

THE C.I.E.S. CHRONICLE

April 2015



"I am a Canadian, free to speak without fear, free to worship in my own way, free to stand for what I think right, free to oppose what I believe wrong, or free to choose those who shall govern my country. This heritage of freedom I pledge to uphold for myself and all mankind."

- John Diefenbaker, 13th Prime Minister of Canada, 21 June 1957 to 22 April 1963

SINCE
1988



The Calgary Immigrant Educational Society (C.I.E.S.) is a non-profit registered charity established in 1988 with one primary goal: to provide Calgary immigrants with a solid foothold in Canada and afford them the opportunities to grow into productive and confident Canadians. C.I.E.S. is governed by a Board of Directors made up of devoted community minded volunteers and operates through funding from both government and private organizations. From our humble beginnings, C.I.E.S. has grown from 5 volunteers in a single office to an employer of over 80 dedicated staff members and 100 volunteers operating in both a 15,000 square foot main office building in Calgary's SE Forest Lawn district and a 22,000 square foot branch building in Calgary's NE Whitethorn district. Since its inception, C.I.E.S. has assisted nearly a quarter of million immigrants to strengthen their identities as members of Alberta society, offering services valued at tens of millions of dollars.

C.I.E.S believes that strong community partnerships are the best way to have both a meaningful and sustainable impact on the life of immigrants here in Calgary. We are affiliated with a number of key organizations including the Alberta Association of Immigrant Serving Agencies, Immigrant Sector Council of Calgary, Calgary Chamber of Volunteer Organizations, the Ethno-Cultural Council of Calgary, Immigrant Services Calgary, Calgary Public Library, Calgary Immigrant Women Association, Women in Needs Society, Centre for Newcomers, Calgary Catholic Immigration Services, Calgary Bridge Foundation for Youth, Bow Valley College, Mount Royal University, The University of Calgary and the Southern Alberta Institute of Technology and Initiatives for Change amongst others.

Further strengthening our community ties, on an on-going basis, C.I.E.S. invites guest speakers from different fields in Calgary to give presentations to our clients, including Alberta Health Services, Alberta Works, Alzheimer

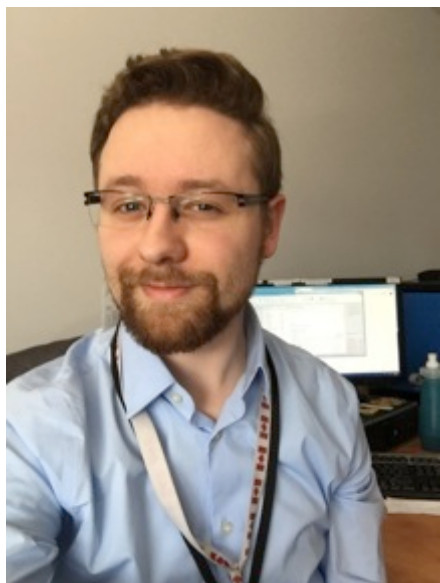
Society, Canadian Diabetes Association, City of Calgary, Volunteer Calgary, Calgary Police Services, ATB Financial plus many more. These guest speakers bring the most updated information about living and working in Canada.

Our highly educated and international experienced management team is headed by Executive Director Dr. Sally Zhao and holds members with immigrant sector experience both domestically and abroad. From Dubai to Beijing, from Alberta to Nova Scotia, our team boasts education management experience from around the globe and from coast to coast.

In the end, we are here to make Calgary and Canada a better place for both newcomers and life long Canadians alike. We hope you enjoy our second edition of the C.I.E.S. Chronicle.

MEET THE C.I.E.S. FAMILY

Colyn deGraaff – LINC Home Study Coordinator



First, students are invited to complete exercises and activities online each day on our LINC Home Study website, a digital version of the LINC curriculum developed especially for home study. Students can log on anytime and work through the online classes to complete their learning objectives. Secondly, students are paired with a LINC Home Study instructor who monitors and encourages their growth. Students receive a weekly phone-call (or Skype!) from their instructor which lays out the week's activities, assigns and discusses homework, and answers any questions the student might have.

