

Confluence

Official Newsletter of the Multicultural Association of Wood Buffalo

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Multicultural Association of
Wood Buffalo

Wood Buffalo is the epitome of multiculturalism. Our cultural intersections shape shift and enrich us every day, whether recently arrived or have roots that go back several years, many generations.

Though we may travel our own cultural corridors, there are an incredible number of points of intersection everyday in our city between people of entirely different cultural backgrounds.

How do these intersections influence us? What kind of patterns of behavior and lifestyle evolve as a result? How do we relate to one another and build our sustainable community enriched by each interaction?

You are invited to be part of Confluence by contributing a story, picture or poem about your everyday experience of multiculturalism on the streets, in workplaces or social events etc. in Wood Buffalo.



From the Editor's Desk
Mary Thomas

Europe is facing a major refugee crisis. Some nations welcome refugees, some do not. There is ongoing debate as to whether the Syrians fleeing war are "migrants" or "refugees". We usually think "migrants" move for economic reasons, while "refugees" move during temporary political crises. Social science on the motives and meaning of migration shows a clear difference in why these two groups travel, but also how the places where they move can blur the lines between them.

Four million Syrians have been displaced. Refugees are looking for a society in which to build a new life, but public policy in destination nations shapes those cultural opportunities. Receiving countries often have their own foreign policy interests at heart when they decide to accept some people as refugees and deny others as migrants. These labels affect future outcomes. Studies of second-generation migrants show that they do better in countries that have many different ways to integrate new-comers, including cultural, economic, and social supports.

Through the Newcomer Interagency Network, the Multicultural Association in collaboration with the Wood Buffalo Regional Library has been working on developing the Welcome Centre referral program to assist all newcomers and integrate them into #ymm's welcoming and inclusive community, a place they can call home!

The demand for our programs has been further enhanced by the downturn in the economy and looming dark clouds that are not planning a retreat anytime soon. When funding is cut and demand increases, many organisations reduce staff and increase workload to keep their doors open. MCA has been able to build a strong volunteer base to support the gaps we have been experiencing. This has helped support us in challenging times and keep us rearing forward in our community building efforts.

MCA thanks every sponsor, volunteer and community member who has supported us through these tough times.

Sincerely,
Mary Thomas

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Multicultural Association of Wood Buffalo

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Kenya To Canada Through University – My Journey Siyad Jama

Siyad Abdi Jama, who was born in Somalia and grew up in Kenya, resettled in Victoria through the World University Service of Canada Student (WUSC) Refugee Program in 2011. Siyad's story starts in a refugee camp; his family fled Somalia in 1992, when he was only a year old, and he grew up in the Dadaab refugee camp in Kenya. He excelled in academics and took on a leadership role as a teacher in the camp, and was chosen for sponsorship by WUSC to begin his post-secondary education at the University of Victoria. He had been dreaming of a life outside the refugee camp from a young age. "I was practically in that camp, but my mind was all over the world," he said.

Siyad considers himself lucky to have

the opportunities he did. "What does it mean to be lucky as a refugee?" "Lucky is to be alive!" Siyad's story is one of hope for all refugees. It shows that the word "refugee" stands for much more than poverty and despair—it stands for resiliency and strength.

"I am a determined, personable and global minded individual who understands better why a certain business practice that works well in one country can be disastrous in another. I have a passion in management, accounting, education, international trade, and i am working towards these goals." Siyad states.

There are many small steps that members of the community can take to welcome refugees to Canada and improve

*“It's often said that a society can be judged by how it treats it's most vulnerable people.”
says Siyad Jama*



Multicultural Stories

their situations. Donate your money to organizations like WUSC, said Siyad, but contributions don't have to be monetary: Canadians could help a refugee "if you love that person, if you welcome that person, if you give them a good place to live. Even talking to strangers is a good start: making friends with people of another culture, sharing food with them, and learning from them."

Siyad, who has been in Canada less than two years, is proud to call this country his third home, after Somalia and Kenya. "This is the country that hosted me, that helped me," he said. "I am learning a lot about this country, and I appreciate my experience in

this country, and I hope that this is the country where my children will be raised. They will not be raised in a refugee camp."

