



 **RCI** 红叶文化协会
REDLEAF CULTURAL INTEGRATION

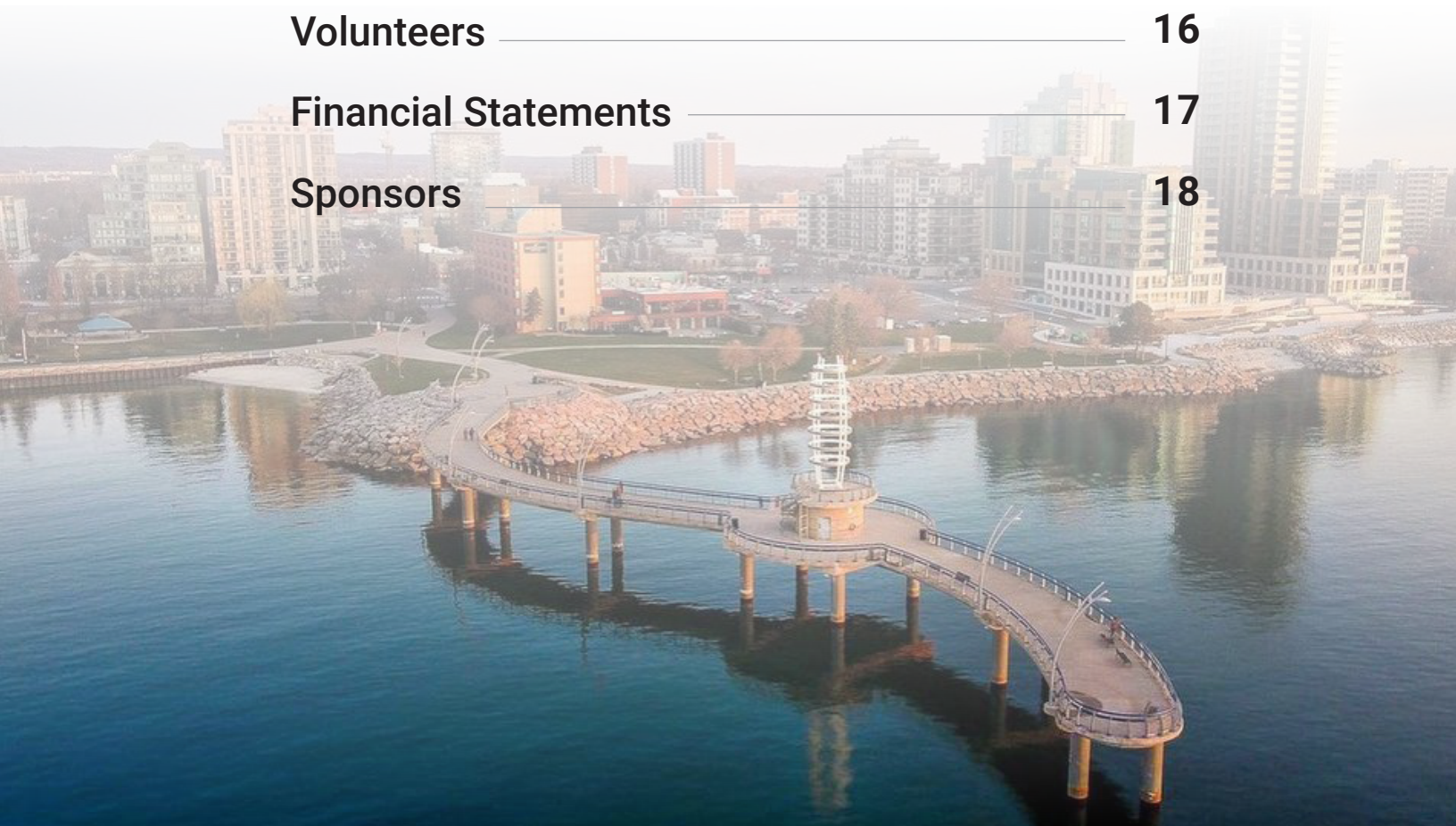
ANNUAL REPORT 2022



**BETTER TOGETHER
BECAUSE WE ALL
BELONG**

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MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear friends and supporters,

In 2022, Redleaf Cultural Integration (RCI) progressed and accomplished much despite the pandemic. We helped people stay connected, reduce social isolation, maintain active lifestyles, promote cultural diversity, and build connections between newcomers and Canadian communities. We are proud of our following achievements.

