

*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

In the fall and winter months, QUIS will be putting on a number of information sessions and community connections events. Here is a list of the upcoming events:

- **Tuesday, October 6**– Information session by the **Salvation Army**
- **Tuesday, October 27**– **Hallowe'en Party and Movie**
- **Tuesday, November 3**– Information session by the **Quinte Humane Society**
- **Saturday, November 21**– The second annual **Christmas Bazaar**
- **Friday, December 4**– The annual **QUIS Children's Holiday Party**
- **Tuesday, December 8**– Information session by the **Belleville Fire Department**

We hope to see you at some or all of our upcoming events!

## THANK YOU!

QUIS would like to thank Ms. Luisa Sorrentino for becoming a sponsor. QUIS appreciates Luisa's generosity and commitment to the services and activities of QUIS. Thanks, Luisa!

**QUIS Gold Sponsor since 2010**



**SHADOW RIDGE  
STUDIO & GALLERY**





Tina Osborne, visual multi-media artist and designer of unique jewellery .  
Contact 613.920-4231 or go to [www.shadowridgecan.com](http://www.shadowridgecan.com)



QUINTE IMMIGRATION 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
- (MTCU) Ministry of Training, Colleges & Universities.



# QUIS CONNECTIONS

Volume 9, Issue 2



Quinte Immigration Services

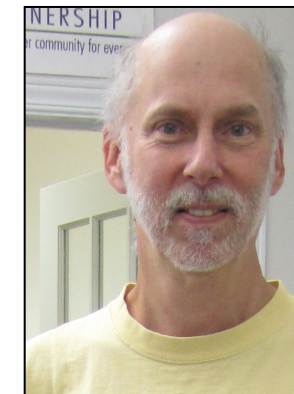
Summer 2015



## CONVERSATION CIRCLES BEGIN!

In June, QUIS started running weekly conversation circles. They take place every Wednesday at 12 noon in the QUIS boardroom.

The volunteer who is leading the circles is Michael Brunet. Michael grew up in Montreal and graduated from McGill University. He worked for 30 years as a computer systems analyst. He moved to Belleville in 2014. Michael has lived all across Canada. He ran conversation circles in Montreal when he lived there. Michael looks forward to meeting people who want to practice their English. Please come out and meet Michael! Snacks and coffee will be available.

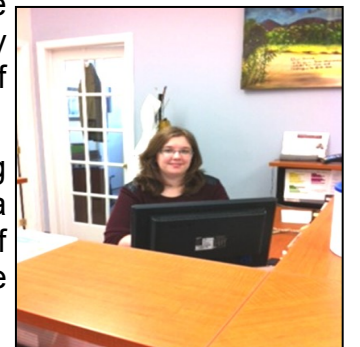


## NEW VOLUNTEER

QUIS would like to welcome our new part time volunteer, Jessica Anderson. Jessica started May 19th, 2015 and will be volunteering as a receptionist on Tuesday and Thursdays.

She is a recent graduate of Durham College's Business Administration program. Before that she attended the University of Ontario Institute of Technology where she was the vice president of marketing for the International Society.

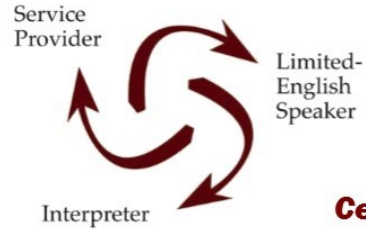
In her free time she enjoys gaming, reading and spending time with her family. Jessica looks forward to meeting and helping all of you, and hopes to see you at QUIS sometime soon.



