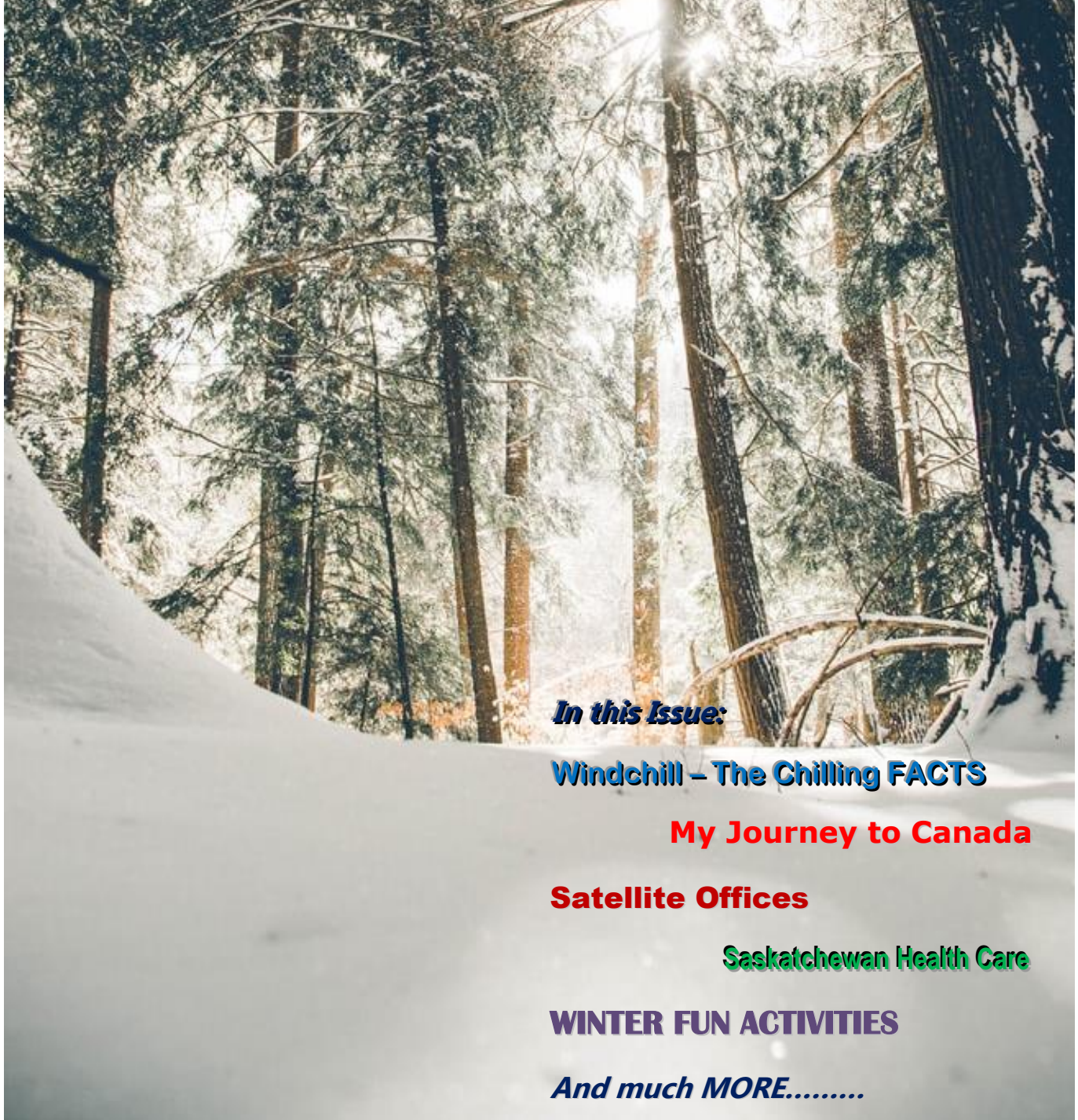


connECT Fall & Winter 2021

A Magazine for Newcomers to East Central Saskatchewan



In this Issue:

Windchill – The Chilling FACTS

My Journey to Canada

Satellite Offices

Saskatchewan Health Care

WINTER FUN ACTIVITIES

And much MORE.....

A publication of



**EAST CENTRAL NEWCOMER
WELCOME CENTRE INC.**

WELCOME



Βίταεμο

جۆسگدین

Hoş geldin

ようこそ

Bienvenido

Tervetuloa

Hoan nghênh

Mabuhay

Willkommen

Üdvözlet

ਜੀ ਆਇਆ ਨੂੰ

Vítáme tě

أهلاً وسهلاً

Добро пожаловать

歡迎

ຍິນດີຕ້ອນຮັບ

환영합니다

Bemvindo

Καλώς Ορίσαστε

Fáilte

Bienvenue

Witamy

אבג-אבג

Benvenuta

Welcome the 2021 Fall/Winter issue of connECt!

This online magazine will keep you informed and engaged in our communities here in East Central Saskatchewan!

connECt is offered twice a year, a Fall/Winter Issue and a Spring/Summer Issue. We hope you enjoy!

IN THIS ISSUE

Ask Our Staff	3
Wind Chill – The Chilling Facts	4
Settlement Services - Satellite Offices	7
My Journey to Canada	8
Tax Filing Tips for Newcomers	10
Tax Benefits and Credits	12
Saskatchewan Health Care	14
Winter Fun Activities	16

ASK OUR STAFF

“Which season in Canada is your favourite?”



