

# Rainbow Connection



India Rainbow Community Services of Peel

Winter 2013

What good is the warmth of summer without the cold of winter to give it sweetness. ~ Author Unknown

## New in 2014

- ◆ India Rainbow will offer free Citizenship Preparation classes from January 2014 in Mississauga and Brampton. These classes will be in addition to the regular LINC classes currently being offered
- ◆ Expansion of the Adult Day Program at both the Mississauga sites:
  - Introducing weekend respite for caregivers on Saturdays - at the 415 Matheson Boulevard site
  - Additional units of service being added at the Cooksville site
- ◆ We will be transitioning to electronic distribution of this newsletter, with limited print copies only

*We plan to further enhance our services to the community with more initiatives and look forward to your continued support.*



*We take this opportunity to wish our clients, funders, networking partners, and members of the community all the very best for the New Year.*

## MP Wladyslaw Lizon Visits India Rainbow:

Member of Parliament from Mississauga East-Cooksville Mr. Wladyslaw Lizon visited India Rainbow's head office on October 18<sup>th</sup>. He presented IRCS with a congratulatory certificate recognizing the excellent work being done by India Rainbow, with our commitment to quality and mission of serving newcomers and seniors in the community through settlement support, health and social services, integration and education. MP Lizon toured the site, and also visited our LINC classes and talked to the learners about their future plans. He also met with the participants of the Seniors Wellness Program to discuss their needs. We thank MP Lizon for his continued support and encouragement.



MP Lizon with Executive Director Gurpreet Malhotra

---

## Staff Professional Development Day:

A day of learning, sharing and team building for the staff of India Rainbow was held at the unique and historical Peel Art Gallery and Museum Archives (PAMA) located in Brampton. All staff got a chance to come together, interact and



Gurpreet addressing the staff at the agency-wide PD Day

to share ideas, as well as participate in team building activities. Gurpreet Malhotra, India Rainbow's Executive Director shared some of the highlights and achievements of the previous year. He also talked about the future plans for the organization. Two workshops on 'Resume Writing' and 'Diversity' were followed by a tour of the museum and the art gallery. The museum staff provided a deeper insight and presented many interesting facts about the historical significance of the museum, its archives and the role it played in shaping the future of Peel region. A big thanks to the organising committee for making this day an enriching experience.

---

## United Way Fundraising Campaign 2013:

Give. Volunteer. Act. Donations to United Way Peel Region can impact the lives of hundreds every year. With this in mind, Team 2013 set about actively fundraising from day one! Numerous fundraising activities were held at both our locations in Brampton and Mississauga - such as special lunches for the Senior Program participants, movie screening accompanied with 'chai' and popcorn, raffles and the ever popular event - 'samosa' and pop sale. Staff, clients and volunteers pitched in with varying amounts to help us achieve (and exceed) our goal of \$3000.00. Thank you to everyone who contributed and helped us to raise over \$3700.00 to make this one of our best ever fundraising campaigns!



---

## 'Success Doesn't Always Come To You – You Go To It!'

Ann (name changed) dreamt of being a teacher in her new home country of Canada. She was a teacher in her country of origin, Nigeria, and longed to pursue her profession here. Ann registered in our LINC classes in Level 4/5 class at Brampton. She worked hard at improving her skills, and learning about the education system in Ontario. Her teacher encouraged her to focus on her goals. We are happy to report that within a few months her dream has come true! In January 2014, Ann begins working with the Dufferin-Peel Catholic District School Board as a supply French teacher. Way to go, Ann. We wish her all the best!



## Annual Visioning Day Retreat:



Gurpreet outlining the day's purpose

The Board, Policy Advisory Committee members, and the management team of India Rainbow, met on September 29<sup>th</sup>, at the Visual Arts Mississauga, for a day of visioning aimed at team building and planning the future pathway for the agency based on our current Strategic Plan. Using clay, all participants created a unique leaf, and each individual leaf would then form a part of a larger collective design representing the unique contributions by each one towards a common goal. This symbolic exercise was followed by group activities to brainstorm different perspectives for the agency to pursue as part of implementing the strategic plan, and to identify program priorities. This was followed by a discussion on the role and relevance of the various Board committees.

## 'How to Open a Small Business' - Information Session:

India Rainbow's Settlement department organized an information session on 'How to Open a Small Business in Canada' at its Brampton location on October 24<sup>th</sup>. The presentation by the Royal Bank of Canada was attended by 42 participants. The presenters explained in detail about the types of small businesses, business plans, tools needed to start up a small business and essential requirements in running a business. The session also involved a Q & A period during which many of the participant's queries and doubts were addressed. Overall, a very informative session indeed!



Staff from RBC delivering the presentation



Participants during the championships

## Indoor Games Championships:

This fun and challenging annual event was organised by the staff at our 245 Queen Street site for the Adult Day Program clients. All the participants enthusiastically competed in games such as Scrabble, carrom, target toss, basketball and card games. This year the event was held on Monday, November 25<sup>th</sup> which saw 35 participants battling for the number one prize. One winner was selected from each game and was presented with a certificate and badge during the award ceremony held later in the day. To recognize and reward the efforts put in by all participants, everyone was presented with a 'Participation Badge' as each one was a winner in their own way!