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# CEOTIS

Central Eastern Ontario Translation and Interpretation Services

## Breaking the Barriers to Communication

### Interpretation Services

- ◆ Accurate, immediate and confidential linguistic interpretation services
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**ceotis@quinteimmigration.ca**

**24 HOURS A DAY, 7 DAYS A WEEK**

301-41 Octavia Street, P.O. Box 22141, Belleville, Ontario K8N 5V7



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+        |
| BENGALI*        | 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 CONFERRING

## HIGH SCHOOL STUDENT VOLUNTEERS NEEDED



Quinte Immigration Services is currently looking for high school student volunteers to help prepare and organize events. Whether you are looking to complete your volunteer hours before graduation, or are looking for an opportunity to gain experience, QUIS needs you.

Any interested individuals can contact Nancy Sayeau, Settlement Services Manager, by email: ceotis@quinteimmigration.ca or phone: 613-968-7723 ext 25.

## FUTURE EVENT IDEAS



Quinte Immigration Services hosts monthly events for its clients and individuals in the community. We are interested in knowing what kind of events you would like to attend or would look forward to seeing.

**We want to hear from you!** What kinds of events would you attend? What would you like to do that you haven't tried yet?

Ideas and suggestions can be submitted to Nancy Sayeau, Settlement Services Manager, by email: ceotis@quinteimmigration.ca or by phone: 613-968-7723 ext 25.



## MAGNET

**Magnet** is a non-profit social initiative created to deal with unemployment and underemployment, especially among youth and newcomers to Canada. Magnet was started in early 2014 and is a partnership between Ryerson University and the Ontario Chamber of Commerce.



JOIN MAGNET. CREATE YOUR PROFILE.  
LET THE JOBS CHASE YOU.

Magnet's goal is to help people find work and at the same time create opportunities for small and medium-sized businesses.

On Magnet, there are millions of jobs and thousands of events, and community networks. When a person creates a free profile, Magnet will connect the person to jobs, events or community networks that match their experience and skill level.

A job seeker can upload audio, video and presentations in addition to their basic profile. The profile is private until a person chooses to share it with an employer.

Magnet's partners include a number of colleges and universities, as well as social service and government agencies. Magnet has invited all 160 chambers of commerce in Ontario to join its network.

Magnet can be found at [www.magnet.today](http://www.magnet.today)

## CVITP PROGRAM A SUCCESS: THANK YOU,



Again this year, Ken Palmer was QUIS' volunteer for the Community Volunteer Income Tax Program (CVITP). Ken helped over 40 clients get their taxes done and filed.

Ken has been doing this volunteer work for several years at QUIS. He also provides the same service at a couple of other agencies in Belleville.

QUIS would like to thank Ken for his kindness, professionalism and care. We look forward to having Ken back again next year to assist clients with their tax returns.

# ENGLISH CONVERSATION CIRCLES



**Every Wednesday**

June through August, 2015

**12:00 pm to 1:00 pm**

41 Octavia Street

Unit #302—QUIS Board Room

A group for anyone who speaks English as a second language. Practice conversational English. Help, support to develop skills. All levels of ability. Join the group any time.

Topic suggestions welcome.

Please contact Quinte Immigration Services for more information.

**June:** 3rd, 10th, 17th, 24th

**July:** 8th, 15th, 22nd, 29th

**August:** 5th, 12th, 19th, 26th



**Quinte Immigration Services**

41 Octavia Street, Belleville, ON, K8N 5V7

Phone: (613) 968-7723

Website: [www.quinteimmigration.ca](http://www.quinteimmigration.ca)



# Public Education

Hear the purpose of the public education system and the role of the school board. Topics presented will include: attendance, parent teacher interviews, graduation, home work, levels of education, bullying and much more.

**Wednesday September 23, 2015 11am to 12 pm**

**41 Octavia Street**

*Guest Speaker:  
Donalda Simmons*



**Hastings and Prince Edward  
District School Board**

## Quinte Immigration Services

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Website: [www.quinteimmigration.ca](http://www.quinteimmigration.ca)



## CHANGES TO CITIZENSHIP RULES

Citizenship and Immigration Canada has made official changes to the Citizenship application and rules which came into effect on June 11, 2015. Check with QUIS before applying for Citizenship!

