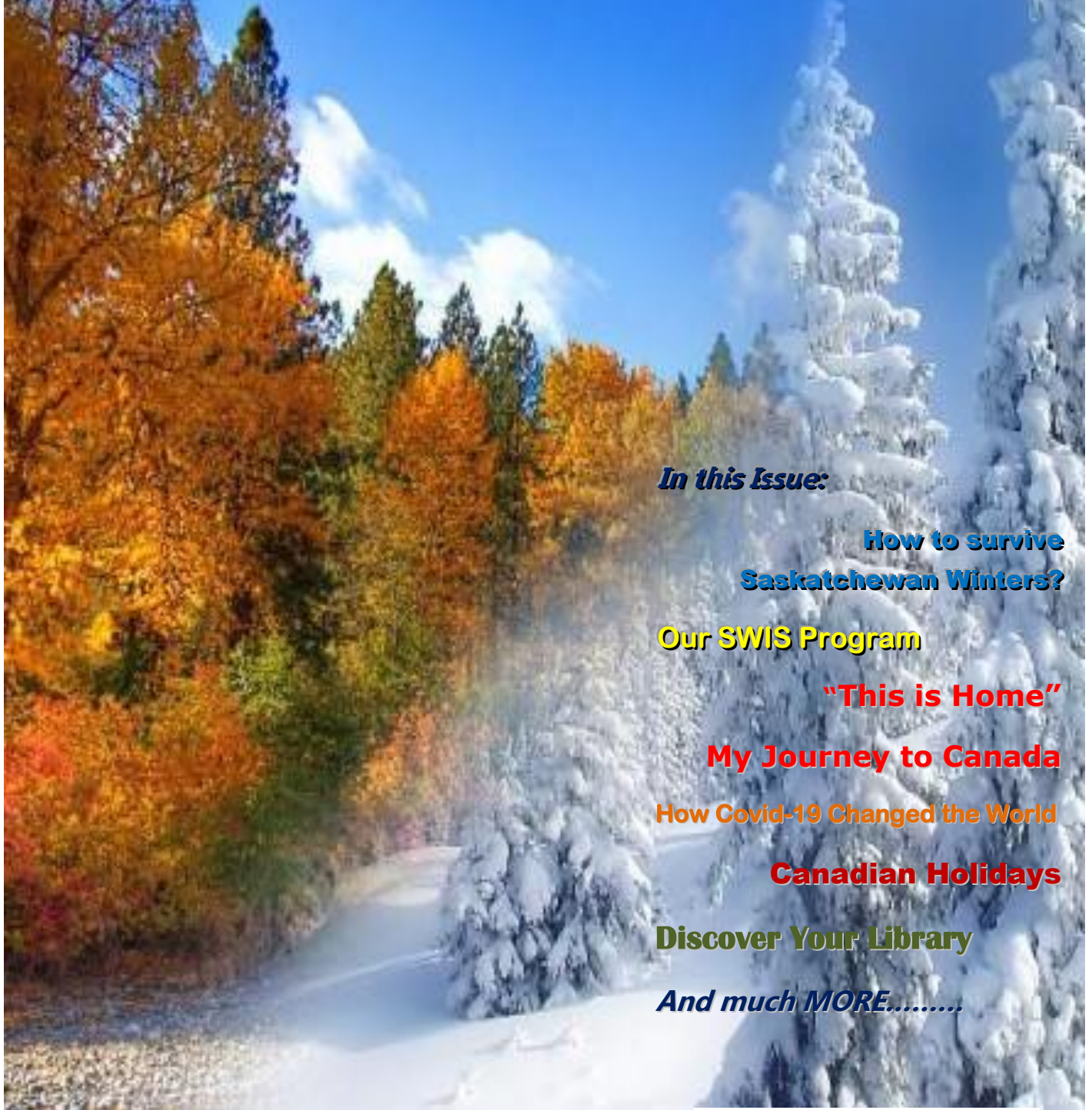


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Fall & Winter 2020

A Magazine for Newcomers to East Central Saskatchewan



*In this Issue:*

**How to survive  
Saskatchewan Winters?**

**Our SWIS Program**

**"This is Home"**

**My Journey to Canada**

**How Covid-19 Changed the World**

**Canadian Holidays**

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*And much MORE.....*

A publication of



**EAST CENTRAL NEWCOME  
WELCOME CENTRE INC.**



# ASK OUR STAFF

**“What do you like most about winter in Saskatchewan?”**



What I love about winter is the cool crisp air. It makes you feel how clean the surrounding is.

- Edith



Saskatchewan is the best place for nature lovers and simple people. Once the snow covers our province, it creates beautiful sceneries. It looks calm, peaceful and creates a beautiful picture. It is also easy to buy Christmas gifts because all places are accessible.