All the seasons have something enjoyable to offer. However, I like summer the most. It is a good and more convenient time for families and friends to meet - go for a road trip, visit other places, go camping or swimming, or just share stories and laughter around a bonfire. Kids can also play outdoors with each other until their hearts' contentment. Summer for me offers a livelier environment - different colors of flowers, gardens, and people's moods. - Freda



My favourite season is winter because the surroundings feel so clean and calm. - Edith



My favourite season is spring. Because it symbolizes a fresh start, a new life and hope. I always look forward to see my tulips every spring. - Jeisel

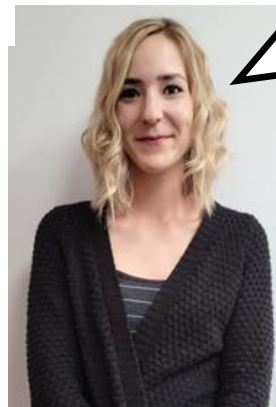
My favorite season would have to be summer! I love the heat and the long, sunny days that accompany summer! On cold winter days, I often find myself day dreaming of being somewhere hot and sunny! - Shanley



My favourite season in Canada is spring. Our winters here are so dry that there are not a lot of opportunities to make snowmen with the dry snow. During the spring, the temperatures rise enough to make the snow very sticky and fun! - Leah



My favourite season is fall (September to November). For me, it's the most beautiful season in Canada. There is a wave of colors, like trees begin transforming to stunning shades of red, yellow and orange. - Poonam



I really don't think I have a favorite season because each one has its own sentimental connections to me but if I was going to pick one, I would pick the winter season. Reason because, I believe it is a period where everything is in laidback mode and people take things a little easy and also the festive atmosphere all around literally takes away the negative thoughts surrounding the season. - Babatunde



I seem to have fallen in love with autumn this year! Splashes of green, yellow and reddish- orange everywhere, gorgeous Saskatchewan sunrises and sunsets and most of all the unforgettable show of the Northern lights this past month. Don't miss out going on a long drive in any of the provincial parks in Autumn, the view is breathtaking! - Anshu



WIND CHILL



The Chilling Facts!

Source: Environment Canada

CANADA'S WIND CHILL INDEX

Canada's wind chill index is accurate, easy to understand and reflects the needs of Canadians. It is based on research using human volunteers and advanced computer technology, combined with recent medical advances in the understanding of how the body loses heat when exposed to cold. As a result, the wind chill observations and forecasts that you hear are now much more representative of what you actually feel.

The index is expressed in temperatures-like units, the format preferred by most Canadians. By equating the outdoor conditions to an equivalent temperature with no wind, the index represents the degree of "chill" that your skin senses. For example, if the wind chill is -20 while the outside temperature is only -10°C, it means that your face will feel as cold as if it was a calm day (no wind) with a temperature of -20°C.

The wind chill index enables Canadians to take action to avoid injuries from the cold. This includes dressing warmly to avoid frostbite and hypothermia, and making informed decisions based on accurate wind chill information, such as whether it is safe for children to play outdoors.

On cold and blustery winter days, listen for the wind chill index in your local weather forecast! Go to weather.gc.ca.

WHAT IS WIND CHILL?

Anyone who has ever waited at a bus stop or taken a walk on a blustery winter day knows that you feel colder when the wind blows. We call the cooling sensation that is caused by the combined effect of temperature and wind, the wind chill.

On a calm day, our bodies insulate us somewhat from the outside temperature by warming up a thin layer of air close to our skin, known as the boundary layer. When the wind blows, it takes this protective layer away, exposing our skin to the outside air. It takes energy for our bodies to warm up a new layer and, if each layer keeps getting blown away, our skin temperature will drop and we will feel colder.

Wind also makes you feel colder by evaporating any moisture on your skin – a process that draws more heat away from your body. Studies show when your skin is wet, it loses heat much faster than when it is dry.

HOW DOES WIND CHILL AFFECT YOU?

Living in a cold country can be hazardous to your health. Each year in Canada, more than 80 people die from over-exposure to the cold, and many more suffer injuries resulting from hypothermia and frostbite. Wind chill can play a major role in such health hazards because it speeds up the rate at which your body loses heat.

How much heat you lose depends not only on the cooling effects of the cold and the wind chill, but on other factors as well. Good quality clothing with high insulating properties traps air, creating a thicker boundary layer around the body which keeps in the heat. Wet clothing and footwear lose their insulating properties, resulting in body-heat loss nearly equal to that of exposed skin. Your body type also determines how quickly you lose heat: people with a tall, slim build become cold much faster than those who are shorter and heavier.

In addition, we can also gain heat by increasing our metabolism or soaking up the sun. Physical activity, such as walking or skiing, increases our metabolism – which generates more body heat. Age and physical condition also play a part. Elderly people and children have less muscle mass and, as a result, generate less body heat. Sunshine, even on a cold winter day, can also make a difference. Bright sunshine can make you feel as much as 10°C warmer. Over time, our bodies can also adapt to the cold. People who live in a cold climate are often able to withstand cold better than those from warmer climates.



BEATING THE CHILL

The best way to avoid the hazards of wind chill is to check the weather forecast before going outside and to be prepared by dressing warmly. As a guideline, keep in mind that the risk of frostbite increases rapidly when wind chill values go below -27.

A simple way to avoid wind chill is to get out of the wind. Environment Canada's wind chill forecasts are based on the wind you would experience on open ground. Taking shelter from the wind can reduce or even eliminate the wind chill factor. However, you would still feel cold from the outside temperature alone.

A recent survey indicated that 82% of Canadians use wind chill information to decide how to dress before going outside in the winter. Many groups and organizations use the wind chill index to regulate their outdoor activities. Schools use wind chill information to decide whether it is safe for children to go outdoors at recess. People who work outside for a living, such as construction workers and ski-lift operators, are required to take indoor breaks to warm up when the wind chill is very cold.

SEVEN STEPS TO COLD WEATHER SAFETY

1. Listen to the weather forecast

- Check the Environment Canada weather forecast before going out in the winter. Available through radio and TV broadcasts, Environment Canada's Weatheradio network, and online at weather.gc.ca.
- Listen for a wind chill warning. Wind chill warnings, based on local climate, are issued when significant wind chills are expected to occur.

2. Plan ahead

- Develop a cold weather safety plan in advance to ensure that you address safety concerns when it is very cold or when the wind chill is significant.
- (For example, schools could hold recess indoors, outside workers could schedule warm-up breaks and those involved in winter recreation could reduce the amount of time they spend outdoors.)