- Implemented various cultural programs tailored for Chinese seniors, aiming to mitigate social isolation and promote social connection.
- Expanded our programs to cater to all age groups, with the objective of fostering a sense of belonging and increasing social interaction.
- Fostered intergenerational friendships by providing opportunities for youth to assist seniors.
- Conducted a pilot project, Anti-hate Anti-racism, to raise awareness about racism and educate individuals on how to take action.

- Devised and executed RCI's strategic plan, setting goals for the upcoming years.
- Orchestrated a Lunar New Year celebration gala held at the Burlington Performing Arts Centre.
- Extended our services to a broader client base beyond Halton and the surrounding areas.

We are grateful to our funding partners and community sponsors for their support, which made our programs and positive impact on the community possible. Our team members and volunteers are also greatly appreciated for their hard work and dedication. As we grow, RCI is committed to building connections between newcomers and Canadian communities through promoting understanding and acceptance across cultural differences. We look forward to continuing to support our community in 2023 with excitement and strength. Thank you for your ongoing support.

Sincerely,
Lily Hudson
RCI Executive Director

VISION AND MISSION



VISION

To be the leading organization in Halton providing people of Chinese heritage with a social platform where they belong, connect, and integrate to the broader community.



MISSION

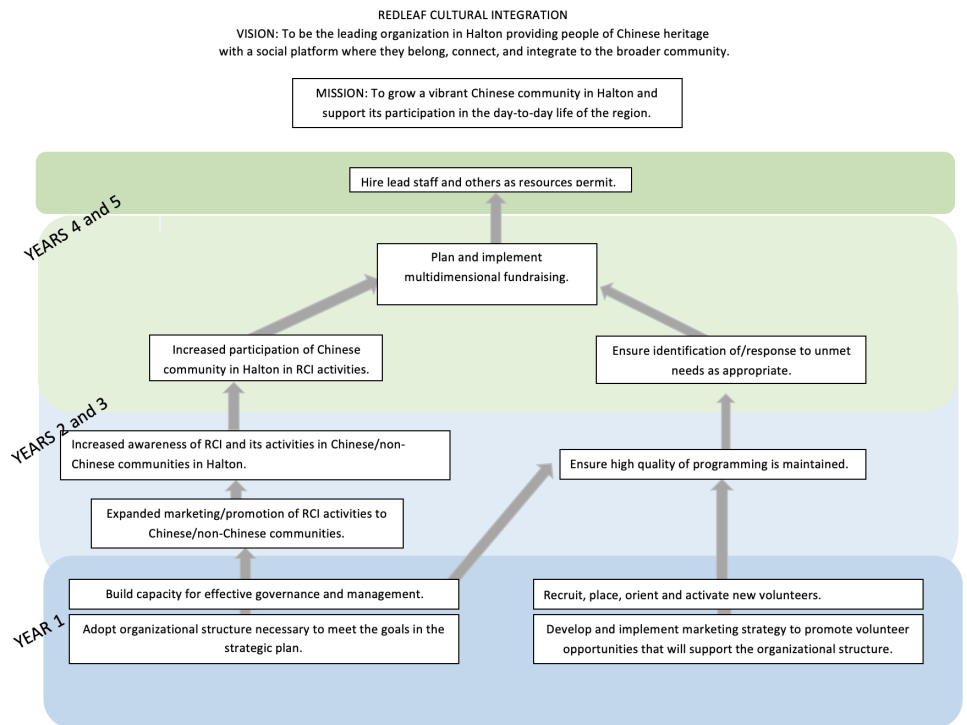
To grow a vibrant Chinese community in Halton and support its participation in the day-to-day life of the region.



VALUES

Mutual respect; Awareness of cultural diversity; Build a welcoming and inclusive community.

