

# AFOOFA

## All-For-One-One-For-All

### Niagara Folk Arts Multicultural Centre Newsletter St. Catharines Edition

#### Practicing English, doing whatever it takes to improve your speaking skills...

Mastering a second language goes beyond the classroom or any other formal training. Learning any language requires studying the grammar and building vocabulary, mainly through understanding the practical components of communication: writing, reading, listening and speaking. Listening and speaking skills are the areas that most non-English speaking immigrants to Canada want to master the first. Usually, good oral communication skills will lead to better job opportunities. The Host Program offers a great opportunity to practice your oral English skills. First, you can be connected with a Canadian volunteer to share your culture and language. This volunteer 'friend' will help you learn

about our community and the Canadian society and culture while practicing English conversation. Second, you can attend conversation groups across the city, to network and practice English. There are various locations in St. Catharines:

- At the **Multicultural Centre**: Every Tuesday and Thursday, during lunch time. Come to Room # 10 with your lunch and chat with new friends and one of our volunteers. If you do not want to chat, just come join us for some coffee, tea and cookies! Our volunteers are Jill and Josefina, and they would love to meet you.
- At **St. John** (Central): There is a similar program every Friday from 11:45 to 12:30 p.m.



- **Fairview Church**: at 455 Geneva St. offers an English Café, bi-weekly, on Friday, from 7:00 to 9:00 p.m.
- **Quest Community Centre**, at 145 King Street offers a family conversation circle, for adults and children, on the first Saturday of the month from 4:30 to 6:30 p.m.
- At the **St. Catharines Public Library**, starting Oct. 6, every Wednesday from 6:30 to 8:00 p.m., there will be a Conversation group in the Story room.

All these options are available to newcomers to Can-

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#### Inside this issue:

Job Coach's Corner: Important Employment-Related Terms to know, Part I	2
Can I volunteer to get Canadian experience?	2
A 'Welcome Centre' is opening soon!	2
Language Tid-bits: What can I do to improve my vocabulary?	3
Pictures....	3
The Niagara Food Network for older newcomer adults...	3
Puzzle, Events, Notes of interest & Idioms...	4

ada, free of charge. For more information, please contact your local Host Program at 905-685 6589 x. 228 or e-mail [jperez@folk-arts.ca](mailto:jperez@folk-arts.ca)



#### Things to know about the school system in Canada

All parents want their children to do well at school, and for many newcomers families already overwhelmed with information, it is important that they keep on top of three key aspects of the Canadian school system:

- There is usually homework every night. Teachers may or may not check it but students are still expected to complete it. If your children need help with their homework, some schools have free tutoring programs. The Youth Host Program has a one-on-one free tutoring program for students attending high school.
- Schools check attendance every day. Missing a day is a serious matter, especially in high school, and should be avoided if at all possible. If your son or daughter is sick, please call the school, otherwise, they may phone you.
- Once or twice a year, an important letter is sent to parents inviting them to come to a Parent-Teacher Interview. This is when parents learn how their child is progressing in school.
- Students who are 18 years of age are legally adults. This means that the report card and other information about school work is given to the students, not the parents.

Source: [www.settlement.org](http://www.settlement.org)

# Important Employment-Related Terms to Know—Part I



**Employment Standards Act (ESA):**

The law that covers non-unionized workers in Ontario. Not all sectors of workers are covered equally. Every province has its own labour laws.

**Ministry of Labour:** The provincial government office that enforces the Employment Standards Act and Occupational Health and Safety Act. They also have the power to update these laws. Workers can file a complaint about their boss/employer with this government office. Call 1-800-531-5551 or go to their website at [www.labour.gov.on.ca/english/](http://www.labour.gov.on.ca/english/). For the Occupational Health and Safety branch call 1-800-268-8013.

**Service Canada:** The federal government agency where you apply for Employment Insurance (EI), Maternity and Sick benefits. Service Canada provides many services related to employment and government benefits. Call 1-800-206-7218 for details or go to their website at [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca).

**Employment Insurance (EI):** You contribute a percentage of your wages into this federal government fund. Your boss also makes a contribution. You

may be able to receive benefits while you are unemployed or on parental or sick-leave.

**Record of Employment (ROE):** A document that every employer must give you when you leave your job. It records all hours worked and wages earned at your job. Service Canada uses this information to determine if you qualify for EI (and other) benefits, the amount you will receive and for how long.