The changes are the following:

- **New application**  
If you printed an application from the CIC website before June 11, 2015, it is no longer valid. You will need to get the new application form.  
You must also fill out the Physical Presence calculator on-line and print it off when finished. This will show how long you have lived in Canada.
- **Age**  
**Persons between the ages of 14 and 65** must show proof of their language abilities at Canadian Language Benchmark (CLB) Level 4 **AND**  
**Persons between the ages of 14 and 65** must write the Citizenship test.
- **Time spent in Canada**  
You must have lived in Canada for **4 years in the past 6 years**. Of those four years, you must have been in Canada for **183 days of each of those 4 years**.  
As mentioned above, all applicants must fill in the **ON-LINE** Physical Presence calculator and print off the result for your application.  
Only time spent in Canada **AFTER** you became a permanent resident can count towards your citizenship.  
Time spent in Canada does not apply to minors under the age of 18.
- **Filing Income Taxes**  
You must have filed your income taxes for at least 4 of the six years previous to sending your application for citizenship (if you are required to file income taxes in general).
- **Intent to live in Canada**  
You must make a declaration on your application that you intend to:  
live in Canada **OR**  
work outside Canada as a Crown servant (work for the Canadian government),  
**OR**  
live abroad with certain Canadian family members who are Crown servants
- **Languages**  
You must show that you have knowledge of English or French.  
You must have Canadian Language Benchmark Level 4 for your English or French test.  
You can supply a high school or college or university diploma if you studied in English.  
You can supply a LINC certificate if you studied LINC at an ESL school.
- **Prohibitions**  
If you have committed a **crime inside or outside Canada** you may not be eligible to become a Canadian citizen for a period of time.





## QUIS OPEN HOUSE AND POTLUCK

On Tuesday, June 16, QUIS hosted its Annual Potluck and Open House. This year, it was a special event, as the newly-renovated boardroom was open for clients and visitors to tour. The space is used for the weekly visits by the employment counsellor from Community Employment Services, the weekly English conversation circles and the Community Volunteer Income Tax Program.



To celebrate the new space, QUIS invited a number of special guests: Belleville Mayor Taso Christopher, Quinte West Mayor Jim Harrison, Members of the Provincial Parliament Todd Smith and Lou Rinaldi, Ryan Williams from the Bay of Quinte Living Council and Cristina Martins, Member of the Provincial Parliament for Davenport (Toronto) and parliamentary assistant to the provincial minister of Citizenship, Immigration and International Trade.

People enjoyed mingling, eating, chatting with friends and enjoying QUIS' new office space. Once again, our clients, volunteers and staff prepared amazing dishes like salads, casseroles, stews, noodles, springrolls and delicious desserts to share at the party. We would like to thank everyone who was involved. It was a very successful evening!



**BECOME A SPONSOR**

**BRONZE SILVER GOLD**

**Become a QUIS Sponsor Today**

**For as Little as \$20.00**

With your help we can continue to provide the much needed programs for you and your family.

Please visit our office today to learn more or visit:  
<http://www.quinteimmigration.ca/donations/>

**Visit QUIS:**

**Saturday, September 26, 2015**

**10 a.m. to 1:00 p.m.**

**41 Octavia St.**

**2nd Floor Common Room**

# Suit Up For Success

## Get a Free Formal Suit!

**Guest Speaker at 11:00am:**

**Dharmendra Chudasama**

QUIS clients are welcomed to pick out gently used men's business clothing. Also enjoy a presentation by a successful QUIS client as he shares his personal stories and provides insight into the challenges and opportunities for newcomers in the Belleville area.

**Quinte Immigration Services**

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# THE SALVATION ARMY

**TUESDAY  
OCTOBER 6, 2015  
11 AM TO 12 PM  
41 OCTAVIA ST.**

The Salvation Army  
Information Session

**Guest Speaker:** Abby Mills

An information session to discuss the various programs and services offered by The Salvation Army Community and Family Services.