Born in Calgary, Colyn deGraaff earned his Bachelor degree from St. Mary's University and worked in the Calgary's theatre industry for over ten years before joining the Calgary Immigrant Educational Society in 2012.

A published short-story author and public speaker, Colyn conducted a cross-country study of Canadian arts and culture, travelling coast-to-coast (Victoria, BC, to Meat Cove, NS) to over 30 Canadian cities where he provided coverage on fringe festivals, concerts, and galleries. Earning a greater appreciation of Canadian identity during his travels, he returned to Calgary and joined the C.I.E.S. LINC department as its web designer and program coordinator where he supervised the launch of the LINC Home Study program. He was recently married in August 2014 and lives at home with his wife and two dogs.

The LINC Home Study Program is vital to CIES. Not every student can attend LINC classes. Some are prevented from attending due to illness, disability, conflicting work schedules, or distance. For these students, CIES provides the LINC Home Study program. The LINC Home Study program has two parts.

Colyn has led the CIES LINC Home Study program to some of the best scores in the country with averages far ahead of national averages across Canada. He has been an innovator since day one with CIES and we are lucky to have him on board.



NEW C.I.E.S. INITIATIVES for 2015

Growing. Learning. Evolving.



C.I.E.S. on Social Media

Access to technology and social networking tools as they exist today are changing how we think, work, learn and live. CIES has established its social media foundation with Facebook, Twitter, and LinkedIn. These mediums are joining an already well established Blog.

Our Facebook page, aptly titled **The Calgary Immigrant Educational Society**, is posted to daily and is great way to catch daily updates, photos and events happening at CIES.

Our Twitter page, found **@YYCCIES**, is also updated daily and includes everything from immigrant news in Calgary, resources for newcomers, as well as updates and photos about what's going on at CIES.

On LinkedIn we have two pages, a company profile as well as a showcase page, simply search the society's full name on LinkedIn and you will find us there.



AGM @ C.I.E.S.

Each year the Calgary Immigrant Educational Society holds its annual general meeting. On June 23rd, 2015 the past fiscal year's highlights, numbers and success stories are shared with all those in attendance. Everyone is welcome to attend.

This year C.I.E.S. will present its yearly summary with an added touch, a series of video testimonials from clients served. LINC, The ESL Drop-in and Volunteer Program, Project Management, Computers, Financial Literacy, along with the Employment Skills Training will all offer a success story. Each will be shot with digital film and the packaged into a highlight reel of success for the year.

Recent investments by C.I.E.S. in video and audio production equipment and software have made this initiative possible. It is an exciting project to undertake and we look forward to producing it for all concerned.



PBLA is Underway

After weeks of preparation, Portfolio Based Language Assessment (PBLA) officially began in April at C.I.E.S.

Under PBLA, clients work with their instructors to set individual learning goals. These goals could range from "I want to ask my child's teacher some questions," to "I want to write an effective resume," and beyond. Instructors then use these goals to ensure clients are provided with opportunities to develop relevant real-world skills.

Clients, in turn, are responsible for maintaining their own portfolio, which contains evidence of their language skills over time, and serves as a record of progress towards achieving their goals. PBLA ensures that instructors are accountable to their clients' needs, and that clients are themselves accountable for setting and reflecting upon, specific goals for meeting those needs.

+ VOLUNTEER OF THE MONTH

The Calgary Immigrant Educational Society has continually provided volunteers and postsecondary students with the opportunity to learn through experience and get the unique perspective of working with people from around the world.

This month's volunteer is Antonio Olmo, a psychology student born and raised in Cordoba, Spain. After spending time in London and later more than two years in Sydney Australia, Antonio recently arrived in Calgary. He has been volunteering with us for several weeks working in Patricia Sadurska's CLB 3-5 class in our NE location and has enjoyed becoming part of THE CIES family. An immigrant and expatriate himself, Antonio couldn't be more impressed with what he calls Canada's very selfless settlement system. In his experience governments in European countries and other parts of the world he has spent time in are not anywhere near the efficient, generous and well rounded as Canada is with its immigration services.

