



EAST CENTRAL NEWCOMER
WELCOME CENTRE INC.

connECT

Winter 2023

A MAGAZINE FOR NEWCOMERS TO EAST CENTRAL SASKATCHEWAN



Embracing the Season of Coziness

As the days grow shorter and the air turns crisp, it's time to dive into the enchanting world of winter. This season offers a unique blend of outdoor adventures, cozy moments by the fireplace, and a chance to celebrate the holidays with loved ones. In this comprehensive magazine-style plan, we'll guide you through everything you need to know to make the most of the winter season.



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Winter Wellness

Maintain your health and well-being during the winter months

Winter often brings colder temperatures, shorter days, and less sunlight, which can impact both physical and mental health. "Winter wellness" generally refers to practices and habits that promote physical and mental well-being during the winter season.

Stay Active:

Regular physical activity helps boost metabolism and promotes overall well-being. It can also increase your thirst, reminding you to stay hydrated.



Plan Indoor Hobbies

Use the winter months as an opportunity to explore indoor hobbies such as reading, painting, cooking, or learning a new skill. This can help keep your mind engaged and ward off feelings of boredom.



Winter Wellness

Maintain your health and well-being during the winter months

Staying hydrated and maintaining a balanced diet during the winter months is just as important as it is during the rest of the year, even though you may not feel as thirsty in colder weather.

Drink Water and herbal Teas

Even though you may not feel as thirsty in the winter, it's essential to drink an adequate amount of water. Carry a reusable water bottle with you to remind yourself to drink throughout the day. Herbal teas are caffeine-free and can help increase your fluid intake.



Eat Hydrating Foods

Consume foods with high water content, such as soups, broths, stews, and fruits like grapefruits, oranges and watermelon.

Balanced Diet

Continue to prioritize a balanced diet that includes a variety of food groups. Aim for a rainbow of colors to ensure you're getting a variety of nutrients. Choose whole grains like brown rice, quinoa, and whole wheat bread for sustained energy. Include sources like poultry, fish, beans, and tofu in your meals.



Fashion for Frost

Stay warm and stylish this winter

Choosing fashion for a frosty winter requires a combination of style, warmth, and functionality.

Layering is Key

Start with a good base layer made of thermal materials to keep you warm. Add insulating layers like sweaters, cardigans, or fleece-lined clothing.



Finish with a waterproof and insulated outer layer, like a winter coat or jacket. Look for coats that are insulated with down or synthetic materials for maximum warmth. Choose a style that suits your body type and personal taste, whether it's a parka, puffer, trench coat, or wool coat.



Fashion for Frost

Stay warm and stylish this winter

Accessorize Smartly

Invest in a good-quality scarf, hat, and gloves to protect your neck, head, and hands from the cold. Opt for accessories made from materials like wool, fleece, or cashmere for extra warmth.



Select Warm Fabrics

Prioritize clothing made from warm and insulating materials like wool, cashmere, fleece, and down. Darker colors tend to absorb and retain heat better than lighter shades. Black, navy, deep burgundy, and dark gray are excellent choices for winter fashion.



Chasing Passion

The Journey of Newcomer Entrepreneurs

Jed Reyes is a name that resonates with success and determination. Formerly a highly accomplished Sales Manager at the Royal Auto Group in Yorkton, Saskatchewan. Jed left behind a lucrative career to pursue his true passion in the culinary industry. With an unshakable commitment to his dreams, he embarked on a remarkable journey that led to the creation of his very own restaurant, named "Jed's Kitchen."



Jed's career as a Sales Manager at Royal Honda was nothing short of exemplary. He consistently exceeded sales targets, earning accolades for his outstanding leadership and client relationship-building skills. Jed's ability to understand and satisfy customer needs made him a beloved figure within the Royal Auto Group. Yet, deep down, a culinary passion had always been simmering within him, waiting for the right moment to be ignited.

Driven by his passion for food and a lifelong love for cooking, Jed decided to take a leap of faith and turn his culinary dreams into reality. Jed has partnered with Rail City Industries and operates out of their location at 152 2 Ave W, Melville, Tuesdays to Fridays 4:00 pm - 10:00 pm and Saturdays 11:00 am - 7:00 pm.