## Programs Offered:

The Lunch Room

The Warm Room

Emergency Food Bank

Coats for Folks

Work Boot Program

## QUINTE IMMIGRATION SERVICES

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Fax: (613) 968 - 2597

Website:  
[www.quinteimmigration.ca](http://www.quinteimmigration.ca)

# LIDAYS AND OBSERVANCES

= Observances and Holidays

= QUIS events

## August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Lughnassad (Lammas) - Christian/Wiccan/Neo-pagan
2	3 Civic Holiday QUIS Office Closed	4	5 Conversation Circle, 12pm–1pm QUIS, 41 Octavia St.	6	7	8
9	10	11	12 Conversation Circle, 12pm–1pm QUIS, 41 Octavia St.	13 Obon–Shinto	14 Obon–Shinto	15 Obon–Shinto
16	17	18	19 Conversation Circle, 12pm–1pm QUIS, 41 Octavia St.	20	21	22
23	24	25	26 Conversation Circle, 12pm–1pm QUIS, 41 Octavia St.	27	28	29 Raksha Bandhan–Hindu
30	31					

## October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 St Francis Day - Catholic Christian	5 Shemini Atzeret - Jewish	6 Salvation Army Info Session, 11am-12pm, 41 Octavia St.	7	8	9	10
11	12 Thanksgiving, Christian QUIS Office Closed	13 Hijra - New Year * - Islam (begins at sundown)	14	15	16	17
18	19 Birth of the Báb -Baha'i (begins at sundown)	20	21	22 Dasera - Hindu	23 Ashura - Islam	24
25 Reformation Day - Protestant Christian	26	27 Halloween Movie Night, 5:30–7:30pm, 41 Octavia St	28	29	30 Samhain/Beltane–Wiccan/Pagan (begins at sundown)	31 Halloween, Christian Observance





# UPCOMING QUIS EVENTS, HOI

## July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Canada Day QUIS Office Closed	<b>2</b> Dharma Day (Buddhist)	3	4
5	6	7	<b>8</b> Conversation Circle, 12pm–1pm QUIS, 41 Octavia St.	9	10	11
12	<b>13</b> Laila Al Qadr (Islamic)	14	<b>15</b> Conversation Circle, 12pm–1pm QUIS, 41 Octavia St.	16	<b>17</b> Eid Al Fitr (Islamic)	18
19	20	21	<b>22</b> Conversation Circle, 12pm–1pm QUIS, 41 Octavia St.	<b>23</b> Birth of Guru Har Krishen (Sikh)	24	25
<b>26</b> Tisha B'Av (Jewish)	27	28	<b>29</b> Conversation Circle, 12pm–1pm QUIS, 41 Octavia St.	<b>30</b> International Day of Friendship (United Nations)	31	

## September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	<b>5</b> Krishna Janmashtami ** - Hindu
6	<b>7</b> Labour Day, National Holiday QUIS Office Closed	<b>8</b> Nativity of Mary - Christian	9	10	11	12
13	<b>14</b> Rosh Hashana – Jewish	15	16	17	18	19
20	21	<b>22</b> Eid Al Ad- ha Sacrifice Day (begins at sundown) - Islam	<b>23</b> Public Education Info Session, 11am– 12pm, 41 Octavia St.	24	25	<b>26</b> Suit Up for Success, 10am - 1pm, 41 Octavia St., Common Room
27	28	29	30			

## QUIS SPRING WINE TOUR

The Wine & Taste Tour took place on April 25, 2015 in Prince Edward County. Our stops included Campbell's Orchard, Lacey Estates, Karlos Estates Winery, Barely Days Brewery, Huff Estates Winery, and Waupoos Winery. We had an almost sold out bus of 37 people who enjoyed all of the stops, prizes and silent auction items. Funds raised from this event will go towards the great services we offer and community events we host.

