



## Using your voice: fighting racism and discrimination

Everyone wants to be treated with respect and kindness. Everyone wants to be valued for who they are and what they do. Everyone wants to feel safe in their community. Everyone has a role to play in ensuring that everyone else has those things too.

We have all heard the anti-bullying message, but fighting racism and discrimination goes beyond that. It means **unlearning stereotypes**. It means relearning history. It means listening to the stories and the experiences of those who face racism and discrimination. It's taking responsibility for your own learning and your own actions.

Using your voice to speak up and confront racist or **discriminatory comments** is hard - but it gets easier the more often you do it. The fewer people who laugh at the "joke" that is hurtful and not funny, the less often that "joke" is repeated. It's ok to question policies and ways of doing things that have "always been done that way." It's ok to say that things need to change.

Sometimes, not using your voice is equally important. If you are not the expert, if you are not from the community that has traditionally faced racism and discrimination, then you need to listen. Listening can be hard - but it too gets easier the more often you do it. Hear what people are saying with an open mind and an open heart. Highlight the voices of people who have traditionally not had their voices heard. Learn to be an **ally**.

Our community has experienced a number of racist, misogynistic, homophobic and Islamophobic incidents over the past few months. We must work together to ensure that they don't happen again. Use your voice. Learn from others' voices. **What you permit, you promote.**

Words in **red** are defined in the glossary on page 11.



Racism. It Stops With Me is a campaign which invites all Australians to reflect on what they can do to counter racism wherever it happens. For more, visit <http://itstopswithme.humanrights.gov.au>



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## Building anti-racist communities: A Better Way Forward

"Anti-racism is about taking proactive steps to fight racial inequity. It's different from other approaches that focus on multiculturalism or diversity because it acknowledges that systemic racism exists and actively confronts the unequal power dynamic between groups and the structures that sustain it.

Anti-racism involves consistently assessing structures, policies and programs, and through monitoring outcomes, ensuring they are fair and equitable for everyone" (*A Better Way Forward*).

We talk about diversity, equity and inclusion a lot. We advocate building welcoming communities a lot. These are important and they need to be part of the work that we all do in very specific ways. We also need to talk about anti-racism and make that a part of the work that we all do.

*A Better Way Forward: Ontario's 3-Year Anti-Racism Strategic Plan* was released in May. The strategy "targets systemic racism by building an anti-racism approach into the way government develops policies, makes decisions, evaluates programs, and monitors outcomes" ([www.ontario.ca/page/better-way-forward-ontarios-3-year-anti-racism-strategic-plan](http://www.ontario.ca/page/better-way-forward-ontarios-3-year-anti-racism-strategic-plan)). This is an important initiative that many people hope will create real change in Ontario. Take the time to read the strategy and see where you and your organization or agency can benefit from this new work.

## Building community: Treaty Recognition Week

As a newcomer to Canada, there is so much to learn! How do the buses work? Where do I find a doctor? When do I register my children for school? It's important too to learn a bit more about what it means to be a resident of Canada. What are your rights and responsibilities as a member of the community you live in? Did you know that as a resident of Canada, you are part of **treaties** with Indigenous people?



For more information on the two row wampum or the Guswenta, visit [www.onondaganation.org/culture/wampum/two-row-wampum-belt-guswenta/](http://www.onondaganation.org/culture/wampum/two-row-wampum-belt-guswenta/)

The original treaty between Indigenous people and non-Indigenous people (the two row wampum) was agreed to more than 400 years ago. That original treaty sets out the ways we were meant to treat each other and interact. The core values of that treaty are trust, friendship and mutual respect. Unfortunately, as the history of Indigenous people in Canada shows us, these core values have not been valued. That treaty belongs to all of us so we can each take responsibility for renewing our commitment to it, and to rebuilding relationships with Indigenous people in our communities.

Ontario is the first province in Canada to declare the first week of November as Treaty Recognition Week. The purpose of the week is "to recognize the importance of treaties and to bring awareness to the treaty relationships between Indigenous and non-Indigenous people in the province" ([www.ontario.ca/page/treaties](http://www.ontario.ca/page/treaties)). The province has a lot of information and links for teachers, students and anyone interested in learning more. For more information, visit [www.ontario.ca/page/treaties](http://www.ontario.ca/page/treaties).