## Annual Year-End Holiday Celebration:

India Rainbow held its annual holiday celebration party on December 6<sup>th</sup> with fun, games and delicious food. Staff, Board and Policy Advisory Committee members along with their families came together to socialize and celebrate a year of change, challenges and successes. Sam Malvea, President, and Gurpreet Malhotra, Executive Director, shared some highlights of the year and announced a couple of new initiatives that India Rainbow is embarking upon in the new year. Manju Panchapakesan, having completed 25 years with India Rainbow received a 25 year pin, and cut the cake to celebrate the great team at India Rainbow. The fun-filled evening included a variety of entertainment and door prizes.



Manju cutting the cake

## Healthy Recipe

### Creamed Spinach with Spiced Bread Crumbs

**Ingredients:** 2 lb. spinach • 8 tbsp. unsalted butter • ½ cup bread crumbs • ¼ tsp. paprika • Salt & ground black pepper to taste • 3 cloves garlic, minced • 1 large shallot, minced • 5 tbsp. flour • 1½ cups milk • ½ cup sour cream • ¼ cup grated parmesan cheese • 2 tbsp. fresh lemon juice • ¼ tsp. grated nutmeg.



**Directions:** Bring a 4-qt. saucepan of water to boil; add spinach, and cook until wilted, about 2 minutes. Drain, squeeze dry and set aside. Heat 3 tbsp. butter in a skillet over medium heat. Add bread crumbs, paprika, salt and pepper and cook, stirring, until golden brown. Set aside. Add remaining butter to skillet; add garlic and shallot; cook, stirring, until soft, about 3 minutes. Add flour; cook, stirring for 2 minutes. Add milk and let boil. Add spinach, sour cream, parmesan cheese, lemon juice, nutmeg, and cook, stirring, until thickened, about 5 minutes. Transfer to a serving dish; sprinkle with bread crumbs and serve.

## Membership Corner

Welcome new members!

- Sridharan Rajapalan
- Jayanthi Hari
- Shreenivas Shellikeri
- Dhaneshri Bhatt

**Renewal Reminder: A friendly reminder that memberships are due for renewal. They expire at the end of each calendar year. 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.**



**Thank You Clorox Canada!** India Rainbow thanks Clorox Canada for generously donating 100 tickets for the Diwali blockbuster premier release of the movie Krrish 3. The tickets were shared between our clients and volunteers, most of who are newcomers to Canada, and experiencing such generosity was a new experience for them. There were draws for door prizes and the atmosphere was festive with traditional sweets offered at the entrance to the hall. "Giving back to the community is a key element of Clorox's multicultural program", said Kaery Lall, leader of Clorox Canada's Multicultural Marketing Team. India Rainbow is proud to be associated with this company. As well, a special thank you to Balmoral Marketing for their support to India Rainbow.

Advertisement



### Transfer money to any bank in India, closer to your loved ones

Sending money through ICICI Bank Canada to your family in India can be of great benefit for you and your family. With ICICI Bank Canada, you can now **send money to over 130 banks and 95,000 branches** in India.

Enjoy a host of benefits:

- **Low fees and unlimited transfer amount** to help you save on your transfer costs
- **Pre-determined exchange rates** so that your family gets more in India
- **No ICICI Bank account** required, use any PIN-enabled Interac® Debit Card
- **Wide reach** so that you can transfer money closer to your loved ones
- **24x7 access** through online, call center channel and nearby branch visits

To learn more:

 [icicibank.ca](http://icicibank.ca)

 **1-888-424-2422**

 **Visit our branches:**

- Brampton • Brampton (The Gore Road) • Calgary • Mississauga • Scarborough
- Surrey • Toronto (Don Valley Parkway) • Toronto (Downtown) • Toronto (Gerrard Street)

 **ICICI Bank** | Canada

Maps are used for reference purposes only and do not necessarily confirm to political boundaries. All money transfers are subject to Money Transfer Terms and Conditions available at [icicibank.ca](http://icicibank.ca). Prior to conducting a remittance funded by a debit card transaction, ICICI may require valid identification in a form satisfactory to ICICI Bank. The debit card used to fund the remittance must be an Interac® Debit Card issued by a Canadian financial institution and be chip and pin enabled. Credit cards will not be accepted for funding of remittances. Non-Account holders of ICICI Bank Canada can transfer up to C\$ 6,000 within a 24 hour period from a branch only. Up to C\$6,000 can be remitted using the online Money Transfer facility within a 24 hour period. ICICI Bank Canada is not responsible for any charges that may be charged by other institutions facilitating the Money Transfers. Other Charges may be applicable for a Money transfer not involving currency exchange. For Money Transfer charges please refer to the Bank's disclosure statement. Money transfers may be subject to the rules and regulations of the country where the transfer is to be effected. Money Transfer through Phone Banking and Online are only available to account holders of ICICI Bank Canada. The ICICI Bank name and logo are trademarks of ICICI Bank Limited and used under license.

**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](mailto:info@indiarainbow.org)

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

 A United Way Funded Agency