-cooked food and the other selling homemade sewing items. QUIS also helped in creating and translating the signs in Arabic and English for the Syrian food and stitchwork. QUIS also participated in the annual Parade of Nations. It was great to once again show our support for Belleville and all its diversity.





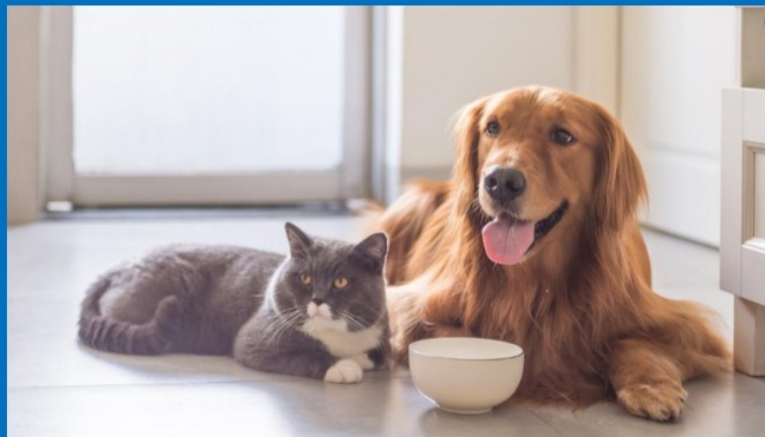
Quinte Humane Society

Information Session

Thursday September 20th

11am-12pm

2nd Floor Common Room—41 Octavia Street



301-41 Octavia Street
Belleville, Ontario. K8N5V7

Phone: 613-968-7723

Fax: 613-968-2597

Email: Reception@quinteimmigration.ca

Website: www.quinteimmigration.ca

Fall Craft Party



Thursday October 25th

5pm-7pm

Common Room-2nd Floor-41 Octavia Street



Come make crafts with us!

**Supplies provided, but you're welcome to
bring your own!**



Quinte Immigration Services

Unit 301-41 Octavia Street, Belleville, ON

Phone: 613-968-7723 Fax: 613-968-2597

www.quinteimmigration.ca

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T: 613-966-5500 ext. 223
T-F: 1-800-267-2803 ext. 223 TTY: 711

Sessions are offered in Belleville, Quinte West and Prince Edward County.

For classes in Centre Hastings, call Gateway Community Health Centre 613-478-1211. For classes in North Hastings, call Public Health.

We are committed to providing accessible publications, programs and services to all.

For assistance, please call 613-966-5500; TTY: 711, or email accessibility@hpeph.ca.

For more information, please visit www.hpepublichealth.ca.



RH-8-F January, 2018

www.hpepublichealth.ca



Information Sessions

QUIS hosts information sessions throughout the year on a variety of topics, anyone is welcome to attend and learn more from the guest speakers.

Business Start-up Workshop

On May 2nd, Amber Darling, executive director of Trenval Business Development Corporation, presented on the many services offered to entrepreneurs in the Quinte region. Of particular interest was the Newcomer option within the Futurpreneur program, which helps newcomer Permanent Residents with no credit history acquire small business loans. Amber was a fantastic presenter and anyone interested in learning more about Trenval's services can check out their website at <https://trenval.on.ca/> or call 613-961-7999.

Meta Employment Services Info Session

On May 16th, a staff member from Meta Employment Services presented on the variety of services they offer in our community. They brought promotional materials to share, and provided information on their job search tools, workshops & training, and employment programs, including programs specifically created to help youth and people with disabilities find employment. Anyone interested in more information can check out their website at: <http://metaemploymentservices.com/> or 613-966-9069.



OUR MISSION: Quinte Immigration Services will assist newcomers isolated by cultural and language barriers in the Quinte region through the process of orientation and settlement while encouraging public respect for the diversity of immigrants, the promotion and recognition of the value of racial and cultural differences, and the facilitation of integration and participation of newcomers in the social, economic and cultural aspects of the community.

UPCOMING EVENTS

- Annual Suit Drive-Wednesday September 19th, 12pm-7pm
- Humane Society Info Session-Thursday September 20th, 11am-12pm
- Fire Prevention Info Session-Tuesday October 9th, 11am-12pm
- Fall Craft Party-Thursday October 25th, 5pm-7pm
- Canadian Red Cross Winter Safety Info Session-Wednesday November 7th, 11am-12pm
- Family Bingo Night-Thursday November 15th, 5:30pm-7pm
- Belleville & Quinte West Community Health Centre Info Session-Wednesday December 5th, 11am-12pm
- Children's Holiday Party, Eastminster United Church-Friday December 7th, 5:30pm-7:30pm

QUIS IS ON SKYPE!

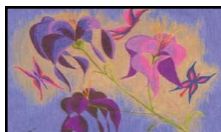
QUIS settlement workers are now available on Skype to assist clients who live in remote areas or clients of the Farmers Feed the World Program! If you wish to Skype a settlement worker, please contact us by e-mail or phone first, and we will set up a Skype appointment for you!



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- United Way of Quinte

Canada

Ontario



**United Way
Quinte**