- Jeisel



About winter in Saskatchewan, the most I like is the idea of going hiking and skating. Clear skies during a cold winter night are an absolute beauty of nature. I like to dress up warm at times and enjoy warm hot chocolate. I also enjoy celebrating Christmas in Saskatchewan.

- Upamdeep



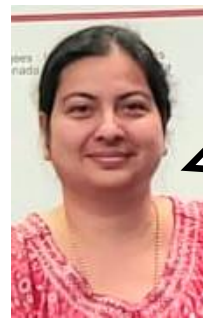
My favourite things about winter in Saskatchewan are the abundance of cross-country ski trails, skating on frozen lakes during a quiet snowfall, and listening to the crackle of a warm fire in the fireplace. I also absolutely adore shopping locally at Christmas trade shows! Winter is definitely a favourite time of year in my family.

- Leah



I like the activities that Saskatchewan winters bring, such as, downhill skiing, hockey, ice fishing, shoveling snow or just playing in the snow with my kids!

- Shanley



I like the beauty of the hoar frost the most, it feels as if everything has turned into a fairyland.

- Anshu



Immigrating from the warm climates of Africa to the extreme cold was the first shock I got coming to Canada. I could not imagine a place could be this cold. But after being here for over 7 years, I have become acclimatized to the weather and how to enjoy the numerous winter activities that are available, one of which is being outdoors on those, as someone put it “Warm Winter Days”. What I like most about the winter in Saskatchewan are those “Warm Winter Days”. Those days come out of nowhere after several days of -30C+ weather, and you are left with sun spackled white snow in a relatively warmer day. It’s always beautiful!

- Babatunde



Winter? I am not sure if this is the correct question for me. But, honestly, you will not fully appreciate the beauty of each season without the other seasons. Winter makes me think of catching soft, light, cottony snowfall on my face and hands as well as watching kids ski, ice-skate, or slide on snow covered grounds and hills. That gives me joy.

- Freda

# *Surviving a Saskatchewan Winter*

Whether you are experiencing your first Saskatchewan Winter or not, we can all use a little reminder on how to prepare for the winter season ahead!

Saskatchewan winters are very cold, with January and February being the driest and coldest months of the year. Temperatures can be as low as -30 to -40°C. Temperatures are also considered with the "wind chill". The "wind chill" refers to the perceived decrease in temperature felt by the body due to the cold, blowing wind. The wind makes the temperature feel even colder. Often you will hear, or read, the temperature followed by what the temperature actually "feels" like. In Canada, wind chills can get well below -40°C on some really cold days!



Here are some ideas to help you stay warm and enjoy the winter season in Saskatchewan:

- Dress in layers by wearing a light shirt and long underwear underneath your sweater and pants;
- Winter coats (often called "parkas") should have a hood and warm lining, and be waterproof and windproof. They should be loose fitting to trap body heat while ensuring air circulation;
- Wear a hat because most body heat is lost through your head. Winter hats (also called "toques") should cover your ears;
- Choose winter boots that have a warm inner lining and thick soles with a rough surface to prevent slipping on ice;
- Wear mittens or gloves;
- In extremely cold weather, wear a scarf that covers your neck and the lower part of your face.
- The warmest clothes are made of wool, fleece, fur, down-filled (filled with a special kind of feathers), quilted and insulated;

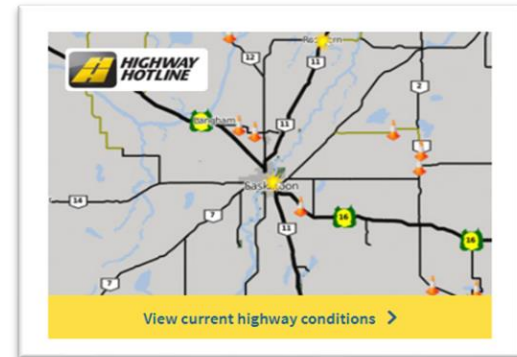
If you are not properly protected or covered in very cold temperatures, you could suffer from frostbite. Frostbite occurs when the skin freezes, turns colour and loses feeling. If you do get frostbite it's important to go to a warm place immediately, warm the frostbitten area slowly by using warm (not hot) water to warm the skin. If the skin does not return to a normal colour, you should seek medical attention. The most common body parts to get frostbite are the cheeks, ears, nose, hands, and feet so be aware and dress for the weather!



## Winter Driving Readiness

Before heading out on the highways in the winter, it is always important to be aware of the winter driving conditions in your area and on the route to your destination. The Highway Hotline is a great tool that can be used to check highway and road conditions throughout the province of Saskatchewan. The Highway Hotline can be accessed a couple different ways, you will just have to be aware what highway number you are interested in. You can phone into the Highway Hotline at 1-888-335-7623 or you can also access the Highway Hotline online and view road maps on the following website:

<https://www.saskatchewan.ca/residents/transportation/highways/highway-hotline>.