3. Dress warmly

- Dress in layers with a wind-resistant outer layer. Wear warm and waterproof footwear.
- When it's cold, wear a hat (we lose a large portion of our body heat from the head), mittens or insulated gloves and something to keep your face warm, such as a scarf, neck tube or face mask.
- When it is very cold, or when the wind chill is significant, cover as much exposed skin as possible. Your body's extremities, such as the ears, nose, fingers and toes, lose heat the fastest.

4. Seek shelter

- When the wind chill is significant, get out of the wind and limit the time you spend outside.

5. Stay dry

- Wet clothing chills the body rapidly.
- Remove outer layers of clothing or open your coat if you are sweating.

6. Keep active

- Walking or running will help warm you by generating body heat.

7. Be aware

- Watch for signs of frostnip, frostbite and hypothermia.
- Some people are more susceptible to the cold – particularly children, the elderly and those with circulation problems. The use of alcohol, tobacco and certain medications will increase susceptibility to cold.



Try this!

Turn on a fan. Stand in front of it. You will feel colder because of the wind cooling your skin, but the temperature in the room has not changed. You cannot make the room any colder, no matter how high you turn up the fan. Similarly, no matter how strong the wind blows, the temperature of the air outside does not change. Now dab some water on your skin. Stand in front of the fan again. The wet skin will feel much colder. This demonstrates how important it is to stay dry when outdoors in cold and windy conditions.

COLD INJURIES

Exposure to the cold can be hazardous or even life-threatening. Your body's extremities, such as the ears, nose, fingers and toes, lose heat the fastest. Exposed skin may freeze, causing frostnip or frostbite. In extreme conditions or after prolonged exposure to the cold, the body core can also lose heat, resulting in hypothermia.

Hypothermia

- Being cold over a prolonged period of time can cause a drop in body temperature (below the normal 37°C).
- Shivering, confusion and loss of muscular control (e.g., difficulty walking) can occur.
- Can progress to a life-threatening condition where shivering stops or the person loses consciousness. Cardiac arrest may occur.

What to do:

- Get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing.
- Warm the person gradually and slowly, using available sources of heat.

Frostnip

- A mild form of frostbite, where only the skin freezes.
- Skin appears yellowish or white, but feels soft to the touch.
- Painful tingling or burning sensation.

What to do:

- Do not rub or massage the area.
- Warm the area gradually – use body heat (a warm hand) or warm water. Avoid direct heat which can burn the skin.
- Once the affected area is warm, do not re-expose it to the cold.

Frostbite

- A more severe condition, where both the skin and the underlying tissue (fat, muscle, bone) are frozen.
- Skin appears white and waxy and is hard to the touch.
- No sensation – the area is numb.

What to do:

- Frostbite can be serious, and can result in amputation. Get medical help!
- Do not rub or massage the area. Do not warm the area until you can ensure it will stay warm
- Warm the area gradually – use body heat, or warm water (40 to 42°C). Avoid direct heat which can burn the skin.

Learn about our Settlement Services - Satellite Office

East Central Newcomer Welcome Centre Inc (ECNWC) provides free settlement services, information and referrals to newcomers to Canada throughout East Central Saskatchewan. In order to make our services accessible to all newcomers in East Central Saskatchewan, we schedule regular satellite office sessions in larger centres throughout the region. This service is provided to ensure that newcomers with transportation barriers are able to access services from the agency at their location.

A "larger centre" is defined as a community outside Yorkton which has a larger number of newcomer, immigrant and refugee residents compared to other communities. This number also includes individuals living on nearby farms. The following are identified as larger centres: Melville, Esterhazy, Preeceville, Invermay, Churchbridge and Kamsack. Canora, Foam Lake, Norquay and Moosomin are considered medium size centres.

The Settlement Worker and Settlement Advisor take turns in conducting the Satellite Office sessions in each community. On average, each larger community will be visited by the Settlement Worker or the Settlement Advisor every three months. Satellite Offices are conducted in the medium size communities every six months. Settlement Advisors and Settlement Workers are also available to meet with clients residing outside Yorkton when the need arises. At this current time, our Settlement Advisor is Poonam Kaur and our Settlement Worker is Babatunde Olaleye.

Interested people are required to contact our office by phone at 1(306)783-2777 or by email at ecnwcinfo@ecnwc.ca to book an appointment in the desired community. The schedule of our Satellite Office sessions is on our website at <http://www.eastcentralnewcomercentre.ca/satellite-office.html>.



EAST CENTRAL NEWCOMER WELCOME CENTRE INC.

Satellite Office

The East Central Newcomer Welcome Centre Inc. provides **free settlement services to newcomers** within the East Central Region. It is our goal to provide you with information, referrals, advice and support to assist in your settlement and in your children's adjustment in the school system and in the community. To ensure our services are accessible to all newcomers throughout East Central Saskatchewan, we set up Satellite Offices across the region.

Melville - December 14, 2021

Please call our office at 1 (306) 783-2777 or email ecnwcinfo@ecnwc.ca to set up an appointment for the above date and location

www.EastCentralNewcomerCentre.ca

Funded by / Financé par:

 Immigration, Refugees and Citizenship Canada  Immigration, Réfugiés et Citoyenneté Canada  Government of Saskatchewan



THIS IS HOME

Our Journey to Canada



Meet Carlo Lapuz & his family

Carlo Lapuz moved to Canada from Sta Maria, Sta Ana Pampanga, Philippines on June 17, 2017 and now him and his family call Canada HOME! Carlo, along with his wife, Glenda and two kids, Saimon and Samantha live in the resort village of Birds Point at Round Lake, Saskatchewan. Carlo couldn't be happier with his life here in Canada as he gets to spend lots of time with his family and this year they purchased their very own home! They moved to Round Lake to be close to work and their kids fell in love with their house so they decided to buy it. Currently, he is working as the head cook at Lakeside Grill and Tavern at Round Lake. He has worked at Lakeside Grill and Tavern since arriving in Canada in 2017. Carlo loves food and his passion is cooking. He loves to experiment and perfect different recipes so Lakeside is a perfect fit!