Redleaf Cultural Integration is committed to providing support for newcomers to Canada to integrate into the local community. Our different themed projects focus on promoting multiculturalism, the physical and mental health of people of all ages, and enhancing community inclusiveness.



Mandate

Provide customized programs to help newcomers build a connection with the local community.

Provide stimulating & recreational programs to strengthen physical and mental wellbeing.

Organize cultural themed events to promote multiculturalism and inclusiveness.



GOVERNANCE

RCI is governed by a board of directors, which is responsible for making major decisions related to the organization's mission, strategy, and finances. The board is composed of 9 individuals with diverse backgrounds and expertise who are committed to the RCI's mission.



MARY REN
Chair



SEAN HUANG
Marketing



CYNTHIA ZHAO
Secretary & Youth Program



AMY LIN
Treasurer & Youth Program



FENGWU TIAN
Seniors Program



TINGHUI LIU
Seniors Program



ZHIGUANG QIAN
Community Program




PENNY PAN
Seniors Program



YANMIN WANG
Community Program

SENIORS PROGRAMS

With the support from Government of Canada NHSP funding, RCI successfully delivered a project entitled “Embracing Changes Actively” from March 2022 to March 2023. This project has created an online and onsite hybrid platform keeping our seniors socially connected during the pandemic, reducing isolation and loneliness, and staying active and fit.

Through all programs and activities, RCI was able to reach over  **5,000** attendances.



▲ RCI organized four senior outings. Social interaction is one of the most important factors in healthy aging and longevity.

◀ RCI also have an outreach initiative called friendly visit and “Check and Chat” program to reach seniors living in isolation.

150 Seniors participated

194 virtual classes

4 Outings

20 Lectures

SENIORS PROGRAMS

Health Forum

RCI offered monthly health seminars on topics related to safe, healthy and independent aging at home. These seminars were very popular and had a 100% satisfaction rate during the year end survey.

Gardening Club

Photography Lectures

RCI organized a series of lectures for seniors' hobby groups, such as photography and gardening clubs.



Testimonials

Thank you RCI for organizing the Health Forum lectures. We have learned a lot from Ms. Yvonne Yuan on healthy eating, nutrition and diabetes and reading food labels. Please keep up the good work!

Testimonials

The RCI Health Forum lectures are very helpful for us seniors. The topics are practical, such as swallowing difficulties and choking, fall prevention, senior foot care, band exercise and chair yoga, and senior lung care. We can practise the skills learned in our daily lives. It will help us aging at home healthily and safely.

花园春季 维护与管理
周五, 5月13日晚8:00-9:30
ZOOM: 535 658 8229
密码: 123456

讲员: 花园医生李老师

1. 一年生草本植物的栽种与管理, 2. 多年生草本植物的修剪与施肥, 3. 木本植物的修剪, 包括一年生开花的木本植物, 二年生开花的木本植物, 三年及三年以上枝条开花的木本植物, 4. 木本植物的灌溉要点, 木本植物的施肥与注意事项, 5. 花园病虫害的预防。

种植系列讲座

讲员: 李洪安 Andy Li
高敏敏女士大学农学院7楼, 10时-10时45分
高敏敏女士农学院2022年夏季蔬菜栽培与种子处理和产技术, 从蔬菜采收至田间田间艺术和及的工作, 5000张海报免费分发

第一期 蔬菜种植日程与瓜菜蔬菜育苗
时间: 4月29日(周六) 9:30-11:00

第二期 实地观摩与土壤和肥料
时间: 5月12日(周四) 9:30-11:00

第三期 蔬菜的轮作与间种播种
时间: 4月29日(周六) 9:30-11:00

ZOOM: 535 658 8229
密码: 123456

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REDLEAF CULTURAL INTEGRATION

This project is funded by the Government of Canada. Canada

长者居家养老健康讲座系列
吞咽障碍与呛咳

- 吞咽困难的医学原理、诊断与对策
- 老人呛咳与吸入性肺炎
- 食品、饮品及药品的注意事项
- 老人失智症与吞咽困难
- 口腔卫生与吞咽困难
- 急救与政府资源