The restaurant offers a delectable fusion of traditional Filipino and Canadian food, a warm inviting atmosphere, reflective of Jed's personality.



Chasing Passion

The Journey of Newcomer Entrepreneurs

Aleli Reyes, the unsung hero behind Jed's thriving restaurant, is a highly skilled accountant and bookkeeper, instrumental in the establishment's financial success. With a keen eye for detail and an unwavering dedication to her work, Aleli ensures that the restaurant's financial operations run like a well-oiled machine.



Armed with a degree in accounting and a passion for numbers, Aleli joined forces with her husband Jed to turn their dream of owning a restaurant into a reality.

While Jed's culinary expertise takes center stage in the establishment, Aleli's behind-the-scenes brilliance keeps the business running smoothly.

Her day-to-day responsibilities include managing payroll, tracking expenses, and balancing the books with precision and accuracy. Aleli's financial acumen has not only helped the restaurant turn a profit but has also enabled them to make informed decisions about investments, budgeting and expansion plans.

Beyond her professional skills, Aleli's warm and welcoming personality adds a special touch to the restaurant's atmosphere.



Chasing Passion

The Journey of Newcomer Entrepreneurs

Aleli's commitment to her role as a devoted wife and a financial manager makes her an essential pillar of support for Jed's Kitchen. Her contribution to the restaurant's success may not be as visible as the dishes served, but it's undoubtedly the secret ingredient that keeps the business thriving.

While the tasty dishes steal the spotlight, Aleli's role is like a silent force that keeps everything running smoothly. Her attention to detail and financial savvy help Jed's Kitchen navigate challenges and stay resilient. In the fast-paced restaurant industry, Aleli is the unsung hero, balancing her personal and professional life with resilience and capability



Chasing Passion

The Journey of Newcomer Entrepreneurs

Jed's shift from the corporate world to the culinary scene showcases his bravery and dedication to following his heart. His journey encourages others to pursue their passions, even when faced with challenges. Jed Reyes is proof that success isn't just about past achievements but also about embracing your true calling.

His story is a reminder that taking the less conventional path may have obstacles, but it leads to personal and professional fulfillment.

Jed's culinary creations now stand as a testament to a dream fulfilled and the authenticity of staying true to oneself.



“Let’s not get tired of doing good, because in time we’ll have a harvest if we don’t give up.”

Embracing Winter

Fun Family Sports and Activities for the Chilly Season

Winter is a magical season that brings with it a blanket of snow and endless opportunities for family fun. Whether you're a thrill-seeker or prefer a serene winter wonderland, discover the thrill of skiing, snowboarding, the grace of ice skating, the tranquility of snowshoeing, and the joy of building a snowman with your family.

Here are some winter sports and activities that are perfect for families:

Skiing Adventures

Dive into the thrill of downhill skiing or opt for a more simpler cross-country skiing experience. Skiing is a fantastic way to enjoy the winter landscapes while getting some exercise as a family.



Tobogganing Thrills

Find a nearby hill, grab a sled, and get ready for some heart-pounding sledding adventures. It's a simple yet exhilarating way to enjoy the snowy slopes.



Embracing Winter

Fun Family Sports and Activities for the Chilly Season

Snowshoeing Exploration

Take a leisurely stroll through snow-covered landscapes with snowshoeing. It's a family-friendly activity that allows you to connect with nature and get some exercise at the same time.



Snow Art

If you're new to snow or totally used to it, give simple winter art a shot. Build a Snowman, Snow Lantern, Snow Igloo or winter Ice Jewels. It lets you keep that snowy magic around all year, no matter where you are.



Winter is not a season to be endured but a time to be embraced. With these winter sports and activities, you can turn the cold weather into an opportunity for family bonding and outdoor adventures. Whether you're racing down a snowy hill on a sled or sipping hot chocolate by a winter picnic, the memories created during these activities will warm your hearts for years to come. So, bundle up, step outside, and make this winter a season to remember with your family.

Winter Safety

Staying Warm and Avoiding Hazards

Winter can be a beautiful and enjoyable season with the right precautions. By staying informed, prepared, and attentive to safety measures, you can make the most of winter while keeping yourself and others safe.