"We love living in Round Lake, most of the people who live here, know our family because they see us everyday in the restaurant. Most of our customers are so kind and friendly, giving us stuff and doing favors that we don't even ask. That's why we always try to give something back in return."

- Carlo

“We consider CANADA home because it gave us the opportunity to be together as a family. Me and my wife, Glenda worked in Dubai in the United Arab Emirates for more than 10 years. During those 10 years we would only have a month per year vacation to spend time and get to know our two kids, Saimon and Samantha. It always seemed like a short period of time and we hated to see those heartbreaking faces of the kids every time we had to go back to work in Dubai. At that time, my brother Jeffrey who was living at Crooked Lake, asked me if I wanted to come and work in Canada so I can eventually be with my wife and kids. And so, in June 2017, I first set foot on Canadian soil and saw and hugged my big brother Jeffrey after 5 years. When I first moved, I lived at Crooked Lake with my brother. I started work as a cook after a week of being in Canada and got promoted to head cook after a year. I couldn’t get my wife and kids here right away because of the papers and legalizations that needed to be processed. But, after a year, I was reunited with my wife and then the kids followed after 8 months. And I can say, that has been one of the happiest days of my life. Knowing that you will be together for the rest of your life, watching the children grow and sharing and making happy memories every day of the year. MY FAMILY IS COMPLETE.

We became permanent resident in 2 years' time and that’s why I can say Canada is HOME. We are so blessed. I know that lots of people love to live and work in Canada. Thank you to all the people who help us. Our next goal is to apply for citizenship and become Canadian citizen in gods perfect time.”



“The things we like most about Canada are the people are so nice, friendly, loving and helpful. I can say that most of the people we know and meet are all like that. There are also lots of nice places to explore mountains, wildlife, lakes and parks.”

We really enjoy the winters, me and my family love to make snow men and play with the snow. Since we live near the lake, we always go to the frozen lake and visit and watch neighbors ice fishing. We use to only see snow in the movies and that’s why every time we see it it’s special!”

- Carlo



Tax Filing Tips for Newcomers to Canada

As a new immigrant, your first year is undoubtedly the hardest as you are adapting to your new environment and learning new aspects of life. Filing taxes is right up there on the list of strange concepts for many.

Let's go over some quick tax FAQs for newcomers to Canada.

- Canada's tax system is regulated by the Canada Revenue Agency, also called the CRA.
- Your personal tax return is called a T1 General. Individuals who are self-employed as proprietors and partnerships file their self-employed income on this same tax return.
- There are deadlines for filing your annual tax return. If your return is filed past the due date, you will be liable for penalties and interest on any amounts owing for that tax year.
 - The deadline for filing your personal income tax return is April 30th.
 - The deadline for self-employed individuals to file their personal tax returns is June 15th, (however, any amounts due to CRA for that tax year are payable by April 30th).
 - If April 30th or June 15th falls on Saturday or Sunday, then the due date is the following Monday.

Self-employment income is income that is earned by individuals who work for themselves. All income earned this way is taxable and should be reported to the CRA. The only type of income that should not be reported this way is money earned through the selling of items, such as, selling a jacket, or something you own to someone else. It only becomes taxable if it's being done to earn income on a regular basis, so buying 50 jackets and selling them for a profit would be taxable.

Do I Need to File a Tax Return?

If you are considered to be a Resident of Canada or a Deemed Resident of Canada (and some Non-Residents), you should file an income tax return for either the entire tax year or part of the tax year you've lived in Canada. You may not be required to, but you should, for the following reasons:

Benefits of Filing

One of the main benefits of filing your taxes is to receive a tax refund. The government will only pay out your tax refund if you file your tax return. Any money you get refunded is actually your money. A tax refund happens when the government sends you back the taxes you've already paid because either you didn't earn enough income during the year, or you paid too much taxes. You can pay too much taxes when your employer takes too much taxes off of your paycheck than they should have.

If you're 19 years old or older, you may also be eligible for a larger refund from refundable credits such as: Canada Worker Benefit formerly known as Working Income Tax Benefit; GST/HST credit; Canada Child Benefit (CCB).

Students who pay tuition at a qualifying post-secondary institution can also benefit from filing their taxes, even if they have no tax refund. Unlike most non-refundable credits, tuition credits can be carried forward to a future year to use when you have earned more income and need the credit, or transferred to a spouse/common-law partner or parent/grandparent.

If I Don't Have to File, Why Should I?

On top of the convenience of having your information set up with the Canada Revenue Agency (CRA) for future filings, one advantage of filing is that you may be entitled to other benefits. These could include the GST/HST credit, as well as the Canada Child Benefit and other tax credits specific to the province or territory where you live. Keep in mind, that the majority of benefits programs in Canada are income-based, so your eligibility is determined by your annual income tax return (T1).

What Information Do I Need to File My Return?

Generally speaking, you'll have to provide basic personal information such as your full legal name, your address, and all income from the previous year. Make sure to have applied for, and received, your Social Insurance Number (SIN) which is used to identify you for income tax and benefits.

If you are already employed in Canada, you will receive a slip from each employer you work for during that tax year. The slip is called a T4 – Statement of Remuneration Paid and is to be issued by your employer by the end of February.

- If you have recently arrived in Canada, you need to include information from your employment before arriving in Canada.
- If you started a business in Canada, then you'll need to provide business information including income earned and expenses paid.
- If you had employment income from outside Canada since the day you relocated, you will need those numbers as well.
- If you have foreign assets over \$100,000, you will need to report them on form T1135 on your tax return.
- If you have dependants, (such as a spouse, children, or elderly parents), you'll have to provide all of their details too.

Credits and deductions you can claim depend on your own individual tax situation. For example, if you have childcare expenses, you may be eligible to claim those on your return. If you incurred medical expenses for yourself, your spouse, or your children, you may be able to claim those as well. If you're bringing any kind of assets to Canada, you would need to include details and market value on the day you arrive. Your capital gains or losses will be calculated based on this amount, if and when you sell them.

How Do I File My Return?