时间: 2022.6.10 7:30-8:30 PM
ZOOM: 535 658 8229
密码: 123456

讲员: Suzy DiLorenzo
M.H.Sc., SLP(C), Reg. CASLPO
Speech Language Pathologist

- 多伦多大学健康科学硕士, 注册高级病理学家
- Speech Solutions 创始人, 临床主任
- 从事25年, 专注健康与功能障碍的治疗与康复工作
- 致力为病人提供卓越的医疗护理

曾荣获 The Home Care Hero Award

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This project is funded by the Government of Canada. Canada

红协健康论坛
营养与健康

- 7月19日 3:00-4:00 PM 营养与饮水, 糖, 膳食纤维, 代糖
- 8月16日 3:00-4:00 PM 脂肪与胆固醇
- 9月20日 3:00-4:00 PM 骨质疏松与营养

讲员: 袁野
Yvonne Yuan RD, CDE

- 安省注册营养师
- 加拿大注册糖尿病教育师
- 注册营养师学士
- 黑水 Creek 社区医疗中心, 糖尿病教育部门负责人

扫码报名或 Zoom 链接

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REDLEAF CULTURAL INTEGRATION

BLACK CREEK UNIVERSITY HEALTH SERVICES

RCI 红协文化协会
REDLEAF CULTURAL INTEGRATION

手机摄影
系列讲座

Zoom ID: 535 658 8229
Password: 123456

第一课 8月8日晚7:30-8:30
1. 手机摄影的优势和局限
2. 手机摄影的视角 (小水坑营造画面感, 等待最佳拍摄法)

第二课 8月15日晚7:30-8:30
1. 摄影的基本构图
2. 手机摄影的用法

SENIORS PROGRAMS

Senior's weekly classes



English Class

Language is a tool of communication. Many Chinese seniors immigrated to Canada and learning English has become their top priority. RCI learned the needs and hired experienced English teacher to compile concise and practical textbooks based on the actual situation of immigration life in Canada, and offer the class once a week, which is well received by the seniors.



XINER WANG

ATTENDANCE

- 379** Apr-June 2022
- 117** July-Aug 2022
- 435** Sep-Dec 2022
- 192** Jan-March 2023



ATTENDANCE

- 244** Apr-June 2022
- 204** July-Aug 2022
- 386** Sep-Dec 2022
- 206** Jan-March 2023

Vocal Class

RCI has a group of music lovers and under the guidance of professional music teachers, they gather once a week to practice vocalization and rhythm and singing Chinese classic songs. This group has performed many times at Burlington Lunar New Year Celebration Gala, bringing their wonderful singings to everyone. This class opens to anyone who loves to sing. Let us meet friends and express our love for life with singing!



LIPING LEI

SENIORS PROGRAMS

Senior's weekly classes



Reading Club

The love of literature brought our seniors together to form a Reading Club. This club is led by an excellent teacher who has been teaching Chinese for many years in China. The club meets once a week to read masterpieces and recitation of poetry and essays and share their reflections on the reading. Welcome to join us to wander through the long history of Chinese literature!



FENGWU TIAN

ATTENDANCE

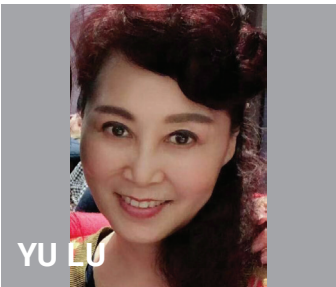
250 Apr-June 2022
82 July-Aug 2022
260 Sep-Dec 2022
156 Jan-March 2023

Fitness Class

RCI's Fitness Class offers aerobics courses developed by dance teachers specifically for the needs of the seniors. During the weekly class, the teacher leads the seniors to stretch their bodies, relax their limbs, move the shoulders and necks, and increase flexibility. It can help them exercise and maintain a graceful posture. Besides, the class provides a platform for the seniors to interact with each other to reduce loneliness and isolation.

ATTENDANCE

364 Apr-June 2022
201 July-Aug 2022
474 Sep-Dec 2022
288 Jan-March 2023



YU LU



COMMUNITY PROGRAMS



RCI received OTF Resilient Communities Fund in May 2022 for a one-year project. The main objective of the project is to develop a strategic plan that will enable RCI to adapt the delivery of its program and services to meet the evolving needs of community and personnel, as they work towards rebuilding and recovering from the impacts of COVID-19 pandemic. Thanks to the generous support from the Ontario Trillium Foundation, RCI has been able to make significant progress towards achieving its goals.