Layer Up

Wearing layers is a fundamental strategy for retaining body heat. Start with a moisture-wicking base layer to keep sweat away from the skin, add an insulating layer for warmth, and finish with a waterproof and windproof outer layer.



Protect Extremities

Hands, feet, and ears are particularly vulnerable to frostbite. Invest in high-quality gloves, insulated boots, and a snug hat to prevent heat loss from these areas.



Winter Safety

Safety Measures on Ice

Check Ice Thickness

Before venturing onto frozen lakes or rivers, ensure the ice is thick and stable. Follow local guidelines on safe ice thickness, and use an ice auger or drill to check the thickness as you move.



Carry Safety Equipment

Equip yourself with ice picks, a throw rope, and a small first aid kit. These tools can be crucial in self-rescue and providing assistance to others in case of emergencies. Stay updated on local weather conditions and ice reports. Changes in weather can impact ice stability, so it's essential to be aware of any potential risks.



Winter Safety

Safety Measures around the House

Monitor and Remove Large Icicles:

Icicles can be both beautiful and hazardous during the winter months. While they create a picturesque winter scene, they can pose risks to your home and those around it. Large icicles hanging from your roof can be dangerous, especially if they are located above entrances, walkways, or driveways. Monitor their size, and if they grow too large, carefully remove them using a long-handled tool. Do not attempt to knock them down while standing beneath them.



Practice Safe Snow Removal:

When removing snow from walkways and driveways, use proper techniques to avoid strain or injury. Shovel small amounts of snow at a time, and lift with your legs instead of your back. If using a snowblower, follow safety guidelines and keep hands and feet away from moving parts.

Travel and Getaways

Cozy Cabins and Retreats

Whether you're seeking solitude, adventure, or simply a change of scenery, our suggestions invite you to step into a realm where the air is crisp, and each breath is a reminder of the serenity that winter brings.

Let these recommendations be your guide to a season of tranquility, adventure, and the simple joys found in the embrace of a winter escape.

Manitou Springs Resort and Mineral Spa



“There’s just something about this place!”

We hear that a lot. It’s the Spirit of Manitou and it’s the feeling you get while you’re here. The amazing salt water of Little Manitou Lake is definitely the source of this magic. The lake is spring and ground water fed and evaporation over centuries has created water that has an amazingly high mineral content. Float effortlessly – even suspended vertically – as you chat with your friends! Two public beaches, Wellington Park with its springfed creek, and several walking trails invite you to immerse yourself in this natural wonder.

[Visit: Manitou Springs Resort and Mineral Spa](#)

Travel and Getaways

Cozy Cabins and Retreats

Asessippi Ski Area & Resort



Asessippi Ski Resort is the perfect destination for winter sports enthusiasts and those who love the great outdoors. The resort is located in the heart of the Canadian prairies, surrounded by stunning natural beauty and offering some great skiing and snowboarding experiences in Manitoba, Canada.

[Visit: Asessippi Ski Resort & Hotel](#)

Temple Gardens Hotel & Spa



A World Class Saskatchewan Resort in the heart of the prairies. Temple Gardens Hotel & Spa features world-renowned geothermal mineral pools, spacious guest rooms and suites, and more amenities than any other hotel in Moose Jaw . From special events to weekend getaways, Temple Gardens Hotel & Spa is the best way to experience beautiful southern Saskatchewan.

[Visit: Temple Gardens Hotel and Spa](#)

Announcements, Events, and Updates

Meet our Information Advisor

Yamonwan Boonnak

Meet Yamonwan Boonnak, a spirited individual who took a leap of faith from Thailand to Kingston, Ontario, in 2015, seeking new horizons. In 2019, she continued her journey along with her partner, this time to Yorkton, Saskatchewan, where she found not just a place to live but a welcoming community to call home.

Currently wearing the hat of a Newcomer Liaison Worker at the East Central Newcomer Welcome Centre, Yamonwan is all about easing the transition for those, like her, who are navigating the exciting yet challenging path of settling into a new life in Canada. She's not just a guide, she's a friendly face, ready to share her own experiences and lend a helping hand.