## Celebrating inclusive communities: Hindu Heritage Month

Ontario is home to a large and vibrant Hindu community. Since the first Hindu immigrants arrived in Canada at the beginning of the 20th century, Hindu Canadians from across Ontario have made significant contributions across all fields of science, education, medicine, law, politics, business, culture, sports and technology. Hindu Canadians continue to help foster growth, prosperity and innovation throughout Ontario.

By proclaiming the month of November as Hindu Heritage Month, the Province recognizes the important contributions that Hindu Canadians have made to Ontario's social, economic, political and cultural fabric. Hindu Heritage Month is an opportunity to remember, celebrate and educate future generations about Hindu Canadians and the important role that they have played and continue to play in communities across Ontario.



Join the Sankat Mochan Hanuman Mandir and Cultural Centre, in partnership with the Town of Ajax, to celebrate Hindu Heritage Month in Durham. Celebrations are taking place on November 5, from 5 to 8 p.m., at the Ajax Community Centre, 75 Centennial Road, Ajax.

## Supporting youth: Firehouse Youth Centre

Halloween is arguably the most fun Canadian holiday. This is a time for everyone to dress-up, get creative, be silly and have fun. If this is your first Hallowe'en in Canada, the Firehouse Fright Night is a great opportunity to get involved AND to support local youth.

The family-friendly, frightful fun of the Firehouse Fright Night returns on October 20 and 21, in downtown Bowmanville. This annual fundraiser for the United Way and the youth centre is a three-floor, all-indoor, interactive haunted house entering its 11th year.

"We bring a unique experience and culture to the fun of the Halloween tradition," explains organizer Paul Dobbs, "You are actually engaged in a storyline with more than 60 live creatures all along the way." Small groups of four to five people walk through a trail full of different scenes, each tied to the overall story. For 2017, the creative minds from the Firehouse design team have chosen to go with a theme connected to the recent theatrical release of Stephen King's "It".

Tickets are just \$10/person, \$35/family of four. Repeat tours are just \$2/person. There are a limited number of free tickets available, one per family for a child age 12 or less. These are available by emailing [monsters@jhsc.ca](mailto:monsters@jhsc.ca).





## Supporting diverse communities: international language programs

Discover language classes at the Durham Catholic District School Board's Archbishop Anthony Meagher Catholic Continuing Education (ConEd) Centre. The Continuing Education (ConEd) Centre has three campuses, in Oshawa, Whitby and Ajax.

Free international language classes for students from Kindergarten to Grade 8 are offered throughout Durham Region on Saturday mornings from 9:30 a.m. to 12 p.m., from September to June with **continuous registration**. The International Language program provides the opportunity for children to speak, listen, write and read an international language, and at the same time learn about the culture and heritage associated with that language. Beginners are welcome, and no previous language knowledge is required.

Locations for international language classes include Pickering, Ajax, Whitby and Oshawa. Languages offered are Arabic, Bengali, Cantonese, Dari, Farsi, Greek, Italian,



Mandarin, Pilipino, Polish, Portuguese, Spanish, Tamil and Urdu.

If you are an adult or a high school student interested in learning an international language, high school language credits are also being offered for secondary school students and adults. Classes are held at St. Teresa of Calcutta Catholic School in Ajax, from September to June, on Saturdays from 9 a.m. to 12 p.m. Current language credits offered are: Arabic (Grade 9, 10, 11 and 12), Italian (Grade 9 and 10), Mandarin (Grade 9, 10 and 11), and Spanish (Grade 9, 10 and 11).

For more information or to register, please call 905-683-7713 or visit [www.con-ed.ca](http://www.con-ed.ca).

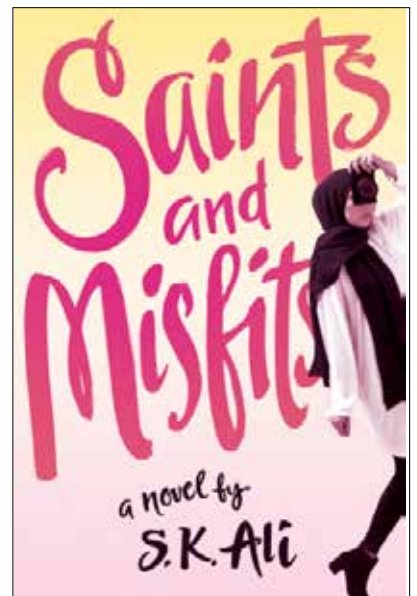
## Libraries are for all: visit your local library

If you visit the Pickering Public Library, you will be welcomed with a sign that states "libraries are for all." Libraries are free and open to everyone. As organizations, they work to be inclusive to all by ensuring they have diverse representation in their programs, books, shelf space, displays and marketing.