He has got to know Calgary quickly and counts it as an easy going, quiet and very welcoming city filled with and surrounded by nature's beauty. He could do without the winters, but we let him know you picked a great winter to arrive in Alberta!

His time at CIES has brought him the opportunity to work with people from all over the globe, experiencing different cultures, beliefs, values and traditions almost every day. He finds nothing is more mind expanding than being an international citizen of the world.



MEET THE C.I.E.S. FAMILY

Mike El Kousseif - EST@CIES Student



The Calgary Immigrant Educational Society serves clients from all corners of the globe. Each month we will talk to a current student and tell their story. This month we talk to Mike El Kousseif, an Employment Skills Training student at our SE location in Forest Lawn.

Mike was born and raised in beautiful Byblos, Lebanon. After attending university in his home country, Mike moved to France where he eventually completed his PhD in advanced Physics. He chose to make here his new home due to the fact that his elder brother had immigrated to Canada and lived here in Calgary.

He discovered the CIES EST program through Alberta Works and after comparing it to other similar programs felt ours was the best one offered in the city. Despite his advanced education, Mike has found the EST program very rewarding. And although he did indeed learn new things and improved his skills set in the computer segment of the EST program, it was the business or workplace communication component to the course he found extremely helpful.

Everything from learning Canadian style resumes and job search techniques, to becoming well-informed of cultural habits and nuances of work life in Canada, has left Mike feeling much better prepared to take on life here in Calgary.

He has found his new home and its people in it to be friendly and welcoming, and thinks people in Canada smile a lot in comparison to other parts of the world. He was surprised at the huge size of people's vehicles here, with so many driving trucks, and full sized sedans, and would like to see a more expansive public transit system (wouldn't we all!) Similar to our volunteer of the Month for April, Mike also voiced how impressive and all encompassing the Canadian settlement sector is and how happy he has been to be provided with the opportunity to study at C.I.E.S.

Best of Luck Mike!





BITS AND BITES

With two locations, more than 80 staff members, and several hundred students, there's always a lot of bits and bites going on at the Calgary Immigrant Educational Society.



Miss Monika Horvat, Miss Universe Canada Finalist, joins CIES

The Calgary Immigrant Educational Society is happy to announce that Monika Horvat, a finalist in the Miss Universe Canada 2015 competition, has chosen CIES as her named charity.

Monika's platform focuses on helping newcomers to Canada, Monika herself being an immigrant from the war torn country of Serbia. Monika understands that many newcomers lack the confidence to apply themselves in a work or educational setting because these rights and privileges were not available to them in their home countries. Monika's main goal is to be a support to newcomers and show them that they can accomplish anything.

CIES along Miss Monika Horvat co-hosted a special fundraising event at Vespucci Ladies Consignment April 9, 2015. An evening of fun and fashion for a great cause, the event's goal was to further the mission of CIES - to provide Calgary immigrants and economically disadvantaged individuals with a solid foothold in Canada and afford them the opportunities to grow into productive and confident Canadians. Please contact us for how you can help and for any further details.



Spirit of the Northeast

We'd like to thank everyone who took the time to come down to the Spirit of the Northeast Career & Resource Fair.

Our staff were on hand throughout to answer questions and guidance regarding our LINC / English programming, computer skills for employment, and Employment Skills Training. Also attending was Monika Horvat, finalist in the Miss Universe Canada pageant who is representing CIES as her named charity.

It was a pleasure to meet with our fellow members of the community and we look forward to seeing you out and about soon!



THIS MONTH IN CANADIAN HISTORY:

April 3, 1849 - Education - Robert Baldwin's University Bill secularizes higher education in Ontario and leads to the renaming of King's College as the University of Toronto. King's College was originally founded by the Rev. John Strachan on March 15, 1827. Strachan, anticipating the act, founded a new Anglican institution, Trinity College, now a federated college of the U of T. Toronto, Ontario

April 3, 1916 - World War I - Second Canadian Division troops see action at St. Eloi in Flanders; until April 20, 1916. St. Eloi, Belgium

April 12, 1917 - Women in the province of Ontario gained the right to vote.