Yamonwan isn't just about work; she's a genuine fan of the Canadian seasons, especially the magic of fall and the wonder of winter. "I adore fall and winter, when the ground is wrapped in a cozy blanket of snow."



CONTACT
YAMONWAN AT

A business card for the East Central Newcomer Welcome Centre Inc. The card features a globe logo with a red and blue border. The text on the card includes the organization's name, Yamonwan Boonnak's name and title as Newcomer Liaison Worker, and contact information: email (ecnwcinfo@ecnwc.ca), phone (306) 783-2777, and website (www.EastCentralNewcomerCentre.ca). The address is Unit H, 132 Broadway St. West, Yorkton, SK S3N 0M4.

EAST CENTRAL NEWCOMER WELCOME CENTRE INC.

YAMONWAN BOONNAK
Newcomer Liaison Worker

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Announcements, Events, and Updates

Settlement Worker in Schools (SWIS)

Leah Lutz

We are delighted to share the fantastic news that Leah Lutz, our exceptional Settlement Worker in Schools (SWIS), is back and has begun her vital work in the East Central Saskatchewan region. After an extended leave, Leah returns with her passion and commitment to fostering the successful integration of new community members.

Leah's role as a Settlement Worker in Schools involves engaging students, parents, and school staff to ensure a smooth transition for newcomers. Her dedication to creating a welcoming environment has been instrumental in the positive experiences of those joining our community.



CONTACT
LEAH AT



Announcements, Events, and Updates

THE QUEEN ELIZABETH II'S PLATINUM JUBILEE AWARD

Our Executive Director Edith Monteclaros was recognized and awarded The Queen Elizabeth II's Platinum Jubilee Medal for outstanding contribution in public service to Canada, Saskatchewan, and particularly Yorkton and surrounding areas.

Edith is a highly accomplished individual with an impressive 15-year track record in the settlement and integration industry. Her extensive knowledge and unwavering commitment to this field have positioned her as an invaluable resource to the community of Yorkton and the surrounding areas.

Settlement Services started in 2008 in East Central Saskatchewan at Partners in Settlement and Integration, where she worked as a Senior Settlement Supervisor for many years.

Her expertise in navigating the complexities of settlement and integration led her to launch a non-profit organization in 2018, which is dedicated to supporting individuals and families new to Canada, to meet their social, educational and employment goals, leading to opportunities for success.



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**EAST CENTRAL NEWCOMER
WELCOME CENTRE INC.**

NEWCOMER TO CANADA?

We provide **free settlement services** to newcomer children within the East Central Region. It is our goal to provide you with the information, referrals and advice that you may need to assist in your settlement.

LOOKING FOR HELP?

Education Information
Recreational Activities
Employment Information
for Youth
After-School & Summer
Programs
Homework Assistance
Other Services

Funded by:



Immigration, Refugees
and Citizenship Canada

Financé par:

Immigration, Réfugiés
et Citoyenneté Canada



Government
of
Saskatchewan

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LOOKING FOR HELP?
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Recreational Activities
Employment Information for Youth
After-School & Summer Programs
Homework Assistance
Other Services

Funded by:  Immigration, Refugees and Citizenship Canada
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www.EastCentralNewcomerCentre.ca



Announcements, Events, and Updates

EAST CENTRAL SASKATCHEWAN IMMIGRATION PARTNERSHIP



FOSTERING INCLUSION & RETENTION

Vision: To make East Central Saskatchewan a growing, prosperous and inclusive community for all residents.

Mission: The East Central Saskatchewan Immigration Partnership will educate, collaborate and partner for the integration and retention of new immigrants in East Central Saskatchewan.

A blue-tinted photograph showing a group of people, including children and adults, embracing each other in a supportive and caring manner.

EAST CENTRAL SASKATCHEWAN IMMIGRATION PARTNERSHIP

- Promotes the settlement and integration of newcomers
- Builds on the community's strengths
- Supports community-level research
- Promotes linkages between sectors
- Engages with a diversity of stakeholders
- Enhances collaboration, coordination and strategic planning at the community level
- Fosters a more welcoming community where immigrants are fully engaged and integrated

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