Siyad is MCA's Administrative Assistant with a mission, a career in the International Business and Service Management and hopes to work with exporters, multinational companies,

global consumer or industrial goods manufacturers, financial service providers, social profit agencies, international management consulting firms, and government. His undergrad education helped develop strategic thinking and international market analysis skills. The Co-op opportunities gave him an edge to adapt to global changing business circumstances and thrive in a dynamic work environment.

[Siyad's Journey - a bookworm studies his way out of a refugee camp in Kenya to a campus in Canada](#)

I have lived in Dadaab for almost my entire life. I am 25 and the camp that was supposed to be temporary shelter

for me and my family is today 24 years in existence. Just like any other kid I was full of giggles and smiles, but I knew I was a refugee, not only a refugee, but I was a citizen of nowhere- never seen my birthplace and till today it just stays a section in my brain as a mythical story that I hear from my beloved parents and elder siblings. In the camp, I have seen mothers and daughters, fathers and sons. They have been old and weak, young and weak, their faces lined with struggle. Sometimes when people think of Dadaab they think crisis, and they think emergency, but to be honest stories in the internet can't give you the whole picture of Dadaab unless you have a lived experience like mine. Dadaab refugee camp was my home for 20 years and still feels like a part of me because as I write now my dear mom and siblings are somewhere I know very well- hiding from the extreme heat, story-telling under the shade of the huge neem tree or sleeping in thatched houses.

If you are reading this piece I want you to put on the shoes of these people and see through their eyes. Imagine some people in the camp today are refugees for 24 years even though I am not anymore, but there are still parts of me that are refugees - my family. Imagine your country of birth is just a mythical story to you. Now imagine further education or employment opportunities available to you are very limited. Imagine that the basic provisions you receive are not entirely adequate to satisfy your needs and the needs of your family and relatives. Imagine that you are more than willing and capable of working to supplement or supplant those provisions to help support yourself, your family, and your community members, and yet you, like the others around you, are restricted from engaging in employment, farming, business or other livelihood activities. As such, you remain dependent on the meager ration, water, shelter, protection, education,

WUSC provides education and employment opportunities to millions of disadvantaged youth worldwide. This organization has chapters at numerous Canadian universities and colleges, including University of Victoria. Each undergraduate student at University of Victoria contributed 1 dollar and five cents towards my education to support me in the first year at UVic, while each graduate student contributed 2 dollars, and after that year I was able to take government loans, like any other Canadian student.



Multicultural Stories

medical, and other social services provided to you, and you are not able to pay taxes to support those services provided.

Life was not easy as a refugee boy, but thanks to my beloved parents who understood the importance of education and took me to a school in the camp. While living in Dadaab, I managed to graduate from the only and first high school, but like many refugees, I had few resources and my dream of a post-secondary education seemed out of reach. After 2 years going through the process and medical check-up, I travelled to the University of Victoria with the support from World University Service of Canada (WUSC)-A non-profit organization that focuses on international development. Thanks to the kind souls who supported my UVic education. This reminds me of the African proverb, "a person is a person because of other people."

In 2011, I found the beautiful Victoria a lonely city, but with the help of UVic WUSC volunteers I gradually adapted to my new home and made new friends. Despite missing my family, I am grateful to the entire Victorian community for their help especially UVic-WUSC Volunteers because they have really made me feel at home.

I worked hard through my 4 years completing my undergraduate Business

school, and have completed my work-term education. Today, I work full-time at Multicultural Association of Wood Buffalo, an NGO that supports cultural groups and newcomers through programs and events and to foster cross-cultural awareness and understanding. While I haven't been able to visit my family in nearly four years, I keep in regular contact with loved ones via phone and Social media such as Facebook, Viber, and Skype.

My journey was not an easy one, but I am really proud that I had beaten all the odds to reach where I am today. I would definitely say my journey to Canada has helped me tremendously on the path of self-discovery and has truly become a life changing journey for me. Learning through the hard way shaped my life and has actually helped me to continue to grow and expand. I would leave it to you and speaking from experience I will say that this world is filled with opportunities, and when a door opens for you, I encourage everybody to go for it and don't look back! 🌸



“ I am grateful to the entire Victorian community for their help especially UVic-WUSC Volunteers because they have really made me feel at home ”



Work experience – does it really matter? Basic cultural themes that affect the workplace

Two things employers look for when they are hiring are education and experience.

