

Winnipeg's

KNOW YOUR NEIGHBOURS

.....

Guide



2018 EDITION

Aaniin

Tawow

Tânsi

Wotziye

Peehtikway

Iyuskin

Kuwa

Tunngasugit

Bienvenue

Welcome

**Cover photo - June 2018 at Winnipeg's Newcomer Welcome Fair*

2018

Winnipeg's KNOW YOUR NEIGHBOURS GUIDE

*We acknowledge that
the City of Winnipeg is in
Treaty #1 Territory, the traditional
lands of the Anishinaabe, Cree
and Dakota as well as the
Birthplace of the Métis Nation
and the
Heart of the Métis Homeland.*

Message from Mayor Brian Bowman

I am delighted to extend greetings to all the readers of Winnipeg's Know Your Neighbours Guide!

This Guide is a great resource to help you get to know both the history and the current state of your new home and all our citizens. Winnipeg sits on Treaty 1 territory and the traditional homeland of the Métis. The Forks National Historic Site has been a meeting and gathering place for Indigenous people for thousands of years. Today Winnipeg is growing – we are well on our way to a million people strong – and newcomers from throughout the province, across the country, and around the globe continue to meet here in our vibrant and diverse city.

I want to recognize the work of everyone involved with the Citizen's Equity Committee over the years to help build relationships, knowledge, and connections between Winnipeggers and to highlight the contributions of Winnipeg's multicultural community. This Guide, one of the Committee's projects, will bring you stories, facts, and information to help everyone feel at home here and get to know each other better.

On behalf of the City of Winnipeg, welcome. I hope you will have a great time getting to know your neighbours.

Sincerely,



Brian Bowman
MAYOR
The City of Winnipeg



Message from Councillor Jason Schreyer *Citizen Equity Committee Chair*

On behalf of the Citizen Equity Committee, I am honoured to provide to the people of Winnipeg the fourth edition of *Winnipeg's Know Your Neighbours Guide*. This edition incorporates data from the 2016 Canada Census and has increased to 64 the number of cultural groups who provided information.

This resource gives the reader a basic understanding of the various cultures and community groups that are part of this great City. It fosters cross-culture appreciation and sharing – helping to promote one of Winnipeg's greatest assets – its diversity.

Ensuring that cultural awareness and understanding continue to flourish in Winnipeg, we begin by reaching out with a first “Hello” to our neighbour. By sharing and promoting our diversity, Winnipeg continues to be a city of opportunity for everyone.

Many people contributed to make this book possible including community groups throughout Winnipeg and the Citizen Equity Committee who supported this work in a variety of ways. The Coordinator, Maria Morrison, researched, wrote and designed the information in the next 100 pages.



A handwritten signature in black ink, appearing to read "Jason Schreyer". The signature is fluid and cursive.

Councillor Jason Schreyer

Message from Canadian Commission for UNESCO

Sébastien Goupil, Secretary-General

The Canadian Commission for UNESCO is committed to working with its various networks and partners, including the City of Winnipeg and its Citizen Equity Committee, to promote UNESCO ideals and priorities. This includes our important work to protect and promote human rights, diversity, inclusion, and dignity. The Canadian Coalition of Municipalities against Racism and Discrimination (CCMARD) is our leading network to help translate these values and ideals into concrete action at the local level.



We are proud to count the City of Winnipeg as a member of CCMARD, a network composed of 73 municipalities across Canada working towards countering all forms of discrimination and achieving greater social inclusion. We also feel privileged to benefit from the insights and advice of Maria Morrison, who currently serves as the Vice-Chair of our CCMARD Advisory Committee.

By promoting intercultural understanding and inviting dialogue among citizens, the Know your Neighbours Guide directly contributes to the advancement of the values we promote alongside our civil society and government partners. It also offers a unique platform to support reconciliation efforts between Indigenous and non-Indigenous peoples, which is one of our main priorities.

On behalf of the Canadian Commission for UNESCO, I applaud the work of the City of Winnipeg and its Citizen Equity Committee for their ongoing efforts towards building more inclusive and peaceful communities. I am convinced that this new Guide will serve as a source of inspiration and mobilize others to act in Canada and abroad.

Sébastien Goupil, Secretary-General
Canadian Commission for UNESCO



Researched by Maria Morrison

Citizen Equity Committee Coordinator

The Citizen Equity Committee has worked hard to create and update a guide to assist Winnipeggers obtain a better understanding of our diversity and how our differences contribute to the strength of our city. We recognize the Indigenous people that have always been here, in the traditional lands of the Anishinaabe, Cree and Dakota as well as the Birthplace of the Métis Nation and the Heart of the Métis Homeland. This book is about all Winnipeggers here today - the people, relationships, building knowledge and connections. My hope is that this book will provide a spark of interest that will empower you to start a conversation with your neighbour.

Research

Cultural organizations, groups or individuals were contacted and asked to submit information for the purpose of sharing their culture with their neighbours in Winnipeg. Some groups were unable to provide any information and we hope to add them in to a future edition. Out of 80 cultural groups that I requested information from, the new 2018 Edition includes 64 cultural groups.

Chapters are organized mostly by continent and alphabetically by ethnic origin. Groups with a population of 500 or more are included in this book based on the Statistics Canada, 2016 Census of Population - Ethnic Origin. (<https://bit.ly/2MhxZUJ>) The demographic chart is found at the end of the book.

We recognize that not every individual within a cultural group will identify with what is written which is why we have only included information that was submitted by each individual group. We wanted to provide a starting point for you to find out more about the people in your neighbourhood.

We apologize for any errors and omissions. You may contact me at mmorrison@winnipeg.ca to send comments or corrections and we can try to add them into the next edition.



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Printed 2018
City of Winnipeg, Citizen Equity Committee
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204-986-4167
www.winnipeg.ca

NORTH AMERICA



First Nations



THE WINNIPEG SCENE

Local Population: 46, 015

Thunderbird House on Main Street is a popular gathering place for many ceremonies and services.

Significant Days:

Solstices: June 21st and December 21st

Equinoxes: March 20th and September 23rd

Popular Foods:

Bannock, Fried Bread, Wild Rice, Moose/Deer Meat, Strawberries, Blueberries, Pickerel, and Corn

Local Newspapers:

Weetamah
First Perspective
Grassroots News
First Nations Voice
First Nations Drum

Local Radio:

NCI 105.5 FM

Winnipeg has been a meeting place and home to different indigenous people for thousands of years. The First Nations that traditionally called this land home are the Anishinaabe (Ojibway), Cree, (Inninee), Dakota/Lakota and Assiniboine. Each of these nations have their own distinct cultures, language and history.

The First Nation population of Winnipeg is not broken down by distinct culture in any survey or census.

There are no specific Cree, Ojibway nor Dakota cultural groups but there are many organizations and agencies all over Winnipeg that service the Indigenous population.

Local Organizations

Assembly of Manitoba Chiefs
Southern Chiefs Organization
Aboriginal Council of Winnipeg
Southeast Resource Development Council
Dakota Ojibway Tribal Council
West Region Tribal Council
Interlake Reserves Tribal Council

Anishinaabe-Ojibwe

(historically in literature: Ojibway, Ojibwa, Saulteaux, Nakawe, Bungi, Chippewa)

Languages

Anishinaabemowin/Ojibwemowin, English

Religions and Spirituality

Traditional spiritualities: Midewiwin, Waabanoowiwin, Ogimaawiwin, and Zhaawanoogaawiwin

Modern religious affiliations: Roman Catholic and Anglican



Common Words

Thank you Miigwech

Please Daaga

Greetings

Aniin – colloquially, Hello

Boozhoo – greetings
(contraction of
Wenaboozho, Anishinaabe
culture hero)

Leisure

Fishing, rice or berry picking,
canoeing

Family Practices: Birth

Tradition: song during birth, burial of placenta to root child to earth, ceremony naming of infant, retention of umbilical cord.

Coming of Age

Both young boys and girls enter a period of isolation called a fast (refrain from food and water) with teachings provided to each regarding their roles and responsibilities as men and women.

Marriage

Paid for by both families; marriage ceremony by Elder including a feast.

Death

Cleansing of body, instructing the spirit, wake services with 4 day fire, feast, ceremony celebrating life, and burial.

**WHAT
NOT
TO DO**

Do not take pictures before, during, and after traditional ceremonies.

Always ask for permission of individuals in traditional dance regalia or in ribbon skirts/shirts before taking a picture.

Cree

Common Words

English	Cree
Thank you	kinânaskomitin
Come here	âstam
My friend	nitôtêm
Come and eat	pê-mîciso
Powwow	pwâtisimowin

Greetings

Tanisi, waciye = hello



WHAT NOT TO DO

Do not take pictures before, during or right after traditional ceremonies.

Do not ask someone their Cree name. They will tell you if they want to.

Family Practices: Birth

The placenta is buried by women in the family. The belief is that it will ground the child. A Cree name is given as well as a common name.

Coming of Age

When children were two years old, there was a coming out ceremony. Children would walk out in front of their community and people would acknowledge that the child was entering a new stage in life.

When girls begin their first moon time, her female relatives gather and give advice to the young female relative about to enter womanhood. They would also have a feast to honour her.

When boys are about 13 years old, they would hunt moose and share the meat with relatives and Elders from the community.

Marriage

In the old days, men would often present the family of their future wife with horses. Marriages were often pre-arranged. The man would have to live with his new wife's family for one year.

Death

When a Cree person dies, their clothes are often burned. People are told not to have their tears fall on the body. Before reserves, people would be laid to rest on platforms. Often, one year after death, a feast and give-away is performed.

Dakota *Oceti Sakowin, The Great Sioux Nation*



The Great Sioux Nation occupied much of the land in the following states; Montana, Nebraska, North Dakota, South Dakota and Wyoming as well as the Canadian Plains before borders were established between Canada and the United States of America. Historically, the Dakotas have had a turbulent relationship with the United States notably; The Battle of Little Bighorn and the Wounded Knee Massacre which subsequently led to many tribes settling permanently in the Eastern Canadian Woodlands and Plains where many Dakota, Lakota and Nakota people live today.

Languages:

Siouan- Dakota dialect
Dakota men and women have different 'languages' There is a "man-speak" and a "woman speak" Words and phrases vary greatly between the male and female.

Religions:

Plains Dakota believed in "Wakan Tanka" which is synonymous with the Great Spirit. Dakota cultural and teachings were believed to have come from White Buffalo Calf Woman,

who gave the Dakota a sacred pipe. Generations after generation of Dakota have appointed pipe keepers. There is some Christian faith as well.

Popular Foods

Wahanpi- wild game soup with potatoes
Wojapi- traditional wildberry soup
Aguyapi- bannock
Pasdayapi- hominy corn soup

Greetings

Hau (hello-men) Han (women)
Anpetu Waste (good day)

Leisure

Many Dakota keep culture and tradition alive by doing crafts such as beadwork, quillwork, and parfleche painting, attending ceremony and of course, wacipi (pow wow)

Family Practices: Birth

A primary Dakota concept is that children are looked after by the ancestors and choose their parents. Children are honored by their 'tiyospaye' (extended family) and sons and daughters are called by their birth order - caske (first born son) or winuna (first born daughter)

Coming of Age

There are separate ceremonies for boys and girls. The young men must learn to be in control of themselves, practicing courage, silence, reverence for natural world and love. Young women undergo a 4 day ceremony focusing on self love, respect, and reverence for the natural world. Dakota ceremony is considered very sacred and not public consumption.

Death

Traditional Dakota spirituality dictates that a loved ones passing is merely a changing of the worlds, death is not infinite. Often times grief or great loss will have a Dakota cutting their hair.

Inuit



THE WINNIPEG SCENE

Local Population: 525

Languages

Inuktitut, Inuvialuktun, Inuinnaqtun, Inuttitit

Religion: Christianity

Significant Days:

International Inuit Day:
November 7th

Nunavut Day: July 9th

Popular Foods:

Arctic Char, Caribou, Whale, muskox, seal

Local Radio:

NCI 105.5 FM

There are 59,445 Inuit living in Canada and 73% live in Inuit Nunangat, the Inuktitut term for Inuit homelands, which consist of the 4 land claim areas known as Nunavut, Nunavik, Nunatsiavut, and Inuvialuit.

Approximately 16,000 Inuit live outside Inuit Nunangat and in southern Canada. The largest urban Inuit population is found in Ottawa.

Cultural connectivity is very important for Inuit who live outside their land claim areas (southern Canada). Maintaining Inuit culture and language is vital to overall well-being for Inuit. There is a vibrant Inuit community in Winnipeg and throughout larger rural townships.

Inuit still live a subsistence life in their homelands.

History

1982 - The repatriated Constitution Act recognizes Inuit as one of the three aboriginal peoples of Canada and affirms the aboriginal rights and treaty rights of Canada's first peoples.

1984

The Inuvialuit Final Land Claim Agreement is signed.

1993

Nunavut Land Claims Agreement is signed.

1999

The Territory of Nunavut is officially created, marking the first time the map of Canada has changed since Newfoundland joined Confederation in 1949.

2002

Inuit of Nunavik sign Agreement-in-Principle on offshore claims with Governments of Nunavik, Canada and Quebec.

Atanarjuat, directed by Zacharias Kunuk, becomes the first feature film in the Inuit language. It is released worldwide to great critical and popular acclaim.

2005

ITK signs a partnership agreement with the federal government. The agreement recognizes Inuit as an Aboriginal people of Canada, acknowledges Inuit land claims agreements and commits to address social conditions in the Canadian Arctic and to involve

Inuit in policy-making concerning the Arctic.

The Nunatsiavut Government is officially established.

2007

Sheila Watt-Cloutier is the first Inuk nominated for the Nobel Peace Prize.

The Inuit language becomes the first aboriginal language to be represented in the Senate. At the urging of Senators Charlie Watt and Willie Adams, it is used in the Senate chamber and in two Senate committees.

2010

The Inuksuk represents Canada as the symbol of the Olympic Winter Games in Vancouver.

Ogimaawiwin, and Zhaawanoogaawiwin

Modern religious affiliations: Roman Catholic and Anglican

Common Words

English
Good day

Inuktitut
Ullakuut



Family Practices: Birth

Feasting and invitation of the entire community to celebrations, sewing/presentation of amauti for mother.

