

# Rainbow Connection



India Rainbow Community Services of Peel

Spring 2015

There is nothing like a dream to create the future – Victor Hugo

## *Changing Lives. Realizing opportunities.*

India Rainbow proudly announces its 30th Anniversary Fundraising Gala. Please mark your calendars and join us for a fun-filled evening with music, entertainment, door prizes and mouth watering cuisine.

**Venue: Pearson Convention Centre, Mississauga**

**Date: Friday, August 28<sup>th</sup>, 2015, from 7:00 pm onwards**

The 30<sup>th</sup> Anniversary Gala is expected to draw approximately 800 supporters, and participating businesses will be prominently featured throughout the event, and in the gala souvenir. The event will be attended by leading members of the community from the spheres of business, government, human services and the arts.

Various sponsorship opportunities are being offered. For all our supporters, this is an opportunity to showcase your business, as well as your commitment to giving back to the community. Please contact the office at 905-275-2369 for more details and for our Sponsorship Package.



### Certificate of Merit awarded to India Rainbow



India Rainbow was recently honored by Credit Valley Conservation (CVC) with the 'Friends of the Credit - Certificate of Merit' award. At the award ceremony held on March 26<sup>th</sup>, we were recognized for our commitment to share the knowledge of the Credit river watershed and its ecological importance with new Canadians. India Rainbow has been working with CVC for the past few years in bringing awareness about the climate, its significance to the ecological health of the environment, our natural resources, and how everyone in the community can get involved. Thank you CVC for this honor!

### India Rainbow wins the United Way 'Outstanding Agency Campaign' Award

Congratulations are in order! India Rainbow won the 2014 Outstanding Agency Campaign Award given by the United Way of Peel Region! This award is presented to social service agency employee campaigns that have exceptional participation and promote giving to the Community Fund. Our team this year were: Jayashree Varadharajan, Sarojini Sinnathurai, Anju Arora, Angela Amin, Venant Ferreira and Management Liaison, Deepika Bhalla. Thanks also goes out to the many other staff who assisted during this fundraising campaign.



India Rainbow staff receiving the award from the United Way

**Mark Your Calendars:**

**India Rainbow’s 30th Annual General Meeting will be held on Thursday June 18<sup>th</sup>, 2015.  
We invite all members to join us for this evening.**

**Location: Sagan Banquet Hall, 7180 Edwards Boulevard, Mississauga, ON L5S 1Z1**

**Time: 6:00 pm to 8:00 pm**

**Please RSVP to Parviz at 905-275-2369. Press 0**

*More details to follow shortly*

**India Rainbow Recently Hosted:**



L to R: LINC Manager Deepika Bhalla, Senior LINC Manager Daksha Mulla, Minister Findlay and Executive Director Gurpreet Malhotra

National Revenue Minister, the Honorable Kerry-Lynne D. Findlay, who met with staff, clients and volunteers at our 21 Regan Road location on February 23<sup>rd</sup>, to promote the Community Volunteers Income Tax Program (CVITP). She talked about the key initiatives recently implemented, including an additional \$ 1 million investment to strengthen the program this tax-filing season, and released CRA’s ‘Lend a Hand’ video. The minister was later give a tour of the site where we provide services to newcomers, such as LINC classes, Job Search Work shops, and family counselling services. The minister was impressed with the services being provided and interacted with LINC learners from all classes. India Rainbow has been providing free income tax clinics for the last many years, and in the past year alone, 382 clients availed of this service between our Mississauga and Brampton locations.

Mississauga East-Cooksville MP Wladyslaw Lizon visited us on February 11<sup>th</sup>, to announce the funding of more than \$19,500 from the Enabling Accessibility Fund to improve accessibility at our locations for community residents with disabilities. “The Government of Canada is focused on creating opportunities for Canadians with disabilities. Thanks to organizations like India Rainbow Community Services of Peel and their goal of improved accessibility, we are helping eliminate barriers and thereby helping to bring workers, employers and communities together.” said MP Lizon. “The proposed project consists of installing an accessible washroom, automatic door openers, wheelchair accessible desks in the classrooms, an electronic reader and a visual-audible alarm signal”, he added.