It seems reasonable to expect that someone with the right credentials and documented experience on the resume is a likely candidate for the position, right? Well, maybe...

People with experience on their resumes tend to receive more interview requests, and it is good for their personal brand and perception of competence. Surprisingly however, a meta-analysis about the effects of work experience on job performance showed that the only strong connection between work experience and performance was the amount of times a task or job was carried out. This means that if you have done specific tasks repeatedly and well, this will in fact constitute a match between job experience and job performance. However time spent in a particular position – or “experience” does not automatically translate into skill.

The reason for this discrepancy is that people may have not done the work well or reflected on how they could have done things differently or improved. A study about managers and change of behaviour showed that unless managers discussed issues with

other managers, and unless front line workers reflected on what they learned at work and reported back to managers about that learning, most workplace experience fossilized bad behaviours, effectively entrenching incompetence.

These findings are especially important for recruiters and employers to consider when looking at resumes of candidates who are not from Canada and whose experience may not look familiar. A frequent reason for dismissing a potential candidate is that they do not have “Canadian experience”. The hidden message behind this statement could be that they don’t want to hire people with whom they do not feel immediately comfortable or who seem unfamiliar culturally. But to provide the candidate

with a fair chance, asking for a demonstration of skill can be the best way to go, especially when the education or experience on the resume does not seem clear to the employer. To find out if people’s experience is likely to translate into good job performance, many employers are using skill-specific tests. For example an engineering company may ask a candidate to draw out the basics of a design or solve an engineering problem. A restaurant can ask a chef to prepare a dish, an accounting firm can request candidates to respond to accounting problems, and a college can have the candidate teach a



“ To find out if people’s experience is likely to translate into good job performance, many employers are using skill-specific tests ”



demonstration lesson. Interacting with the candidate when this is happening, or asking questions about what they were thinking as they did the task afterwards will help employers or recruiters get to know the candidate better and see how they may fit into the company culture.

The findings about job experience also apply when considering hiring new graduates without directly relevant job experience. A young person with great potential who learns quickly can be a better job fit than a more experienced candidate who seems to have expertise, but on the job proves otherwise.

A year ago I hired a marketing employee from Columbia. She came to the interview with a portfolio of marketing projects that looked good. But when she provided an analysis of my website with recommendations for improvement, I knew she had the right analysis skills and attitude. In response to the question “what would you do to better market our products and services?” she replied that she would need to do a deeper analysis and ask more questions before answering that question. She then listed several questions that would have to be answered before she could come up with a plan. I was very satisfied with both the demonstration of competence and the answer to my question. She knew marketing a business should not be approached in some generic way and she had strategies to get to the answers she



would need to find.

Because she was such a fast learner, within three months I didn't have to proof read any of her work and a year later rarely have mistakes to correct. Although English is not her first language and she only learned it recently, she writes better than both of my previous Canadian born employees and has learned all the skills I needed without any difficulties. The point in this story is that people should be given the opportunity to demonstrate their skill in a job interview situation. Dismissing them on the basis of “lack of experience” whether it be Canadian experience or direct experience in a specific job, may result in losing out on talented and capable potential employees who will ultimately take less time to onboard and be a better fit for the company than those whose past experience has not made them more competent. 

¹SEE: Quinones, M.A., Ford, J.K., & Teachout, M.S. (1995) *The relationship between work experience and job performance: A conceptual and meta-analytic review. Personnel Psychology*, 48, 887-910. AND Rowe, P. M. (2015). *Researchers' reflections on what is missing from work-integrated learning research [special issue]. AsiaPacific Journal of Cooperative Education*, 16(2), 101-107.

²Schultz, Claus-Peter. (2008). *Shared Knowledge and Understandings in Organizations: Its Development and Impact in Organizational Learning Processes. Management Learning*, 39:437, <http://mlq.sagepub.com/>

““ The findings about job experience also apply when considering hiring new graduates without directly relevant job experience ””

Marie Gervais, PhD, CEO, Shift Management <http://shiftworkplace.com>



Home for Diwali

Neha Gandhi

“**Diwali**” – the festival of lights has always been my favorite celebration amongst all that occur in the Hindu calendar in a year. The past year was a chance after many years for me to visit India, meet the whole circle of family and friends and relive the sacred rituals.