A great example of this is the hashtag #MuslimShelfSpace, which was started by author Sajidah K. Ali to promote the visibility of Muslim voices. Ali visited the Pickering Public Library in July to sign copies of her book, *Saints and Misfits*, and discussed the importance of diversity in books.

Representation is incredibly important for the **LGBTQ+** community as well. Having books that feature **multidimensional** LGBTQ+ characters, books that do not rely on gender stereotypes, and books that feature non-traditional families offers opportunities for readers to connect to these materials and feel included.

Check out Pickering Public Library's programs, collection, and recommend books at [picnet.org](http://picnet.org). We would love to hear any suggestions that you have.



## Back to School - ESL/LINC: it's more than just learning English



Durham Continuing Education has been providing English language classes for more than 25 years, welcoming newcomer learners from all corners of the world. In the last few years, they have supported the local community by helping Syrian refugees settle in Durham. For many learners, English language school is their first contact with Canadian culture, values and way of living. This is where they meet new friends, and for some of them, where their children learn their first steps.

Durham Continuing Education continues to collaborate with many amazing community agencies to help newcomers access the various services they need to **fast-track** their new lives in Canada. CDCD's settlement workers are on-site in both our Pickering and Oshawa schools to help learners navigate the complicated sea of applications, documents and taxes, to name just a few – and they do it in learners' first languages.



The Welcome Centres in Ajax and Pickering bring presenters from various agencies to learners so they can learn about nutrition, health, recreational activities in Durham, services for seniors, etc. The Durham Region Unemployed Help Centre (DRUHC) is always there to assist learners in starting their Canadian career. From the first day of classes to the last day in June, the school is buzzing with activity, enriching our lives with languages, customs, prayers and stories from more than 30 different cultures. It is a place of inclusion and personal growth.



Pickering and Oshawa daytime classes are offered five days per week, from 8:30 a.m. to 3:00 p.m. Whitby evening classes run on Mondays and Wednesdays from 6:30 to 9:30 p.m.; Pickering evening classes run on Tuesdays and Thursdays from 6:30 to 9:30 p.m.; and Port Perry classes run on Tuesdays, Wednesdays and Thursdays, from 6:30 to 9:30 p.m. For Pickering registrations, we ask our learners to call 905-831-3118 and speak with Nichole. For Oshawa and Port Perry registrations, please call 905-440-4489 and speak with Siabh.

To all our students, staff and community we wish a happy new school year!

For students looking for ESL/LINC classes in Whitby and Ajax, the Durham Catholic District School Board offers English as a Second Language (ESL) and LINC classes for adults. Newcomers to Canada who want to improve their English can have a language assessment and join one of their day or evening classes. For more information on these English language classes, visit [www.con-ed.ca](http://www.con-ed.ca) or call 1-855-330-8655 to book a **language assessment**.



## Arts and culture: Durham galleries

Creativity and the urge to create art is universal. Art can also bring us together when language is a barrier. Durham has a large number of galleries and spaces to engage with art. Whether you just want to look at what other people have created or you want to literally get your hands dirty, come and explore some of the fantastic spaces across Durham.



Cultural Expressions Art Gallery was established to showcase the works of Canadian artists and artists of diverse ethnic

and cultural communities of Canada.

The gallery has been a vital contributor to making arts and culture accessible to the Durham Region through its exhibitions, not only at the gallery, but in public spaces and through special presentations. Images and colours on canvas open up a whole new world to the viewer. Through the eyes of the artists, you can be transported to different countries, gaining insights into different cultures.



We offer art at a price point that allows everyone to own an original piece. Presently, the gallery is functioning as a **pop-up gallery** in different public locations and at special events.

To contact Cultural Expressions, please call 905-427-2412 or email [culturalexpressions@sympatico.ca](mailto:culturalexpressions@sympatico.ca).

### Gallery 67

The Oshawa Art Association members worked together to bring about Gallery 67, and in April 2017, after many years of talking about and dreaming of running a gallery, workshop and meeting place for all artists, it finally happened.