**Workplace Safety & Insurance Board (WSIB):** Often called "Workers' Compensation". If you get hurt at work, you can apply for benefits while you are not at work. This is insurance for when workers are injured or become sick because of their job. Call 1-800-387-0750 or visit [www.wsib.on.ca](http://www.wsib.on.ca) for details.

**Canada Pension Plan (CPP):** This is a federal government benefit based on contributions from workers and employers. If you are eligible you can receive retirement pension, death and disability benefits. Contact 1-800-277-9914 or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) for details.

*To be continued in the next edition*

## Can I volunteer to get Canadian experience?

Most employers will ask you about your Canadian experience. Even if you are qualified, if you don't have Canadian experience, it can be difficult to get a job. This is unfair, but it is a reality that you may face.



Volunteering is unpaid work. Often, volunteer positions are with non-profit or charity organizations.

Volunteering can help you to:

- Get Canadian work experience
- Get practical knowledge of the Ca-

nadian workplace

- Practise your English or French
- Make new friends and contacts
- Get Canadian references
- Get job leads
- Take on new responsibilities
- Develop new skills - such as interpersonal, communication, organizational, fundraising skills
- Learn about issues that affect the community

To view a list of volunteer opportunities in the Niagara Region visit the website [www.informationniagara.com](http://www.informationniagara.com) or talk to your local Host Program worker to help you find and apply for volunteer work in your community.

## Religious Calendar and other Commemorative dates



- Sat. Oct. 6: World Teacher's Day
- Mon. Oct. 11: Thanksgiving—Canada
- Oct. 17: Dussehra—Hinduism
- Oct. 20: Birth of the Báb—Bahá'í
- Nov. 2: All-Souls Day—Catholic
- Nov. 5: Diwali - Hindu, Jain, Sikh
- Nov. 7: Back to Standard Time (Clocks are moved back 1 hour)
- Nov. 11: Remembrance Day
- Nov. 16/17: Eid-ul-Adha
- Nov. 25: UN International Day for the Elimination of Violence against Women / Thanksgiving—USA
- Nov. 28: 1<sup>st</sup> Sunday Advent—Christian
- Dec. 1: Hanukkah—Judaism
- Dec. 5: UN Int. Volunteer Day
- Dec. 10: UN Human Rights Day
- Dec. 16: Ashoura—Islam

## A 'Welcome Centre' is opening soon!

By: Jasmine Pujante

A new office called the "Welcome Centre" will be opening soon here at Niagara Folk Arts. We will have a central place where students, clients and visitors could come and get information. The Welcome Centre will do intake for new clients and register them for our various services. It will also be a place where you can set up appointments for staff and find general information about the Centre and the community. The Welcome Centre will have public access computers, a telephone, calendar of events, help desk that will direct client traffic, and resource area where you can get brochures and flyers regarding topics of interest to newcomers to Canada. It will be located in the current computer lab. We hope to see you there!



## What can I do to improve my vocabulary?

Building vocabulary is not brain surgery. A little effort and the right learning tools and you will be well on your way to having a rich vocabulary.

There are four different vocabulary levels. Beginners learn basic survival words that are used in daily language, these words are well-known. High beginners learn words which they consciously want to learn words. Often one needs to be taught this vocabulary or could pick it up from reading. This vocabulary is very important to one's educational success. Intermediate learners study vocabulary from specialized disciplines or occupations. This could include business vocabulary or academic vocabulary. And lastly, the advance learners study infre-

quently used and generally obscure words. In most languages, many words have equivalents at the various levels. For example, the word 'home' (beginners); 'residence' (high beginners); 'dwelling' (intermediate), and 'abode' (advance). There are a number of techniques you can use to build your word knowledge. Some of these strategies include:

- Reading a lot, and also, reading a diverse array of materials.
- Studying prefixes, suffixes, and roots. If you work on becoming familiar with these, you will have a better understanding of unknown words when you come across them.
- Learn how to use reference materials efficiently and properly (such as diction-

aries and thesauruses). Just like using a computer, if you know how to use it properly, you can maximize its full potential.

- Repeat words or write them down, whatever works for you. Much like any type of learning, if we learn it in different ways, it becomes more meaningful.

For more information, talk to your teacher and ask for more suggestions. Some websites you can check to improve your English vocabulary are:  
<http://a4esl.org/>  
<http://www.english-at-home.com>  
<http://www.vocabulary.com/>

Source: Information compiled from various websites.