Gujarat, the state I was born and raised in; is known for its lavish business community and their extravagance. Diwali also marks the end of a business year and the start of a new one the day after. ‘Laxmi’ - the goddess of wealth is offered prayers on the Diwali night as lamps are lit at dusk. The next day is the ‘New Year’ day. New business books bound in red cloth are opened, their new glue and paper smell spreads as red ‘kumkum’ powder is mixed with water to make a paste. Old fashioned

quills are dipped in to this and the first auspicious words – ‘Aum’ is inscribed followed by prayers to Laxmi to bless the business. The devotional done, it is time to visit the temple, elders in the family and then extended family and friends in that order. The second day of the New Year is ‘Bhai beej’ and the custom is for brothers to be fed by their sisters. If the sister is married and in her own home, this may be a formal occasion to invite her brother in to her home and cook a special meal for him. As the story goes, ‘Yama’ – the god of death was pleased by his sister ‘Yami’s devotion to him and granted her a wish when she asked for a good afterlife for brothers and sisters who celebrated the day in the manner they had.

The cleaning of homes is the first

“Gujarat, the state I was born and raised in; is known for its lavish business community and their extravagance”





Travel to My Country

thing that happens as preparation for the approaching festival. After the streaks left by tropical monsoon rains have been washed and the, raincoats and plastic boots wrapped and put away, out come the thick cotton mattresses to lie in the dust free sunlight and give up their moisture. Brass utensils are cleaned till they shine. Special oil burning lamps, tall standing lanterns, traditional earthen lamps - are all unpacked to light up the home. Happily for me, this phase was complete before my landing there, leaving me to just enjoy the food and ambience part. It used to be a time when all the women of a household were enough of a team to handle all festival related chores. With the march of time families have become smaller, tastes have changed and some skills are lost along the way so a cook was appointed to come help with our snack and sweet preparation. That was the most 'fulfilling' part of my time there. I hovered around the cook, ostensibly to hand spices and utensils he needed at various times; in reality, to not miss any part of

the whole production. There was also the matter of first tasting of every item on the menu.

There were perfectly golden, puffed up "*kachoris*" ready for fillings of potatoes, chickpeas and tangy chutneys. Crisp '*mathris*' with cumin black pepper sprinkling, ready to be savoured with cardamom flavored tea, sesame and carrom seasoned and spiced chickpea flour extruded through a special press and fried into spiral '*chaklis*' calling to be crunched.... And these were just the savories. Sweets were yet to follow.

There were '*gulab jamuns*' soaking in sugar syrup, dry fruit and nut rolls, cashew barfi and coconut halwa sent by friends and relatives. Neighbours delivered silver foil covered dishes filled with elaborate sweetmeat varieties they had made. It was a birthday many times over uncovering the goodies and marveling at the ingredients and skills gone into making them. I was moved by the effort they all put in to 'welcome the Canadian girl coming home for diwali'.

The '*pooja*' or religious services for



“ Oh, the joy of watching millions of stars light up the dark as they hissed out of their compressed packaging. Not so anymore. ”

spiritual upliftment, the stomach fires satisfied by the good food; now, the mood gets treated to an array of colors. I used the excuse to splurge on the very red and gold, sequined and beaded materials to dress myself in. A silk sari on a hanger waited for the first pooja of the New Year in a temple favored by the family. Indulging in a dozen new outfits for the various visits, family dinners and days of invitations to friends'. It was so much fun to shop around numerous places and just pick up these pieces. The lights in the shop windows, smoke curls rising from the special incense in burners, paper lanterns on trees around shopping complexes all a visual delight. As a child I had been thrilled with fireworks we set off in the streets. Neighbors were out on the street with their stash and we would, with a little trepidation (for accidents were known to happen) approach the cracker with a lit match to set it off. Oh, the joy of watching millions of stars light up the dark as they hissed out of their compressed packaging. Not so anymore. Growing up had rendered me unable to stand the auditory and visual shock. So it was with a little wariness that I waited for the Diwali night, readying myself for sleeplessness with all the banging, crashing and

bursting. Alas, all my agonizing was unnecessary. I suppose tough economic times are making it difficult for most, people have taken to satisfying their need for welcoming the festival with a few minutes worth of crackers. I did sleep with unease for the march of time stealing away that magnificence from kids of this day. While I may have been busy with my once in many years experience and sleeping uneasy, my sister - in - law rendered everything perfect with her making a 'rangoli' at the entrance to our home. The powder colors and 'asopalav' leaves strung over the door bid a joyous welcome to all visiting.