Coming of Age

Feasting and invitation of the entire community to celebrate, Independent hunting and learning of land skills for both men and women

Marriage

Feasting and invitation of the entire community to celebrate. Parka type wedding dress.

Métis



THE WINNIPEG SCENE

Local Population: 53,820

Languages

Michif, French, English,
Cree, Ojibwa

Religion:

Roman Catholic, Anglican

Significant Days:

Louis Riel Commemoration:
November 16th

Kissing or Shaking Hands
Day: New Years Day

Popular Foods:

Bannock, Blueberries,
Pemmican, Bison, Deer,
Moose, Geese, Duck,
Upland Game Birds,
Jackfish and Pickerel

Local Newspaper:

Le Metis insert in
Grassroots News

Local Radio: Metis Hour x 2
on NCI FM

Red River Settlement, now Winnipeg, is the Birthplace of the Métis Nation and the heart of the Métis Nation Homeland. The Manitoba Métis Community is Canada's Negotiating Partner in Confederation and the Founders of the Province of Manitoba.

Métis are referred to as Otipemisiwak - *The People Who Own Themselves*, and are also known as the *Flower Beadwork People* due to the intricate and beautiful beadwork adorning their clothing.

Many Métis wear a Sash as part of their formal or ceremonial garments. The multi-coloured Métis Sash has been both a practical piece of clothing and a symbol of Métis national identity and pride for two centuries. Since the Sash's creation, the colour red in the Sash has taken on the meaning of the Blood of Martyrs including Elzéar Goulet, Louis Riel and other Métis who died or shed blood during and following the 1869-70 Red River Resistance and the 1885 Battles at Duck Lake, Fish Creek and Batoche. Blue and White symbolize the colours of the Métis national flag, a flag with a blue background and white infinity symbol. Green signifies fertility and growth of the Prairies and prosperity for the new Métis Nation.

Black symbolizes the dark period in which the Métis people had to endure dispossession and repression by the oppressive Canadian government under Sir John A. MacDonald after 1870. Today, this hand-woven sash is worn by many Manitoba Métis Citizens at Métis celebrations and commemorations such as Louis Riel Day on November 16th and at events like the MMF Annual General Assembly.

Immigration History

The Métis Nation is an Aboriginal people recognized under S.35 of the 1982 Constitution of Canada, and identified as an Indigenous people by the Supreme Court of Canada and the United Nations. Historically, the Métis are a distinct and unique culture with their own language, customs and traditions.

Common Words

<i>English</i>	<i>Michif</i>
Hello	Taanishi, boon zhour
Thank You	Maarsii
Yes	Wii, taapway
No	Noo, nimooya
Good	Si boon, miiyaashin
Please	Sil voo play

Greetings

How are you? Taanishi kiiya
Good Afternoon Bonn apray mijii
Good Morning Boon matayn
I feel great! Mitooni ni miyaayaan
I'm fine! Ji bayn
I'm sad S'id valeur
I'm not feeling well
 Nimoo ni miyaayaan.

Leisure

Fishing, Hunting, Berry Picking,
 Jigging (Red River Jig), Fiddling,
 Square Dances

Local Organizations

Manitoba Métis Federation (MMF)
 - the official democratic and self-governing political representative promoting the political, social, cultural, and economic interests and rights of the Métis Nation's Manitoba Métis Community. In addition, the MMF delivers programs and services to the Métis community including: child and family services; justice; housing; youth; education; human resources; economic development and natural resources.

Louis Riel Institute (LRI) - the institute promotes the educational and cultural advancement of Métis people. The Louis Riel Institute is also responsible for promoting awareness of the values, culture, heritage and history of the Métis people in Manitoba.

Family Practices: Birth

The afterbirth is buried at the foot of a young cedar tree. Umbilical cord is placed in the branches of a tree (boy) or buried in a small rise (girl).

Coming of Age

After the first successful hunt by a boy, his mother would prepare a feast with the meat for family and friends.

Marriage

Boy asks girl's father for permission to marry her. The Father will take the request to the oldest woman in the household who will make the final decision.

Death

The Church Bells would ring 9 times for the death of a man and 7 times for the death of a woman. The mourning period for the surviving spouse is one and a half years in which there would be no dancing or listening to music.

An extra plate is set at the family table for the departed person on the first anniversary of their death and at all holiday meals. The departed person would receive food on their plate. After the meal is finished, the departed person's portion would either be buried in sacred ground or burned in a sacred fire.

WHAT NOT TO DO

Do not ignore the Métis during the opening remarks of celebrations and public events in Winnipeg. The Manitoba Métis appreciate the respect of an acknowledgement that the event is taking place in the Birthplace of the Métis Nation and the heart of the Métis Nation Homeland.

Anglo-Manitobans



THE WINNIPEG SCENE

Local Population: 147,565

Language: English

Religion: Mostly Christian

Significant Days:

Christmas: December 25th

Victoria Day: third Monday in May

Popular Foods:

Ketchup chips, poutine, vinegar on French fries, Slurpees, jambuster, butter tarts

Greetings:

Civil, polite and not overly affectionate in public. A hand shake of medium strength is acceptable. When lining up in a public place, Anglo-Manitobans require at least 14 inches of space and some people need more. Men and women need and protect their space, sometimes with an active signal or else with more subtle body language.

Common Slang Words

Eh – expression at the end of sentences meaning, “What do you think?”

Toque – a warm knit cap worn in winters

Hydro – electricity

Clicks – kilometres

The letter ‘Z’ – pronounced zed

Family Customs

Birth – A baby shower is held to bring gifts to the new mother and provide her with presents for the new baby. This may be held before or after the baby is born. Presents consist of everything that a baby may need.

Marriage – Prior to the wedding, a Social may be held to raise funds for an engaged couple. It is a social gathering for a large amount of people, usually held in a community centre or hall. Tickets are sold for the event that includes a cash bar, music, dancing, door prizes, silent auctions and a snack served around midnight consisting of cold cut sandwiches.

Death – A visitation or viewing is generally held at a funeral home the day or two before a funeral. Flowers are sent to the funeral home directly from a florist. People will wait in a line to pay respects and condolences to the family but generally there is no service or ceremony. The funeral is held at the funeral home or church followed by the interment in a cemetery. There is usually a light lunch served back at the church for families and friends.

WHAT NOT TO DO

A high degree of respect for public and especially for private property and space is required.

It is considered rude to clear one's throat aggressively, not wear deodorant, burp, slurp, chew with one's mouth open or spit in public.

Franco-Manitobans

St. Boniface has long been the heart of Manitoba's francophone community, although nowadays, francophones live in various neighborhoods throughout Manitoba. St. Boniface still ranks as the largest francophone community in Western Canada.

Many of the Canadian holidays and celebrations are celebrated among Franco-manitobans in the same way as English speaking Manitobans. The real difference comes down to language and historical background.

Local Organizations

Société de la francophonie manitobaine
 147, boulevard Provencher, unité 106
 Saint-Boniface (MB) R2H 0G2
 Téléphone : 204-233-4915
 Sans frais : 800-665-4443
 Télécopieur : 204-977-8551
 sfm@sfm.mb.ca
 www.sfm.mb.ca



THE WINNIPEG SCENE

Local Population: 26,125

Language: French

Religion: Traditionally Catholic

Significant Days:

Fête de la Saint-Jean-Baptiste : 24 juin

Louis-Riel Day: third Monday of February

Popular Foods:

Tourtière, Soupe aux pois, Sucre à la crème, Poutine, Caribou (fortified wine)

Local Newspaper

La Liberté, weekly French newspaper

Local Radio

Envol 91.1 FM , ICI Radio-Canada Manitoba



Mexican



THE WINNIPEG SCENE

Local Population: 1,940

Language: Spanish 93%, various Mayan, Nahuatl, and other regional indigenous languages 7%

Religion: Roman Catholic 89%, Protestant 6%, Others 5%

Significant Days:

Cinco de Mayo:
May 5 (Independence Day celebration)

Independence Day:
September 16

Day of the Dead: November
1 and 2

Popular Foods:

Mexican cuisine is centered on three national staples: tortillas, beans and chili peppers. Some popular foods include frijoles re fritos (refried beans) and posole (white corn boiled with pork).

There are a number of small Mexican arts and crafts/jewellery and restaurants at the Forks/Downtown and Osborne areas. Many settled in the River East, St. Vital and Ft. Garry areas.

Common words

<i>English</i>	<i>Spanish</i>
Friend	Amigo
Party	Fiesta
Thank You	Gracias
Beer	Cerveza

Greetings

Handshake and a nod of the head are common. Mexicans stand close to each other while talking. Mexicans are known for their passion and are usually pretty open about their emotions. Anger, happiness etc. are openly and loudly displayed. Eye contact and a smile are important. A low voice could be considered a sign of a lack of interest or boredom. Loud to medium strong voice is better received.

Family Customs

Birth – Baptism celebration

Coming of Age – Quinceañera celebration

Marriage – Large banquet receptions, where mole and rice as typical meals are served. Mole is a chocolate/chili peppers sauce.

Death: Solemn funeral

Leisure

Soccer, volleyball, baseball, bullfighting, music and dancing. Children enjoy playing loteria (similar to bingo).

Radio

A variety of Latino music programs available on 101.5 UMFM.

South American programs available on CKJS Tuesday 10:00pm – 10:30pm spanishradio@ckjs.com

Organization

Mex y can Association of Manitoba Inc.
admin@mexycan.ca www.mexycan.ca

Honorary Consulate

Mr. James (Jim) E. Downey
204-489-7794
jdshape@gmail.com

SOUTH & CENTRAL AMERICA



Barbadian



THE WINNIPEG SCENE

Local Population: 660

Language: English

Religion: Anglican (28%), Pentecostal (19%), Methodist (5%), Catholic (4%), other Christian groups (11%), Others (5%),

Significant Days:

Independence Day:
November 30

National Heroes Day:
April 28

Kadooment Day:
First Monday in August
(Climax of the annual Crop
Over Festival)

Christmas and Easter

Local Organizations:

Barbados Association of
Winnipeg Inc.
PO Box 2172
Winnipeg, MB R3C 3R5
www.bawpg.com

**What
Not to
Do**

Bajans don't like
being photographed
without permission.

Never ask a Bajan lady her
age or her salary.

The Barbados Association has been active since its inception in 1977. Small numbers are found throughout Winnipeg. Bajan night is an annual fundraising event since 1979 and is held on the third Saturday in June. Guests enjoy a fabulous Bajan dinner, dancing and, of course, good Bajan company. In addition, they host an annual Independence dinner and dance in November.

Common Words

English is spoken in Barbados. However, they say many interesting words and expressions unique to Bajans such as:

Cutter: a soft bun made into a sandwich for lunch

Get a ZR: take a mini van

Mekking sport: you are joking around and teasing

Chewpse or Stewpse: A sound made by sucking one's teeth to express disgust.

Lickmouth: one who indulges in gossip

Family

Birth: Extended family is important but the mother's role is by far the most important even though the father is considered the head of the household.

Marriage: Conventional weddings. The bride's parent takes care of the wedding arrangements.

Death: The western tradition is the norm in Barbados when it comes to death and burial.

Greetings

Barbadian men shake right-hands heartily; women hug and embrace.

Leisure

Bajans love their cricket and watching cricket is a popular place to meet friends. Dominoes is the national table game. Pitching marbles is also popular.

Popular Foods

Most Barbadian food is cooked with English and African ingredients and a dash of local spice and herbs. Steamed flying fish combined with cou-cou (corn meal with okra) is the national dish. Salted cod is a staple. Peas and rice with bake pork or stew beef is also very popular. A favorite dessert is conkies (pumpkin, raisins, coconut, sweet potatoes steamed in plantain leaves), coconut bread, pone and pound cake.

Photo courtesy of Barbados Association of Winnipeg Inc.



Chilean

The Chilean Corner Taste of South America is located at 1 Forks Market Road. Mercadito Latino, located on Sargent Avenue, is one of the stores that specializes in Chilean products. The Chilean community participated in a fundraiser to help victims of a devastating earthquake in Chile. Many settled in the Fort Garry, Downtown and also in the Point Douglas area.

Immigration History

Many Chileans came to Winnipeg after 1973 as political refugees due to the civil war in Chile. Around 20 Chilean families came in 2007 and the numbers per year continue to be small.

Common Words

English	Spanish
Good morning	Buenos Dias
Good afternoon	Buenas Tardes
Good	Bien
Hello	Hola
Yes/No	Si/No
Please	Por Favor

Greetings

A kiss on the cheek and a hug are the most common greetings among friends and family.

Family Customs

Birth – It is common for a child to have two family names in honour of their mother and father.

Leisure

Soccer, kite flying, music, arts and crafts. Rayuela, a game played mostly by men, involves throwing metal disks toward a string in an attempt to have them land on the string.

Popular Foods

Specialties include paltana reina (avocado filled with tuna or ham) and sopaipilla (flat bread made of pumpkin and flour). A common meal is cazuela (soup made with meat, beans, corn, pumpkin and potatoes). Also popular are empanadas and pastel de choclo (corn pie).



THE WINNIPEG SCENE

Local Population: 1,375

Language: Spanish (official), Mapudunsun, German and English

Religion: Catholic 70%, Protestant 15%, Evangelical 5%, Others 10%

Significant Days

Independence Day:
September 18

Local Newspaper:
Panorama Chileno
204-779-9019

Radio

South American programs available on CKJS
Saturdays 7am – 8am
spanishradio@ckjs.com

Organizations:
Winnipeg Chilean Association Inc.
892 Burrows Ave.
Winnipeg, MB

MB Chilean Association Culture Centre Inc.
1808 Main Street
Winnipeg, MB

Guyanese



THE WINNIPEG SCENE

Local Population: 6,325

Language: English

Religion: Christian faiths 50%, Hindu 35%, Islam 10%, Others 5%

Significant Days
Republic Day: February 23rd

Local Newspaper

GAM News, quarterly newsletter of the Guyanese Association of Manitoba
www.guyanamb.ca

Local Radio:

Caribbean Radio Program
Wed. 10: 10:30pm

Local Organization:

Guyanese Association of Manitoba (GAM)
info@guyanamb.ca
www.guyanamb.ca

The Guyanese community celebrates many activities together including dances, family days, winter carnivals and youth camps. An annual gala honours those in the community who have made significant contributions during the year. Many have settled in the St. Vital, Ft. Garry and Inkster areas.