With the funding support, RCI has successfully achieved the following key aspects:

1. Hired an experienced consultant to work with staff and board members to evaluate the current organization vision, mission and mandate, the organization structure, and existing programs. The process has engaged board members to determine organization gaps, challenges and opportunities based on the changing environment.

After two months thorough analysis of RCI situation which involved interviews among executives and board members, focus groups among program participants and volunteers. The strategic plan has been completed in August with the following achievements:



Redefine RCI's vision, mission, and mandates.



Recruited 4 new board members and all the members agreed to be a working board with different operation roles.



Set up the executive plan for next 5 years in 3 phases, e.g., Year I, Year II and III, Year IV and V with specific objective and indicators.

COMMUNITY PROGRAMS

2. Delivered a diverse range of programs both online and in-person. These programs included Choir, Taichi, Fitness, Dance, and Painting classes, which were conducted on a weekly basis. Through a rigorous third-party evaluation, it has been proven that these innovative programs offered by RCI have had a significantly positive impact on the mental health, social connections, and overall wellbeing of the participants.



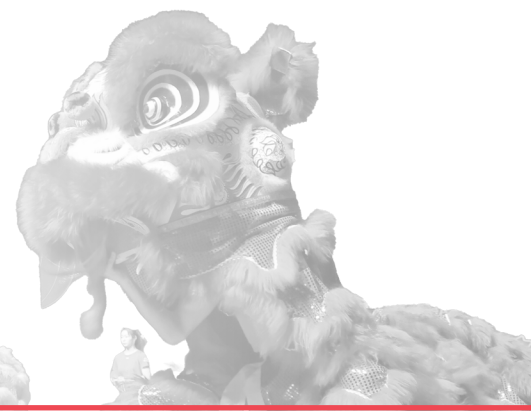
Testimonials

- Participating in these programs fills me with positivity, ignites a sense of anticipation for the future, helps me restructure my life, allows me to socialize and attend parties, and facilitates making new friends.

- In the choir class, we share musical and spiritual connections, fostering a sense of equality and comfort among us. In the dance and fitness classes, we feel a friendly and warm atmosphere as we support and care for each other. When preparing for the Spring Festival Gala, we actively practice, remind and help each other to improve, and experience the bond of friendship. Through performances, I gained confidence and pleasure, and I now feel more self-assured and happier.

- During the pandemic, it's natural to feel down and melancholic. Engaging in Tai Chi exercises has been beneficial for both my physical and mental well-being, as it nurtures both the body and the mind. Through the influence of Tai Chi culture, I have learned to cultivate patience and better manage my emotions.

LUNAR NEW YEAR CELEBRATION



Organized a city-wide community event- Lunar New Year Celebration Gala at Burlington Performing Arts Centre. The event had an impressive turn out of over 800 attendees, including not only individuals with Chinese background, but also people from diverse cultural backgrounds. The event featured captivating cultural displays and high-quality performances, which received rave reviews and positive feedback from the attendees, highlighting its success in promoting cultural exchange and fostering a sense of community cohesion.



红
春叶
晚
RCI
SPRING FESTIVAL
GALA



LUNAR NEW YEAR CELEBRATION



Testimonials

- Attending the Lunar New Year Celebration Gala up close for the first time was a delightful experience. It was enjoyable to savor the essence of the New Year festivities while being overseas. Despite being away from my home country, I felt a strong sense of connection to the traditions and atmosphere of the New Year, which brought a comforting feeling of being close to home.

- As a Chinese person, I value the preservation of Chinese culture. I encouraged my family, including my grandchildren, to attend the gala, as it serves as a window to promote Chinese culture. The children enjoyed the experience, as it was their first time attending such an event. The gala serves as a bridge that connects three generations, fostering a sense of cultural continuity and heritage.