Gallery 67 presents new exhibits every month by Oshawa Art Association members and non-members. There are also children's art classes and other workshops

coming soon in mosaics, oil and watercolour painting, life drawing and paint nights. A full community event, Phase 2 of The Cycle: Courage, will take place on October 26, when artists from all art disciplines, music, visual, performance, spoken word and dance will create with a theme of courage, the colour orange, and the animal, the bear.

Tuesdays, Thursdays, and Saturdays are also open studio time for artists to come and bring their art supplies and paint in a social atmosphere. On Thursdays, during the lunchtime period, people can drop in and eat their lunch in the gallery while enjoying the artwork.

Gallery 67 is open to the public six days a week, Monday to Saturday, 10 a.m. to 4 p.m., and on Thursdays from 10 a.m. to 8 p.m. For more information, visit [www.oshawaartassociation.com](http://www.oshawaartassociation.com).





## Arts and culture: Durham galleries



At Station Gallery, we're all about making connections, learning and fun! We are your public art gallery and we are here for you to explore on your own, as a family or with friends. Whether you're participating in one of our art classes, dropping in to view our exhibitions, or joining us at our events, there's always something to do and discover. It's free to visit and open seven days a week.

Through art, and its many subjects and forms, you'll open perspectives and be transported to other times

and places. Art activities also help us express our thoughts and emotions in new and interesting ways. From researching and planning, to getting your hands messy with paint, ink or clay, the process involved in creating an artwork is often as pleasant an experience as admiring the finished piece. Working with different colours, textures and materials, making and viewing art becomes a way of temporarily letting go of all the other things that occupy our minds throughout the day. Station Gallery is a place where you can go when you need a little retreat, right here in Whitby. It's where you belong!



Check out what's coming up at Station Gallery or become a member, volunteer or donor through [www.stationgallery.ca](http://www.stationgallery.ca).



Visual  
Arts  
Centre  
of Clarington

The Visual Arts Centre of Clarington is a public gallery dedicated to arts education and the exhibition of contemporary art.

The Visual Arts Centre of Clarington delivers professionally curated exhibitions showcasing the work of emerging, mid-career and established artists. We engage our community of artists by highlighting special exhibitions that feature local artists, like our Juried Art Show and our members show, The 100 Small Paintings Show and Sale.

We bring art and culture to kids, youth and families. Our exhibition year starts with Art From the High Schools, an exhibition highlighting artwork from all seven high schools within Clarington. This event gives young artists a chance to participate in a professional art show.

Picasso's Picnic is a day-long art festival, focused on showing artwork and performances by youth, and free art activities for the whole family. This event also highlights a youth art market, where young artists can show and sell their artwork.

Artists of all ages and abilities can engage in creativity at the Visual Arts Centre of Clarington through programs, classes and workshops, performances and special events. We are a resource to artists and encourage the creative impulse in our community. For more information, visit [www.vac.ca](http://www.vac.ca).



## Building connections: Indigenous peoples and newcomers



When events are held at the Welcome Centre Immigrant Services in Durham Region, we acknowledge the traditional territories of Canada's Indigenous people who have lived in the region for many generations. This acknowledgement contributes to building awareness of Indigenous peoples in Canada, as outlined in the Truth and Reconciliation Commission of Canada, Calls to Action.

Through a partnership with the Aboriginal Chamber of Commerce of Ontario, First Nations and Métis speakers and business owners shared their heritage and personal stories with newcomers at the Pickering Welcome Centre as they observed National Aboriginal Day. Newcomers at the Ajax Welcome Centre also celebrated Indigenous art, culture and lived experiences shared by a Traditional Knowledge Keeper. They participated in a Smudging Ceremony, and learned about the Big Drum, Dreamcatcher and the Seven



Grandfather teachings.

Cultural artifacts

were exhibited in an

Indigenous pop-up gallery. At these events, newcomers experienced diverse elements of Indigenous culture and learned about their historical and contemporary contributions to Canada.



The Welcome Centres in Ajax and Pickering offer free, confidential and culturally-appropriate services to immigrants who have made Canada their home. For more information, call 1-877-761-1155 or visit [www.welcomecentre.ca](http://www.welcomecentre.ca).

## *The Citizen: Durham's diversity newsletter*

Do you have an idea for an article we should include in the next issue of *The Citizen*? Do you know about a great program or service that would be interesting to newcomers? If yes, please get in touch with us.