As a new Canadian, you will have to print and mail your first income tax return to the CRA. Next year, and all the following years, you will be able to file your income tax return electronically through NETFILE.

For more information and to learn more you can visit the Canada Revenue Agency website at www.canada.ca/taxes-newcomers or consult a professional accountant. There is also an information sheet on the next page that contains some information on tax credits and benefits that you may be eligible for.



Newcomers, you could get benefits and credits!



If you are a resident of Canada for income tax purposes, there are benefit and credit payments you could get.

Are you a resident of Canada for income tax purposes?

Your residency status is separate and different from your immigration status. You become a resident of Canada for income tax purposes when you establish significant residential ties in Canada.

Residential ties in Canada include:

- a home in Canada
- a spouse or common-law partner in Canada
- dependants in Canada

To determine your residency status, go to canada.ca/cra-determining-residency-status. If you would like to have the Canada Revenue Agency's (CRA) opinion on your residency status, fill out Form NR74, Determination of Residency Status (Entering Canada), and send it to the CRA.

Benefits and credits

Canada child benefit – Up to **\$6,833** per year for each child under the age of 6, and up to **\$5,765** per year for each child aged 6 to 17.

GST/HST credit – Up to **\$598** per year, plus **\$157** per year for each child under the age of 19.

You could also get any related provincial or territorial payments.

How can you get benefit and credit payments?

Apply for benefits and credits as soon as you get your social insurance number from Service Canada.

If you have children, fill out the following forms and send them to the CRA with all the required supporting documents:

- Form RC66, Canada Child Benefits Application
- Form RC66SCH, Status in Canada and Income Information

If you do not have children, fill out the following form only and send it to the CRA with all the required supporting documents:

- Form RC151, GST/HST Credit Application for Individuals Who Become Residents of Canada

How do you continue getting your payments?

Do your taxes

As a resident of Canada, you need to do your taxes every year to continue getting your payments, even if you have no income or you lived in Canada for only part of the year. The CRA uses the information from your income tax and benefit return to calculate your payment amounts. If you have a spouse or common-law partner who is a resident of Canada, they also have to do their taxes every year.

Keep your personal information up to date

Changes to your personal information such as your marital status, the number of children in your care, and your address directly affect your benefit and credit payments. To avoid delays and incorrect payments, update your personal information with the CRA.

Is the CRA asking for documents?

After you apply for benefits, the CRA may ask you for documents to confirm the information they have on file about you. If you cannot provide the documents, call the CRA at the number on the letter. They can suggest other documents you could send instead, and give you more time to answer. If you don't answer the letter, your benefit and credit payments could stop.

Need help?

Get your taxes done for free!

If you have a modest income and a simple tax situation, a volunteer could do your taxes for you at one of our free tax clinics. For more information and to find a tax clinic go to canada.ca/taxes-help or call the CRA.

Authorize a representative

Individuals can authorize another person to deal with the CRA on their behalf.

Online access – A representative can submit an authorization request using the Represent a Client secure portal, or by using certified commercial EFILE software. An individual can also authorize their representative themselves using My Account.

For more information, go to canada.ca/taxes-representative-authorization.

For more information

Online

Tax information for newcomers
canada.ca/taxes-newcomers

Child and family benefits
canada.ca/child-family-benefits

CRA forms and publications
canada.ca/cra-forms

Get ready to do your taxes
canada.ca/taxes-get-ready

By phone

To ask about benefits
1-800-387-1193

For other questions and to get forms
1-800-959-8281

Social insurance number (Service Canada)
1-866-274-6627

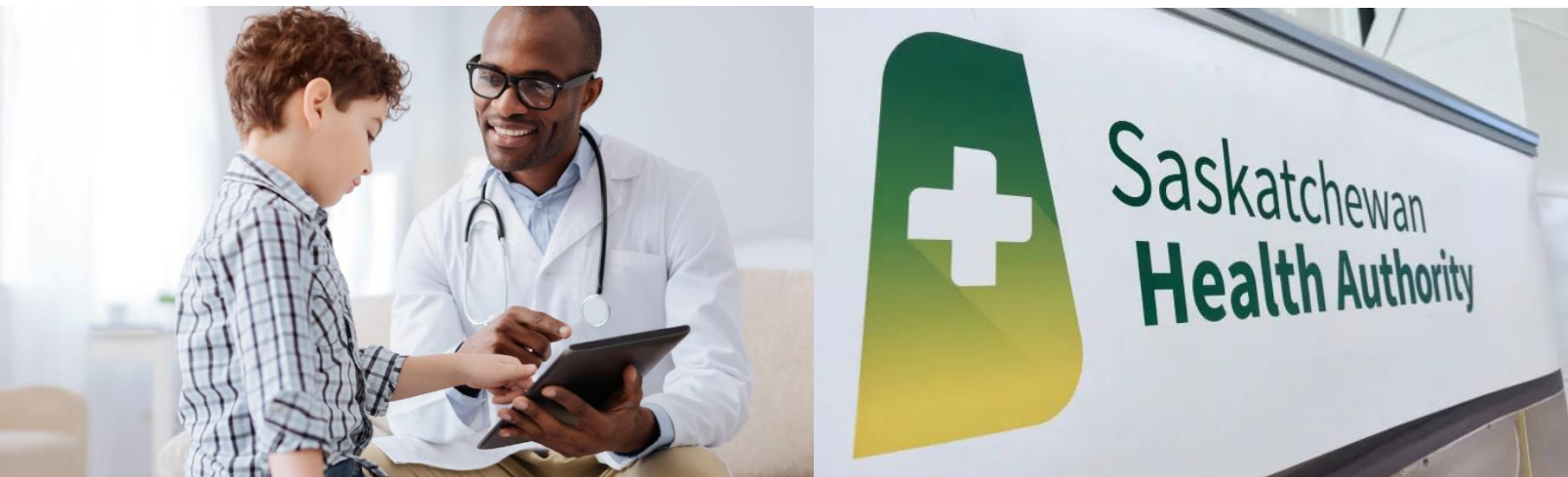
The Taxpayer Bill of Rights states that every Canadian has the right to complete, accurate, clear, and timely information that explains the laws and policies that apply to their unique situation.