Immigration History

The first Guyanese came to Winnipeg as students in the 1960s. Now, they come for employment. About 25 Guyanese per year arrive in Winnipeg. A slight population increase has occurred since the last census.

Common Words

English	Creole
Goodbye	Orevwa
Hello	Alo
No	Non
Please	Souple
Thanks	Mesi
Yes	Wi

Greetings

Guyanese talk with their hands and are very expressive. They love to illustrate what they are saying through proverbs.

Like most Latin American and Caribbean countries, once you get to know them, Guyanese people are very friendly and possess a great sense of humour. During a conversation they stand close to your face. Eye and hand contact (touching your arm/shoulders with their hands), gestures and facial expressions are very common. However, when it comes to their tone of voice it appears to be loud and they can be very direct.

Leisure

Cricket is the national sport followed by soccer. Dominoes also are popular. Men and women play the game at gatherings and in organized competitions. A card game called trump also is played frequently. Kite flying and "rounders" are widely played.

Popular Foods

The food in Guyana reflects the range of influences from different parts of the world. Staples include peppers, plantain, rice, roti, cassava, yams, and pork.



Jamaican

The Jamaican Association has been around since 1982 and has promoted the culture of Jamaica through various activities hosted at the hall of the association (JAM Hall) and other public events such as Foklarama and Reggae Soca Festival.

Immigration History

Jamaicans makes up nearly a third of all Black Canadians, who in turn are Canada's 3rd largest visible minority. Also, Jamaica has been the largest source of immigrants to Canada from the West Indies.

Common Words

Rahtid!	Really! Wow!
Likle bit	Small amount
Likle More	Some more; or see you later
Wah gwaan	What's going on; or what's up?
Mi deh yah	I am here
Pickney	Child
Irie	Everything is alright
Gyal	Girl
Bredren	Brethren, friend or colleague
Duppy	Ghost
Big up	Give respect; give props; or to say well done
Badmind	Envious

Greetings

Wah gwaan	What's going on; or what's up?
Howdy	Hi, hello; or how are you?
Mawning	Good morning
Hail	Hi or hello

Leisure

Jamaicans like to play games for fun. This practice is not only seen in children but also in adults. Examples of games played by Jamaicans are loodie, dominos, cricket and football. Jamaicans are passionate about sports, whether at the local or international level.

Popular Foods

Jerk Chicken – the most popular Jamaican dish known worldwide for its authentic Jamaican jerk flavor. Roasted over coals on top of the pimento wood.

Jerk pork – the second most popular and uses similar seasonings as the jerk chicken.



THE WINNIPEG SCENE

Local Population: 3,935

Language: English and Jamaican Patois

Religion: Christian, Rastafarianism

Significant Days

Emancipation Day August 1

Independence Day Aug 6

National Heroes Day (October 16)

Local Newspaper

Jamaica Gleaner and Jamaica Observer

The Music

Jamaicans created Reggae, and its spin-off Dancehall music which is the hardcore version of reggae and is said to have influenced the creation of Rap music

Family Practices: Birth

The navel string (umbilical cord) of a newborn may be buried and a tree planted on the spot. This tree is called the birth tree or navel string tree. It is usually a source of great pride to children as they are growing up. It also indicates an unbreakable connection with the land on which the tree is planted.

An open Bible is often placed in a newborn's crib or bed, to protect the baby and ward off evil. The Bible is usually left open at a Psalm.

A red string may be tied around a newborn's wrist, or in the hair. This is to 'run duppy' (chase ghosts away) and ward off evil.

Many parents will not cut an infant's hair before the child has started to speak. It is believed that cutting the hair will delay the start of speech.

New mothers are encouraged to stay indoors for a few days so as not to catch a 'baby cold'. It used to be customary for both mother and newborn to be isolated for eight days after birth.

Red peas (kidney beans) soup – made with salt beef and or pig tails.

Steamed fish – Scallion, pimento, pepper, thyme, bammy and sometimes carrots and potatoes are done with this dish.

Fried fish

Stewed peas – most households make this dish once per week every week.

Chicken foot soup – the feet of the chicken are cooked with pumpkin, carrots, potatoes, cho-cho, yellow yam and a packet of soup powder mix that comes in different flavors.

Curried goat – The idea of the curry is Indian but the method of making the dish is Jamaican.

Brown stewed chicken – this is most popular for Sunday dinner and served with rice and peas.

Saltfish run dung – this dish is definitely one of the most original and authentic Jamaican dishes you will find anywhere.

Ackee and saltfish – this is our national dish

Marriage

A traditional wedding in Jamaica typically involved the whole and relatives all had roles in preparing for the ceremony.

Death

The furniture in the deceased's room is rearranged and the mattress turned over to ensure that the person's spirit (duppy) will not recognize the room. When a husband dies, the widow will often sleep in red underwear, or tie a red string around her waist. Before a grave is dug, it is necessary for the diggers to have white rum on hand to pour a libation to the earth spirits before ground is broken.

Children are told never to point at graves, as this will cause their fingers to fall off. If you forget, your only hope is to bite each finger really hard.

A wake, Nine Night or Set Up, is a celebration of dancing and singing nine days after the passing of a loved one.

Family and friends gather at the dead person's home to comfort the bereaved, and to give the spirit a good send off from this world with the ninth night or the night immediately preceding the funeral being of the most importance.

WHAT NOT TO DO

Don't take pictures (photos) without asking permission, this is considered rude.

Don't talk about someone's mother when arguing with them.



Trinidadian & Tobagonian

Enjoy a Sunday afternoon by attending a cricket match at Assiniboine Park. Many of the best local players are Trinis. Trinidadians have settled throughout Winnipeg but have higher numbers in the Ft. Garry, St. Boniface and River Heights areas.

Immigration History

They first came as students in the late 1950s. The first major "wave" occurred in the 1960s while the 1970s saw the largest influx of immigrants. The population has remained the same since the last census.

Common Words

"Trinis" have their own special phrases, such as jumbie (ghost), mamaguy (make a fool of someone), make style (show off), me padna (my friend), Owah (or what)

Greetings

A common phrase of welcome is "Long time na see" (haven't seen you for a long time). "Trinidad time" refers to habitual lateness and "jus now" in practice means hours from now.

Leisure

Soccer, cricket, horse racing, netball. Trinis have a reputation for enjoying life and "liming" (passing time with friends for the sake of relaxing). Fete is their word for party.

Popular Foods

Creole dishes and East Indian dishes are the basis of Trinidad cuisine. Roti and its various forms are highly popular. Other favourites include callaloo, cocoo, pelau (a rice based dish) macaroni pie

Family

Birth: Offered up with prayer, Baptism

Marriage: Dowry (East Indian Culture)

Death: Wake

WHAT NOT TO DO

Use of profanity (referred to as 'cussing' in Trinidad and Tobago) in public places is not socially acceptable and could also result in fines or possible jail time.



THE WINNIPEG SCENE

Local Population: 2,130

Language: English

Religion: Catholic 26%, other Christians 24%, Hindu 22%, Anglican 8%, Islam 6%, None 14%

Significant Days

Independence Day: August 31st

Local Newspaper
The Communicator
(quarterly newsletter)
3 - 1100 Fife St.
Winnipeg, MB R2X 3A5

Local Radio

Caribbean programs on CKUW 95.9FM
Island Vibes Sundays
10:00 p.m. - 12:00 a.m.

Local Organization:

Trinidad and Tobago Society of Winnipeg Inc.
3 - 1100 Fife Street
Winnipeg, MB R2X 3A5

Photo courtesy Patsy Grant of Hi-Life Steel Orchestra

EUROPE



Belgian



THE WINNIPEG SCENE

Local Population: 11,820

Language: Dutch (official) 60%, French (official) 40%

Religion: Roman Catholic 75%, Protestant 23%, other 3%

Significant Days

National Holiday: July 21st-Ascension to the throne of King Leopold 1
St Nicholas Day: December 6th

Local Newspaper:

The Belgian Club Newsletter is published every second month starting in January of each year.

Local Organization:

Belgian Club
407 Provencher Boulevard
Winnipeg, MB R2H 0G9
www.belgianclub.ca

Honorary Consulate

Mr. Jean-Marie De Clercg
204-253-5389

Since 1905, The Belgian Club has been located on 407 Provencher Blvd. and has served the Belgian Community in the St. Boniface vicinity and surrounding rural areas of Manitoba. An associate membership is extended to those not of Belgian descent. There are a number of Belgium archery, folk dancing and ladies groups in Winnipeg. 2015 marks The Belgian Club's 110 years in the community!

Immigration History

First Belgians came to Manitoba in the late 1800s and early 1900s. Many came as farmers and established the early dairy industry in Manitoba. Very few have arrived in the past five years. The population has declined since the last census.

Common Words

<i>English</i>	<i>Dutch</i>
Good morning	Goede morgen
Good afternoon	Goedemiddag
Hello	Hallo
Yes/No	Ja/Nee
Please	Alstublieft
Thank you	Dankuwel

Greetings

Belgians are very formal and respectful. The typical Belgium greeting depends on how well you know the person. Hand gestures are not used much in conversation.

Leisure

Belgians are great sports enthusiasts. Cycling is the number one sport. Soccer, ballet, and pelote (similar to handball) are also popular. Families like to go out to theatres, cinemas, and restaurants.

Popular Foods

Belgians love potatoes and are fond of game meat. Popular specialties include: carbonnade (beef and beer stew), stoemp (mashed potato with one other vegetable), moule et frites (mussels and fries), charcuterie, waterzooi (stew), waffles, chocolates and beer.



Bosnian

Many of the first Bosnians to come to Winnipeg settled in the south, St. Vital and Fort Garry neighbourhoods. Many Bosnians who came to Winnipeg are Muslims.

Immigration History

Many immigrants (90% being refugees) arrived after 1992. One hundred forty-five people born in Bosnia immigrated to Winnipeg from 2001-2006. About 20 to 25 arrive annually.

Common Words

<i>English</i>	<i>Bosnian</i>
Hello	Zdravo
Goodbye	Doviđenja
Please	Molim
Thank you	Hvala

Greetings

Bosnians usually shake hands. Friends may add the kiss - one on each cheek for Bosnian Croats and three times for Bosnian Serbs. People of Bosnia and Herzegovina do not pay too much attention to personal space. Too much personal space can be viewed as distrust or an authoritarian way of dealing with people. Eye contact is important and implies honesty and good intentions. Bosnians are known as a friendly, hospitable people. In Muslim houses, it is traditional to remove one's shoes and put on a pair of slippers

Leisure

Soccer, martial arts, table tennis, handball, volleyball, water sports. Coffee drinking is a favourite Bosnian pastime and part of the culture. Bosnia and Herzegovina is the tenth country in the entire world by per capita coffee consumption

Popular Foods

Bosnian cuisine is balanced between Western and Eastern influences. The food is closely related to Turkish, Middle Eastern, and other Mediterranean cuisines. Bosnian cuisine uses many spices but usually in moderate quantities. Most dishes are light, as they are cooked in lots of water. The sauces are fully natural, consisting of little more than the natural juices of the vegetables in the dish. Typical ingredients include tomatoes, potatoes, onions, garlic, bell peppers, cucumbers, carrots, cabbage, mushrooms, spinach, courgette, dried and fresh beans, plums, milk, paprika and cream called pavlaka and kajmak.



THE WINNIPEG SCENE

Local Population: 955

Language: Bosnian, Croatian, Serbian

Religion: Islam 40%, Orthodox 31%, Roman Catholic 15%, others 14%

Significant Days

National Day: November 25th

Local Organization:

Bosnia and Herzegovina Association of Manitoba Inc.
73 Easkoak Drive, R3X 0B5
Winnipeg, MB
204-688-1861
bihassociationmb@gmail.com

Family Practices: Birth

Bosnians will choose a Kum or Kuma (female godparent) shortly after the birth of a child.

Marriage

Marriages are not arranged, and love matches are the norm. It used to be customary for a bride's parents to give the couple a specially woven dowry rug containing the couple's initials and the wedding date.

Children are expected to care for their elders.

Typical meat dishes include primarily beef and lamb. Some local specialties are ćevapi, burek, dolma, sarma, pilav (pilaf), gulaš (goulash), ajvar and a whole range of Eastern sweets. The best local wines come from Herzegovina where the climate is suitable for growing grapes. Plum or apple rakija, is also produced in Bosnia.



WHAT NOT TO DO

Since the country has three official languages (Serbian, Bosnian and Croatian), it is best to refer to the language of the country as the "local" language. It is offensive to attach the language of another ethnicity to someone who is not of that ethnicity.

It is better not to compliment someone on a piece of jewellery, or on a similar type of possession, as the person owning it may choose to give it to the admirer.



British

(from United Kingdom)

You can enjoy your favourite beverage at a number of British-style pubs/taverns in Winnipeg.

Immigration History

Even though the number of new immigrants from the United Kingdom is declining over the years, with 295 settled from 2006-2011. The population has shown an increase since the last census. The heritage is Celtic and peoples refer to themselves as English, Welsh, Scottish, Northern Irish or British. They are confident and proud of their nationality.

Common Words

English		Welsh	
Goodbye	Hwyl fawr	Good morning	Bore da
Thank you	Diolch	Welcome	Croeso

Greetings

Most greetings are with a handshake and a "hello." Canadians and UK citizens have similar preferences regarding personal space, the use of eye contact, and whether or not to touch someone while speaking to them. The only communication issues that may arise will stem from different accents, expressions, and use of vocabulary words. People in the UK like to laugh at "Canadianisms" such as calling rubbish "garbage", or a favourite, referring to trousers as "pants," pants in the UK referring only to underpants.

Leisure

Rugby, soccer, cricket, darts, snooker, theatre, arts, music

Popular Foods

Favourites include roast and Yorkshire pudding, fish and chips and shepherd's pie (lamb and veggies). Britain's largest cities such as London, Birmingham and Manchester are very multicultural and food of Indian origin such as curry is popular with Brits of all ethnic backgrounds.

Family Practices:

Coming of Age – Celebrated at age 18 often with a party with family and friends.

Marriage – Overseas trips for Hen Nights for the bride and her friends and Stag Parties for the bridegroom and his friends are increasingly common, as are destination weddings.

WHAT NOT TO DO

Rudeness is not tolerated in the UK and great importance is placed on being polite and friendly at all times, even under stress. Outbursts of anger are very uncommon.