Driving in Saskatchewan winters may sometimes include hazards like black ice (ice you cannot visibly see on the road), drifts of snow on the road, blowing snow that significantly reduces visibility or getting stuck behind a snow plow that is cleaning off the roads. Sometimes travel will not be recommended, or the highways be completely shut down in extreme cases. The most important thing is to be prepared for the conditions, take your time and drive safely or stay home if travel is not urgent or recommended.



In Saskatchewan, a good set of winter tires are valuable in keeping your family safe. Winter tires are different than regular tires in that they have different treads that get better traction in the snow, and are made of a softer rubber that won't harden in the cold temperatures. They can be purchased at a number of businesses in our area and an appointment can be made to have them put on.

Another great thing to have in your car is a small winter emergency kit to use in case you become stranded while on the road. This kit can be bought or put together at home. It should include things like a blanket, extra hats, mitts and wool socks, candles with matches, jumper (booster) cables, a tow rope and a snow shovel. You might also include water and non-perishable food items in your kit. It is also important to always take your cell phone with you and if you do hit the ditch or become stuck to remain in your vehicle while you wait for help to arrive. It could be dangerous for both you or other traffic if you wander too far from your vehicle.

It's also essential to have a snow brush to ensure your windshield is always clear of snow and ice, as well as a good car battery. Old weak batteries are sure to fail in very cold temperatures. This problem can be partially avoided by plugging your car in, during cold weather. Plugging in your car does not use electricity to charge your battery. Instead, it powers the block heater to warm your engine prior to starting which prevents your vehicle from getting too cold!



These are just a few tips on how you can prepare yourself for winter driving!

To learn more tips on safe winter driving please, register for our virtual SGI Information Session scheduled for November 19<sup>th</sup> at 6:30pm. You can email [sallard@ecnwc.ca](mailto:sallard@ecnwc.ca) to register. Stay safe this winter!

# *We know it's cold, but you can still enjoy winter!*

There are many FUN, winter activities to try such as curling, skating, skiing, tobogganing, snow shoeing or just building a snowman! Make sure to like our East Central Newcomer Welcome Centre's Facebook page and watch your email for our monthly newsletters to stay updated on different events we will be hosting that will give you an opportunity to enjoy winter here in Saskatchewan!



*Dress warm, stay safe and have fun this winter!*

# Learn about our Settlement Workers In Schools (SWIS) Program

The SWIS program is a school-based program designed to help newcomer students and their families settle in their school and communities. The East Central Newcomer Welcome Centre Inc. provides services within the East Central Region of Saskatchewan. We work with all schools in the Good Spirit School Division and Christ the Teacher Catholic Schools.

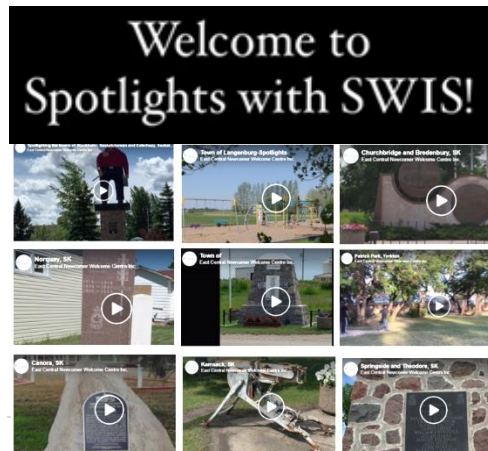
The SWIS program focuses on newcomer families that are in their first few years in Canada or that may have unresolved settlement needs.

The SWIS staff seek to:

- Support successful school integration by providing information to students, parents, teachers and school administrators.
- Help students transition to life in Canada by providing support, culturally sensitive counseling and immediate intervention in crisis situations.
- Advocate on behalf of students and their families.
- Increase awareness about community resources.
- Promote respect for cultural diversity and provide interpretation when necessary.

We currently have two Settlement Workers in Schools on staff. Jeisel Tolentino is responsible for students that attend schools in Yorkton and Leah McNeill is responsible for students that attend schools outside of Yorkton within the Good Spirit School Division and Christ the Teacher Catholic Schools. If you are interested in connecting with the SWIS team or want to learn more please call our office at (306) 783-2777 or email [ecnwcinfo@ecnwc.ca](mailto:ecnwcinfo@ecnwc.ca).

Schools are one of the first services that newcomer families connect with in the community and we would love to help your child settle!



## “Spotlights with SWIS”

Our SWIS team was hard at work this past summer and launched a program called “**Spotlights with SWIS**”. They posted short videos that focused on different communities and areas in our region! You can view these videos on our Facebook Page or our website to learn about the communities in our area!