Don't get scammed! Beware of tax fraud schemes. If you get a call or an email that sounds like a scam, it probably is! When in doubt, call the CRA. For more information, go to canada.ca/taxes-fraud-prevention

Saskatchewan Health Care for Newcomers

Entering Saskatchewan as a newcomer is the first step in beginning a new life in the Canadian Prairies. After the initial move is complete, newcomers must turn their attention to obtaining a Saskatchewan Health Card, to ensure they have adequate Saskatchewan health care and are protected from costs associated with illness and injury.

It's well-known that Canada offers publicly-funded healthcare to all legal residents. Each province and territory organize and administers its own healthcare, which does not extend beyond its borders. In Saskatchewan, all healthcare is overseen by the Ministry of Health and is delivered by the Saskatchewan Health Authority (SHA) and their affiliated organizations. While Saskatchewan health care, administered through the SHA, covers most of what you need, it usually takes a few months for newcomers to Saskatchewan to become eligible for a Saskatchewan health card and access these vital services. During that time, you still need protection. That's why some new immigrants choose to purchase private insurance before they arrive in Saskatchewan.



In Saskatchewan, like in most provinces, most medically necessary health care and services are covered if you have a Saskatchewan Health Card. This care can take place in an inpatient or outpatient setting. Additionally, there are certain other health services and therapies that are completely covered through the SHA. These include: Physiotherapy or occupational therapy; Screening mammography for women aged 50 to 69; Immunizations, including the yearly flu shot; STI treatment; HIV testing; Drug and alcohol abuse treatment; Mental health services.

In some situations, residents that are recommended by Social Services may have additional services like dental care, prescription drugs, and emergency medical transportation costs covered by their Saskatchewan health card. These programs are aimed to relieve costs for low-income families and those with children. Although most Saskatchewan residents above a certain income threshold pay for their prescription drugs, the province's Children's Drug Plan ensures that children under the age of 15 pay a maximum of \$25 per eligible prescription.

Determining your eligibility for a Saskatchewan Health Care

All Saskatchewan residents are eligible for health care in Saskatchewan. However, there is usually a waiting period until newcomers can get their Saskatchewan health card and take advantage of health services. To ensure you're able to receive healthcare promptly, it's a good idea to apply as early as possible following your arrival into Saskatchewan.

Once your family arrives in the province, you are eligible for health care on the 1st day of the 3rd month after your residency has been established. If you and your spouse (or common-law partner) arrive separately but within 12 months of each other, both will be eligible on the 1st day of the 3rd month following the first individual's arrival in the province.

However, if you are an immigrant landing in Saskatchewan as a permanent resident, or are visiting on a work visa, or a study permit you may be given coverage without a waiting period. To learn more, [contact eHealth Saskatchewan](#) to determine if you are eligible to skip the typical waiting period.



Applying for your Saskatchewan Health Card

In order to obtain Saskatchewan Health Care the first step is to [Apply for a Saskatchewan Health Card](#). Currently, eligible individuals can fill out an application form and submit all the necessary supporting documentation online. The [online application portal](#) requires applicants to set up an account first, then they can complete the process online. If you aren't comfortable with computers you can print out an [application form](#) and mail or fax it in with your supporting documents to eHealth Saskatchewan.

Saskatchewan health card applications are generally processed in 4 to 6 weeks and are done so in the order they are received. If you submit your request online, you can log into your online account to check the status of your request. When your online application is processed, they will send you an email advising you of when you can expect to receive your Health Card. They will also send you an email if you are missing any required information on your application.

For more information you can visit the Saskatchewan eHealth website at <https://www.ehealthsask.ca/>



Winter Fun Activities

Winters here in Saskatchewan can be a lot of fun! There are many activities you can do outside to enjoy the snow! Here are a few ideas on how you can get outside, get active and have some fun during the winter months!

Snow Painting!

Snow painting is a great winter activity for kids. Kids will love the chance to explore a new medium to create art. Snow painting is easy, requires very little preparation, and can keep kids outside in the fresh air. It's also an activity the whole family can do together.

You will need a few colours of liquid food coloring (from the grocery store), water and spray bottles (or squirt bottles). Fill the spray bottles with cold water. Add a few drops of food coloring to each bottle so you have one bottle of red, one of blue, and one of yellow water. Be sure the bottles have enough coloring in them to make the colors visible once they are sprayed on the snow. And that's it, now head outside and start painting!



Enjoy a Snow Maze!

Making a snow maze is so easy to do! First, find an area with fresh, untouched snow. Next, simply shuffle, stomp and walk in small steps to form trails for the maze. Then walk back and forth over the paths a few times to make sure that the snow gets packed down. You could also shovel paths if there is a lot of snow. Be sure to make lots of dead ends too. You can do this in your own yard or at the park, anywhere where the snow hasn't been walked on yet makes for the perfect spot to start your maze! You can also add in some fun and play a game of tag in your maze!



Or if you would rather enjoy the fun of a snow maze without the work of creating one. You can possibly take a drive out to Duck Mountain Provincial Park (Madge Lake) and enjoy their snow maze! Last winter, they had one created in the park and fingers crossed it will back this winter!

Build a Snow Fort!

The possibilities are endless when it comes to building a snow fort. You can use your imagination and build whatever type of fort you would like. Constructing a snow fort is a great family activity that gives you a winter-wonderland hang-out. Remember to always build with a buddy (or several) and to have a "guard" outside the fort in case of collapse.

Here are some steps to help with your snow fort building!

Step 1: Preparing to Build

Think about what kind of structure you want to make. Snow forts can be anything from a simple one-wall design to more complex design with four walls and a roof.

Step 2: Measure the size of the fort.

Use a shovel or branch to mark out the fort's perimeter. If you're low on snow, opt for a single wall fort. If you have a big snow drift, you can also work that into your design by building into the drift.

Step 3: Make sure the snow is dense and not loose.