THE WINNIPEG SCENE

Local Population:
14,445 British Isles
147,565 English

Language: English, Welsh, Scottish form of Gaelic.

Religion Christian (Anglican, Roman Catholic, Presbyterian, Methodist, other non-conformists) 71.6%, Muslim 2.7%, Hindu 1%, others 1.6%, unspecified and none 23.1%.

Significant Days

St David's Day (Wales National Day): March 1

St Andrew's Day (Scottish National Day): Nov 30

St George's Day (English National Day): April 23

Local Organization:
Winnipeg Welsh Society established in 1892

St Andrew's Society of Winnipeg (Scottish)

Scottish Gentlemen's Club



Croatian



THE WINNIPEG SCENE

Local Population: 2,435

Language: Croatian 96.1%, Serbian 1%, others 2.9%.

Religion: Roman Catholic 87.8%, Orthodox 4.4%, Muslim 1.3%, other Christian 0.4%, others 0.9%, none 5.2%

Significant Days

Independence Day: June 25th

Local Organization:

Croatian Community Centre
22 Skazyk Road
Lockport, MB R1A 3K7
www.winnipegcroatia.com

Soccer is a vital component of Croatian culture. The Croatian community has a senior soccer club called Winnipeg Croatian Soccer Club that was established in 1972. The majority of Croatians in Winnipeg live in the Seven Oaks area. The Croatian Catholic church on Main Street was built by members and opened in 1974.

Immigration History

The first Croatians immigrated to Winnipeg after World War II and then another major group came after 1990 when violent ethnic conflicts arose in the region. 195 people born in Croatia immigrated to Winnipeg from 2001-2006. Very few arrived from 2006-2011. There was a slight decrease in population since the last census.

Common Words

English	Croatian
Hello	Zbravo
Goodbye	Zbogom
Please	Molim
Thank you	Hvala
Welcome	Dobro dosi

Greetings

When friends and relatives meet, they embrace and kiss each other on both cheeks. Regular eye contact should be maintained, and a refusal to make eye contact would be regarded as a sign that you do not care for that person.

Leisure

Nogomet (soccer), basketball, handball, table tennis, chess, water polo, tennis..

Popular Foods

Popular dishes made with chicken, beef, fish, pork and lamb are common. Roasted meats, bean stew, sarma (stuffed cabbage), burek (meat pie) regovska pita (nine-layer pie), and struki (sweet cheese strudel) are also common. Wine and beer often are served with meals.



Czech

Immigration History

The first Czech who came to Manitoba was Wenceslaus Hallama. He settled on a farm in Grande Point in 1891 and his descendants still live in the area. Early immigration was sporadic, generally for economic reasons with three distinct strong "waves" for political reasons: 1938 as a result of German occupation; 1948 with the establishment of a Soviet controlled communist regime, and in 1968 because of the Russian military invasion.

Common Words

English	Czech
Thank You	Děkuji
Good Day	Dobrý den
Good Evening	Dobrý večer
Hello	Nazdar

Greetings

It is customary to shake hands with both men and women when greeting them. There are set rules for initiating a handshake. For example, it is expected that one should wait until an older person or a woman offers a handshake. In a familiar setting it may be customary that men and women will give each other a hug and/or kiss on each cheek

Leisure

Czechs lead a very active life in sports and culture. For their relatively small population many of their athletes reach world record levels in a variety of disciplines like tennis, skiing, hockey, soccer, figure skating, water sports and field athletics. Opera, ballet, live theatre, music of all sorts and current and classic literature are all a national passion.

Popular Foods

Vepřo + Kendlo + Zelo - Pork roast + dumplings + cabbage; Zelňačka (Cabbage Soup); Koláče (a variety of small cakes filled with plum jam or cottage cheese).



THE WINNIPEG SCENE

Local Population: 3,140

Language: Czech

Religion: Roman Catholic 26.8%, Protestant 2.1%, others 3.3%, unspecified 8.8%, unaffiliated 59%

Significant Days

Independence Day:
October 28

Local Newspaper
CCBA is called Ríčka,
CSAC publishes Pramen.

Local Organizations:

Canadian Czech-Slovak
Benevolent Association
(CCBA)
154 McKenzie Street,
Winnipeg, Manitoba
204-589-7483

Czech and Slovak
Association of Canada
(CSAC) Winnipeg Branch
P.O. Box 1732
Winnipeg, Manitoba
R3C 2Z9
winnipeg@cssk.ca

Czech continued

WHAT NOT TO DO

Traditionally Czechs have a strong sense of etiquette. Coughing or yawning without covering your mouth, spitting in public, littering, chewing gum when talking or not offering a seat to an older person or woman on public transit, or putting your dirty shoes on a public transportation seat are considered impolite. Don't forget to behave with a special courtesy to women. If you're a man, do not wear head covering indoor especially while eating. Jeans, shorts, runners and checkered shirts are frowned upon at a concert hall as is eating during any such performance.



Family Practices: Birth

Birth takes place at hospitals. The baby is named shortly after and is registered before leaving the hospital. Gifts are given by family and friends to the baby upon the first visit or on Baptism Day.

Coming of Age

The difference in education systems means youth decide earlier on their future career. A decision whether the child is to follow academic route or get trained in a trade is usually made by the age of 15. Trades then get additional education combined with practical work for additional 3 years to become a tradesperson. Education is highly valued and respected. The religious ceremonies such as confirmation closely resemble the Canadian ways.

Marriage

Marriage ceremonies are similar to those in Canada, however many only have state ceremony, while others have a religious ceremony as well. The reception follows at a favourite restaurant. The practice of the newlywed couple to go on a honeymoon is getting more popular.

Death

A formal hard copy death announcement is prepared and distributed to extended family and friends. The funeral is usually within few days after the passing. The burial is either into the ground at a cemetery or by cremation. In either case, the graves are frequently visited and meticulously maintained with live flowers and candles.



Danish

Languages

Danish, Faroese, Greenlandic (an Inuit dialect), German. English is the predominant second language.

Religion:

Evangelical Lutheran 95%, other Protestant and Roman Catholic 3%, Muslim 2%

Significant Days

Hans Christian Andersen Day: April 2nd

Local Newspaper

CCBA is called Říčka, CSAC publishes Pramen.

Local Organizations:

Danish Canadian Club
c/o Scandinavian Cultural Centre
764 Erin Street
Winnipeg, Manitoba
R3G 2W4
www.scandinaviancentre.ca



THE WINNIPEG SCENE

Local Population: 4,930

Dutch, Nederland



THE WINNIPEG SCENE

Local Population: 30,460

Language: Dutch (official),
Frisian (official)

Religion: Christian 50%,
Islam 6%, others 2%,
unaffiliated 42%

Significant Days

King's Day: April 27th
Liberation Day: May 5th
Sinterklaas Day: Dec. 5

Leisure: Sailing, gardening,
fishing, soccer and, of
course, bicycling, speed
skating.

Local Organizations:

Dutch Canadian Society of
Manitoba
P.O. Box. 525
Winnipeg, Mb
Facebook: Dutch Canadian
Society of Manitoba

Honorary Consulate
Virginie de Visscher

The Dutch have settled in all parts of Winnipeg but their numbers are more significant in the River East, Ft. Garry, St. James and River Heights areas. Achievements by the Dutch in Winnipeg include Market Gardens, the Floodway design, Portage Diversion Development, Leo Mol Sculptures in the English Gardens at Assiniboine Park, and the Bake Oven Dutch store in North Kildonan.

Immigration History

Although most of the Dutch immigrated to Winnipeg after World War II, Winnipeg has been home to a Dutch community since 1893. A segment of the Dutch community instituted in 1907 the Christian Reformed Church of which there are several locations now as well as Canadian Reformed and United Reformed.

Common Words

Good	Goed	Please	Alstublieft
Good bye	Tot ziens	Thank you	Dank u
Good morning	Goedemorgen	Yes	Ja
No	Nee	Welcome	Welkom

Greetings

Acquaintances salute each other and say hello, goede morgen, goeie or goeie avond. Good friends hug and exchange kisses on alternating cheeks three times. Public displays of affection are acceptable, such as holding hands, kissing and respectful affectionate gestures. People in same-sex relationships can feel similarly comfortable with affectionate displays in public.

Popular Foods

Dutch foods are traditionally potatoes, meat and vegetables. Consumption of cheese and other dairy products are high. Some dishes are poffertjes (soft puffed pancakes), pea soup, and kroket (deep fried sausage-shaped). salted herring, smoked eel, rijst tafel (Indonesian fare).

Family Practices:

Birth – Eat Dutch (rusks) biscuits with butter and sugar or cheese at a celebration of a birth.

Coming of Age – Drink Heineken at the age of 16. Also the age of 50 is a big celebration with a character called Father Abraham.

Marriage – Marriages are performed at city hall, with a religious service following, if the couple wishes. Also wedding rings are worn on different hands depending on religion.

WHAT NOT TO DO

Leave your wooden shoes outside. Outside footwear is not worn indoors. Some people who wear wooden shoes (mostly on the farm) wear a slipper in the wooden shoe for indoor use.



Finnish

The Finnish Canadian Club participates in hosting Sunday brunches at the Scandinavian Centre. Since 1970, when Folklorama began, we have been part of the Scandinavian Pavilion. We celebrate Finland's Independence Day and provide Finnish languages classes at the Scandinavian Centre.

The sauna is a big part of Finnish culture and national identity. Many Finns in Manitoba have a sauna in their home and/or at the cottage.

Immigration History

During the late 1890s, Finnish immigrants chose to homestead in the areas of Whitemouth, Elma, Lac du Bonnet, Newcombe, Riverland, Pinawa Bay, Lee River, and Pointe du Bois. Many worked in lumber camps and mines as well as building the CPR railways across the prairies.

Between 1925 – 1932, the Finnish population of Winnipeg reached 300 but by 1946 the census indicated there were only 130 Finns in the city. Another wave of Finnish immigration to Winnipeg arrived after the Second World War during the years of 1948 - 1961. The Finnish-Canadian Club was officially formed during the early 1950's by these immigrant Finns.

Common Words

Thank You	Kiitos
I don't understand	En ymmärrä
Excuse Me	Anteeksi
Welcome	Tervetuloa
Hello	Hei, moi or terve
Good Morning	Hyvää huomenta or Hyvää aamupäivää
Good Afternoon	Hyvää iltapäivää
Good Evening	Hyvää iltaa
Nice to meet you	Hauska tavata

Leisure

Hockey, winter sports, watching Formula One races, hiking, Nordic walking and cottage life.

Popular Foods

Karjalanpiirakka or Karelian pasties served with egg butter; Pulla, a braided Finnish coffee bread with cardamon; Graavilohi, raw salmon cured in salt, sugar and dill; Lettu, a thin Finnish style pancake. Näkkileipä, flatbread /unleavened crisp bread.

WHAT NOT TO DO

Public display of strong emotions, all kinds of them, are not well received, and is not considered good manners. Young people are less constrained in this respect, but public loud outbursts are looked upon as bad manners.



THE WINNIPEG SCENE

Local Population: 2,735

Languages: Finnish 92% (official), Swedish 5.6% (official), other 2.4%, Sami, Russian.

Significant Days

Suomen Itsenäisyyspäivä – Finland's Independence Day, December 6 (1917)

Local Newspaper

The Viking Times newsletter, 6 times year.

Local Organizations:

Finnish Canadian Club
c/o Scandinavian Cultural Centre
764 Erin Street Winnipeg,
Manitoba R3G 2W4
Telephone: 204-774-8047
www.scandinaviancentre.ca
finnishcanadianclub@gmail.com

Honorary Consulate of

Finland for Manitoba
Mr. Heikki Sairanen
sairanen@mymts.net
(204) 837-6466

German



THE WINNIPEG SCENE

Local Population: 123,970

Language: German

Religion: Protestant 34%, Roman Catholic 34%, Islam 4%, others 28%

Significant Day: Unity Day: October 3rd

Leisure: Sailing, gardening, fishing, soccer and, of course, bicycling, speed skating.

Local Organizations:

German Society of
Winnipeg
285 Flora Avenue
Winnipeg, MB R2W 5H7
204-589-7724
www.gswmb.ca

German-Canadian
Congress (MB)
Unit 58 – 81 Garry Street
Winnipeg, MB R3C 4J9
www.gccmb.ca
Honorary Consulate
Mr. Paul Kammerlock
204-475-3088

River East (North and East Kildonan) has a large population of Germans. For a list of German businesses please see the German Canadian Congress website. The German community choir and brass band is known for its high quality performances in Winnipeg and throughout Canada.

Immigration History

The first settlers came to Winnipeg about 150 years ago. Germany Society founded in 1892 by nine Germans. 537 Germans settled in Manitoba in 2011 (mostly in southern Manitoba). There was a slight decrease in population since the last census.

Common Words

English	German
Good morning	Guten Morgen
Good night	Gute nacht
Hello	Hallo
Yes/No	Ja/Nein
Please	Bitte
Thanks	Danke

Greetings

Greeting is with a "guten tag" meaning hello. A man waits for a woman to extend her hand before shaking it. Always be on time as punctuality means honesty.

Leisure

German's love their sports such as soccer, auto racing, swimming as well as the arts.

Popular Foods

A German meal is commonly made up by an appetizer (Vorspeise), a soup (suppe), and a main course (hauptspeise) with one or two either raw or cooked side dishes (beilagen). After-meal treats are called "nachtspeise" or dessert. Typical foods: sausages, dumplings, goulash soup, Wiener schnitzel, German meatballs, torte or kuchen (cake). Germans prefer drinks without ice, as cold drinks are considered unhealthy.

WHAT NOT TO DO

People almost always make eye contact when greeting and conversing. Looking away from a person when addressing them will be frowned upon. Touching people you've just met is rarely done.



Greek (Hellenic)

Even though the Greek population in Winnipeg is relatively small, it is well represented in most of the professions and businesses. Winnipeg is blessed with many outstanding Greek restaurants and delis. There are about 30 Greek restaurants in Winnipeg. The Ladies of Philoptochos and the AHEPA Family of organizations support many and varied charities throughout the year and offer scholarships. A majority of Greeks settled in the Assiniboine South, St. James and River Heights areas.

Immigration History

The first Greeks came to Winnipeg in 1898 and the first Greek organization was established in 1912. Many Greeks came to Winnipeg in the late 1940s and 1950s. New immigrants from Greece and Cyprus started arriving in 2013.