We received donations from the following businesses: Huff Estates Winery, Karlos Estates Winery, North China Buffet, Greek Oasis, Shoppers Drug Mart, Therapeutic Massage Centre, Great Canadian Oil Change, Thai House Cuisine, Quinte Bowl, Sweet Escape, Sans Souci, Pampered Pooch, Jenna Faye Photography, The Thirsty Bull, Mindful Movements, Mane Affaire, Personal Service Coffee, Berbers Flowers, Donini Chocolate, Parmelat Canada, Ali's Scarves, Confetti Occasions, That Special Touch, Mannys Cookies, Stirling Festival Theater, No Frills, Hawkins Cheezies & Campbell's Orchard. With the help from all of our sponsors we were able to raise \$2,325.72!

We would like to thank all of our sponsors and individuals who came on the tour for their support. The next Wine & Taste tour will take place on Saturday October 3<sup>rd</sup> and will include a whole new route with wineries QUIS has not stopped at yet. Call the office at 613-968-7723 x29 for details or to pre-purchase tickets.





## A NIGHT OF FAIRY TALES REVIEW

On May 28th, the drama students from Centennial Secondary School put on a fantastic performance of their play, "A Night of Fairy Tales". The play was a combination of well-known fairy tales including Cinderella, Peter Pan, Snow White and others.

The students wrote the play themselves. They also assisted with costume and stage design.

The young actors were excellent and quite funny. They also sang and danced very well. The audience had a wonderful time.

Already, QUIS and Centennial are talking about staging another play next year.



## TIPS FOR SETTLING IN CANADA

You came to Canada for a reason and it was likely not an easy decision. If you are already in Canada, you have started the process of meeting your goals and dreams. Try to remember this when you are frustrated or saddened by things like: lengthy waiting times, cultural differences, weather, loneliness, paperwork, unemployment, language difficulties or other challenges to settling in Canada. This is a part of immigration faced by almost all immigrants.

Here are some tips to help you manage the challenges of living in a new country:

### 1. Stay Positive (A Key Tip For New Immigrants)

Coming to Canada, finding work and integrating into a new society can be very challenging. People who stay positive about their new experiences or see them as an adventure will be more able to handle the stresses of settling in Canada.

### 2. Learn English

Many new immigrants speak English but they need to perfect their English to communicate with others and do well in the Canadian workplace. Other than ESL/LINC classes, make friends with native speakers, or join groups to improve your English.

### 3. Embrace Canada

You have made a big move to come to Canada – be a part of your new country and know as much as you can about it – whether it be news, sports or politics. This is your country now.

### 4. Have Another Plan (Plan B)

Everyone comes to Canada with the goal of working in the profession they had in their home country. Canadians would call that "Plan A". To ensure that you are successful, you need to also have "Plan B". Plan B is something else that you would do if you couldn't meet your original goals in Canada. Be open to the idea of taking risks and changing your original plans.

### 5. Make Friends with People Outside Your Ethnic Group

Immigrants who integrate into the Canadian workplace and Canadian life the best are those who make friends with people from all ethnic groups. Canada is a very multi-cultural country. Be open to making friends with people from all religious and cultural groups.

### 6. Volunteer, Mentor, Network

The way to finding work and succeeding in Canada is being involved in the community, volunteering with different professional associations, charities and causes that are important to you. This will build a network of people that will help you ensure your success in Canada in the present and future.

(Source: <http://www.visaplace.com/blog-immigration-law/immigration-tidbits-from-lawyer-michael-niren/7-success-secrets-for-new-canadian-immigrants/>)

The website [www.settlement.org](http://www.settlement.org) has a guide to help newcomers understand how better to settle in Canada. It's available in 20 different languages on the internet:

<http://settlement.org/ontario/health/mental-health-and-addiction/stress/alone-in-canada-21-ways-to-make-it-better-a-self-help-guide-for-single-newcomers>