Test the snow by making a ball in your hands. If it sticks, the snow is prime for building. If not, you can make your own denser snow by using snow bricks to get strong snow. Pack Tupperware containers, coolers, or plastic buckets full of as much snow as will fit, invert, and lift off the container. Alternatively, pour cold water over the snow to make a layer of ice. If you're planning to dig a tunnel, leave a space with no water poured over it so you can dig more easily.

Step 4: Make your walls.

Use the packed snow to form walls. If you're using bricks, work like a bricklayer: put down one layer, leaving a few inches between each brick, and stacking the next level so that each brick straddles two underneath it. Have another person follow you by packing snow in between the bricks. If you're digging a fort into a snowdrift, use a shovel or your hands and burrow your way into the pile. Once you've made your entrance, clear out a room from the inside with your hands or a small shovel.

Step 5: Pack the outside of your walls with a shovel.

Smooth out the exterior of the walls, adding in extra snow for support if necessary. If you've used bricks, fill in the cracks in between the snow bricks but be careful not to break the blocks.

Step 6: Decorate your fort.

You can paint your fort by using water and food colour as previously mentioned! Add flags, snowmen, or other decorations. If there's an abundance of snow, make guardian snowmen or turrets for your fort. Add some furniture if you have room. Carve designs into the exterior of the walls to customize your construction.



Make a Snow Angel!

A snow angel is a design, made in fresh snow, by lying on one's back and moving one's arms up and down, and one's legs from side to side, to form the shape of an angel.

Here are the steps to create your own snow angel:

Step 1: Pick a fresh spot in the snow as tall as your body and as wide as your outstretched arms.

Step 2: Carefully fall backwards onto the snow with your arms outstretched and legs apart. Lay on your back.

Step 3: Move your arms and legs back and forth, like you're doing jumping jacks.

Step 4: Press your head back enough to make a clear indentation.

Step 5: Get up carefully and admire your work!



Play Crokicurl!

Crokicurl is a fun, outdoor game that combines crokinole and curling. The object of the game is to get as many points as you can by shooting (sliding) a rock into the centre button from the outside perimeter. You can also position rocks so they remain within the highest scoring circle at the end of the round.

Many communities are now building crokicurl surfaces so if you see something that looks like the picture below, that's to play crokicurl on! In Yorkton, there are two Crokicurl surfaces you can use for your enjoyment. They are located at the Heritage Heights Park and the Silver Heights Park! The Yorkton Crokicurl rinks have the rules posted there so you can learn as you go!



Go Ice Skating!

Ice Skating is a very popular winter activity here in Canada! Many communities have one or sometimes more outdoor ice surfaces that you can skate on! Communities are also starting to make ice skating pathways which is a fun way to skate! You can also skate on a shovelled off area on a lake or pond. However, its always important to make sure the ice is thick enough before venturing onto frozen water.

In order to head out and try skating, you will need a pair of skates!

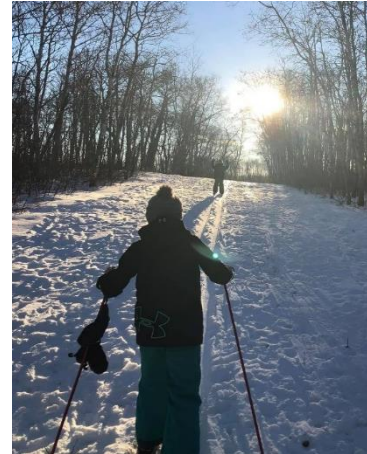
You can always try to borrow a pair from a friend to try first or purchase a pair for yourself! Depending on your foot size, the price of new skates starts at around \$50 and goes up from there. If you do decide to purchase skates, you will also have to make sure the store sharpens the blades! Sharpened blades will make it easier for you to skate!



Try Cross Country Skiing!

Cross country skiing is another fun activity you could try this winter. It's great exercise, you experience the beauty of the winter landscape and it's fun for the whole family! There are a number of beautiful ski trails located throughout our region. Cross Country Ski Clubs may also have skis available to rent, contact them to find out.

Here are the clubs in our region as provided by Cross Country Ski Saskatchewan: Good Spirit Cross Country Ski Club; Kamsack Ski Club; Esterhazy Cross Country Ski Club; Yorkton Cross Country Ski Club; Rocanville Cross Country Ski Club; Melville, Preeceville and Saltcoats also have cross country ski trails. You can also visit <https://www.crosscountrysask.ca/> to learn more about cross country skiing in Saskatchewan.



Down Hill Skiing or Snowboarding!

If you are up for a drive and feeling a bit more adventurous, there are also some great ski hills located in the area! Down hill skiing or snowboarding is another popular activity that many people do during the winter months! All of these ski hills offer rental equipment, ski or snowboard lessons or the opportunity to rent "tubes" to go sliding down a hill. However, this activity comes with a cost. You can research each ski hill and the associated costs by visiting their websites below! It's recommended you make sure they are open and call or book ahead before making the drive out.

The 3 ski hills that are located in our area are:

- 1) Duck Mountain Ski Resort – Located near Madge Lake
<http://www.skitheduck.com/>
- 2) Asessippi Ski Resort – Located in Manitoba near Russell
<https://asesippi.com/>
- 3) Mission Ridge Winter Park – Located near Fort Quappelle
<https://www.missionridge.ca/>



Go Tobogganing!

Tobogganing is another popular activity during the winter months. In this activity, a person uses a sled or a toboggan to slide down a hill over the snow. The bigger the hill, the faster you will go! Sleds or toboggans can be purchased from stores and range in price from about \$10 and up!

There are many hills located throughout our region that people use for tobogganing. Tobogganing is fun for all ages and can result in hours of outdoor fun! The East Central Newcomer Welcome Centre Inc has some sleds available for our clients to try tobogganing so contact our office at 1 (306) 783-2777 to find out more.



Have a “friendly” Snow Ball Fight!

Get outside for a good old fashioned snowball fight! The first step to a snowball fight is to make your snowballs! The key is to find the perfect snow. For the best snowballs, find snow that’s not too wet or too dry. If it’s too wet, you’ll just end up making slush balls, which are basically rocks. Not a good thing for snowball fights as they could really hurt if thrown too hard.