We were so ready to bring in the New Year. It began with a very soul satisfying 'pooja' at the temple, all dressed in the finest. Coming home then to a super breakfast followed by a case of 'munchies' all through the day with those visiting. I was ecstatic -food for my stomach and food for my spirit. May be it was that years of being away rendered me especially sensitive to every sight and sound. They might as well been the same, taken - for - granted for those living there. I only speak for myself though; I came back with memories to last me till I have the opportunity to spend my next 'Diwali' in India. 🌸



“ The lights in the shop windows, smoke curls rising from the special incense in burners, paper lanterns on trees around shopping complexes all a visual delight ”





A message of Health



Active Workstations

Garett Richardson, Health Promotion Facilitator



It's no secret that jobs have been moving indoors to office environments for decades. It's also no secret that decreases in physical activity have contributed to the ever growing obesity epidemic.

According to a Canadian Community Health Survey, in Alberta Health Services' North Zone, 64.8 percent of the population 18 years and older is currently overweight or obese.

Although there are many reasons for this, a lack of physical activity and increase in sedentary behavior play a large role in these statistics. Sedentary behavior refers to the sitting and lounging we do while awake. The Alberta Centre for Active Living estimates that Albertans are sedentary about 9 hours a day.

But with many of us needing to sit at our desks to get our work completed, how can we improve these statistics?

Active workstations may be a part of the solution to this problem.

Active workstations include sit-and-stand desks, treadmill workstations, or cycling desks. These workstations allow an employee to move during the workday while still completing tasks.

Active workstations have been shown to decrease sitting time and increase the amount of calories burned with no negative impact on work performance.

There are also some less expensive ways

to set up an active workstation. You can try placing some low-cost side tables on your desk to raise your work surface.

If active workstations aren't in your office budget, there are other ways to be less sedentary while at work.

Putting reminders in your online calendar to stand every 20 minutes can be a good idea. Or try standing when you are on the telephone. Interrupting long periods of sitting are very helpful at decreasing



sedentary behavior.

Go for coffee or lunch break walks with some co-workers and get in some physical activity.

The Alberta Centre for Active Living released a summary of best practices for increasing physical activity and reducing sedentary behavior. It can be found on their website www.centre4activeliving.ca.

Healthy U! also has some great resources and ideas for reducing sedentary behavior in the workplace. Check out www.healthyalberta.com for more information.

“Go for coffee or lunch break walks with some co-workers and get in some physical activity.”

For more information on developing a Wellness Program for your workplace, contact Health Link at 8-1-1 or visit myhealth.alberta.ca.

Letters from the community



Good morning and happy new year.

My name is Yasin Kiraga Misago of Canadian African descent and am the executive director for United black Canadians Community Association/African Descent Society and African Music festival. I am a historian and public speaker for Historical Canada in charge of History of black Canadians.

Since 1870, there had been several black people in Alberta with majority working as traders and cowboys for many years. By 1908, a large number of African Americans settled in Alberta in response to Canada's invitation of black People to settle in Canada to avoid racial discrimination.

The year 2005-2015 were declared by the United Nations as international decade for people of African descent under Durban declaration based on the theme: recognise, honour, justice and development <http://www.un.org/en/events/africandescentdecade/>.

To be honest, it's only FortMcMurray and the Regional Municipality of Wood Buffalo where I have seen black people have the same jobs as white. This is wonderful and demonstrates pure multiculturalism. In FortMcMurray, almost all jobs, Transportation, Oil sands, Engineering, Municipality, Schools, Walmart, Canadian Tire, Housing and other sectors are shared by all. Of special mention is the fact that black people are working in all these sectors. FortMcMurray needs to teach this multiculturalism to other cities. I was happy to see this in FortMcMurray.