# THIS IS HOME

## My Journey to Canada



### Meet Ajay Tadi

Ajay Tadi moved from India to Canada in December of 2014. His flight landed in Regina the night of the 22<sup>nd</sup> and he took a taxi cab to Yorkton that same night. The Parkland College is what brought Ajay to Yorkton, but the peacefulness by being close to nature and warm-hearted people around is what has made him now call Yorkton HOME.

Ajay is a proud resident of Yorkton, Saskatchewan who is heavily involved in the community. With being a resident of Yorkton, he always acknowledges that Yorkton is part of the Treaty 4 Territory. He believes that every newcomer must gain knowledge in the History of Canada and its Indigenous people, respect their traditions and culture and also respect their land.

Ajay has been a Permanent Resident of Canada since May of 2018 and has recently applied for his Canadian Citizenship. He really enjoys his life here in Canada and if he was given one word to describe Canada he would use the word “HOME”. Because of this love for the area, his wife just moved to Yorkton to join Ajay in January of 2020 as a Permanent Resident.

With winter setting in across Canada, Ajay also noted that traffic laws are very different here in Canada along with the road conditions, especially in winter. He would recommend newcomers to be responsible in learning how to drive on these icy roads.

Ajay is currently the Human Resource (HR) Coordinator for the Yorkton Tribal Council (YTC). He handles a large growing work force of 65 employees and has been with YTC since 2018. Ajay is also the sole owner of “AJ Business Services” through which he provides third party services, such as, Administrative Services, Marketing, Patents, Business Consulting, etc. He stays very busy with his business and is currently contracted for Administrative Services to the board of Painted Hand Casino Holding Ltd. Partnership, as well as, by a local entrepreneur to assist in getting his invention patented and marketed.





Aside from his busy work schedule, Ajay is very involved in the community. “Community involvement has become a passion since I came to Yorkton. As I was all alone when I first got here, the best way for me to make some connections was to volunteer and give back to the community.” Ajay stated. He started with the Yorkton Community Choir, helped with Rally in the Alley and then served on the Board as a Co-Chair for Yorkton Community Center/Serendipity Thrift Store for a short period. Currently, he is involved with the Kinsmen Club of Yorkton since 2016, Yorkton Chamber of Commerce (serving his 2nd term as one of the Board of Directors) since 2018 and last but not the least is with the Yorkton Brick Mill Society.



When asked “Where is the first place you would take a visitor to Canada to see and why?”, Ajay responded that “Saskatchewan is a province with many hidden wonders. Why go anywhere when you can see the beauties of Saskatchewan’s nature?” Ajay truly is a proud resident of Yorkton, Saskatchewan and Canada!



Ajay is also very proud of his Indian Culture. Like any other culture or traditions, Indian culture is very ancient. If truly learnt, it helps us understand the benefits of nature and how each tradition can have huge significance in one’s life. Ajay speaks three languages, Telugu, Hindi and English.

He also has a great respect for the Indigenous people of Canada and respects their traditions, cultures and land. His least favourite thing about Canada is the social stigma on Indigenous people. He states he has seen firsthand that everyone including newcomers like to stereotype Indigenous people for how they are, but no one wants to even put time and effort to learn why? He would obviously like to see this change with people gaining a deeper knowledge into the history of Canada and its Indigenous people.



Ajay is a great example of a successful newcomer to East Central Saskatchewan. He is a well-known and respected member of our community and values diversity and shows respect to all cultures! We are very proud that he is a client of the East Central Newcomer Welcome Centre Inc and that he chose to call Yorkton HOME!

***“East Central Newcomer Center known as Newcomer Welcome Center back then had showed me around town and got me familiarized with the neighborhood and helped me find a place to rent. If it wasn’t for the support and humble people of ECNWC, I wouldn’t be where I am right now.***

***Yorkton is a growing community and has great potential. In the past few years, I have watched that the percentage of newcomers has increased. With the increasing number, the economy is slowly growing. Along with that, if the newcomers start to involve in a volunteer capacity within our community, it will lead to a healthy and mutually respected place to live.***

***People from all walks of life should try and put in effort to understand and respect each other. Because, United, we stand strong!”***

***- Ajay Tadi***



Holidays are probably not the first thing on your mind when starting a new life in Canada. However, welcoming fun, leisure and hobbies into your life will certainly contribute to a healthy work-life balance, and holidays are just a normal part of that!

Knowing what Canadian holidays are all about will help you feel more comfortable and maybe even make it easier to connect with your co-workers and neighbours. Taking time out for friends and enjoying life and nature are important parts of the Canadian culture.



There are five national statutory holidays (also called “stats”) in Canada, as well as several provincial statutory holidays. They are called statutory holidays, because your employer is legally required to give you the day off with pay.