Common Words

<i>English</i>	<i>Greek</i>		
Good	Kala		
Good evening	Kalispera	Please	Parakalo
Good morning	Kalimera	Thanks	Efharisto
Hello	Geia sou	Yes	Nai
		No	Ohi

Greetings

Greeks hug and kiss, stay close together and physical contact is more important than eye contact in establishing a rapport. It is best to avoid an open palm hand gesture directed at someone's face, as this is an insult. Winking is often a simple friendly gesture.

Leisure

Soccer is the most important national sport. Greeks also enjoy backgammon, music and dancing, and socializing with others.

Popular Foods

Breads, olive oil, and wine are the building blocks of Greek cooked foods; favourites include calamari (squid), gyros (doner), spanakopita (spinach pie), tyropita (cheese pie), souvlaki (skewered meat), and souvla (spit-roasted meat). It is impolite to leave food on the plate. Everyday dishes include such items as moussaka, bean soup, eggplant, green beans, stuffed tomatoes, and pasta.

Family Practices: Birth – Common wish “Na sas zesi”- long life to your newborn.

Marriage – Common wish “Na zesete” - long life to both of you.

Death – Common greeting to bereaving family “Zoe se sas” - long life to you and yours.

WHAT NOT TO DO

“Hellenic” is more genuine than “Greek”. Greeks call themselves “Hellenes”, their country “Hellas” and their language “Hellenic”. The expression “It’s all Greek to me” has a negative connotation.



THE WINNIPEG SCENE

Local Population: 3,550

Languages: Greek (Hellenic; official) English, Italian, German and French

Religions: Greek Orthodox 98%, Muslim 1%, others 1%

Significant Days

Independence Day: March 25th
“OXI Day” October 28th

Local Newspaper

The Greek Community, a bulletin - includes the St. Demetrios Greek Orthodox Church and the Manitoba Hellenic Cultural Centre

Local Organizations:

Ladies Philoptochos
AHEPA and Daughters of Penelope
Hellenic Professional Association of Manitoba.
2255 Grant Avenue
Winnipeg, MB R3P 0S2

Hungarian



THE WINNIPEG SCENE

Local Population: 7,010

Language: Hungarian 94%, others 6%

Religion: Roman Catholic 52%, Calvinist 16%, Lutheran 3%, others 14%

Significant Day: St. Stephen's Day: August 20th

Local News: www.hungarianpresence.ca is a website dedicated to the Hungarian experience in Canada.

Local Radio: Hungarian programs available on CKJS Tuesday 6:30pm – 7:30pm

Local Organizations:
Hungarian Canadian Cultural Society of Manitoba Inc.
443 Selkirk Avenue
Winnipeg, MB R2W 2M4
204-582-0682

Honorary Consulate
Mr. Tamas (Thomas) Frohlinger
204-956-0490

The Hungarian United Church, founded in 1906, and St. Antony of Padua Roman Catholic Parish, founded in 1964, are important institutions for Hungarians in Winnipeg. A sizable number currently live in the River East, St. Vital and St. James areas. The Karpat Hungarian Folk dancers of Winnipeg, founded in 1987, perform traditional Hungarian folkdances and songs throughout Western Canada and United States.

Immigration History

The first Hungarians arrived in Manitoba around 1886. The first significant "wave" came in the 1920s. Then the second wave came in the 1950s during the Hungarian uprising. The Hungarian population has declined since the last census.

Common Words

English	Hungarian
Good bye	Viszontlatasra or vizslat
Good morning	Jo reggelt
Hello	Hello
Please	Kerem
Thank you	Koszonom
Yes/No	Igen/Nem

Greetings

Adults use a firm handshake. People often introduce themselves by their surname first. An acceptable distance when talking may be closer than in Canada, but would also depend on how well you know the person.

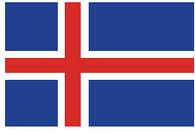
Making eye contact is considered courteous and shows that you are being direct and honest, which is very important to Hungarians.

Leisure

Soccer and water polo are the two biggest sporting activities. Hungarians like to relax during their leisure time.

Popular Foods

Hungary is known for its Goulash soup. Favourites include venison with forest berries, paprika chicken and variations of the Balatoni fogas (pike-perch) and dobostorta, a mocha and caramel cake as well as palinka (fruit brandy). It is impolite to leave food on the plate.



Icelandic

Immigration History

First Icelanders settled in Winnipeg around 1875 and most settled in Gimli and surrounding areas. Many Icelanders live outside of Winnipeg. The Icelandic population in Winnipeg has declined since the last census.

Common Words

English	Icelandic
Good bye	Bless
Hello	Halló
No	Nei
Please	Vinsamlegast, takk
Thank you	Takk
Yes	Ja

Greetings

A typical greeting would be "godan dag," which means "good morning," and a handshake.

Leisure

Soccer, swimming, basketball and handball are popular, as are chess, bridge, skiing, trail walking and horseback riding.

Popular Foods

Fish, lamb and skyr (a dish similar to yogurt) are very popular. Icelandic pancakes called pönnukökur are thin and delicate. Fruits and vegetables grown in greenhouses include grapes, bananas, tomatoes, beans, etc.

Consulate General of Iceland in Winnipeg

Hjálmar W. Hannesson
204-284-1535
iceland.is/ca/win

Icelandic Canadian Frón
c/o Scandinavian Cultural Centre
764 Erin Street
Winnipeg, Manitoba
R3G 2W4
Telephone: 204-774 8047
Fax: 204-772 1019
www.scandinaviancentre.ca



THE WINNIPEG SCENE

Local Population: 18.175

Languages: Icelandic, English, Nordic languages, German.

Religion: Evangelical Lutherans 81%, Protestants 4%, Roman Catholics 2%, others 7%

Significant Days

Independence Day: June 17th

Local Newspaper
Icelandic Connection Journal
PO Box 1156, Gimli, MB
R0C 1B0 www.icecon.ca

Lögberg-Heimskringla Inc.
508-283 Portage Ave
Winnipeg, MB R3B 2B5
www.lh-inc.ca

Local Organizations:

Gimli Icelandic Canadian Society Box 1979, Gimli, MB R0C 1B0
www.inlofna.org/Gimli/index.html

Irish



THE WINNIPEG SCENE

Local Population: 97,440

Language: English, Irish (Gaelic) (both official)

Religion: Republic of Ireland: Roman Catholic 80+%, Church of Ireland 5%, others 4%; N. Ireland: Protestant 80+%, Roman Catholic 10%, others 10%

Significant Day: St. Patrick's Day: March 17th
Easter Monday - National Memorial Day Irish

Local Radio: Irish programs on CKJS 810 am radio. Sunday 9:00 am – 10:00 am

Local Organizations:
The Irish Association of Manitoba, Founded 1972
654 Erin Street
Winnipeg, Manitoba
R3G 2V9 204-772-9830
info@irishassociation.ca

Honorary Irish Consulate
Mr. Aidan J. O'Brien
204-452-9301
aobrien@mymts.net

Some Irish immigrated to Winnipeg and Manitoba following the Irish Potato Famine, late 1840s. Larger immigration mostly N. Ireland before and after WW1. Repeated in 1950's following WW2. Last general Irish influx during middle to late 1960's.

Common Words

English	Irish
Sunday	De Domhnaigh
Monday	De Luain
Tuesday	De Mairt
Wednesday	De Ceadaoin
Thursday	Deardaoin
Friday	De haoine

What some may see as rough or vulgar 'bad language' is very commonly used by Irish people. While usually not intended to be offensive it's often mixed with story telling and/or slugging etc. Especially between those who know each other well.

Greetings

People shake hands as a greeting and when leaving.

Leisure

Traditional National sports include Hurling or Camogie (field hockey - female version), Gaelic football, road bowling. Golf, Rugby and Soccer very popular. The Irish love to gather in pubs to exchange stories.

Popular Foods

Traditional Irish dishes: Primarily based on meat and fish, potatoes and vegetables. Lamb widely popular also used to make Irish stew. Traditional baked Brown Bread and Soda Bread very popular.

Slugging

WHAT NOT TO DO

Both in England and Ireland, the "V for victory sign" with the palm facing inward is the equivalent of the middle finger in North America. Also, rather than pointing with a finger, many Irish may nod or jerk their head or chin in the direction of the item being discussed.

Irish people detest phoney stage Irish speech / accents and characterizations.

It's commonly held that "the more I insult you the more I like you". 'Slagging': trading insults and teasing is typical. It works on the basis that it's meant to reflect the strength of relationship between those engaged in it and is not meant to be perceived negatively. To visitors, such jokes at someone else's expense may seem over-personal or harsh. If ever at the other end of a slagging match, you will earn immense respect if you try to give as good as you get, while remaining in good spirits and not taking it personally.

Family Practices: Birth

Church christenings are generally notable by large family & friends gatherings. Strong cultural linkage on selection of Irish Christian family names for babies.

Coming of Age

Family & friends Party time!

Marriage

Ladies wear hats and new outfits. Men always wear suits. Hotel receptions after church marriage service.

Death

Pre-Funeral Service Wake often held over two days at family home with friends and family visiting. Lots of food and drinks.

Italian



THE WINNIPEG SCENE

Local Population: 19,435

Language: Italian (official)

Religion: Catholic 87%,
Others 4%, None 9%

Significant Day: Republic
Day: June 2nd

Local Newspaper
Il Nuovo Sole
1055 Wilkes Avenue
Caboto Centre
Winnipeg, MB R3P 2L7

Local Organizations:
Italian Canadian League of
Manitoba Inc.
1055 Wilkes Avenue
Winnipeg, MB R3P 2L7
204-487-4597

Honorary Consul of Italy
Mr. Stanislao Carbone
204-488-8745
mr.carbone@shaw.ca

In the 80s and 90s, Little Italy, located on Corydon Avenue between Stafford Street and Pembina Highway, used to be a popular district with many Italian boutiques and restaurants. However, this has gradually changed as the younger generation pursued different careers.

Immigration History

Immigration started in 1870s. By 1920, an Italian community began to emerge in the West End and by 1941 there were 1,664 living in Manitoba. The Italian population increased significantly in the 1950s and 1960s. Recently, since the European financial crisis, there has been a moderate influx of young Italian immigrants in the professional fields.

George Barone was known as the "Father of Community Monuments" in Manitoba. He was responsible for six, including The White Horse (St. Francis Xavier), Viking (Gimli), Turtle (Boissevain), Skier (Mc Creary), Camel (Glenboro), and Sharp Tailed Grouse (Ashern).

Common Words

<i>English</i>	<i>Italian</i>
Excuse me	Mi scusi
No	No
Please	Per Favore
Thank You	Grazie
Welcome	Benvenuti
Yes	Si
Greetings	Buon giorno, Buona sera

Greetings

Guests are always introduced first. The handshake is the most common greeting. Also, some traditionalists will still offer a kiss on both cheeks.

Leisure

Soccer, cycling, bocce, car racing and tombola (a form of bingo). The Italians love to play card games such as briscola and scopa, cook and garden. Many Italians like to make preserves in the fall, such as tomato sauce, olives, pesto. They still make their own cheese and homemade salamis, as well as wine.

Popular Foods

Italians eat their main meal in the middle of the day and meals are never hurried. Their pastas and wines are world famous. Although veal is a meat favourite, homemade pork sausages and seafood remain a staple in most Italian homes. Some popular foods include: pasta, ravioli, lasagne, gnocchi, prosciutto, risotto, cannoli, tiramisù and gelati.

"Most people eat to live; Italians live to eat."

"Buon appetito" is what you say before a meal.

Family Practices: Birth

The sacrament of Baptism is celebrated within months of the birth. Also, baby girls usually have their ears pierced prior so that they may wear the gold earrings they receive from their Godparents for that occasion. Gold necklace and medallions are also a traditional gift for the child.

Coming of Age

Birthday parties are held with all members of the family invited. Large meals are prepared. Alcohol is not the focus since most Italian children have been able to partake in wine at dinners and champagne at celebrations.

Marriage

Although recent times show different trends, most young adults live with their parents until marriage.

Death

Never wear red to a funeral. Families tend to support each other at this time and go to the home of the family of the deceased bringing meals for the grieving family. They will make donations for masses to be celebrated in honour of the individual that has passed. Candles are lit beside the picture of the deceased.

Norwegian



THE WINNIPEG SCENE

Local Population: 11,510

Language: Norwegian bokmal, Norwegian nynorski and Sami

Religion: Church of Norway (Protestant Christianity) 86%, other Christians 4%, Islam 2%, others 8%

Significant Day:
Constitution Day: May 17th

Local Organizations:

The Norwegian Canadian Club c/o Scandinavian Cultural Centre
764 Erin Street
Winnipeg, MB R3G 2W4
204) 774 -8047
www.scandinaviancentre.ca

Honorary Consulate
Mrs. Natalie Denesovych
204-489-1626
ndenesovych@shaw.ca

Norwegians host and celebrate a number of cultural events throughout the year. These include Syttende Mai, celebrating the annual Norwegian constitution day on May 17th; the annual lutefisk dinner every November; and Jultre, the traditional celebration of singing Christmas songs around the tree. They have settled in all parts of Winnipeg but with slightly higher population rates in the River Heights, Fort Garry and St. Vital areas.

Common Words

<i>English</i>	<i>Norwegian</i>
Hi	Hei
Good afternoon	God dag
Good evening	God aften
Thank you	Takk

Greetings

Shaking of hands as well as a hug is quite common and acceptable. They do not like being physically close with others while making conversation. Norwegians often accuse North Americans of being too fast and impatient, and eye contact is an easy way to make someone feel comfortable.

Leisure

Soccer, handball, gymnastics and most winter sports such as ski jumping are very popular. Norwegians place a high value on participating in recreational sports.

Popular Foods

Fish, meat and bread dishes are key elements of the Norwegian diet. Some popular dishes are juleribbe (pork ribs), lammestuing (lamb and cabbage stew), lutefisk (boiled cod) and smultring (doughnuts).



Polish

Poles have settled in all parts of Winnipeg with the highest numbers recorded in the River East, Seven Oaks and St. Vital areas. Two museums in Manitoba offer Polish culture, traditions or history – Ogniwo, Polish Museum Society on Main Street and Cook Creek Museum in Cooks Creek, Manitoba.