April 15, 1923 - Insulin becomes available for general use; discovered in 1922 by Banting and Best at the University of Toronto; extracted from the pancreas of animals or synthesized in the laboratory, insulin is a natural hormone for carbohydrate metabolism in the body.

April 20, 1968 - After winning the Liberal leadership on April 6, Pierre Trudeau sworn in at Rideau Hall as Canada's 15th Prime Minister, succeeding Lester Pearson, who was PM since April 22, 1963; Trudeau serves until June 4, 1979. Ottawa, Ontario



RECIPE OF THE MONTH – Lao Bamboo Shoot Soup

Ingredients

- 2 canned yanang extract
- 3 cups of water
- 8 thinly sliced bamboo shoots
- 1 cup of diced pork/ beef/ chicken (Optional)
- 2 tbsp. padaek (fermented fish sauce)
- 1½ tbsp. fish sauce
- 1 pinch of salt
- 3 small hot chilies, bruised
- 1 cup fresh oyster mushrooms, cut into pieces
- 1 sponge gourd, peeled and cut into pieces
- 1 cup Lao basil or rice paddy herb
- 50 g raw sticky rice, soaked in cold water until soft, drained and ground with enough water to make a fine paste

Instructions

- Boil the bamboo shoot for 15-20 minutes, drain the hot water and add new water to cook.
- Bring it to boil and place the meat in the soup. Cook the meat until it is well done.
- Add yanang extract and wait until it is boiled.
- Add the sticky rice paste, keep stirring for 2 minutes.
- Add padaek, fish sauce, salt, chilies, oyster mushroom and sponge gourd.
- Simmer gently until slightly thickened, then put the Lao basil or rice paddy herb.



OUR PROGRAMS

No matter what your English needs, no matter what your schedule, The Calgary Immigrant Educational Society is sure to be able to assist newcomers with their adjustment to Canada. We're here to help make Calgary your home.



ENGLISH EDUCATION: Whether you are looking to learn English as a beginner, wanting to improve upon your core skills, or need to brush up on an already well establish skill set, we can help. Classes are available at a wide variety of levels and are offered mornings, afternoons, evenings and weekends at locations in both the north and south of Calgary. English training at-a-distance is also available, conducted weekly via phone and computer. All classes are free to permanent residents and refugees. Certified daycare services are provided free of charge to parents, so they can have their children cared for while attending classes.



COUNSELING SERVICES: Are you a new immigrant? Feeling overwhelmed? Not sure where to go? Sometimes you need help figuring what to do and who to speak with. We want to help point you in the direction that's right for you. The Welcome Resources Information Program (WRIP) is here to help guide you through the maze of different services and programs in Calgary. No more aimless searching to find the answers to your questions. We want to help ease your frustration in the new country you call "home".



TRAINING PROGRAMS: Our employment-related programs are built to help clients develop the fundamental skills needed for the Canadian job market, as well as keep up in the ever-changing world. Money Smart (Financial Literacy Program) helps newcomers and disadvantaged Calgarians access, understand, and manage personal banking services to meet their financial goals and avoid fraud. Our Clerical Training Program, as well as our Computer Skills Courses, improves business skills for administrative support and helps those who want to pursue careers as administrators in the modern office workplace in Canada.

An Editorial: The Freedom of Fear and Discovery

From David Anthony Hohol – Manager, Communications and Program Development

I've traveled a great deal in my lifetime. Crossing the borders of nearly 50 countries, I've managed to take in several shining splinters of the world and I am a better man for it.

Those who know me often ask if there was ever a time during my global crusade of experience when I felt afraid. The reason being, aside from wandering through standard traveler fare like Italy, France, Greece, China and Thailand, I've also taken the time venture into places like Rwanda, Syria, Iran, Sudan and North Korea. The reputations of such places are like quicksand in the minds of so many, pulling them deep into a foggy quagmire of stereotypical thinking and marginalized thought. Thus, the query with regards to fear and the curiosity that always follows.