The nationally observed stats are New Year’s Day, Good Friday (Friday before Easter Sunday), Canada Day, Labour Day and Christmas Day. Holidays observed on the provincial or territorial level vary and include days like Victoria Day, Saskatchewan Day, Family Day, Thanksgiving and Remembrance Day. For a complete listing of all Canadian holidays, go to [www.statutoryholidays.com](http://www.statutoryholidays.com).

Valentine's Day, Mother's Day, St. Patrick's Day, Father's Day and Halloween are not official holidays but are celebrated nationwide, however, no paid vacation is given for these days.

While some of the stats are bound to a certain date (e.g. Christmas Day is always on December 25), others occur on a certain day of the week (usually a Monday, like Labour Day is always the first Monday in September), creating the beloved long weekends; time for Canadians to spend time with their families, go camping or take short trips.

As with a lot of other things in Canada, there is a certain amount of flexibility in observing the stats, for employers and employees alike. Some businesses choose to close for all statutory holidays, while others remain open and give their staff a different day off (or pay an increased wage rate for people who are working that day). There is also the possibility of observing the holiday on a different date; if New Year’s Day falls on a Saturday or Sunday, for example, some businesses choose to observe the stat on the preceding Friday or following Monday and remain closed for a long weekend.

National Holidays like New Year’s Day, Good Friday and Christmas are observed internationally, but there are a few holidays (listed on the next page) which are uniquely Canadian.

**Canada Day** – Also referred to as “Canada’s Birthday”, this day commemorates the historic signing of the Constitution Act. On July 1, 1867, Canada became a country by uniting three British colonies and adopting its own constitution. Until 1982, July 1<sup>st</sup> was celebrated as “Dominion Day” but today it’s officially known as Canada Day. This day is nationally observed with celebrations, parades, BBQs (barbecue parties) and fireworks. It’s a great opportunity to join your neighbours and co-workers at the park or by the beach, sing “O Canada” and enjoy a piece of birthday cake!



**Victoria Day** – Also known as part of the May long weekend, the “official” beginning of the Canadian camping, cottaging and gardening seasons, this holiday, commemorating Queen Victoria’s birthday, had been observed on the monarch’s actual birthday since the 1850s, but in 1952, it was changed to always fall on the Monday preceding May 23. For many Canadians this particular weekend is not so much about remembering Queen Victoria as it is about letting off fireworks, planting flowers and vegetables, or getting the tents and gear together and heading out to the lake for the first camping weekend of the season.

**Labour Day** – This statutory holiday is also part of a long weekend, the September long weekend, which usually marks the last opportunity for camping or travelling before the new school year starts. This day was created in the 1880s to honour the accomplishments of the working class and the labour union movement. Labour Day is also observed in many other countries around the world, most of which celebrate this day in May.



**Remembrance Day** – Always on November 11, Canadians remember the sacrifices of veterans and brave fallen in all wars up to the present day in which Canadians took part. The Royal Canadian Legion start selling poppy pins about three weeks before Remembrance Day, as a fundraiser for their programs benefitting veterans. The red poppies are commonly seen during this time, worn on jackets and even hats as a symbol of support. Canadians observe a moment of silence at the 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month to honour the sacrifices of over a million brave men and women who have

served, and the 110,000 who have given their lives. Canadian soldiers are honoured in ceremonies all over the country, with people acknowledging those who gave their lives so we can live in a country with freedom of speech and many other constitutional rights. This is a very sombre and meaningful holiday, with people of all age groups participating, but it is a stat for less than half of the Canadian population.

# Why Canadians LOVE Hockey



Hockey is Canada's most popular sport and is played by many Canadians, both young and old!

Across Canada, November is the month when the truly cold weather begins. On the prairies, it is not unusual to see snow and ice in October and then our world stays frozen until March or April. So, for half of every year, playing cricket, soccer, baseball or football is impossible. Young athletes were forced to find some other way to compete with one another. A game called hockey was invented in the early 1800's on a frozen pond in Nova Scotia and the game soon became popular throughout the entire country.

Originally, there were no rules about the size of a hockey rink or the number of players, so it was possible to have 20 players on each side and to play wherever you could find ice. As the game evolved over the years, teams were reduced to the current format of five players and one goaltender on each side.

Hockey was not the only game invented in Canada. Basketball was also created here, but large, heated buildings where games like basketball could be played did not exist in most rural communities and ice was available everywhere. Children played on frozen ponds, lakes and rivers. Teams played in large unheated buildings, which protected audiences, players and ice surfaces from snow and stormy weather.



In the late 1800s, leagues began to form. Every town and city had their own hockey team, who would play against each other. In 1897, Canada's Governor-General, Lord Stanley of Preston donated a trophy for the best hockey team in Canada. This was called the Stanley Cup, and it is still the prize awarded annually to the best professional team in North America.

