

South Central Immigrant Services

November 2011 Newsletter

Winkler

Ph: (204) 325-4059
2-295 Perry Street
Box 420
Winkler MB R6W 4A6

Morden

Ph: (204) 822-4387
34 Stephen Street

Altona

Ph: (204) 324-6858
30 Main Street



Cooking Class

Do you know how many servings of meat and alternatives you should eat each day to be healthy? Well, the answer is two if you are female and between 19-50 years old.

Did you know that by removing the skin of a chicken drumstick you reduce fat by 8 grams?

Have you ever eaten quinoa? Although not a common item in most kitchens today, quinoa is an amino acid-rich (protein) seed that has a fluffy, creamy, slightly crunchy texture and a somewhat nutty flavor when cooked. It is a recently rediscovered ancient "grain" once considered "the gold of the Incas."

This and so much more is what the 14 participants have learned at the first Canadian Cooking Workshop while at the same time having fun cooking together and meeting new people.

Candice Comtois, dietician at the Dr. C.W.Wiebe Medical Centre taught us two new recipes and talked about healthy eating, Canada's Food Guide and meal planning.

At the end of our workshop we tasted the Chicken Vegetable Soup and the Honey Mustard Chicken with Quinoa and were pretty happy with the end results. We are all looking forward to learning more at our second workshop next week.



Apprenticeship Visit

Apprenticeship & Trades Qualifications Day a Success

A successful day was to be had on October 25 when Ken Czernicki and John 'Mac' McCafferty from Apprenticeship Branch of the Government of Manitoba came to Winkler. A one-hour orientation/presentation was held in the morning to inform local employers, program directors, and the general public about the Trades Qualification recognition program and the Apprenticeship program which are coordinated the Government of Manitoba.

The information provided allowed everyone in attendance to be more informed about what types of options are available for people interested in having their trades training and experience from a different country recognised, and better informed those interested about how to employ or become and apprentice in a trade may do so as well.

Ken and 'Mac's' afternoon was filled with one-on-one meetings with people interested in having their qualifications assessed in order to begin the Trades Qualification recognition process and others met with them in order to glean specific information about apprenticeship in a particular field.

If anyone is ever interested in receiving information about and or assistance with Trades Qualification recognition or with the Apprenticeship program, please feel free to contact Kimberly Rempel, Employment Facilitator, at the Regional Connections office at employment@regionalconnections.ca.

Upcoming Events

The **Diversity and Intercultural Trainers** will be in the Pembina Valley region to conduct workshops on Creating a Welcoming Community for Newcomers. These workshops are open to employers, community leaders, school administrators or anyone involved in working with newcomers to the community.

In Winkler on November 16th, 2011 (see poster on page 3 for more info)

In Altona on February 16th, 2012

Winkler

We will be celebrating our second Annual Multi-Cultural Christmas at the Library in Winkler on December 6th at 7 pm. There will be a time of singing, stories, sharing and sweets. Everyone is welcome to bring a "traditional treat" from their home country. For more information or if you would like to contribute to the program that night please call Julie Nikel at 325-4059.

Morden

December 21st at 6:30 - Christmas Party at the United Church.

Altona

Tuesdays from 1 to 2 pm - Ladies group.



This program is supported by the
Government of Canada and the Manitoba Government.

REGISTER TODAY!

CREATING A WELCOMING COMMUNITY FOR NEWCOMERS WORKSHOP

This workshop is open to employers, community leaders, school administrators or anyone involved in working with newcomers to the community.

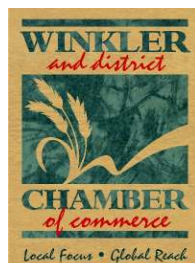
Goal of the workshop: help to reduce racism by dispelling stereotypes and fostering intercultural communication and understanding while also increasing the community's knowledge on the economic and social benefits of immigration and diversity.

Facilitated by the Diversity and Intercultural Training Program of Manitoba



400 – 275 Portage Ave, Wpg.
www.ditmanitoba.ca
info@ditmanitoba.ca

- DATE:** Wednesday, November 16, 2011
- LOCATION:** Regional Connections, 725 Main Street, Winkler
- TIME:** 11:30 am to 1:00 pm
- COST:** \$20.00 (lunch included)
- RSVP:** by Tuesday November 15, 2011
- To Winkler & District Chamber of Commerce @
chamber@winkleronline.com or by phone at 325-9758



MANITOBA CULTURE, HERITAGE AND TOURISM
MULTICULTURALISM SECRETARIAT
Welcoming Communities Manitoba