



Calgary Immigrant Women's Association

The Grapevine

News for CIWA Supporters and the Community

Winter/Spring 2008

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Through Her Eyes



Calgary Immigrant Women's Association Celebrating 25 Years, 1982-2007

"Through Her Eyes", CIWA's 25th Anniversary gala celebration held October 18, 2007 was a great success! With the support of corporate sponsors, community partners, donations, volunteers, CIWA members, Board members and staff, we were able to exceed our fundraising expectations for our *Pebbles in the Sand* program.

Held in the Enmax Ballroom at the Calgary Chamber of Commerce, the evening included dinner, multicultural entertainment, door prizes, and featured products made by CIWA's own volunteers with the Arts & Crafts Market. The evening was hosted by Global television's Nirmala Naidoo.



CIWA would like to recognize the following supporters for their generous contributions to the event:

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Cathy Strand
Glenda Landsiedel
YMCA
Adrielle Soriano
Gulnar Hemani
Peruvian Rhythms
Mijail Pardo
Cherie Beninger
Shokoufeh Rahmani

New CIWA Programs!



Senior Immigrant Women Take Arts and Crafts on the Road is a project funded by the New Horizons for Seniors Program that started on February 7th, 2008. It is designed for senior immigrant women who want to learn the skills to carry out arts and crafts activities in various communities. The project brings together seniors from diverse backgrounds to share their skills with each other and with other generations.



The first stage of the project (6 months) revolves around preparing senior immigrant women for their activities and building up their confidence in sharing their knowledge. The second stage involves going out into the community and leading an arts and crafts activity with the support of a coordinator and CIWA volunteers. Through this project senior immigrant women will reduce the risk of becoming isolated and will enhance their English language skills. If you know someone who would be interested in this project, please contact Janeth Alonso, Volunteer Program Manager, at 517-8830.

Childcare Training for Low Literacy Immigrant Women is a new project funded by Alberta Advanced Education and Technology Access to the Future Fund. Beginning April 2008, this project will provide immigrant and refugee women with 0-7 years of education in their home country with Childcare Certification and a mentored, paid work experience placement. Eligibility requirements for project participants:

- Immigrant and refugee women with 7 or less years of education in their home country and a desire to work as a childcare worker
- Minimum Canadian Language Benchmarks 2,2,1,1
- Able to commit to a full-time language training program
- Desire to attain employment as a certified child care worker

For more information please contact Mara

Hawkins, Language Training, Employment and Childcare Department manager (403) 444-1756
Email: marah@ciwa-online.com.

The project **"Living Healthy: Education and Prevention of Type 2 Diabetes Among Immigrant Families"** was launched in November 2008. Funded by the Public Health Agency of Canada, this project aims at educating and informing immigrant women and their families about Diabetes prevention as well as activities that they can participate in and resources that they can access. So far, we have been able to recruit 125 participants.



Workshops have been provided in different locations throughout the city and attendance has remained high. The workshops consist of informing participants about diabetes and ways to prevent it through healthy eating and physical activity. Healthy cooking and grocery shopping sessions are also part of the project. These sessions have allowed immigrants to learn about foods in the store, to read food labels and understand nutritional information. Presentations are also taking place in schools, allowing us to reach immigrant youth through CIWA's Youth Program.

For further information please contact Shokoofeh Moussavi at 444-1757

According to the Canadian Diabetes Association:

- * 2,000,000 Canadians have Diabetes
- * 10% have type 1 diabetes which is not preventable, 90% have type 2 diabetes which is preventable
- * 1 in 3 adults with diabetes do not know they have it

CIWA's LINC program has started a new **LINC Pronunciation** class for students in LINC 3-4+. The class runs on Monday and Wednesday evenings from 6:30-8:30 and with a maximum of eight students enrolled in order to increase individual performance feedback.

Highlights of the class include:

- Word and sentence level pronunciation practice
- Stress patterns and intonation
- Pre and post class pronunciation assessments
- Computer based exercises

The pilot class began January 14th and will run until March 19th. Funding for this program has been secured through Citizenship and Immigration Canada for the 2008-2009 fiscal year.

Feature Story: New Friends & Neighborhood Groups
A Circle of Learning: Moving Beyond a Teacher-Student Relationship

Ms. M. writes vocabulary words on the board and faces the class, papers in hand. She is giving a presentation about her home country, Korea. Although her English is still basic, she conveys heartwarming pride in Korea combined with her newfound love of Canada. Her audience, able to relate her feelings to their own lives, watches with great appreciation and gives her a loud round of applause.

In addition to learning English language skills, New Friends participants share advice on adjusting to a new life, breaking out of isolation, and building confidence. All of these ingredients create the perfect recipe for success in Canada. This past year, innovative techniques have been created by volunteers, moving away from a "Teacher-Student" relationship and towards a "Circle of Learning" atmosphere. Conversation questions on note cards allow the participants to lead discussion topics. Their input is requested when planning topics and activities.

At New Friends & Neighbourhood Groups, more than 50% of our volunteers are immigrant women themselves, and even many of the non-immigrant women have experienced moving to a new country. Therefore they understand that while the participants may be facing multiple barriers to success, they also hold tremendous potential and ability. By promoting respect and equality in the groups, that potential is harnessed to create fun, empowering, and educational sessions.

As a not-for-profit organization, CIWA believes that it is important to enhance our clients' leadership skills and self-confidence in order to truly make a difference.

For more information on the New Friends and Neighborhood Groups Program, please contact Kerrie Hop Wo, New friends and Neighborhood Groups Coordinator, by phone at 444-1752 or by email at kerrieh@ciwa-online.com

Tips and Tricks to Stay Healthy:

- * You need 150 minutes of exercise per week to stay healthy; If you walk 30 minutes per day Monday to Friday, then you're done!
- * Trick your taste buds! Replace extra oil or butter with spices to cut the fat without losing the taste
- * Cleaning the house is exercise, so do it like you mean it!



Calgary Immigrant Women's Association Caught Red Handed

On February 12th, 2008 CIWA was honoured to receive a Quantum Leap Award at the ninth annual United Way Spirit of Gold Awards Gala.



Every year, United Way of Calgary and Area recognizes agencies that have shown exemplary leadership and commitment to the work of United Way. During the 2007 United Way fundraising campaign, CIWA doubled its fundraising amount, therefore helping United Way to meet its goal.

We thank CIWA staff and all those who contributed to United Way's Fundraising Campaign.

Recipe: "Tortas de Papa"
(Potato Pancakes)



The following recipe was provided by one of our Diabetes project participants.

Bon Appétit!

Ingredients*:

- 4 medium potatoes, peeled and boiled until soft, and mashed
- ¼ cup shredded cheese (your favorite)
- 2 Eggs
- Salt and pepper to taste

Instructions:

Mix ingredients together very well in a bowl. Make patties with two table spoons of the mix. Heat a pan on medium-high heat, and cook patties, turning sides when starting to brown. Enjoy!

* If there are other spices that you like, you may add them. Example: Paprika, cumin or curry powder.