This is a great opportunity for the Regional Municipality of Wood Buffalo to produce a proclamation of the black History Month and perhaps think about honouring, recognizing and developing people of African descent in FortMcMurray. black History is an integral part of Canadian history. If we do not acknowledge this, the intrinsic fact might be lost or forgotten by policy makers and our current and next generation might not get chance to know the culture, heritage and contribution of black people in Canada.

It's important to Recognize and honour black History Month as integral part of the regional Municipality of Wood Buffalo and commemorate the history, contribution and heritage of first black pioneers in Alberta and Canada. Black people have lived in Alberta as far back as the 19th Century when the first exodus from United States happened. Today, FortMcMurray has the highest concentration of a wide range of African descent immigrants due to job opportunities.

The Canadian government never proposed any direct legislation against black immigrants for fear of tainting their public image or damaging their relationship with the United States. Once black settlers started arriving in larger numbers, however, they did rely upon indirect methods to discourage them from undertaking the journey up north. While simultaneously advertised as hospitable and inviting to the American whites, the climate of the Canadian west was presented as much too cold and severe for blacks. Strict economic and physical standards were





aimed at restricting newcomers, but most blacks passed the test. Finally, agents hired by the Canadian government were sent to Oklahoma to persuade these potential immigrants that Albertan soil was poor and that they would, in any case, have difficulty crossing the border. These informal policies were effective, and by 1912, black immigration to Alberta had all but ended.

In 1911, the Boards of Trade in Strathcona, Calgary, Ft. Saskatchewan and Morinville had drafted a petition to Prime Minister Laurier opposing the entry of any more blacks into the province. The petition contained over 3,000 signatures. No one could remove the black settlers who had already arrived, however. Several black communities survived and even thrived in the earlier part of the twentieth century.

Now, how do you feel when you see a great diversity of people of African descent from British Columbia, Toronto, Ottawa, Halifax, Manitoba, Yukon, Novascotia, New Brunswick, Prince Edward, Saskatchewan and even New Foundland leaving their provinces to come to FORTMCMURRAY/WOOD BUFFALO as a land of opportunity and unwilling to return to their provinces. Does that mean FortMcmurray will become the next little African Community in Canada after the destruction of AfricaVille and Hogan's Alley black Community in Vancouver?

Thanks and God bless you all including Mayor Blake, for the wonderful work you have done to make FortMcmurray a land of one family for all. You always make us think this is the new Africaville in Canada.

God bless you.

*Yasin Kiraga Misago.
Political Scientist/International relations BA.
Historian and Human Rights Advocate.*

Literally Speaking

Letter To A Nigerian Princess

The terminal at Lagos...

When's the last time you have been?

Do you miss it? The place... The noise...?

Perhaps you gave last kisses,

And received the same in kind...?

Perhaps your Destiny called you into being...

Something else than what you could be.... there...

in Lagos... in those moist, sweltering, environs...?

T'was just the grand beginning

Of the Adventure, with no end in sight...

Except the international terminal of YMM...

Where you choose to leap, again.

I do not know you.

Yet, Dear, I want to (know you, that is)

There is nothing 'Biblical' in my longing

(Though, maybe, just a bit...)

I see you. I see your struggle

Or, have I imagined it?

This little maid, with milk chocolate for skin

And sloping, feline, eyes...

The colour of ancient amber,

Quiescent, I surmise.

Seated placidly on a bus,

And making conversation come,

Simply by being

I will never chance to speak to you

The sudden, strident, chime forbids it

And you conduct yourself

beyond my sight

Our ways must ever be separate

Yet still I wonder. I am filled with it.

Anyhow, 'Welcome, my Lady,

To this winter city...'

Where I, also, am a stranger.