Immigration History

The first Poles arrived in the Red River settlement around 1817. In 1896 the first major wave of Polish settlers started to arrive in Canada and Manitoba. Winnipeg became the major centre for Polish immigrants until WWII. The community has since developed into a strong, vibrant cultural and economic community.

Common Words

<i>English</i>	<i>Polish</i>
Good	Dobrze
Good bye	Do Widzenia
Good evening	Dobry wieczór
Hello	Hej, cześć
No	Nie
Thank you	Dziękuję
Yes	Tak
Welcome	Witamy

Greetings

Common expressions are dzień dobry (good morning) or cześć (hello).

Leisure

Polish people are sports enthusiasts. They enjoy all types of indoor and outdoor sports, such as volleyball, soccer, handball, skating, skiing and hockey. They also enjoy music, and the arts.

Popular Foods

Rich culinary heritage with wholesome soup. Bigos, kielbasa, zrazy, pierogi (from savory to sweet fillings), zurek, and sernik are popular. Pork is more common than beef.

The Polish "Wigilia" or Christmas Eve Celebration begins when the first evening star is seen.



THE WINNIPEG SCENE

Local Population: 60,465

Languages: Polish

Religion: Roman Catholic 92%, Eastern Orthodox 2%

Significant Days

Constitution Day: May 3rd
Independence Day:
November 11th

Local Newspaper
Czas Zwiakowiec /
Polish Times Zwiakowiec
czaspol@mts.net

Local Radio
Polish programs available
on CKJS
Sunday 2:30 – 5:00pm
Radio Polonia
<http://www.thenews.pl>

Local Organizations:

Canadian Polish Congress
(MB Branch)
768 Mountain Avenue
Winnipeg, MB R2W 1L7
204-589-7878
kongres@shaw.ca
www.kpkmanitoba.ca

Polish continued

Family Practices: Birth

Catholic Poles once attached more importance to the feast day of their patron saint than to birthdays. "Imieniny" or Names Day was at one time more widely celebrated than their actual birthday.

Coming of Age

Matura is an exam that must be passed in Poland at the end of one's secondary education in order to apply for a post-secondary education.

Marriage

"Chleb i sól" or bread and salt traditionally associated with hospitality or greeting of guests is often observed on wedding days to welcome the newlyweds into the family.

Death

Prayers take place a day before interment at the cemetery. On Nov 1st Poles commemorate "All Saints Day" by visiting cemeteries and lighting up a candle for all those departed. Special prayers follow. Traditionally, Polish families will leave an extra place-setting at the Christmas dinner table for an "unexpected guest" or in memory of relatives who died during the last year.

WHAT NOT TO DO

Polish, Ukrainian and Russian cultures might be close to each other but they are not the same.

Be careful using the word "No" in conversation with a Pole. Someone could potentially think you are agreeing with them as "no" could mean the same as the slang word "yeah"

The word pole means field in Polish. Thus, Poland can be translated as the "land of fields".



Portugese

The Portuguese Association has a lovely park on Lake Manitoba, located one hour from Winnipeg on Highway Six. The areas that have the largest number of Portuguese are the Downtown, Inkster and Seven Oaks areas. www.portugueseCanadian.com has a listing of Portuguese businesses, organizations, churches etc. in Winnipeg.

Immigration History

This is a well-established and organized cultural community.

Common Words

<i>English</i>	<i>Portuguese</i>
Excuse me	Desculpe
Good	Bem
Good afternoon	Boa tarde
Good bye	Adeus
Hello	Ola
Yes/No	Sim/Nao

Greetings

They keep a reasonable distance from people with whom they are speaking. They kiss one another on the cheek when they first meet and upon subsequent meetings. Eye contact is important and not looking in someone's eyes would suggest that you are not listening or not interested in the conversation. Touching is a common part of the greeting because it shows friendship.

Leisure

Soccer, bull fighting, wine making

Popular Foods

Many dishes contain fish, especially salted cod. Other staples are: meat, rice and potatoes combined with olive oil and wine. One of the national dishes is bacalhau (dried and salted cod). A special knife and fork are used when eating fish. Portuguese enjoy drinking wine and view it as therapeutic.

Local Organizations

Portuguese Association of Manitoba
659 Young Street
Winnipeg, MB R3B 2T1 204-783-5607
www.portugueseinmanitoba.com

Casa Do Minho Portuguese Centre
1080 Wall Street
Winnipeg, MB R3E 2R9
204-772-1070



THE WINNIPEG SCENE

Local Population: 60,465

Languages: Portugese,
Mirandese is locally used

Religion: Catholic 85%,
other Christians 2%, others
13%

Significant Days

Portugal Day (also called
Camos Day): June 10th

Local Newspaper

O Mundial Portuguese
Newspaper
1148 Ellice Avenue
Winnipeg, MB R3G 0E5
204-783-7689

Local Radio

Portuguese programs on
CKJS
Sat 8:00am – 10:00am
Programa de Radio
"Voz Lusitana" [http://
radiovozlusitana.com/v2/](http://radiovozlusitana.com/v2/)

Honorary Consulate
Mr. Paulo Jorge Cabral
204-943-8941
consul.portugal@mts.net

Romanian



THE WINNIPEG SCENE

Local Population: 4,145
680 Single ethnic origin

Language: Romanian (limba română) is the official language of Romania.

Religion: Eastern Orthodox 87%, Protestants 8%, Roman Catholic 4%, others 1%

Significant Day: Unification Day: December 1st

Local Newspaper

Romanul Manitoban (ROMB) distributed via email to its members
buletinmb@gmail.com

Local Organizations:

The Romanian Society of Manitoba Inc.
47 Rockcliffe Rd., Wpg, MB
R2J 3C9 204-255-8958
rsmanitoba@gmail.com

St. Demetrios Romanian Orthodox Church
103 Furby St., Winnipeg,
MB R3C 2A4
204-775-6472
sf.dumitru.winnipeg@gmail.com

An important place of worship for Romanians in Winnipeg is the St. Demetrios Romanian Orthodox Church located on Furby Street. This was the first Orthodox Church in Western Canada to offer services in both English and Romanian. The Romanian Society of Manitoba, along with the church, keeps the community together organizing a variety of socials and supporting the Romanian Pavilion every year at Folklorama. Romanians have slightly higher population in the River Heights, Seven Oaks and Assiniboine South areas.

Immigration History

The first Romanians arrived in Manitoba as farmers mainly from Bucovina and established in Lennard and Shell Valley, Manitoba at the turn of the 20th century. Many arrived after World War II and another significant group arrived after the Romanian Revolution in 1989.

The name Romania comes from the Latin word 'Romanus', a legacy of Roman rulers who took control of ancient Dacia in 106 A.D. Romanian retains features of old Latin and also many words taken from the surrounding Slavic languages, as well as from French, Old Church Slavonic, German, Greek and Turkish.

Common Words

<i>English</i>	<i>Romanian</i>
Welcome	Bun venit
Good day/evening	Bună ziua/seara
Thank you	Mulțumesc
I'm sorry	Mă scuzi
Beer / Wine / Water	Bere / Vin / Apa
Food / Dessert	Mâncare / Desert
Goodbye	La revedere

Greetings

The acceptable amount of personal space required is much less than in North America. People shake hands up close and do not then move away. People tend to have a wandering gaze when speaking to one another. Depending on the region an informal greeting when you meet someone is "salut", "ciao" "servus" or "buna" and when you depart is "la revedere", "pa" or "ciao". Romanians often speak with passion and wave their hands about.

Leisure

Romanians are very active and engage in many sports including soccer (fotbal), tennis, gymnastics, handball, and volleyball as well as water sports. A game very similar to baseball, and called "Oina", was played in Romania long before baseball.

Popular Foods

The central characteristic of the Romanian cuisine is its variety. It is a cuisine influenced by repeated waves of different cultures: the ancient Greeks, Romans, the Saxons, who settled in southern Transylvania; the Turks, who for centuries dominated Romania; as well as Slavic and Magyar neighbours. All of these influences gradually blended into the culinary tradition. A traditional Romanian meal may include:

Appetizer – All kinds of cheeses, cold cuts and vegetable spreads.

Soup – “Ciorbă de perișoare” (meatball soup), “ciorbă țărănească ” (vegetable soup, with or without meat), “ciorbă de burtă ” (tripe soup).

Fish – “Saramură ” (grilled carp in brine), “nisetru la grătar ”(grilled Black Sea sturgeon) or “scrumbie la grătar” (grilled herring).

Entrée – “Tocaniță ” or “tochitură ” (meat stew seasoned with onions and/ or spices), “ghiveci ” (over 20 vegetables cooked in oil), “sarmale ” (pickled cabbage leaves stuffed with a mix of minced meats, rice and spices) and “mititei” (The “Wee Ones” - small skinless grilled sausages) are among the favorites.

Dessert – “Papanashi ” (cottage cheese donuts, topped with sour cream and fruit preserve), “clătite cu brânză” (crepes filled with cottage cheese, raisins and spices) and “cozonac ” (traditional holiday sweet bread filled with walnuts, poppy seeds or cream cheese).

Family Practices: Birth

Children are often named after their grandparents or their godparents when they are baptized. Often, they are given a second name that their parents are fond of and sometimes, in order for all the grandparents to be satisfied, they get a third name.

Coming of Age

An event called “majorat” meaning the child has reached maturity. Often rich parents offer expensive gifts.

Marriage

The wedding ceremony takes place in two parts: one part when the young couple gets legally married at city hall, and the second part when they go to the church and get religious married. If these events are taking place in different days, a party will always follow. One of the interesting customs at a wedding is to kidnap the bride around midnight and go to a club or a bar. Then they come back and ask the groom for a ransom, usually consisting of fine wine bottles, whiskey or just a request for the groom to make a speech to declare his love to his wife.

WHAT NOT TO DO

Romanians must not to be confused with Romani / Roma population, also known as Gypsies.

Always remember that Romania's capital city is Bucharest, not Budapest.

Don't leave leftovers on the plate if invited over for dinner, it means that you don't like the food.

Russian



THE WINNIPEG SCENE

Local Population: 29,575

Language: Russian and many minority languages

Religion: Russian Orthodox 20%, Muslim 15%, other Christian 2%

Significant Day: Russian Day: June 12th

Local Newspaper:
"Vestnik Manitoby"
("Manitoba Herald")
"Nashi v Gorode" ("Our folks in the City")

Local Radio: Russian program on CKJS Sat. 7:00am – 7:30am

Local Organizations:
Association of Russian-speaking Manitobans
495 Lindsay Street •
Winnipeg, MB R3N 1H4
204-488-4864
www.russianmanitoba.ca

One still can experience the influence of Russian culture in some North End areas of Winnipeg. The cultural centre offers dance, language classes and soccer programs. Russians typically have settled in the River East, Ft. Garry and River Heights areas.

Russians adore bell ringing. It's not just to announce church services but it also portrays emotions such as joy, sadness, and even victory. It is an art form that requires rhythm.

Immigration History

There were four main time periods when Russians emigrated from Russia. The first wave was 1905-1917. The next was after World War II. The third wave was in the early 1960s. The final wave began in 1991 with the collapse of the Soviet Union.

Leisure

Organized sports are very important. Soccer, arts and music also are highly valued.

Common Words

English	Russian		
Good	Harasho	Please	Pozhahlusta
Hello	Privet	Thank you	Spasibo
No	Nyet	Welcome	Dobro Pojalovet

Greetings

A firm handshake is the common form of greeting and parting, even between people that see each other every day. This, combined with a friendly and open greeting with good eye contact, and about the same spatial relationship as is normal in Canadian social settings, is acceptable.

Popular Foods

The top five components of a Russian meal are potatoes, bread, eggs, meat, and butter. Some popular foods are borsch, pirozhki and blini. Russians prefer tea over coffee.

Family

Birth – Many couples have only one child. Children are treasured and childhood is seen to be a very special time. Grandmothers (babushkas) play an important role in the family.

Marriage – Classical ceremony includes dresses (white for woman and black for man), guests, and presents from all guests.

WHAT NOT TO DO

It is impolite to talk with one's hands in the pockets or arms folded across the chest.

Avoid shaking hands across a doorway threshold as it is considered very bad luck.



Scottish

Scots have been in Manitoba so long their culture fed into and became part of the Canadian way of life. Day-to-day activities no longer reflect any dominant Scottish flavor, but many Winnipeg Scots celebrate their heritage in their leisure activities and on special days.

Immigration History

Scots have come to Manitoba for well over 300 years, first with the fur trade. A great migration of Highlanders began after defeat by the English at Culloden in 1746. This accelerated with the Highland Clearances and the Industrial Revolution, from latter 18th to mid-19th centuries. The Earl of Selkirk, a humanitarian concerned about displaced Scots, was a large investor with the Hudson's Bay Company fur traders. He sponsored an agricultural settlement of Scots to supply food for HBC canoes going to the undeveloped west. An advance party for the "Selkirk Settlers" arrived at the forks of the Red and Assiniboine on August 30, 1812 and by mid-18th century the Red River Settlement prospered. More waves came in the Great Depression of the 1930s and British postwar recession of the 1950s.

Common Words

Winnipeg Scots no longer use Gaelic or Scots words in day-to-day conversation but some Lowland Scots words may be familiar.

Bonnie (pretty) wee (small)

lassie (girl) a "pretty young lady"

Muckle (big/much) braw (handsome/fine/good)

laddie (boy) a "very fine-looking young man"

Auld (old) lang (long)

syne (since/then/ago) - "fond memories of long ago"

The prefix Mac or Mc before a last name, meaning "son of" (e.g. MacDonald "son of Donald")

And this Gaelic toast will be heard at Scottish events: Slainte Mhath (pronounced "slange-uh vah") "to your very good health"

Greetings

They keep a reasonable distance from people with whom they are speaking. A handshake and a "hello" is a common part of the greeting. Any other touching is not normal except among close friends. Eye contact is important and not looking in someone's eyes would suggest that you are not listening or not interested in the conversation. Touching is a common part of the greeting because it shows friendship.



THE WINNIPEG SCENE

Local Population: 126,740

Languages: English, Scottish Gaelic, Lowland Scots

Religion: Roman Catholicism in Highlands, Protestant in Lowlands. The Presbyterian Church is largely of Scottish origin.