In warmer parts of North America, it was not possible to play hockey for more than a few months each year. So while children in the United States practiced baseball, football and basketball, Canadian kids were still playing hockey. It is only natural that all the best players came from the frozen north. When the National Hockey League (NHL) began in the early 1900s, most Canadian cities were too small to support professional sports teams. So in addition to teams in Toronto and Montreal, teams were also started in some major American cities. New York, Detroit, Boston and Chicago all had professional hockey teams, but almost all the players came from Canada. These six NHL teams are often referred to as the "Original Six".

Our domination of this fast and hard-hitting game was a show of Canadian strength and toughness. With Canada's small population, there were very few sports where we had a chance to be the best in North America or in the rest of the world, so Canadians have always taken great pride in our national sport and in our excellent hockey players.



# How Hockey is Played

Canadian hockey rinks are 200 feet long and 85 feet wide (an international rink is the same length but wider at 100 feet wide). This is often simply referred to as “the ice”. Skaters move very fast, and can go from one end of the rink to the other in a few seconds. Instead of a ball, hockey uses a “puck” – a small, hard rubber disc that is flat on the top and bottom and slides easily across the ice. The puck is moved using a “hockey stick”, which is approximately six feet long and curves into a foot-long wooden blade at the bottom end.

On the ice at all times, each team has three offensive players, who score most of the goals. The one in the middle is called the “centre”. On either side are the “wingers” (right winger and left winger). Each team also has three defensive players on the ice, two defencemen and one goalie. The main job of the “defencemen” is to protect their goal, although defencemen often play an important role in an attack. Due to the speed of the game and size of the rink (shots can be made from the other end of the ice), goalies remain directly in front of their nets for the entire game. Teams usually have four “lines” of five players each who trade places during the course of a game. The wingers, centres and defencemen stay on the ice for short shifts of about two minutes or less and often change “on the move”, without stopping the play of the game. The goalies usually play for the entire game. There are also referee’s (refs) on the ice that ensure the rules of the game are enforced. A hockey game is divided into three 20-minute periods, with 10-minute breaks between each period. During these breaks, a zamboni will often clean (also known as flood) the ice to ensure it is fresh for the new period to start.

When a player shoots the puck, it can travel at speeds greater than 100 miles per hour, so over the years, measures have been taken to protect players and fans from getting injured by this fast-moving object. Rinks are surrounded by high boards, and above that, thick glass, which allows audiences to see what is happening on the ice surface. Players also wear a great deal of padding. All players wear pads on their shins, thighs, elbows and shoulders. It took many deaths and serious head injuries from falls on the ice, to convince professional players to start wearing helmets. Goalies wear huge pads on their legs, masks to protect their faces and thick, hard leather gloves to deflect speeding pucks. They were not always so well protected. As recently as the 1960s, goalies wore no face masks and were often badly injured when hit in the face.

When a player commits a foul, it is called a “penalty”, and they are required to sit in the penalty box for at least two minutes, sometimes longer depending on the severity of the penalty. Their team must play short-handed – with just five players on the ice instead of six – until the penalty is over. The team with the player advantage is said to have a “power play”, and this is a time when many goals are scored.

There are many more rules and details involved in playing hockey. Complete rules (and much more information about hockey) are available at the website [www.nhl.com](http://www.nhl.com). You could also visit your local rink this winter to partake in watching a live hockey game. Most schedules will be posted at the rink or online on your community’s website. While at the rink, it is also recommended to grab a hot chocolate or a “rink-burger” as those are normally delicious and well worth the trip!

Source of information for this article came from [www.nhl.com](http://www.nhl.com), [www.cnmag.ca](http://www.cnmag.ca) and Wikipedia

# DISCOVER your local library and a love for reading this winter!

*Libraries are a great place to spend a winter day and cuddling up in front of a fire, with a cup of tea and a good book is the perfect way to spend a cold winter night!*

*From the wide variety of literature to the inspiring academic atmosphere, it's easy to get lost in a good book and forget about the cold.*

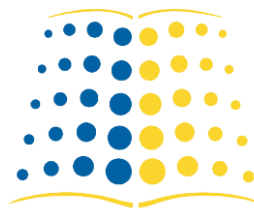


Here in East Central Saskatchewan we have two Regional Library's, the Parkland Regional Library and the Southeast Regional Library. Both libraries consist of many branch locations throughout East Central Saskatchewan and there is definitely a library branch near you!



**PARKLAND  
REGIONAL  
LIBRARY**

<http://parklandlibrary.ca/>



**SOUTHEAST  
REGIONAL  
LIBRARY**

**NOT THE LIBRARY YOU REMEMBER**

To view their branch locations visit either of the following links:

<https://parklandlibrary.ca/branches> or <https://southeastlibrary.ca/branches>

# Did you know?

**Libraries are way more than just books! Most libraries have DVD's, magazines and access to many great online resources! All you need to access these free resources is a library card!**



## How Do I...?

### GET A LIBRARY CARD

To sign up for a card, visit any Saskatchewan Public Library and ask the staff at the front desk to assist you.

