

# Rainbow Connection



India Rainbow Community Services of Peel

Summer 2015

*Leadership is the capacity to translate vision into reality - Warren Bennis*

## 30<sup>th</sup> Annual General Meeting

India Rainbow held its 30th Annual General Meeting on June 18<sup>th</sup>, 2015. Gurpreet Malhotra, Executive Director, welcomed everyone and briefly spoke about India Rainbow's 30 years as a leading agency in Peel, and the several celebratory events that preceded the AGM. He acknowledged all the funders and networking partners who were present. The meeting was also an occasion for three clients to share their experiences about the services they received at India Rainbow. Dope Amegninou who attended LINC classes and availed of our Settlement Services, Mohinder Singh Gogna, a caregiver to his wife who is a client, and Alankrita Srivastav who received counselling services and legal aid from our Family Services department.

During the business part of the meeting, the expanded slate as presented was approved by the membership. The newly elected members later met and held an election for the office bearers.

### **The Board of Directors for the year 2015-2016 is as follows:**

**Chair:** Sandeep Atwal, **Vice Chair:** Mandeep Grewal, **Treasurer:** Harish Athale, **Secretary:** Asha Luthra  
**Joint Secretary:** Swaroop Dogra. **Members at Large:** Arpana Vora, Brij Chadda, Dinesh Sawhney, Gurwinder Gill, Jatinder Singh, Nazli Rehman and Sunita Malik. Congratulations to the newly elected Board!

## *Changing Lives ♦ Realizing Opportunities*



India Rainbow proudly announces its 30<sup>th</sup> 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, 2638 Steeles Avenue East, Brampton**

**Date: Friday, August 28<sup>th</sup>, 2015 from 6:30 pm onwards**

The 30<sup>th</sup> Anniversary Gala is expected to draw approximately 700 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. We look forward to welcoming you at this very special event.

**Various sponsorship opportunities are available. 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 ext. 231 or email [info@indiarainbow.org](mailto:info@indiarainbow.org) for more details and for the Sponsorship Package.**

**Ticket Price: \$ 150 for VIP ♦ Table of ten: \$ 1300 ~ Ticket Price: \$ 100 for Regular ♦ Table of ten: \$ 900**

## India Rainbow hosted and participated in several events this year, as part of its 30th Anniversary celebrations!

### Night of Honour - April 17<sup>th</sup>:

“.....and I will show you a volunteer”. With these words from a poem by Foley, Pardeep Singh Nagra, a volunteer, teacher, trainer and an activist amongst other things, concluded his keynote address at the ‘Night of Honour’ event, to honour and thank its volunteers, networking partners and local media. Last year, our volunteers gave 15,166 hours of their time, which is equivalent to 8.3 full time positions! ‘Certificates of Recognition’ were presented to volunteers, networking agencies and media partners. Mohini Sarin, a longstanding volunteer said “Volunteering is a two way street. One gets so much from helping others. Coming here for 14 years has given me a purpose in life”.



Front row: Some of our outstanding volunteers

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### Mississauga Marathon: May 2<sup>nd</sup> & 3<sup>rd</sup>:

As part of its 30<sup>th</sup> Anniversary celebrations, some India Rainbow staff and board members laced up their running shoes and took part in the 12<sup>th</sup> Annual Mississauga Marathon to raise funds for “Stride 2 Care 4 Newcomer Youth Program” designed to support youth by way of providing peer counselling, job training and leadership training. Together we raised over 178% of our goal! IRCS ranked the 6<sup>th</sup> highest in most funds raised and 2<sup>nd</sup> highest in the total number of marathon runners. Congratulations and a big thank you to all those involved!



IRCS team at the Mississauga Marathon

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### Celebrating Women: May 21<sup>st</sup>:

Our Family Services Department held its annual ‘Celebrating Women’ event with the theme – “Make it Happen - Release your inner beauty and embrace your diverse community”. The keynote address by Syerah Virani, Editor and CEO of mybindi.com, and a practicing lawyer, encouraged women to create their own unique identity – by being who they truly are; and to own that identity. A client, Shazia shared her experience as an abused spouse and how she found help and support at IRCS. A relaxing session on ‘Releasing stress through breathing techniques’ was led by Sanjukta Das, Art of Living Teacher. After lunch, a panel discussion followed with experts in the field of counselling, law and social services who answered questions on the impact of culture on domestic violence.



Participants in the panel discussion

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### Seniors Symposium: June 18<sup>th</sup>:

To celebrate the ‘Seniors Month’ in June, India Rainbow hosted a day-long Senior’s Symposium and over 260 seniors attended. India Rainbow, along with Sheridan Centre for Elder Research, and with financial support from Mississauga-Halton LHIN (Local Health Integration Network) participated in a research study on: **Aging in a Foreign Land: Exploring current and emerging support needs of South Asian Immigrants 65+ living in Halton and Peel**. The report was presented by Marta Owsik, Project Coordinator and Researcher. The report established that ‘The Regions of Peel and Halton are experiencing growth in their older adult population in general, and specifically, in their population of older South Asian immigrants. With this growth it will become increasingly important to understand the unique experiences and needs of this group and to provide culturally appropriate services’. The purpose was to identify current and emerging community support and health needs as experienced by older South Asian immigrants. Later, members of India Rainbow’s Seniors Wellness Program participated in dance performances, poetry recitation, games and short skits on issues that are prevalent in our society. It was amazing to see such talent on display, which only goes to prove, that age is no barrier if you have the will and determination to maintain an active and healthy lifestyle!