Significant Days
 Christmas (Dec. 25)
 New Year's Eve and Day (Dec. 31-Jan. 1)
 Burns Night (Jan. 25)
 Tartan Day (April 6)
 St. Andrew's Day (Nov.30)

Local Organizations
 Manitoba Highland Dancers' Assoc.
 Royal Scottish Country Dance Society
 Scottish Assoc. of Winnipeg (Pavilion of Scotland – Folklorama)
 Scottish Gentlemen's Club
 Sons of Scotland Benevolent Assoc.
 St. Andrew's Society of Winnipeg
 Winnipeg Robert Burns Club

Scottish continued

Leisure

Winnipeg Scots enjoy all common Canadian activities, but perhaps with a preference for golf and curling (both invented in Scotland). Winnipeg hosts many competitions for Highland Dancers, pipers and pipe bands throughout the year.

Popular Foods

At Scottish events they enjoy traditional:

- **Arbroath Smokies** - smoked small haddocks
- **Atholl Brose** - a potent drink of oat water, honey and Scotch whisky often with heavy cream added
- **Black Bun** - a rich fruit cake served at Hogmanay (New Year's)
- **Haggis** - In olden times, when a sheep was slaughtered or deer hunted down, the nobles got the meat and the peasants got the organs and guts. They would chop up the heart, lungs and liver, adding chopped suet, onions, toasted oatmeal and black pepper. This would be stuffed into a sheep's stomach. The resulting giant "puddin'" (sausage) was simmered in water, then cut open and served with neeps and tatties (mashed turnips and potatoes).
- **Hearty Soups** - Cock-a-Leekie (chicken, leek, prune), Cullen Skink (haddock, potato), Hotch-Potch (lamb, crisp young vegetables), Scotch Broth (mutton, barley, vegetables)
- **Kippers** - smoked herring
- **Roastit Stirk** - roast beef
- **Scotch Eggs** - hardboiled eggs coated in pork sausage meat and breadcrumbs and deep fried

Kilts, Tartans & Bagpipes

The kilt traditionally had 9 yards of tartan cloth ("the whole 9 yards") in its deep pleats. It is the descendant of the Highlander's great kilt, a long woolen wrap serving as garment, raincoat and sleeping bag. Each family or region in Scotland has its distinctive cross-stripes and colours that form its tartan. Besides the man's kilt and necktie, it will be worn as a skirt and sash by the ladies.

The Great Highland Bagpipes are particular to Scotland. A piper often joyfully leads bride and groom from the church at weddings and a piper playing a lament is common at funerals.

WHAT NOT TO DO

Scots have a reputation for being serious, reserved, proud, stubborn and extremely frugal. Such traits form many a joke which Scots themselves enjoy telling on each other. Don't believe these stereotypes (except proud).

Don't call the kilt a skirt.

Don't call them "Scotch". Use the words Scot(s) or Scottish. Some may (mildly) protest if called Scotch, saying that's a name for whisky (yet a hundred years ago the common term was indeed "the Scotch").

Historical conflict between Scots and English can be a touchy topic for a very few Scots but in Winnipeg today it is mostly a topic of friendly humour.



Serbian

The St. Sava Serbian Orthodox church at 580 Talbot Ave is an important meeting place for all Serbs. It is place where Serbian weddings take place as well as meetings and socials. There is also a Sunday school for the youngest ones to stay in touch with Serbian language and traditions.

The church is also a host and sponsor of the Serbian Pavilion Beograd during Folklorama festival.

The Serbian Cultural Society KOLO Inc. registered in 2006 as a charitable organization. Kolo (circle) is traditional Serbian dance and thus the name of the society. The folk dance ensemble KOLO performed in Peru, Costa Rica, Columbia and in New Jersey in 2014 where they won the trophy for the best choreography. The Serbs live in all parts of the city (River Heights, Charleswood, Waverly Heights, Seven Oaks, Royalwood, Saint Vital etc.) with the largest number in East Kildonan and Elmwood.

Immigration History

The first groups of immigrants came after World War I and World War II. A third wave came after 1990.

Common Words

<i>English Serbian</i>	<i>Cyrillic</i>	<i>Serbian Latin</i>
Good day	Добар дан	Dobar dan
Goodbye	Довиђења	Dovidjenja
Good night	Лаку ноћ	Laku noć
God help	Помаже Бог	Pomaže Bog
God help you	Бог ти помогао	Bog ti pomogao
Thank you	Хвала	Hvala
Hello	Здраво	Zdravo

There is no original Serbian word that start with letter F.

Greetings

When strangers are introduced to each other, they shake hands and say their last name, followed by Drago mi je (I am pleased). If people already know each other, they shake hands or kiss (often three times on alternating cheeks) and say Zdravo (Hello) or Dobar dan (Good day). Widely popular among younger groups is the greeting Ciao (Hello), taken from Italian. In greeting someone older, the younger person must rise. Men rise when greeting women. Tetka (auntie) and čika (uncle) are reserved for older people who are not family but for whom "Mr." and "Mrs." are too formal.



THE WINNIPEG SCENE

Local Population: 1,100

Languages: Serbian 88%, (Official language and it is the only European language that uses both Cyrillic and Latin alphabets), Hungarian 4%, Bosnian 2%, Romany (Gypsy) 1%,

Religion: Serbian Orthodox 85%, Catholic 6%, Islam 3%, Protestants 1%

Significant Days

National Day: February 15th

Local Organizations

St. Sava Serbian Orthodox Church

580 Talbot Avenue
Winnipeg, MB R2L 0R6
204-663-7235

Serbian Cultural Society
"KOLO" Inc.

Mailing address:
599 Borebank Street
Winnipeg, MB R3N 1E8

info@kolo-winnipeg.ca
www.kolo-winnipeg.ca
204-477-8619

Serbian continued

WHAT NOT TO DO

It is impolite to stretch, yawn, or crack one's knuckles in public.

It is also impolite to point with the index finger.

Eye contact is valued and is expected when people are raising glasses in a toast.

It is also impolite to turn your back on someone.

Leisure

Soccer, basketball, handball, volleyball, tennis, table tennis, chess, and water polo are typical sports played by Serbs.

Popular Foods

Bread is the basis of all Serbian meals, and it plays an important role in Serbian cuisine and can be found in religious rituals. A traditional Serbian welcome is to offer bread, salt, jam and plum brandy to guests.

Serbian specialties include:

- roast pork, BBQ specialties of all type of meats, ćevapčići (skinless meat sausages), pljeskavica (meat patties),
- sarma (sour cabbage rolls),
- prebranac (baked beans with onion and spices),
- kajmak (a dairy product similar to clotted cream),
- gibanica (cheese and egg pie),
- proja (cornbread), and kačamak (corn-flour porridge).
- Famous Karadjordjeva snicla (Karadjordje's Steak) is a Serbian breaded cutlet dish named after the Serbian Prince Karadjordje. It is a rolled veal or pork steak, stuffed with kajmak, and then breaded and fried. It is served with roasted potatoes and tartar sauce.
- The most famous beverage is Rakija (plum brandy or Slivovitz), which is considered the national drink of Serbia. Wine, beer and fruit juices are widely consumed.

Family Practices: Birth

The happiest day for parents and family is when a newborn arrives. While the mother is in the hospital relaxing with new baby, the father at home is greeted with friends and family. His shirt is ripped off (old tradition) and they celebrate with some homemade drinks and food. When mother and baby arrive home, freshly roasted chicken, bread and wine is served. It is believed that the first 40 days after giving a birth, mother and child should rest and relax at home, not going anywhere. Usually, a red string is tied around a newborn's wrist to protect him/her from demons and give long and healthy life. During this period of time, presents of flowers, clothes, gold or money are given to mother and child. This time is called "Babine".

Coming of Age

18 year of age is something that marks a child entering adulthood with a big party. In Serbia, that means you can get a driver's license and start independent life.

Marriage

There are very luxurious wedding feasts at Serbian wedding with trumpeters, music, folk dancing and singing, ikebana flowers, rosemary for wedding guests and apple shooting.

Both the bride and the groom's houses are nicely decorated with flowers, balloon and ribbons. In the old days, a bride and a groom are dressed in national costumes for their big day. Nowadays, some still choose this option but trendy wedding dresses and groom tuxedos and suits are more common.

The best man, usually his best friend, is called Kum. The wedding guests are called Svatovi. The ceremony begins early in the morning and wedding guests come to the groom's house first and then altogether go to the bride's house. There, the custom known as "buying the bride" is used just for fun. The Brides man, usually the groom's brother or closest relative, buys the bride from her family and guards her until the wedding ceremony.

Apple shooting custom is still practiced in rural areas where an apple is hung in the courtyard of the bride's house on the top of a tree. The groom has to shoot the apple with the gun and only then he is allowed to enter the bride's house.

After the church ceremony, the bride throws the bouquet over her shoulder and the girl who catches it will be the next bride! The Kum (best man) throws some metal coins in front of the church to symbolize prosperity for the newlyweds.

When the married couple go home, the groom must carry the bride over the doorstep. It is believed that the spirits of ancestors are living in the doorstep protecting the household and family members. By doing this they respect their ancestors.

Death

When a person is near death, a priest is often called to say a prayer against the person's suffering and to hear their Holy Confession. The closest family members will stay by the deceased's side immediately after death for a period of 24 hours or until the body is transferred to the morgue. As a sign of respect, the deceased's partner and immediate family do not listen to music or attend celebrations for some period of time.

Amongst female mourners, black clothes may be worn for one year or for life. Men may sometimes not shave for forty days or longer and they might wear a black arm band as a sign of mourning. This helps people recognize the loss of the mourners and to offer condolence and support.

Four times throughout the year, Orthodox Serbs mark Zadušnice, which is a day to honour the dead. One such day is in early November soon after Catholics and Protestants have their own day (1 Nov.) to visit the graves of family and friends.

Slovak



THE WINNIPEG SCENE

Local Population: 1,685

Language: Slovak (official) 83.9%, Hungarian 10.7%, Roma 1.8%, Ukrainian 1%, others and unspecified 2.6%.

Religion: Roman Catholic 68.9%, Protestant 10.8%, Greek Catholic 4.1%, other and unspecified 3.2%

Significant Day: January 1, May 1, May 8, July 5, September 1, November 17, December 24

Local Newspaper: Pramen - Riečka on quarterly basis.

Local Organizations:
Canadian Czech and Slovak Benevolent Association (CCBA)
154 McKenzie Street
Winnipeg, Manitoba
R2W 5A2 204-589-7483

Winnipeg Branch of Czech and Slovak Association of Canada (CSAC)
P.O. Box 1732
Winnipeg, Manitoba
R3C 2Z9 winnipeg@cassk.ca

Immigration History

Around the year 1885, the first immigrants of Slovak origin came to Manitoba and settled in Hun's Valley, in Polonia near Minnedosa. These immigrants were mostly recruited to work for Canadian Pacific Railway. A larger influx came after World War I in the early 1920's and during 1936-1938. Many of these immigrants settled on farmland around Oak Bluff, Sanford, Dugald, Elm Grove, Dufresne, Rosewood and Komarno. Another wave arrived after WWII and included war refugees as well as those fleeing the communist takeover of 1948. Most settled in the Winnipeg area.

The last wave was sparked by the Warsaw Pact invasion of Czechoslovakia in 1968. These refugees were among the best educated to leave their homeland.

The former Czechoslovakia was comprised of two major national groups—the Czechs and the Slovaks. After the collapse of the Soviet Union and the tear-down of the Berlin Wall, on January 1, 1993 they formed politically distinct Czech and Slovak Republics. (Known as a velvet revolution). The two groups speak closely related languages and share a common ancestry rooted in the Great Moravian Kingdom of the 9th century, but since the beginning of the 10th century, the Czechs and the Slovaks have followed different paths in their historical and cultural development.

Common Words

<i>English</i>	<i>Slovak</i>
Welcome	Vítajte
Hello	Ahoj
Good Morning	Dobré ráno
Good Day	Dobrý deň
Good Evening	Dobry večer
Until we see you again	Dovidenia

Greetings

It is customary to shake hands when greeting someone and polite to wait for the older person or a woman to initiate this gesture. Official Slovak tradition, when greeting officials or dignitaries is an offering of bread and salt (chlieb a sol). It is typically presented by a young couple dressed in traditional dress (kroj).

Leisure

Music, theatre, art galleries, museum, sports of all kinds, gardening, mushroom picking, Slovaks love festivals and gatherings that highlight performances, folk music, dance, and traditional food and drinks.

Popular Foods

Bryndzové halušky (dumplings with special sheep cheese and fried bacon); Schnitzels (Pork or Veal thinly sliced cutlets) served with potatoes; Guláš (beef or pork stew); Kapustnica (Saukraut Soup); Zemiakové Placky (Potatoe Pancakes); Lángoše (salty version of beaver tales); Žemlovka (Bread pudding); Palacinky (Crepes) served as a desert or a main course depending on filling; Makový a Orechový Koláč (Poppy seed or Walnut cake);

Family Practices: Birth

Typically family and friends gather to celebrate the new baby few weeks after birth and especially on the day of baptism. Family and friends bring gifts and celebrate with lunch or brunch that goes well into afternoon hours.

Coming of Age

For Catholics, the first communion and confirmation is celebrated. One milestone in a young person's life is graduation of convocation. Congratulations are always accompanied with flowers regardless of gender and celebration with food and drinks are typical.

Marriage

Most weddings are on a smaller scale than known in Canada. Weddings are celebrated with family and friends, usually at restaurants or hotels. Honeymoon is optional.

Death

Often at time of death, a candle is lit and family and friends pray for the deceased. Traditional burial or cremation is planned by close family and it takes place at Funeral Homes or Crematoriums, often called Dom Smútku - House of Sorrow.

The majority of people wear black to the funeral out of respect. Traditionally, the closest family is mourning for up to a year, often wearing black for weeks or month after the passing of a loved one. Cemeteries are visited often and people light candles and bring fresh flowers, especially on November 1st for the celebration of all souls day. In the evening, cemeteries are lit up by the candlelight as people pray for their departed.

WHAT NOT TO DO

It is rude if a man wears a cap or a hat indoors, especially during meals. It is also rude to discuss money and ask about their specific wages. It is rude if you do not keep up drinking plum brandy or other beverage with your host. When visiting don't refuse the food you are offered, but taste the cuisine.



Slovenian



THE WINNIPEG SCENE

Local Population: 920

Language: Slovene with many distinct regional dialects.

