



SHARING

NEWSLETTER FOR NEWCOMERS

issue 6 2022

Contributing to the Community

"Participating actively in society is a part of your rights and responsibilities as a Canadian citizen or newcomer to Canada. When you participate in your community, you help build a stronger and more inclusive Canada". This statement is published on the official website of the Government of Canada that also provides a list of ideas on how to be an active citizen and contribute to the community. Volunteering is one of the most common ways to participate and express your caring attitude towards the community and the country you live in. It offers vital help to people in need and support to worthwhile causes. Canada offers plenty of volunteer opportunities within different organisations. From the newcomer perspective volunteer experience may also become beneficial as it usually brings new connections, develops a sense of purpose, involvement and belonging, and can potentially serve as a first step towards future employment. Ultimately, it plays a vital role in the process of adaptation and integration in a new society. According to some studies, there are other immense benefits associated with giving to others. Improved mental and physical health as well as overall longevity are among them.

We know that immigration can take a lot of time and energy, we all get consumed by our busy lives and it's not always easy to find time to contribute to the community. However, it doesn't have to be a long-term commitment.

There are other simple but very meaningful ways to help and support others such as making a food, monetary or blood donation. To find out how you can do this, learn more about newcomers' volunteer experiences and to explore volunteer opportunities, read the stories of our volunteers and check the links below:

<https://volunteerns.ca/> - Volunteer NS

<https://volunteerhalifax.ca/> - Volunteer Halifax

<https://www.feednovascotia.ca/get-involved/volunteer-opportunities> - Feed NS

<https://www.redcross.ca/in-your-community/nova-scotia> - Canadian Red Cross

<https://www.halifaxpubliclibraries.ca/support/volunteer/> - Halifax Public Libraries

ALEXANDRA MANTSUROVA

When I received the first "Newsletter for Newcomers" in my email I found it very informative. I thought that it was a great idea to provide useful information for newcomers; everyday life in Canada. Sometimes we don't know simple things in the new country and getting a newsletter in the email regularly can be very supportive.

I studied English in the English Conversation Group and all my teachers were volunteers. I really appreciate their work. So when I learned that the "Newsletter for Newcomers" team was looking for a few new members I was really happy to join it and to contribute to the project as a volunteer.

I met wonderful people here. Everyone does their part of our collaborative work. I like to do entertainment content such as quizzes. Working as a volunteer on the "Newsletter for Newcomers" provides me with an opportunity to give back, help and support others the same way as I have been supported. At the same time I feel valued, connected and involved in the community life. I meet interesting people, improve my English and learn a lot about Canada. Perhaps, this project is equally beneficial for our readers and also for me as a volunteer and a newcomer.

DARIA MANTSUROVA

Volunteering for me is a way to connect and say thank you to the community that welcomed me 8 years ago when I moved to Canada as an international student. Since then I have volunteered with a few organizations. Now, when I think about it, most of them are somehow connected to immigration and newcomer services. As a newcomer myself, I feel most related to this realm and eager to share my experience with others and pass my knowledge.

In the past I volunteered with the Visitor Experience Team at the Pier 21 Canadian Museum of Immigration for about 3 years, where I learned a lot about Canada and met wonderful people, with some of whom I still keep in touch. I had a brief experience with ISANS and also participated in a YWCA project where we cleaned, painted and organized apartments for women. Currently I am a part of a volunteer team at the Public Library, where we create a Newsletter for Newcomers.

It's an amazing feeling when you realize you can give back and be helpful in a country that became your new home. I believe contributing to the community on a volunteer basis helps develop a sense of belonging. This is especially important for us, newcomers, who made a choice to create new life in a new country. And it's a win-win situation, when everyone is benefiting, learning from each other and sharing their perspective and experience.

DICKWELLE SUDHAMMA

The importance of blood donation and my experience

If someone can donate blood and save a human life it would be a great generous task. I believe that all of you know teeth, hands and even legs of the human body can be produced artificially today. Even though science has improved at higher levels, blood cannot be produced artificially. The person who needs blood needs to wait for others blood. Today, we have abilities to donate blood in order to save lives of people who are helpless.

I am Dickwelle Sudhamma from Sri Lanka. I have been experiencing blood donation since 2009. While I was in Sri Lanka, I donated blood in 10 times at difference occasions. However I came to Canada in 2018. On my last birthday I had an intention to donate my blood to the blood donation center in Halifax. Therefore, I checked the blood donation center in Halifax to find out a date and time via online. Next I called them to reserve the date and time for my blood donation. On the day which I went to the blood donation center I had to go several counters to register my details and answer questions. The people working at the counters were very friendly to me and spoke about the value of blood donation.