In all my travels, the only time fear played a role in my empirical odyssey of the soul was during a trip to the great African nation of Ethiopia. After landing in the capital city of Addis Ababa, I took a small 24-seat plane to the town of Lalibela. With a population of little more than 10,000, the airport was a simple concrete pad. Why it even existed was the very reason for my journey to such an isolated place. Lalibela is a town in northern Ethiopia known for its monolithic or rock hewn churches. One of the African continent's holiest places, the Orthodox Christian Churches, the layout of the town, and the names of the major buildings are believed to be a symbolic representation of Jerusalem, circa 1187. A series of eleven churches, they are carved into the rocky ground and comparable in architectural complexity to traditionally constructed buildings. Think of one piece of stone being sculpted into a two-floor, four-room, eleven-metre high dwelling – a remarkable feat to be sure and no doubt why they are considered a UNESCO World Heritage Site.

Upon my arrival, I found a beat up old bus outside the airport and climbed aboard. The only white man in sight, I stood out ridiculously, but no one even so much as looked at me. I took my seat next to a very old and very tiny woman, with a basket of freshly dug sweet potatoes on her knees. After a 45-minute trek that sliced through red sandstone mountains and long winding roads, I arrived in Lalibela. A township cradled atop a set of treed and rolling hills, it was a vision of simplicity. The hotel was a collection of single-dwelling small detached cabin-type constructs, with a winding path and the makings of a courtyard running through their center. The office was in a small shack near the entrance and after checking in, I was quick to enjoy my amenities. No hot water, no heat, and electricity between the hours of only six and nine pm, I nevertheless had a warm bed, plenty of candles, and a stand-up shower. In the end, it was all I needed. Although only late afternoon, I was exhausted from the trip and passed out in my single bed not long after walking through the doors.

I awoke several hours later in total darkness. I fumbled around to find my cell phone, and using it as a flashlight, tracked down some matches before lighting two long white candles. As my shimmering shadow danced on the cracked plastered wall before me, I felt hungry for the first time all day.

It was only 10 pm, but when I made my way outside I saw no one. I walked through the courtyard and was surrounded by an eerie silence. The office was empty. I looked towards what looked like a parking area and saw the gate was closed. A ten-foot wall, parts of which were topped with barbed and razor wire, surrounded the complex and a security guard stood watch at the only entrance. I walked towards him as he lit a cigarette.



He was surprised to see me approach him. "Any place to get something to eat around here?" I asked curiously.

He told me there would be nothing available at the hotel until tomorrow. It was then I asked him to open the gate. He gave me a look of half-amazement, but did not for an instant refuse, quickly adhering to my request. I figured there must be something open somewhere, where a guy could grab at least a bag of chips; and so, I wandered off into the African night in search of food. The streetlights were much dimmer than I was used to and much further apart, cloaking me in a numbing half-darkness. Most of the buildings were made from mud and stones and at first, all I heard was the hum of the power lines.

I eventually noticed a group of men standing on a street corner some 100 meters ahead of me. It was only as I got closer did I notice they were all of fifteen or sixteen years old, and draped across each of their shoulders were what looked like AK-47 assault rifles. The site of the guns momentarily caught me off guard, but whether it was security guards with machine guns in Cairo shopping malls or gun-wielding tour guides in Arusha, this was something I'd seen before. Accordingly, I readily approached the group of what turned out to be seven armed teenagers and stuck to my mission. "How's it goin'? I'm in the hotel up the street. It's all shut down for the night... any place a guy can get something to eat around town?" I asked with an ever so slight smile.

The young men looked at each other in a somewhat puzzling fashion and soon began speaking in their local dialect. After a minute or two, one of them motioned for me to follow him with a simple tilt of the head, slung his machine gun over his shoulder and made his way in the other direction.