All articles to *The Citizen* must meet the following objectives:

- to share information about service providers, community members and events related to diversity and immigration in Durham Region
- to promote a culture of inclusion and civic engagement
- to encourage public understanding of the people who live and work in Durham Region
- to build community

Share your ideas, your photos, your programs and your thoughts for an upcoming issue of *The Citizen* by emailing us at [diversitynewsletter@durham.ca](mailto:diversitynewsletter@durham.ca).



## Celebrating September 25: Franco-Ontarian Day

Le 25 septembre est le jour des Franco-Ontariens et des Franco-Ontariennes. À Durham, plus de 1 200 francophones et francophiles ont participé à la levée du drapeau franco-ontarien cette année, organisée par l'Assemblée des communautés francophones de l'Ontario, Durham-Peterborough (ACFO-DP), l'École secondaire Saint-Charles Garnier à Whitby, l'École secondaire Ronald-Marion à Pickering ainsi que l'Hôtel de Ville à Bowmanville.

L'ACFO-DP aimerait grandement remercier la participation de la Région Municipale de Durham et les Municipalités d'Ajax, Clarington, Oshawa, Pickering, Scugog et Whitby pour leurs appuis et leurs proclamations officielles, mais surtout d'exhiber le drapeau des Franco-Ontario pendant une semaine en septembre.



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September 25th marks Franco-Ontarian Day across Ontario. This year was no different in Durham. More than 1,200 francophones and francophiles participated in the Franco-Ontarian Day flag raising events across the Durham Region, organized by l'Assemblée des communautés francophones de l'Ontario, Durham-Peterborough (ACFO-DP) at École secondaire Saint-Charles Garnier in Whity, École secondaire Ronald-Marion in Pickering and Bowmanville City Hall.

ACFO-DP would like to also thank the Region of Durham and the Municipalities of Ajax, Clarington, Oshawa, Pickering, Scugog and Whitby for proclaiming September 25 Franco-Ontarian Day and especially for flying the Franco-Ontario flag for one week across the region.

For more information about ACFO-DP, please visit [www.francodurham-peterboro.ca](http://www.francodurham-peterboro.ca), call 905-571-0826, or email [acfodp@bellnet.ca](mailto:acfodp@bellnet.ca).

## Durham Immigration Portal: have your say!



The Durham Immigration Portal is having a **makeover!** In early 2018 we will be relaunching the website. We will adding more interactive content, as well as ensuring that the Portal is both mobile-friendly and social media-friendly.

During the next few weeks, when you visit the Portal, you'll have the opportunity to let us know what you think of the current website. This information will help us as we redesign the site and decide what information to keep, what to add and what to retire.

If you can, take a minute to share your thoughts with us through the online survey. You can also email your suggestions and comments on what should be included in the updated Durham Immigration Portal to [immigrationportal@durham.ca](mailto:immigrationportal@durham.ca).



## Newcomer family support: taking care of your family's mental health

Have you recently moved to a new city or a new country? Has your family experienced more stress than usual? There are times in our lives when our mental health may be more at risk. These times are known as "transitions". Children and families can experience more stress when they are moving, starting at a new school, or when schedules are busy.

Mental health is about how we think, feel or act. When we have good mental health it helps us to get the most out of life. Here are some tips to help you and your children manage transitions and experience good mental health:



- Help your children see how times of change can be positive and exciting, such as making new friends.
- When problems arise, encourage children to try new and different solutions.
- Make sure your children have lots of time for free play, such as running around outside or playing at the park. Free play and being active helps children cope with stress.
- For all of us, getting plenty of sleep, eating a healthy diet, and being active supports our mental health.

For more information and tips on how to take care of your mental health, call the Durham Health Connection Line at 1-800-841-2729 to speak to a Public Health Nurse, or visit [durham.ca/mentalhealth](http://durham.ca/mentalhealth).

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## Healthy Mouth, Healthy Child: smiles are important



Good oral health is important for children as they grow. Healthy teeth are important for helping to develop speech, healthy eating habits and good social skills.

If your child has an urgent dental problem, don't wait to take them to the dentist. If your child doesn't go to a dentist, they can get cavities and gum disease, or be in pain from an infection. They could lose teeth, sleep badly, have a lower body weight and have difficulty learning and attending school. If not caught early, the problem could eventually lead to expensive dental care.