Adults & Young Adults (ages 14+) must show two pieces of identification, one establishing their current address and a second piece that verifies identity. Children (under 14 years of age) must be accompanied by a parent or legal guardian who must show two pieces of identification, one establishing his or her current (Saskatchewan) address and a second piece that verifies identity. These documents will be used to register the child. The parent or legal guardian will need to sign the child's Library card. The signer assumes responsibility for any Library charges incurred by the child.

Borrowers are responsible for all materials borrowed on their card and any charges, including fines and replacement costs, resulting from the late return, damage or loss of materials. Any fees owing must be paid prior to annual Library card renewal.

### BORROW ITEMS FROM THE LIBRARY

Your library card may be used at any Saskatchewan Public Library location and is required for all library transactions. Only you may use your card.

You may have up to 100 items checked out on your card at any time. High demand items, such as DVDs, CDs, have limits on the number that may be borrowed at any one time. DVD's can be borrowed at any library within the Province or ordered online using the Parkland Regional Library or South East Regional Library website or in person at your local library. DVD's can be returned at any library within the Province.

Most items have a 21 day loan period. Some items, such as DVDs and magazines, have a 7 day loan period. Transaction receipts, which show materials check out and their due date, are given to all patrons when they check out materials.

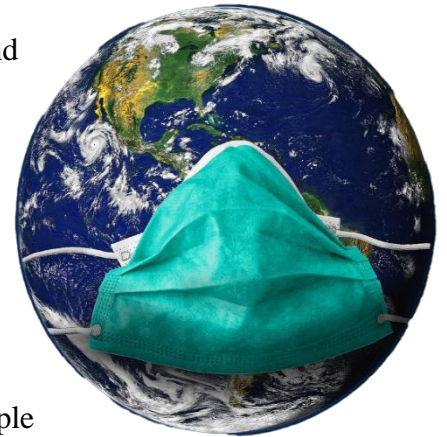
Important Note: The borrower is responsible for all material checked out on a library card, and will be required to pay for the cost of repairing or replacing material lost or damaged while borrowed.

**If you need assistance getting set up at your local library please do not hesitate to contact our office and we can help you out!**

# **COVID-19 and How It Changed the World**

COVID-19 has turned the world upside down. Everything has been impacted - how we live and interact with each other, how we work and communicate, how we shop, how we move around and travel. Every aspect of our lives has been affected.

The COVID-19 pandemic is an ongoing global pandemic of the coronavirus disease. The outbreak was first identified in December 2019 in Wuhan, China and reached Canada with our first confirmed case on January 27<sup>th</sup>, 2020. The World Health Organization declared a pandemic on March 11, 2020. As of November 1<sup>st</sup>, 2020, more than 46.6 million cases of COVID-19 have been reported worldwide, resulting in more than 1.2 million deaths; more than 31.1 million people have recovered.



The virus is primarily spread between people during close contact, most often via small droplets produced by coughing, sneezing, and talking. The droplets usually fall to the ground or onto surfaces rather than travelling through air over long distances. However, the transmission may also occur through smaller droplets that are able to stay suspended in the air for longer periods of time in enclosed spaces, as typical for airborne diseases. Less commonly, people may become infected by touching a contaminated surface and then touching their face. It is most contagious during the first three days after the onset of symptoms, although spread is possible before symptoms appear, and from people who do not show symptoms.


Common symptoms include fever, cough, fatigue, shortness of breath, and loss of sense of smell. Complications may include pneumonia and acute respiratory distress syndrome. The time from exposure to onset of symptoms is typically around five days but may range from two to fourteen days. There is no known vaccine at this time.

Recommended preventive measures include frequent hand washing, covering one's mouth when coughing, maintaining distance from other people, wearing a face mask in public settings, disinfecting surfaces, increasing ventilation and air filtration indoors, and monitoring and self-isolation for people who suspect they are infected. Authorities worldwide have responded by implementing travel restrictions, lockdowns, workplace hazard controls, and facility closures in order to slow the spread of the disease. Many places have also worked to increase testing capacity and trace contacts of infected persons.

The pandemic has caused global social and economic disruption, including the largest global recession since the Great Depression and global famines affecting 265 million people. It has led to the postponement or cancellation of sporting, religious, political, and cultural events, widespread supply shortages exacerbated by panic buying, and decreased emissions of pollutants and greenhouse gases. Schools, universities, and colleges have been closed either on a nationwide or local basis in 161 countries, affecting approximately 98.6 percent of the world's student population.

Source of information for this article was from Wikipedia.





## How COVID-19 is affecting immigration, refugees, citizenship and passport services?

Here are some of the most common questions our office has been asked during the COVID-19 pandemic and a brief answer to each.