Having completed registering and answering the questions, next, I gave my blood donation. While I was donating blood there, the person who was taking my blood was speaking friendly with me until my task was completed. It took eight minutes to collect my blood. I was fortunate to donate a collection volume of 487 millilitres. After I finished donating my blood, I waited 15 minutes in their premises. While staying there, they offered some refreshments us.

My next time will be on August 16 th . I am so excited to donate blood again and again. And also, I would like to suggest to you to donate your blood as there are a lot of people who are looking for it and it saves their lives. Thank you.

Connect to the Newsletter Working Group on
FB @sharingnewsletter Newcomer Services, KG
Public Library

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Local Travel Attractions Quiz

1. What is The Bay of Fundy mostly famous for?

- a. Strong current
b. Fresh water
c. Highest tidal range in the world
d. It is the deepest bay in the world

2. According to the legend, a young woman who was the sole survivor of the shipwreck married a local resident of a rural community in Nova Scotia, which was subsequently named after her. What is the name of the community?

- a. Annapolis Royal
b. Peggy's Cove
c. Charlottetown
d. Margaret's Bay

3. In Shubie Park we can see a portion of the historic Shubenacadie Canal, which linked Halifax Harbour with:

- a. Bay of Fundy
b. Truro
c. Margaret's Bay
d. Cape Breton

4. What town was the first capital of Nova Scotia?

- a. Windsor
b. Annapolis Royal
c. Sydney
d. Dartmouth

5. In Nova Scotia, it's impossible to be more than 67km from the ocean. It has over 7400km of coastline packed with beaches of every kind. What is the longest sandy beach in the province?

- a. Crystal Crescent Beach
b. Lawrencetown Beach
c. Rainbow Haven Beach
d. Martinique Beach

6. What island has been ranked #1 Island in Canada and #10 among 25 best islands in the world by "Travel+Leisure" magazine readers this year?

- a. McNabs island
b. Cape Breton island
c. George's island
d. Prince Edward island

7. In 1995 UNESCO designated this town as the best example of planned British colonial settlement in North America of the 1800s. What town is it?

- a. Lunenburg
b. Sydney
c. Louisbourg
d. Baddeck

8. This scientist lived in Cape Breton in the late 19th and early 20th centuries. Nowadays we can't imagine our life without his invention. What was his name?

- a. Thomas Edison
b. Isaac Newton
c. Alexander Bell
d. James Maxwell

Answers:
1 - c; 2 - b; 3 - a; 4 - b; 5 - d; 6 - b; 7 - a; 8 - c.

Useful links

15 Perennials Every Garden Should Have!

<https://www.youtube.com/watch?v=dX9dqpN49IQ>

30 Amazing Perennials that Bloom All Summer!

<https://www.youtube.com/watch?v=YW2-TWCDmKc>

How To Stay Cool In Hot Weather?

<https://www.youtube.com/watch?v=llwRXsaQv0s>

Summer (from "Kikujiro") | Joe Hisaishi

<https://youtu.be/J7or0noYfMA>

10 Ways of Avocado Toast Recipes

<https://youtu.be/WDRujOJVyKE>

Five Simple Stretches to Relieve Neck & Shoulder Tension

<https://youtu.be/wdW8rnrU0y8>

LITTLE CANADA – Inside the Miniature Wonderland | Toronto

<https://youtu.be/jOGuXENaTB0>

Dartmouth Summer Sunshine Series Free Concerts

<https://www.halifax.ca/parks-recreation/events/dartmouth-summer-sunshine-free-concerts>

9 Light and Refreshing Summer Salads

<https://www.simplyrecipes.com/light-and-refreshing-summer-salads-5190020>

12 Simple Beach Checklist Tips To Have A Memorable Beach Vacation

<https://pagesoftravel.org/beach-checklist/>

Hi! My name is Dasha and I am the owner and artpreneur @ The Acrylic Pouring Studio – a mobile fluid art studio operating in Halifax area. We offer interactive paint pouring classes for public as well as private workshops for any occasion – birthday parties, weddings and corporate events. All ages and skill levels are welcome, no previous art experience is required. Check our FB page for more details or contact us via email acrylicpouringstudio@gmail.com or at 902 304 0944

Newcomer's Business



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