

Welcome to Community Connections

Welcome to the Community Connections Newsletter. We have a new format to bring you helpful information, and highlight upcoming events and activities in the community that will be of interest to you. **We welcome any stories and photos that you would like to contribute to this newsletter!**

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Logging Hours and Outcomes

Thanks so much to those of you who have been logging your hours and activities in the volunteer database. For those of you who are still not comfortable logging your hours please contact Denise or Melissa and we would be happy to help you get started. Logging hours is essential for

us to run these programs. We use this information to demonstrate the necessity of the program to our funders, and to report on what we have been doing. We do require that all volunteers log hours, but if you are unable to do so just call or email us with your hours and activities and we

will log your hours for you.

Thank you so much for all of your hard work in 2010. We wish you a very happy New Year and look forward to working with you in 2011!

The volunteer database:
www.myvolunteerpage.com

Upcoming Events

Cooking Classes - TBA (Sobey's – Clayton Park)

The cooking classes will begin again in January. Please let us know if you and your match are interested in hosting a class.

Canada Games – February 11th – 27th

There are some free events/activities – please see the website:
www.canadagames2011.ca

African Heritage Month – February 2011

The Halifax Public Libraries are hosting many events throughout the month. For more information visit:
www.halifaxpubliclibraries.ca/ahmonth.html



Holiday Cooking Class

Imagine receiving a large basketful of food at Christmastime and then realizing that many of the items are strange to you and you do not know how to use them.

Every year during the holiday season, newly-arrived Government Assisted Refugees at ISIS apply for a donated food basket and turkey from the Salvation Army. Last

year we learned that some people did not know what to do with some of the items they had received. To help them fully enjoy this considerate donation, staff at ISIS decided to host a "Holiday Cooking Class".

Mike Silvester, ISIS Community Connections (formerly Host Program) volunteer, chef and Feed Nova Scotia employee, welcomed 26 participants from different families– the majority being Bhutanese refugees and 2 refugees from Iraq – to the Sobey's



community kitchen. Mike brought all the cookware for five work stations so that small groups could do the cooking for themselves. Mike had

two large roasted turkeys to give everyone a taste.

An ISIS client interpreted while Mike spoke and gave instructions. Everyone prepared their potatoes and

vegetables at their own stations while Mike toured the room. There was plenty of good humour as new discoveries were made. The lack of chili was a concern for all the participants. Celery was a new vegetable for many. One table was struggling with a vegetable peeler and once they mastered it, they were very excited about how much quicker peeling would now be. Mike amazed the clients with the potato masher. After he put chicken stock in one batch of mashed potatoes,

they all laughed and one person commented: "A chicken is a different animal than a cow!"

The participants seemed very interested in learning about Canadian cooking styles and they asked Mike many questions. Each time he prepared something new, everyone gathered around his table rather than remaining at their seats to watch from the large tilted overhead mirror.

After going through the different steps of cooking a traditional Canadian holiday dinner, Mike demonstrated how to carve a turkey. Finally, everyone got to enjoy eating the traditional dinner together. This Christmas, all over Halifax, new traditions were created as our newest neighbours cooked their own holiday dinners.

Thank you Mike!

SupperNOVA

Join us for a multicultural potluck to warmly welcome newcomers to Canada!

Date: Saturday, February 5th

Time: 6:00 – 8:30 pm

Location: St. Andrews Recreation Centre, 6955 Bayers Road, Halifax

- International Entertainment
- Family/Children's Activities
- Free admission, but please bring microwaveable-safe food to share with others! No frozen food.

The smallest act of kindness is worth more than the grandest intention.

~Oscar Wilde

Canada Games!

Games passes available for volunteers and their matches

We have purchased 20 adult GAMES passes and 10 youth/seniors GAMES passes. The passes are transferrable between individuals. They will be available to Community Connections (formerly Host) program participants during the second week of February. Please view the schedule online and see if you can attend an event with your match. Once you have an event and date in mind, contact Jacinda Rudolph to book your date/tickets. For more details on the passes and to book a date, please contact Jacinda at 406-8603 or jrudolph@isisns.ca. It will be a first come first serve basis.



Tax Season Is Just Around the Corner

Four experts will be available to answer tax questions at no cost at the Quality Inn and Suites Halifax!

Please feel free to share this invitation with your matches, or anyone else that may benefit from this event.

This event is generously sponsored by **CanaSur Gold**.

Quality Inn & Suites Halifax, February 10, 5:30 - 8:30 pm

Agenda

- 5:30-6:30 - Networking
- 6:30-7:30 - Ask the experts
- 7:30-8:30 - Networking

There will be door prizes and snacks and refreshments available!

Please RSVP to nikki.jafari@td.com by February 4, 2011.

Thank You!

We would like to thank **Neptune Theatre** and the **Halifax Mooseheads** hockey team for generously offering us free tickets to their events this month. Your support is much appreciated!!! I hope everyone enjoyed the events.