MP Wladyslaw Lizon making the announcement



**We Made Old Man Winter Go Away!**

Are you tired of the winter? This was one question posed by one and all in our LINC classes for the past few months. Yes, the students and teachers sure were tired of the frigid temperatures! So, for one day, on Wednesday March 11<sup>th</sup>, we made winter go away! Students and teachers together hosted a special event: 'A Summer Day'. They all dressed in summer attire and enjoyed summer treats. A very talented student - Syeda Itrat Jafari who loves art, created a beautiful summer mural on the board to set the tone! All students did activities related to summer, and enjoyed the day. It may have been cold outside, but everyone felt warm and summery inside!



Syeda in front of her mural



Seniors celebrating the festival of Holi

**Holi Celebrations:**

The Seniors Program clients celebrated the spring festival of ‘holi’ with traditional fervor and enthusiasm. The coming of spring is celebrated with sprinkling of colors on one another. The clients were welcomed with a ‘tilak’ on their forehead and participated in many colourful activities. Some clients performed dances in colourful costumes amid singing of traditional ‘holi’ songs. After a delicious meal, it was time for a game of bingo based on the ‘holi’ theme. All in all, a very enjoyable day for all clients!

To celebrate 30 years of success, India Rainbow is hosting, as well as participating in several events this year leading up to the grand Fundraising Gala celebration in August. Our sincere hope is to make this a very special year for our clients, volunteers, supporters, funders and all those who have believed in us.

**Night of Honour - Friday, April 17<sup>th</sup>:** To recognize and acknowledge the ongoing support of our volunteers and partners. We would take this opportunity to formally thank them for being our partners in our success. Without the selfless giving of our many volunteers, we would not have been able to provide the services we do, especially for our Senior's program. Our networking partners, with whom we work very closely - our services would be incomplete without the collaborations and support you offer us. In the last few years, India Rainbow has grown and enhanced its services. Community media has helped us tremendously by sharing our stories within the community and promoting information about our much-needed programs. We deeply appreciate your friendly partnership and kind cooperation.



**Mississauga Marathon: May 2<sup>nd</sup> and 3<sup>rd</sup>:** With "Stride to Care 4 Newcomer Youth" as the theme, India Rainbow is participating in the Mississauga Marathon 2015 to help raise funds for newcomer Youth. It is a fun, healthy, and exciting way of participating in a Run/ Walk with your family and friends during the first weekend of May 2015. All funds raised by India Rainbow will go towards supporting newcomer youth, by way of providing summer camps, peer counselling, job search training and leadership skills. It is an opportunity for all our supporters to show their enthusiasm, raise money in a novel way and become more visible in our community! Sign up and get started right away! Please call our office at 905-275-2369 Ext 294 or visit <http://mississaugamarathon.com> /for more details.



**Celebrating Women: Thursday, May 21<sup>st</sup>:** India Rainbow will be hosting its Annual Women's event on May 21<sup>st</sup>, 2015. This will be a day for the clients of the Family Services program to enjoy a day filled with meaningful discussions, performances and door prizes. This event will focus on women's empowerment, self-care, entertainment and of course, a delicious meal. The purpose of this event is to have women unite, reaffirm their commitment to justice and be given the opportunity to network with community partners and socialize with other guests.



**Race Against Racism: Saturday, June 13<sup>th</sup>:** India Rainbow will be there! Please join us for this fun-filled family event. A 5 km road race / walk / stroller roll - for fun or competition. The event, organized by the Race Relations Unit of the Peel Regional Police is close to our hearts, and a manifestation of our commitment to stop racism and promote diversity in the community. We invite all members, supporters and partners to join us for the event. There will be refreshments, diverse ethnic foods and entertainment. Pre-registration is required. T-shirts for first 500 pre-registered entrants. Entry forms are available at all Peel Regional Police divisions. The event will take place at the Mississauga Valley Community Centre, 1275 Mississauga Valley Boulevard, Mississauga.



**Seniors Symposium: Thursday, June 18<sup>th</sup>:** India Rainbow will host a Seniors Symposium on June 18<sup>th</sup> at Sagan Banquet Hall, to celebrate Senior's month and to focus on important seniors issues. A day-long event will be organized for all the participants of our Seniors Wellness programs. The event will include educational and informative presentations, followed by some entertainment and performances by group members. It is a great opportunity for the members to explore community needs and showcase their talents. Breakfast, lunch, and afternoon tea will be served. The purpose of the event is to unite elders from different cultural backgrounds, giving them a chance to socialize and interact with each another. At the end of the day, clients will leave with a sense of inclusiveness and awareness.