If you need financial help to take your child to the dentist, Healthy Smiles Ontario (HSO) is a government-funded program that provides free dental benefits to eligible children and youth, aged 17 and under. As well, dental screening is provided annually in all publicly funded schools and at the Durham Region Health Department, Oral Health Clinic.

If you have any questions regarding this information or about your child's teeth, please visit [www.durham.ca/health.asp?nr=/departments/health/dental/index.htm](http://www.durham.ca/health.asp?nr=/departments/health/dental/index.htm).

## Supportive communities: woman-centred care

DRIVEN provides access to multiple services at one location for women dealing with abuse and violence. This includes domestic abuse, sexual abuse, and elder abuse perpetrated by a current or former partner, family member, friend or stranger. At DRIVEN, women receive information on services, help with navigating services, and help with connecting to services.



DRIVEN is a network of 28 partners from Durham Region, which work together to provide a range of services. For a list of partners, visit [www.durhamdriven.com](http://www.durhamdriven.com).

DRIVEN is open on Mondays, excluding statutory holidays, from 8:30 a.m. to 4:30 p.m., at 1320 Airport Blvd. in Oshawa. Women can walk-in, book an appointment, or call for support. Child minding is available on-site.

Women can also connect to DRIVEN through video chat from the Welcome Centres in Ajax or Pickering, the New Life Neighbourhood Centre in Oshawa, or North House in Uxbridge. Assistance in travelling to/from DRIVEN by taxi may be available.

All services accessed through DRIVEN are free. Language interpreters are available in person, over the phone and through video chat. Call DRIVEN to arrange a language interpreter. For information, or to book an appointment, call 1-877-432-7233 or email us at [info@durhamdriven.com](mailto:info@durhamdriven.com).

## Glossary

Ally – a friend; someone who supports another

Continuous registration – signing up for a class at any time of the year; there is no fixed start date

Discriminatory comments – language that is hurtful and is also based on negative stereotypes or racism

Fast-track – to do something quickly

Fundraiser – an event held to raise money for an organization or cause

Language assessment – a formal interview to evaluate how well you can speak English

LGBTQ+ - the lesbian, gay, bisexual, transgendered and queer/questioning community

Makeover - when someone or something updates or completely changes how they/it looks

Multidimensional – more than one side to something; more complex; more varied

Pop-up gallery – a display of art in one place for a short space of time, not a permanent exhibition

Treaties – formal agreements or contracts

Unlearning stereotypes – consciously asking questions about your own perceptions of a certain group or community and actively exploring alternative interpretations, experiences and/or stories related to that group





## A life well lived: Roland Rutland

One of the first people I met when I started in my current job was Roland Rutland. He greeted me warmly, interrogated me on my credentials to be working in the diversity area, and we then quickly bonded over a mutual love of the UN Declaration of Human Rights. Roland was a constant in my work, contributing to this publication on numerous occasions, present and active at our Community Partners in Diversity meetings, and a reliable resource for information on communities across Durham working on diversity, equity and inclusion. He was tireless in his work to promote equity, human rights and social justice, and he was instrumental in creating many of the 'firsts' in Durham Region.

I learned a lot from Roland in terms of the history of diversity work in Durham (and across the province more widely), about the Baha'i Faith, and about working with and across multi-faith communities, but also about tenacity, perseverance and dedication.

Roland was not shy in pointing out areas he felt you could improve on (as a social justice advocate that was his role), but he was always prompt and generous in his praise. This will be the first issue of *The Citizen* where I won't get a quick email from him, thanking me and telling me I'd done a good job on the issue. Roland, my friend, you will be missed!

Roland Rutland died in his sleep on Sunday, June 25. He was 67. He is survived by wife Sue, son Jason (Andreja), son Leigh (Chloe), daughter Emily, and grandchildren Luka and Dominik.

by Samantha Burdett



We look forward to hearing your stories and feedback. If you would like to subscribe or contribute to The Citizen, please contact us:

**Email:** [diversitynewsletter@durham.ca](mailto:diversitynewsletter@durham.ca) | **Portal:** [www.durhamimmigration.ca](http://www.durhamimmigration.ca)



Follow us on the Region of Durham Facebook page and on Twitter at #DurhamImmigration



**Back issues:** Visit [www.durhamimmigration.ca](http://www.durhamimmigration.ca) for back issues of The Citizen by clicking on the Creating Community tab, and then clicking on the Diversity Newsletter heading.

You can also sign up for the newsletter online. Please feel free to forward The Citizen to others.