- Nathan Berube

My favourite **Cultural Dish**



Jamie Desautels from Medicine Hat loves
Tanzanian Pilau and Kachumbari





Pilau

SERVES 4

DIRECTIONS

- First, put the stock to simmer in a saucepan on the back burner
- Heat the olive oil in a saucepan over medium heat, add the rice potatoes and onions
- Stir constantly, sauté the rice, potatoes, and onions until the rice starts to take on an opaque appearance and begins to darken slightly
- Add coconut milk mixed with a little salt and pilau masala to season everything, and bring the pot back to a simmer
- Put the lid on the pot and turn the heat down to low. Stock needs to be added whenever the liquid gets too low, check after five minutes of simmering
- After fifteen minutes of cooking leave whatever remaining liquid was there and allow it to be absorbed into the rice. After twenty minutes of simmering, almost all the liquid will be absorbed and the pilau is ready to be served 🌸

INGREDIENTS

- 1 cup white rice
- 1 large potato peeled and cubed
- 2 Tbs olive oil
- 1/4 cup diced red onions
- 1 Tbs minced garlic
- 1 Tbs pilau masala (recipe follows)
- 2 to 3 cups chicken stock, simmering
- 1/2 cup coconut milk
- Salt

Pilau masala

MAKES ABOUT 2 1/2 TBS

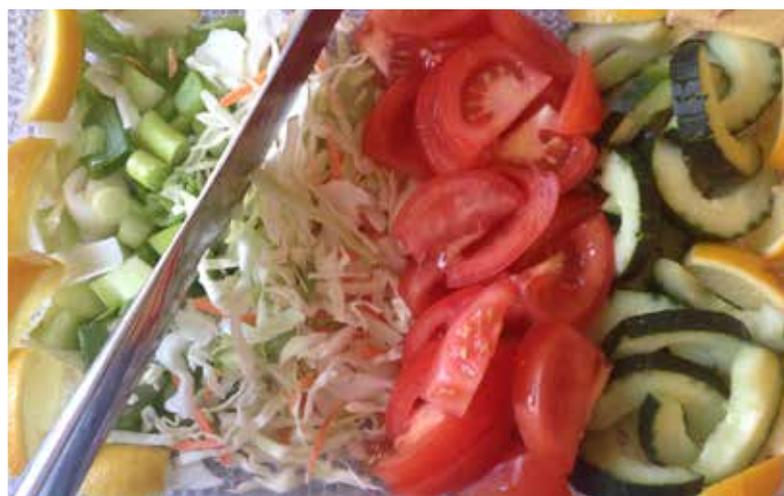
- 1/2 tsp cloves
- 1/2 tsp cinnamon
- 1/2 tsp pepper
- 1 Tbs cardamom
- 1 1/2 Tbs cumin

Kachumbari ingredients

- 1/2 medium red onion, sliced thinly
- salt to taste
- 2 Roma tomatoes, cut in 1/4 inch slices
- 1 small head of cabbage, sliced very thinly
- 1 jalapeno pepper, seeds removed, diced finely
- 1 small handful cilantro leaves
- juice of one lemon
- 1/4 cup extra virgin olive oil

DIRECTIONS

- Slice onions and grind with salt
- Rinse additional salt off with water
- Slice remainder of vegetables
- Mix together in a large bowl with olive oil and lemon juice 🌸



Human Rights Day Workshop



1. Walter and Gladys Hill School students and Keynote Speakers
2. Amber – Jane Wall, Youth Coordinator at Nistawoyou Association Friendship Centre
3. Walter and Gladys Hill School students and teacher
4. Personal Story by Aiman Naeem
5. Human Rights Day Workshop

UPCOMING EVENTS

Ubuntu Town Community Play
Feb 12, 7-9pm
Keyano Recital Theatre

Multicultural EXPO-2016
Feb 13, 12-5pm
Nexen Field Houses and concourse
McDonald Island Park RRC

International Day for the Elimination of Racial Discrimination
Mar 21, 6-8pm,
Shell Place

Interpreter Certification training
March 01 - 24, Tuesdays to Fridays,
1: 00 to 4:30 pm
MCA Board Room

Multicultural Cookery
March 5, 10:00-1:00
Ecole McTavish Foodlab

Cross Cultural Parenting Program
Apr 18 – June 6, 7 Mondays
5.30 – 8.30 pm
MCA Board Room



Please register on
www.multiculturefm.org/programs



www.facebook.com/MulticulturalAssociationOfWoodBuffalo



www.twitter.com/MCA4WB

Creative Design by:
Amar Deshmukh