### Pictures of good times at the Niagara Folk Arts Multicultural Centre



Canning Dill Pickles—Aug. 6, 2010



Beach Volleyball—Summer 2010



Drumming Circle—June 2010



Youth—Summer 2010



## The Niagara Food Network for 'Older Newcomer Adults': Learning conversational English while cooking for the community

By Josefina Pérez



A new project for older newcomer adults (50+)

will start in November at the Multicultural Centre of St. Catharines.

Newcomers and local Canadian volunteers will receive training on Food Safety and Basic Cooking techniques. After the two week training, teams of

newcomers and volunteers will be organized and scheduled for volunteering placements at various local community agencies such as Start Me Up Niagara and Community Care..

The program aims to assist older newcomer adults with their language skills, increase their social interaction and reduce their sense of isolation. On the other hand, local Canadian residents and

the community at large will be exposed to the diversity of our city in a fun and friendly environment.

The project will encourage volunteerism among newcomers and local seniors while they are socializing and learning about other cultures. It is definitely a win-win situation.

For more information visit call 905-685 6589 or e-mail [jperez@folk-arts.ca](mailto:jperez@folk-arts.ca).



## Niagara Folk Arts Multicultural Centre Newsletter

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For more information  
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Citizenship & Immigration Canada, Ontario  
Ministry of Citizenship & Immigration, United  
Way of St. Catharines, City of St. Catharines and  
The District School Board of Niagara.

## Canadian Thanksgiving Word Search

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

AUTUMN	HOLIDAY	GATHERING
BOUNTIFUL	OCTOBER	TURKEY
CELEBRATE	OVEREATING	HARVEST
CORNUCOPIA	PUMPKIN PIE	WEEKEND
DINNER	SECOND MONDAY	HAM
FAMILY	STUFFING	WISHBONE
FEAST	THANKSGIVING	



## Upcoming Events

### JSW Workshops (Employment)

Job Search Workshop sessions: October  
19, 20, 21; November 16, 17, 18; and,  
December 8, 9, 10.

### HOST Program Department Group Activities

Sept. 27: Ceramic Painting  
Sept. 30: Cooking Chili for Pakistan  
Oct. 25: Baking 'Trick and Treats'  
Nov. 29: Decoupage Flower Pot  
Dec. 5: Volunteer Appreciation Brunch

### Youth HOST Program

Oct. 6: Youth Group begins, every  
Wed from 4-6 p.m.  
Oct. 7: YOGA starts 4-5 p.m. Program  
runs for four weeks  
Nov. 3: Trip to Fort Erie Native Centre  
Dec. 18: Youth Christmas Dinner

### ESL Department

Oct. 8: Thanksgiving Celebration—  
Potluck sampling lunch  
Oct. 29: Halloween Day of games and  
Customs' display (children and adults)  
Nov. 10: Remembrance Day activity  
Dec. 17: Christmas Party

## About Fall Colours

One of the nicest things about living in northern climes is the ever changing seasons. For a few weeks, nature puts on one of its most spectacular displays as native trees and shrubs finish out the growing season in a brilliant display of fall colors. Jack Frost usually gets credit for the beautiful colors, but, in reality, fall color is controlled by both the plant's genetic factors and the environment.



Carotene and *xanthophyll* are yellow pigments produced in foliage all year; along with chlorophyll, the green pigment. In autumn when short days and cool temperatures slow down the production of chlorophyll, the remaining chlorophyll breaks down and disappears. Then the yellow pigments that have been masked by chlorophyll show up. These pigments give the ginkgo its clear yellow color.

Some plants produce *anthocyanins* (red and purple pigments) that may mask the yellow pigments. Some maples, dogwood, black tupelo, oaks and winged *euonymous* seem to be on fire with red and purple.

A fall season with sunny days and cool nights increases the two-tone effect on trees. Frost and freezing temperatures will stop the coloration process and blacken the leaves.

Source: Barbara Larson, Extension Educator, Horticulture Dept. Illinois University

## IDIOMS



All that glitters and it is not gold

*(Appearances can be deceptive)*



Better lose the saddle than the horse

*(It is better to stop and accept a small loss, rather than continuing and risk loosening everything)*



Everything in the garden is rosy

*(Everything is satisfactory)*



In for a penny, in for a pound

*(If you start something, it is better to spend the time and the money necessary to complete it)*