While light, powdery snow makes great snow for skiing, it’s not great for snowball making. Colder temperatures create this powdery snow. Because of its low moisture content, powdery snow won’t pack. However, if you only have powder snow, there are a few things you can do to make it suitable for packing snowballs. First, look for snow in slightly warmer places such as close to the street where cars have driven or near houses where the heat given off from inside might warm things up a bit. You could also try to pack the snowballs with your bare hands! The heat from your hands will warm up the snow and create enough moisture for it to stick together.

Once you have your pile of snowballs made, let the snow ball fight begin! You may want to set a couple basic rules such as no throwing at people’s heads to keep the game fun and safe! It doesn’t matter who wins or loses, it’s all for fun!

Build a Snowman... or a Snow woman..... or a Snow dog.....or a Snow family.... or a Snow “whatever you want”!

The possibilities are endless when it comes to building a snowman. You can use your imagination and build whatever creation you would like. A snowman isn't a snowman until you give it a name. Be creative!

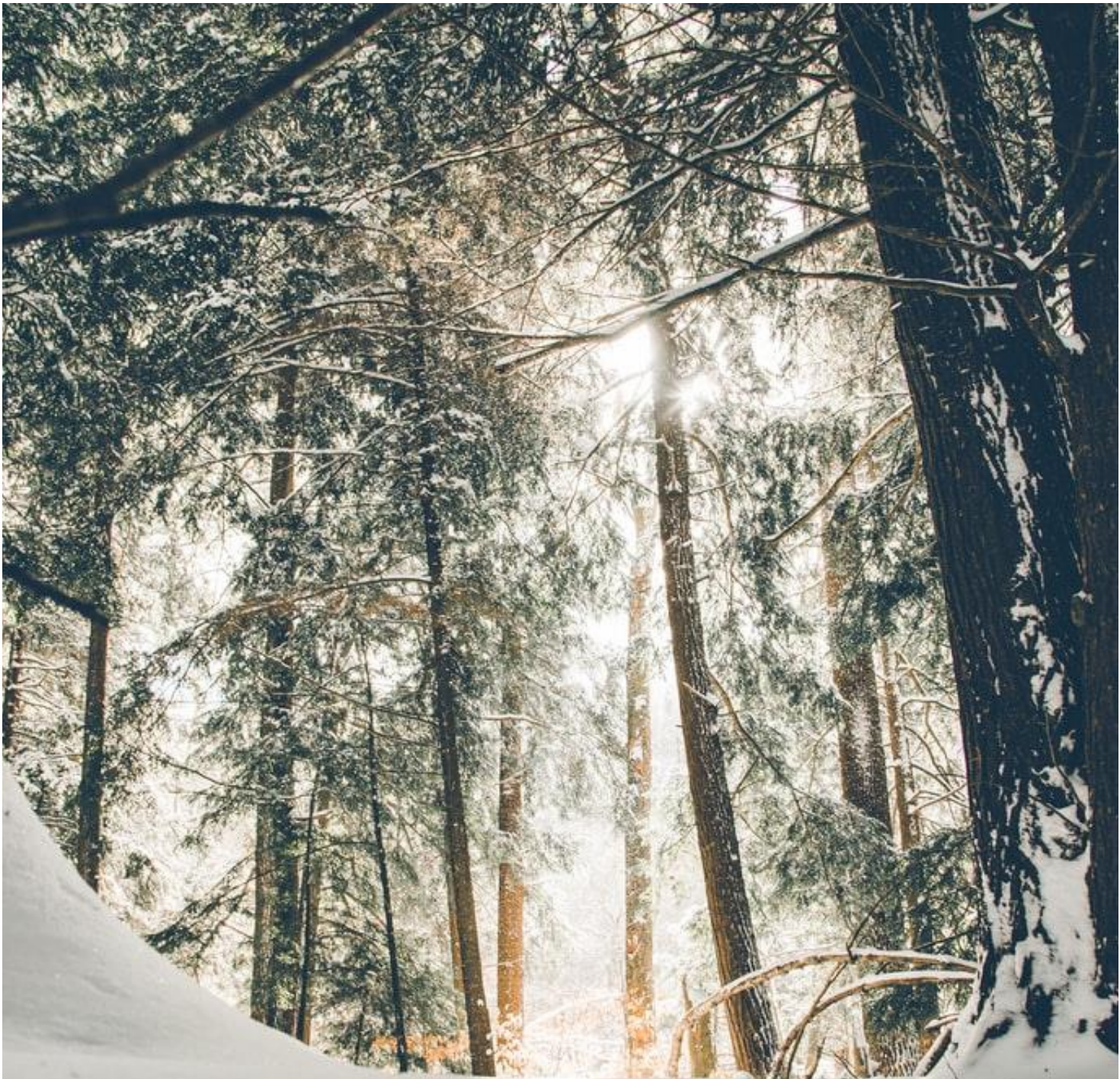


Here are some tips to help with your building!

- The best type of snow comes when the temperature is right around the freezing mark. It needs to stick together.
- Start by forming a snowball with your hands. Keep adding more snow to it until it's too big to hold. Then place it on the ground and roll it in a direction opposite of you. Change directions as you roll it to make the ball as round as possible.
- Flatten the top of the bottom ball and the bottom of the middle ball before stacking to improve stability. Repeat for each segment.
- Once assembled, pack snow in between the three balls to help keep the whole thing intact.
- Branches can be used for hair or arms and rocks for eyes or buttons. You could also dress your snowman in old clothes, hats or scarfs.



Make sure to take a picture because it won't last forever!



East Central Newcomer Welcome Centre Inc.
Unit H, 132 Broadway St. West, Yorkton, SK S3N 0M4
Email: ecnwcinfo@ecnwc.ca
Tel: (306) 783-2777
www.EastCentralNewcomerCentre.ca



**EAST CENTRAL NEWCOMER
WELCOME CENTRE INC.**



Funded by / Financé par:



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



Government
of
Saskatchewan