### Healthy Recipe Zu-Canoes

#### Ingredients:

2 medium 2-inch-wide zucchinis • ½ tsp. salt, divided  
½ tsp freshly ground pepper, divided • 1 tbsp. extra-virgin  
olive oil • 1 tbsp. white-wine vinegar • 1 tbsp. minced  
shallot • 1 cup quartered grape tomatoes • ½ cup diced  
mozzarella cheese, preferably fresh • ¼ cup thinly sliced  
fresh basil.

#### Directions:

Trim both ends off zucchini; cut in half lengthwise. Cut a thin slice off the backs so each half sits flat. Scoop out the pulp, leaving a ¼ inch shell. Finely chop the pulp; set aside. Place the zucchini halves in a microwave-safe dish. Sprinkle with ¼ tsp each salt and pepper. Cover and microwave on High until tender-crisp, 3 to 4 minutes. Alternatively, steam in a steamer basket. Whisk oil, vinegar, shallot and the remaining ¼ tsp each salt and pepper in a medium bowl. Add tomatoes, cheese, basil and the reserved zucchini pulp; toss to combine. Divide the filling among the zu-canoes. Serve with your favorite dip.



## Membership Corner

### Welcome new members:

- Kothandaram Vijayasarathy
- Sudhir & Prita Pradhan
- Nira Rajpal
- Amit Jain
- Jatinder Singh

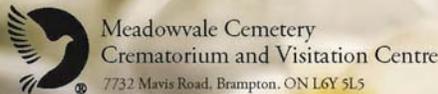
### Membership Renewal Reminder

Membership can now be renewed for up to 5 years.  
Online renewal is available through PayPal on our  
website, or call the office at 905-275-2369.

## Free Income-Tax Clinics

Once again this year, we will be hosting free income tax clinics for low income families in the community. Last year we helped over 375 clients to file their taxes. Free clinics are being held in Mississauga and Brampton locations in the months of March and April. Volunteers from Canada Revenue Agency's Community Volunteer Income Tax Programs will help individuals and families to file their taxes for the current tax year. Please call the office to make an appointment.  
Mississauga: 905-275-2369, Ext. 293 • Brampton: 905-459-4775, Press 0

Advertisement



## Traditions ko Kaayam rakhte huye

We understand ke traditions bahut logon ke liye important hain. Logon ki help karna hamaari tradition hai. Let's help you.

Free consultation lijiye hamaare kisi bhi representative se like Jhita and Palwinder Voh funeral arrangement ki planning karne mein aap ki help kar sakte hain.

- Last rituals perform karne mein
- Cremation samay witnessing ke liye
- 300 se bhi zyada logon ke liye Rooms hain
- Traditional aur religious suvidha bhi hai
- Sabhi arrangements ki planning advance mein ki jaa sakti hai
- Aap funeral aur cemetery memorial services ek hi jagah kar sakte hain



Jhita Parshotam



Palwinder Sidhu

Aaj hi CALL karein

**905-451-3716**

Agar aap chaahein toh Consultation Hindi, Punjabi, Gujarati ya Urdu mein bhi mil sakti hai.

Elgin Mills Cemetery, Crematorium and Visitation Centre is a business name of Mount Pleasant Group of Cemeteries which is affiliated with Canadian Memorial Services. Funeral services provided by Canadian Memorial Services. Cemetery and cremation services provided by Mount Pleasant Group of Cemeteries.

### Newsletter Team: Daksha Mulla, Venant Ferreira

The newsletter 'Rainbow Connection' is a periodical publication of India Rainbow Community Services of Peel. We invite readers to submit community announcements, articles of community interest and letters for possible publication.

Head Office: 3038 Hurontario Street, Suite 206 & Unit 1, Mississauga ON L5B 3B9 Phone: 905-275-2369 Fax: 905-275-6799 Email: info@indiarainbow.org

[www.indiarainbow.org](http://www.indiarainbow.org)



A United Way Funded Agency