- The remarkable performance at the Gala has exceeded my expectations. This is a rare opportunity indeed. RCI is utilizing the funds effectively to benefit more members of the Chinese community, and their outstanding efforts are truly commendable!

- The Lunar New Year Celebration Gala has been instrumental in promoting Chinese culture, showcasing RCI's growing influence within the community and the city. It serves as a platform for the continuous enhancement of RCI's presence and impact in the local community and city at large.

- RCI's social events are of great importance in helping people overcome social isolation and celebrate resilience.

ANTI-RACISM ANTI-HATE

RCI received funding from the Government of Ontario for a two-year project entitled “Be Courageous” The project focused on issues related to increased anti-Asian racism and hate motivated incidents during the pandemic. RCI partnered with WCCYC Counselling Center and Halton Regional Police to lead a series of training sessions and educational seminars on the topic in the Chinese community in Halton.

Cedartree Counselling Center was contracted to conduct midterm and final evaluations reports. The project has successfully educated the community about root causes and negative impacts of racism and hate incidents, raised awareness of the issues in schools, workplaces and our daily lives, and advocated resources and strategies to deal with such incidents safely. During the year-end survey, 91% respondents found these sessions very useful.



Anti-Racism Anti-Hate
反歧视·反仇恨
Be Courageous 系列论坛

疫情冲击下，反亚裔种族主义病毒蔓延
如何有效预防和抵御种族创伤
5/27 週五晚 7:30-9:00

了解隐形歧视对心理健康的影响
遭遇职场隐形歧视怎么办？
6/24 週五晚 7:30-9:00

种族歧视内化对心理健康的影响
如何跟孩子讨论亚裔身份认同问题？
7/29 週五晚 7:30-9:00

ZOOM: 535 658 8229 Passcode: 123456

Responding to Hate and Bias Motivated Incidents in Halton

2023.02.22 7:30pm-9:00pm

ZOOM: 535 658 8229 Password: 123456

Presenter:

Sergeant Ryan Smith, Halton Police



Sergeant Ryan Smith has been employed with the Halton Regional Police Service since 2010. He currently oversees the Equity, Diversity and Inclusion office where he is responsible for several critical initiatives aimed at enhancing collaboration between the Police Service and the diverse community living and working in the Region of Halton.



Project evaluation is an important process that involves assessing the outcomes of a project to determine its success or failure. RCI realized the importance of project evaluation cannot be overstated. By evaluating a project, RCI can determine whether it has achieved its intended objectives, identified areas of improvement, and made informed decisions about future projects. Project evaluation also helps to ensure accountability and transparency and can help to build trust and credibility with stakeholders.

This year, RCI has hired a thirty-party consulting company to conduct the evaluation of RCI's projects. The company has adopted different methods to evaluate our projects which include qualitative online polls, check-in survey as well as focus group discussions.

ANTI-RACISM ANTI-HATE

The following are some of the findings of the evaluation of Anti-Racism, Anti-Hate Project



Raising Awareness of the Matter of Racism

After comparing the survey data before the educational seminar and after, we can see the positive feedback has increased by 22%.

There are some examples of the participants statements quoted below:

- *I hope that I could have had these seminars earlier as I had never noticed the micro-discrimination (a subtle form of racism) happening in my previous workplace. If...*
- *I learned that I should control my emotions while encountering racism.*
- *I am now able to discern different forms of racism...*



Increasing Awareness of the Consequences of Racism

The participants who engaged in the interviews noted the psychological stresses and health issues caused by the racial discrimination that they had ever encountered.

- *If I could be able to recognize it (implicit discrimination or racism in the workplace), I wouldn't have had to sacrifice my time and health by overly working or taking over weekend shifts from those who might believe that the Chinese would like to take more workloads.*
- *I felt sulky and repressed after being treated discriminately.*
- *I was fearful and helpless when I found no way out.*



Anticipating for Learning Practical Knowledge and Skills

Participants expressed their appreciation for this learning opportunity, as well as its helpfulness and importance.