Please note these answers were written at the time of publication and are subject to change as the pandemic progresses. Please verify all answers on [www.canada.ca](http://www.canada.ca) or you can contact our office at 1 (306) 783-2777 and we can help find the answer to your question!

### Who can come to Canada during the coronavirus pandemic?

Canadian citizens and some foreign nationals are currently able to travel to Canada. However, foreign nationals may only travel to Canada for essential (non-discretionary) reasons (immediate family are able to come to Canada for non-essential reasons).

The following are among the people who may travel to Canada:

- Canadian citizens
- Permanent residents
- Immediate family of Canadian citizens and permanent residents (spouses, common-law partners, dependent children, grandchildren, parent or step-parent, and guardian or tutor)
- Permanent resident applicants who were approved for permanent residence on or before March 18, 2020.
- Individuals who are in possession of Confirmation of Permanent Residence (COPR) and Permanent Resident Visa (PRV) issued on or before March 18 but whose documents have now expired. Visa holders from the U.S. qualify regardless of when they received their visa.
- Temporary foreign workers
- International students who held a valid study permit or who had been approved for a study permit on or before March 18, 2020.

All travelers arriving to Canada MUST also provide a mandatory quarantine plan that shows how you will quarantine for 14 days when you arrive to Canada.

The Government of Canada also announced that as of November 21, new mandatory requirements will be put in place for travellers entering Canada in regards to the ArriveCAN app they released.

- All air travellers to Canada will have to submit their COVID19-info digitally using ArriveCAN before they board their flight.
- All travellers to Canada by air, land or marine vessel will have to use ArriveCAN, or call the 1-833-641-0343 toll-free line, within 48 hours of entering Canada, to confirm their arrival at their place of quarantine or isolation & provide a daily Covid-19 symptoms update.



### **When will the Travel Restrictions be lifted?**

To manage the outbreak of the coronavirus disease (COVID-19), the Prime Minister announced travel restrictions that limit travel to Canada on March 18<sup>th</sup>. These restrictions are still in place and it is unsure at this time when they will be lifted.

The US and Canada border also remains closed. This border closure has been extended on a month-to-month basis seven times and is now scheduled to open on November 21<sup>st</sup>. However, it is highly anticipated that date will be pushed back and the border will remain closed as neither country is ready to allow non-essential travel before the end of the year. Time will tell but make sure you do your research before any travelling.

### **How long will it take to process my application?**

As a result of the added COVID-19 restrictions, IRCC's is not able to process applications normally and provide accurate processing times. The wait times have been longer than normal as a result.

They have been prioritizing applications from:

- Canadians trying to return to Canada
- vulnerable people
- people who perform or support essential services.

If you have an application in progress you can check the status of your application online by visiting the Government of Canada website.

<https://www.canada.ca/en/immigration-refugees-citizenship/services/application/check-status.html>

Please note you can check your application status only once they start processing your application. When they do start, you will receive an acknowledgement of receipt letter or email with an application number.

### **What is happening with my Citizenship Ceremony?**

All in-person Citizenship ceremonies have been cancelled until further notice. However, they have started inviting some applicants to attend an online video oath ceremony (citizenship ceremony). They will contact you if you have been selected.

### **When will there be a Citizenship Test or Retest?**

All in-person tests and retests have been cancelled and there have been no dates set on when they may start back up. It is still a good idea to continue to prepare for the test so you are ready when they start back up.

### **Are biometrics required?**

Service Canada Centres are gradually resuming biometrics collection services by appointment only for permanent resident applicants who have received a biometric instruction letter. You will receive a call to schedule an appointment if you fall in this category. However, Permanent Residence applicants are exempt from submitting biometrics if you have submitted biometrics in the last 10 years in support of an immigration application. Your application won't be refused or closed if you can't give your biometrics due to COVID-19 service disruptions.

### **Do you have any further questions?**

Our ECNWCI staff are here to help! The Centre is back open to the public by appointment only. We are currently accepting 1 client at a time for 1 hour appointments. Call our office at 1(306)783-2777 to book your appointment. We can also provide services over the phone, Zoom or email if you would prefer.

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#### **Want to learn more?**

**Attend any one of their  
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**Information Session for  
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Weekly on Thursdays @ 11:30AM

This is open to internationally trained newcomers, service providers, educational institutions and any organizations that would like to learn more about Career Loans and how it can help!

Registration: <https://www.eventbrite.ca/e/116730242297>

#### **Career Loans Information Sessions**

Dates: Wednesday, November 8<sup>th</sup>  
Thursday, November 12<sup>th</sup>  
Wednesday, November 25<sup>th</sup>  
Wednesday, December 2<sup>nd</sup>

All sessions start @ 7:30 SK Time

These are open to internationally trained newcomers, settlement organizations, educational institutions...etc.

Registration: <https://www.eventbrite.ca/e/128014543947>



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