Marta Owsik, Project Coordinator and Researcher presenting her report



## Update on Agency's ByLaws and Strategic Plan:

The Constitution and Bylaws for India Rainbow were first created at the inception of the organization exactly three decades ago. Both the Provincial and Federal governments now require organizations such as ours to update its Bylaws to become compliant with legislation. In addition we are in the last year of our Three Year Strategic Plan, which means we will need a new one, moving forward. The Board has instructed staff to begin the process of developing a new and modernized set of bylaws to govern the organization; and start planning for a new Strategic Plan as well. The Board has also approved tng Leaders Inc., a reputable consulting firm, to assist with both these projects. It is expected that IRCS members, volunteers, funders, networking partners, staff and clients will all be consulted as we develop these important documents. The Board will pre-release all intended changes well ahead of the next Annual General Meeting, and the general membership will be asked to vote to approve the new Bylaws. The new Strategic Plan will also be shared, once developed. We look forward to consulting with all of you on your views of the direction that India Rainbow should take - to move us forward and grow for the next 30 years.

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## LINC students see the Municipal Government in action:

India Rainbow's LINC students with their teacher visited the Mississauga City Hall on Wednesday, June 3rd and met with the Councillor for Ward 7 - Nando Iannicca. They also attended a general meeting in the Council Chambers. Councillor Iannicca met the students in the Great Hall and had an informal chat, getting to know each student and asked what they liked and did not like about Canada. The Councillor also talked briefly about the architecture of the building and the importance of being involved in the community. The students were then escorted into the Council Chambers, and during the general meeting, were formally introduced. There was a lively discussion about various topics and presentations - the installation of a sculpture in the Celebration Square, energy conservation, and MiWay Student Ambassadors. Some MiWay drivers were given awards for 25 years of accident-free service. It was an excellent and informative introduction to local politics, and a great opportunity for our newcomer students to see the municipal government in action.



LINC students in the foyer of the City Hall with Councillor Iannicca (fourth from left)

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## Star of the Month Award:

In the month of April, participants of the Seniors Services Adult Day Program at our Queen Street site participated in a 'Star of the Month Challenge'. During the month, clients were awarded stars for their participation in 4 predetermined activities. The four areas were: participating in walks after lunch, using the touch screen computers, sharing news during exercise time and being a leader. At the end of the month, the number of stars were tallied, and four clients were chosen as the 'Top 4 Stars of the Month'. Each client was awarded a trophy during a special 'Star of the Month' award ceremony. All clients who participated in the challenge were also presented with Certificates of Appreciation. Congratulations to all our winners!



'Star of the Month' challenge participants

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## Mississauga Gives - 'Giving Tuesday' - December 1st, 2015:

'Do Good. Feel Good'. Giving Tuesday is the Tuesday after Black Friday and Cyber Monday. India Rainbow is proud to be a leading part of this initiative, and to be associated with 'Mississauga Gives' as one of the founding partner charities. 'Giving Tuesday' is a global movement brought to Canada three years ago to help charitable and not-for-profit organizations raise funds following the two days celebrating major consumerism. Giving Tuesday, however, is a day to give back. Giving back through the form of monetary donations, volunteerism, donating blood, signing up for organ donations etc. It is time for an initiative like this to come to the City of Mississauga and it has arrived in the form of 'Mississauga Gives'! To learn more about 'Giving Tuesday', please visit [www.givingtuesday.com](http://www.givingtuesday.com). The local 'Mississauga Gives' website will be launched in late June 2015. Stay tuned for more details as to how you can get involved through India Rainbow!



### Healthy Recipe

## Omelet with Summer Vegetables

**Ingredients:** Cooking spray, 2/3 cup whole-kernel corn, ½ cup chopped zucchini, 3 tbsps. chopped green onions, ¼ tspn. salt, divided, 2 tbsps. water, ¼ tspn. black pepper, 3 large eggs, 2 tbsps. shredded cheese



**Directions:** Heat a small saucepan over medium-high heat. Coat pan with cooking spray. Add corn, zucchini, onions, and 1/8 tsp. salt and sauté until vegetables are crisp-tender. Remove from heat. Heat a 10-inch non-stick skillet over medium-high heat. Combine 1/8 tspn salt, water, pepper, eggs, stirring well with a whisk. Coat pan with cooking spray. Pour egg mixture into pan; cook until edges begin to set. Gently lift edges of omelet with a spatula, tilting pan to allow uncooked egg mixture to come in contact with pan. Spoon corn mixture onto half of omelet; sprinkle with cheese. Loosen omelet with spatula, and fold in half over corn mixture. Cook 2 minutes or until the cheese melts. Carefully slide omelet onto a plate. Serve with any warm bread of your choice.

## Membership Corner

Welcome new members:

Randeep Chana  
Mokshi Virk  
Sushil Kumra

Yasir Khan  
Level Dhir

### 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.

## Nepal - Earthquake Relief Appeal

In view of the massive earthquake, followed by tremendous loss of lives and destruction of infrastructure in Nepal, India Rainbow urges all its members and supporters to donate towards Nepal earthquake relief efforts. Individuals can donate through any Canadian charity of their choice, such as the Red Cross ([www.redcross.ca](http://www.redcross.ca)), World Vision ([www.worldvision.ca](http://www.worldvision.ca)), Doctors Without Borders ([www.msf.ca](http://www.msf.ca)) etc. Our deepest sympathies go out to the members of the Nepali community, including those of our clients who are from Nepal, who have lost so much to this natural calamity.

Advertisement



Meadowvale Cemetery  
Crematorium and Visitation Centre  
7732 Mavis Road, Brampton, ON L6Y 5L5

## 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 chaahain 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.

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