- *I more benefited from the second seminar, I learned how to adjust my own emotions while facing racial discrimination.*
- *I acknowledged how to make myself safe while encountering harmful racial discrimination, and not to make the situation escalate.*
- *I am aware of the importance of anti-racism in the multicultural environment in Canada.*



OUTSTANDING RCI VOLUNTEERS 2022



Minsong Sun



Fengwu Tian



Luping Xing



Penny Pan



Haisheng Li



Xiner Wang



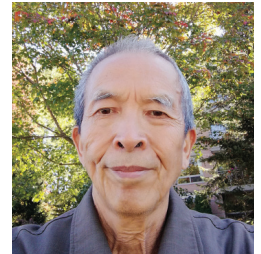
Ruzhu Song



Xiaotian Ma



Yaling Huang



Jiaming Deng



Zhiguang Qian



Yang Cong



Jiyang Wang



Lu Han



Cuijiao Ma



Yuzhu Wang



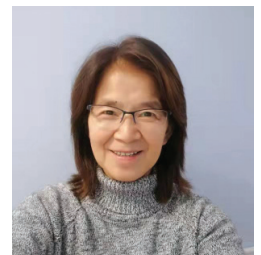
Jie Sun



Xiangqun Mou



Yanmin Wang



Zhongning Yan



Jinhua Bai



Jing Cai



Manu (Joshua) Li



WELCOME TO JOIN
RCI VOLUNTEERS
GROUP

FINANCIAL STATEMENTS

UNAUDITED

FOR THE YEAR ENDED OCTOBER 31, 2022

	CAD\$	CAD\$
INCOME STATEMENT	2021/2022	2020/2021
REVENUES	180,494	111,315
Expenditures		
Program Expenses	165,062	125,864
Other Operating Expenses	12,439	7,148
EXPENDITURES	177,501	133,012
NET OPERATING SURPLUS (DEFICIT)	2,993	(21,697)
BALANCE SHEET	2021/2022	2020/2021
ASSETS		
Current Assets	189,798	95,830
TOTAL ASSETS	189,798	95,830
Liabilities		
Current Liabilities	3,300	698
Deferred Grants	88,373	0
TOTAL LIABILITIES	91,673	698
FUND BALANCE	98,125	95,132
TOTAL LIABILITIES AND FUND BALANCE	189,798	95,830

EVENT SPONSORSHIP

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BETSY WANG
team

GOLD SPONSOR

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WECHAT: BD0217

2022 DIAMOND AWARD

Managing your finances can be complex. Our RBC advisors can help keep it simple.



Lily Wang
Mortgage Specialist
289-683-7574
lilyli.wang@rbc.com



Jason Jiang
Investment Specialist
905-923-1827
jason.jiang@rbc.com

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Burlington: Maza Saga Wellness Center
5046 Fairview St Tel: 647-979-2266

Hamilton: Green Healing Medical Spa
1050 paramount Dr unit 9, Stoney Creek Tel: 905-719-6448

Li Hair SALON

Lée, 从业20年资深发型师

2042982676

荣获奖项
2006年中国美发师第一名
2017年中国美发师大赛金牌
2017年中国美发师协会培训基地特聘讲师

活动经历
2012年李云迪“五拍舞剧”钢琴音乐会特邀造型师
2019年王立军“大海啸故乡”作曲家王立军音乐会特邀造型师
2019年王立军“托巴塔”特邀造型师
2019年王立军“托巴塔”华人春节联欢晚会特邀造型师
受邀参加2019年Hudson's Bay周年庆典




Dr. Emma Yu
Cosmetic and General Dentistry

美齿及普通牙医
普通话，英语


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Don G Levy
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官燕文 Nelly Gong
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传真: 905-803-9665
邮箱: nelly.gong@desjardins.com
地址: 808-165 Dundas St. W.
Mississauga, ON L5B2N6

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- 金星法务
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- 德康中医 DEKANG Medical Inc.
- Penny & Young Professional Services Inc.
- 陈映注册会计师 Emma Chen CPA, CGA, MSA
- 刘英 售房经纪 Remax Sales Representative
- Better Health & Wellness, RMT 按摩 针灸 美容

RCI IS PROUD TO ACKNOWLEDGE THE FOLLOWING FUNDERS



COMMUNITY PARTNERS



BETTER TOGETHER BECAUSE WE ALL BELONG