He was a tall lanky fellow, but his wire-thin arms were chiseled with muscle and his head was shaven clean. He wore a green sleeveless shirt and his khaki pants were stained with dirt and mud. He plodded along with heavy black boots and without hesitating for an instant, I followed.

Once inside the confines of what amounted to a shanty town, there were no street lights whatsoever. Within only a few seconds I found myself in the midst of a darkening maze. We ducked under a clothesline and made one turn, then another, and soon another. Eventually we walked down an alleyway – barely three feet across – and the smells began to hit me; fried fish, straw, wood-burning fires, livestock and sewage. We moved into a more uncluttered space, tantamount to a small street, and came across several open ditches filled with stagnant water and trash. For a moment, I was reminded of Kibera.

A year earlier, I'd spent some time in Kenya's capital of Nairobi following a safari through Masai Mara. While there I took the opportunity to walk through Kibera. Home to a million people, it's the second largest slum in the world. While what appeared to be Lalibela's equivalent was nowhere near the size and therefore produced nowhere near the waste, it was nonetheless a slum. Nearly all the buildings were made with mud walls. Sheets of either tin or scrap wood were used for framing and finishing. There appeared to be no plumbing, little electricity, and no waste removal process. Above all else, all there were living in absolute poverty. Many homes were not supplied with power, but from time to time a flickering light of


a television gleamed through the cracks of a doorway, or the tinny sound of music blaring from a pocket radio filled the night air. When we once again entered a labyrinth of tiny alleyways, I felt it for the first time.

"Where am I going? There is no way in hell I could ever come close to finding my way out of this place," I said to myself, as I looked behind me.

It was at this point, whenever I looked back, the streets appeared to be closing in on me. I soon realized I was at the complete mercy of my guide – an impoverished teenager with an assault rifle, who had yet to even speak a word of English to me. "All your years of traveling, you should know better.... what the fuck have you managed to get yourself into, Dave," I said under my breath, my heart beating just a little faster than it was before.

The combination of being with an armed, and perhaps even desperate unknown, along with having absolutely no ability to guide myself out of my current surroundings, even if he wasn't there, filled me with a sense of fear – for the first and only time in all my travels. I felt my heart flutter in my chest and my eyes pull back into my head. My fingers began to fidget. My breathing quickened. After what seemed like a long walk, my guide stopped at a small mud hut, slid his gun off his shoulder, and pulled back the curtain that served as the door. He stepped inside and motioned me to come in. I didn't have any idea what was waiting for me, but by this point it was entirely too late. I simply succumbed to the emancipating powers of fate and walked through the darkened doorway.

To be continued in our May Newsletter...

ETHIOPIA	
	
Capital and largest city	Addis Ababa
	 9°14'N 38°45'E
Official languages	Amharic
Recognised regional languages	Other languages official among various ethnicities and their respective regions
Ethnic groups (2012)	34.5% Oromo 26.9% Amhara 6.2% Somali
	Population
- 2015 estimate	90,076,012 (14th)
- 2007 census	73,750,932
- Density	82.58/km ² (123rd) 213.89/sq mi
GDP (PPP)	2014 estimate
- Total	\$132 billion
- Per capita	\$1,455
GDP (nominal)	2014 estimate
- Total	\$51 billion
- Per capita	\$570
Government	Federal parliamentary republic
- President	Mulatu Teshome
- Prime Minister	Hailemariam Desalegn
Legislature	Federal Parliamentary Assembly
- Upper house	House of Federation
- Lower house	House of Peoples' Representatives
	Formation
- First	c. 980 BC
- Kingdom of Aksum	c. 100 AD
- Empire of Ethiopia	1137



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Calgary Immigrant Educational Society

C.I.E.S. SE Location – Calgary Immigrant Educational Society
1723 – 40th street SE, T2A 7Y3 * 403 - 235- 3666 * www.immigrant-education.ca

C.I.E.S. NE Location - Welcome Centre For New Immigrants
3820 – 32nd street NE, T1Y 7L9 * 403-291-0002 * www.welcomeimmigrants-calgary.ca

*You can also find us at: On Blogger @ www.yyccies.blogspot.ca

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