Religion: Traditionally 95% Roman Catholic

Significant Day: June 25 Slovenian Independence Day

Local Organizations:

Canadian Slovenian Cultural Society
Our Lady of Lourdes RC Parish
Catholic Women's League
OLL Chapter

Common Words

Na Zdravje- a toast to your health

Greetings

Dober dan- Good day
Nasvidenje- Good bye
Adio has become popular for good bye in the last number of years.

Immigration History

Slovenians have been in Winnipeg since the 20's. There were only a few until after WW2. In the late 40s and early 50s, a number of families arrived in Manitoba as immigrant workers on rural farms. They soon found their way to Winnipeg to join others already there. By 1951, they had organized themselves into The Slovenski Klub od Manitoba with an initial membership of 18. There was another large wave of immigration from 1956 to 1970. Since then there have been few additions from Slovenia.

The present day organization the Canadian Slovenian Cultural Society has a membership of approximately 150 members. It sponsors the Slovenia Pavilion at Folklorama and was one of the original pavilions from 1970.

The CSCS has a hall, and kitchen facilities along with a large green space near Deacon's Corner which is used for community picnics as well private affairs. The Slovenian Roman Catholic community is served by Our Lady of Lourdes Parish, founded in 1963

Leisure

Slovenians love to hike, bike, canoe, kayak, rock climb, skiing of all kinds and just about anything else that can be done outdoors.

Indoors, Slovenia has had a significant presence internationally in Basketball, Volleyball, Hockey, and Hand Ball. Slovenia won the European Basketball Championship in 2017. After all that activity a break in a local gostilna for some fine white wine and some dried sausage and some good conversation finishes many days.

Popular Foods

Roast whole pig seasoned with garlic. Cevapcici, a mixture of ground pork and ground beef seasoned with salt, pepper, garlic and white wine then rolled into finger lengths and bbq'ed. Traditional soups are mushroom and beef with egg noodles or dumplings. For dessert, Potica, a walnut or poppy seed roll baked in a loaf. A staple of any Slovenian table.

The country has many culinary influences. The Primorska region on the west side of the country which borders the Adriatic has a decidedly Italian influence. While the central areas of the country reflect a more Germanic influence in their foods, the east region of Prekmurje menu is influenced by Hungarian flavours through its use of paprika.



Spanish

Spaniards have settled in all parts of Winnipeg with slightly higher population numbers recorded in the River East, River Heights and Seven Oaks areas.

Immigration History

While immigration numbers to Canada have never been high, there was a significant wave of immigrants from Spain in the late sixties and early seventies, some of which settled in Winnipeg. These were mostly highly skilled craftsmen and trades people.

A significant number of new arrivals settled in Manitoba (mostly in Winnipeg) in the last three years.

Common Words

English	Castilian	Catalan
Welcome	Bienvenido	Benvingat
Good morning	Buenos días	Bon dia
Good afternoon	Buenas tardes	Bona tarde
Good evening	Buenas noches	Bona nit
Goodbye	Adios	Adeu

Greetings

Spaniards like hugging and kissing. Two kisses, one on each cheek are the rule for greetings between men and women. Spanish people tend to speak louder and gesticulate a lot more than Canadians, especially with their hands. They do not mean to intimidate or offend. They are more expressive and emotional, so they like acting while speaking. Conversation is always intense and continuous. Coffee shops and bars are common venues for social interaction and conversation. They usually act out the event they are explaining or reproduce scenarios or voices.

Leisure

Soccer is the national sport. Cultural arts is extremely popular as is their love for music and gardening. Bicycling, swimming, trekking and running are becoming ever-present as physical exercise and leisure activities.

Popular Foods

Staples include fish, meat, fresh vegetables and olive oil. Spanish omelette, paella, shellfish and stews are popular. Lunch (around 2 pm) is the main meal of the day. Dinner is usually served around 10pm. and is always served with breads and cold cuts. A wide variety of seafood species and cured Spanish ham are sought-after delicacies. Other well known popular dishes are Cochinillo (roasted suckling pig), Gazpacho (cold vegetable soup from the South), Fabada (bean-based dish), Cocido (slowly cooked pork



THE WINNIPEG SCENE

Local Population: 10,700

Languages: Serbian 88%, (Official language) Castilian (74%), Catalan (17%), Galician (7%), Basque (2%)

Religion: Roman Catholic (94%), Others (6%)

Significant Days

National Day: October 12
Saint James Day (Patron Saint of Spain): July 25

Local Organizations

Spanish Club of Winnipeg Inc.
667 Selkirk Avenue
Winnipeg, MB R2W 2N4
204-586-7615
spanishclubofwinnipeg@gmail.com

Photo courtesy of Spanish Club of Winnipeg

Spanish continued

with vegetables), Butifarra (special sausages from Catalonia), Mariscada (assortment of seafood species), etc.

Spain has a long high-end culinary tradition with some of the best-rated restaurants in the world.

Family Practices: Birth

Not unlike other cultures, the last name of a child will consist of both father and mother's last name, this is often confused with having a middle name in Canada but both are in fact 2 last names.

Coming of Age

Sixteen is commonly considered to be the age of leaving childhood.

Marriage

Weddings tend to be major events, often lavish, with large numbers of invitees, held in posh locations and followed by generous gifts by the wedding guests.

The practice of maids of honor and bride-maids is not common in Spain. Often the godmother of the bride plays a significant ceremonial role in the wedding ceremony.

Traditionally weddings were always held in a church but increasing numbers of couples get married in a non-religious environment in modern times. Wedding celebrations tend to be long, noisy events running late into the night, often after the couple has already left the wedding celebration premises.

Death

Until recently the mourning of the deceased person was held in his/her residence with the constant vigil and accompaniment of family and friends for periods of 24 to 48 hours prior to interment. This is no longer the case since the appearance of funeral homes.

Cemeteries were almost invariably situated next to the parochial church.

Attendance to the vigil and interment was normally a very large affair in terms of size of crowds.

WHAT NOT TO DO

It would appear strange to a Spanish host/hostess if a guest took his/her shoes off when entering a Spanish house. It is not required or expected.

The rather late retiring at night by Canadian standards (generally not before midnight) or their late dinners at 10 or 11 pm.

The practice of "siesta" in early afternoon, while fading away in modern times is unusual for most cultures.



Swedish

The Scandinavian Centre represents the five Nordic countries: Denmark, Finland, Iceland, Norway and Sweden. The Swedish community holds a coffee night once a month that includes food and a discussion concerning some cultural aspect. Swedes have settled in all parts of Winnipeg fairly equally. However, their numbers are slightly higher in South Assiniboine, Ft. Garry and St. James.

Immigration History

Swedes started arriving in Manitoba around 1870-1880 as railroad workers, miners and construction workers. A large number of American-Swedes came after World War I. Early Swedes settled around the Logan and Main area, giving the area the nickname "Snuff Boulevard". The Swedish population has declined since the last census and very few Swedes immigrate to Winnipeg.

Common Words

<i>English</i>	<i>Swedish</i>
Goodbye	Hej da or adjö
Good morning	God morgon
Hello	Hej
Please	Varsågod or Tack – Tack is like please and thank you rolled into one
Thank You	Tack
Yes/No	Ja/Nej

Greetings

Shaking hands and saying 'hello' is quite common. Swedes do not kiss as a form of greeting. "Hup" is a non-word meaning "Let's go" or "What a shame."

Leisure

Swedes love the outdoors and being in nature. Right of public access – everyone has the right to roam freely in nature, even across land owned by someone else. A large percentage of Swedes and Canadian Swedes participate in some type of outdoor exercise activity.

Popular Foods

The famous Swedish smorgasbord is known throughout the world. The first trip to the smorgasbord always consists of herring, prepared in a variety of ways. Typical foods include Swedish meatballs, iglagd sill (salted herring), limpa bread, pancakes, toska cake (almond cake).



THE WINNIPEG SCENE

Local Population: 14,050

Languages: Swedish, small Sami- and Finnish-speaking minorities

Religion: Lutheran 87%, Roman Catholic, Orthodox, Baptist, Muslim, Jewish, Buddhist 13%

Significant Days

National Day: June 6th

Midsummer: June 24

– most typical Swedish tradition

Lucia Day: December 13th marks the unofficial launch of the Christmas (Jul)

Local Newspaper

The Viking Times

Local Organizations

Swedish Cultural Association of Manitoba
c/o Scandinavian Centre
764 Erin Avenue
Winnipeg, MB R3G 2W4
www.scandinaviancentre.ca/sweden/

Honorary Consulate

Mr. Neil Edwin Carlson

204-233-3373

ncarlson@carlson.mb.ca

Swedish continued

Midsummer Celebration

The most eagerly awaited festivity in the Swedish calendar is the Midsummer (midsommar) celebration. In Sweden, events are spread out over the Saturday and the Midsummer's Eve (Friday) between the 20 and 26 of June. The Swedish Club in Winnipeg celebrates the event on a Sunday, which is convenient for families to attend at Vasa Lund Park in Charleswood. The day starts out with the picking of the flowers and decorating of the maypole, using local wildflowers, greenery and favourite flowers from our gardens. The parade of the maypole follows, along with singing and dancing around the maypole, displays, and a traditional picnic with games and prizes. Frying pan toss, Kubb, boot toss, balloon toss are some of the games. (www.scandinaviancentre.ca/sweden/)

Family Practices: Birth

Christening ceremonies are still typical; and are mostly held in the summer.

Coming of Age

High school graduation ceremony is celebrated as a tradition. The graduating students wear a student cap and all students gather with their parents and well-wishers, and rally on roads celebrating the high school graduation ceremony.

Marriage

Church weddings are still the most popular type of marriage ceremony.

Death

Most people prefer to hold funeral ceremonies in a church.

WHAT NOT TO DO

Don't ignore people's personal space by standing too close to someone you don't know or sit close to someone on a bus if there is an open seat elsewhere.



"Lucia Day: December 13th marks the unofficial launch of the Christmas (Jul) season for Swedes"



Ukrainian

To appreciate the Ukrainian culture in Winnipeg, visit the Ukrainian Cultural and Educational Centre (184 Alexander Street). It is home to the largest collection of Ukrainian cultural and historical artifacts in North America. The Ukrainian Labour Temple, 591 Pritchard Avenue, also is recognized as an important historic site. Ukrainians have settled in all parts of Winnipeg but their numbers are slightly higher in the River East, West Kildonan, Transcona, and Point Douglas North End..

Immigration History

There are four distinct time periods of significant immigration to Winnipeg: 1891-1913, 1919-1930, 1947-1955, post 1991-present.

Common Words

<i>English</i>	<i>Ukrainian</i>
Good	Dobre
Good afternoon	Dobry dehn
Goodbye	Do Pobachenya
Good morning	Dobroho ranku
Hello	Pryvit/Vitayu
Please	Bud'laska

Greetings

Handshakes are usual. Close family and friends usually kiss both cheeks.

Leisure

Music, arts, sports, dancing, reading, embroidery and Easter Egg writing. Family and friends are very important and highly valued.

Popular Foods

Ukraine is known as the bread basket of Europe. Staples of Ukrainian cooking are potatoes, cabbage, fish, pork, beef, kovbasa (sausage), bread, fresh and pickled vegetables. Popular traditional dishes include varenyky, pyrohy, holubsti (cabbage rolls), borscht (beet soup), kasha, mushrooms and tortes. Ukrainians are known for their walnut tortes, poppy seed tortes, medivnyk (honey cake), cheesecakes, and pampushky.

Family

Birth: Sacrament and baptism gift is a gold cross and chain.

Coming of Age: Baptism, Holy Communion, Debutante Ball at age 16

Marriage: The bride and groom join their hands together with a Rushnyk – white linen towel decorated with Ukrainian embroidery used in the wedding ceremony. This symbolizes 'oneness' of the bride and groom.

Death: A traditional burial with a Divine service as well as a service after 40 days and a 1 year memorial service.



THE WINNIPEG SCENE

Local Population: 116,250

Languages: Ukrainian (official) 67%, Russian 24%, Others 9%

Religion: Eastern Orthodox Christianity 76%, Ukrainian Catholic 14%, both of the Eastern rite

Significant Days

Independence Day: Aug 24

Julian Calendar:

Christmas Eve: January 6

Christmas Day: January 7

New Year's Eve: January 13

New Year's Day: January 14

Good Friday and Easter

Local Radio

Ukrainian programs on CKJS daily

Local Organizations

Ukrainian Canadian

Congress

203-952 Main Street

Winnipeg, MB R2W 3P4

ucc@ucc.ca • www.ucc.ca

Association of United

Ukrainian Canadians

591 Pritchard Avenue •

Winnipeg, MB R2W 2K4

www.auuc.ca

Welsh



THE WINNIPEG SCENE

Local Population: 11,905

Language: Welsh and English (both official)

Religion: Christian (all major denominations), Islam, Hindu, Sikh etc. No official religion, and no established church in Wales.

Significant Day: St David's Day: March 1st and any Rugby International in Cardiff

Local Organizations:

The Welsh Society of Manitoba
Contact: Keith Davies Jones
keith@winnipegwelsh.org
204-488 0289

Greetings

Sh'mae (how are you?- south)
Sut yr ydych chi? (how are you? - north)
Be' sy'n bod? (What's up?)

Immigration History

Many Welsh came to Manitoba in early years of 20th century due to high unemployment and poor working and social conditions at home.

Common Words

English	Welsh
Fair play	Chwarae teg
Good Health	lechyd da!
That's disgusting	Ach y fi!
I love you.	Rwy'n dy garu di!
Where's the washroom?	Ble mae'r Tŷ Bach?

Leisure

Soccer, Rugby, Hiking and Mountain Climbing, Cycling, Pony Trekking, Music (especially choir), going 'down the pub' and having a few pints (beer) with friends.

Popular Foods

Fish 'n Chips, Curry

Family Practices

Birth – Traditionally, a gold coin would be given at the time of child's birth. Needless to say, this practice is not now common. Given names would often be family names, but increasingly now not so often. Welsh names usually preferred by Welsh-speaking parents - Goronwy, Llewellyn, Esyllt, Hywel, Fflur, Dyfnallt, Ffion, Eleri.

Coming of Age – At age 18 you can vote in local and parliamentary elections and can legally drink in a pub, and get a driving licence. Also, may marry without parental consent, and join the army.

Marriage – The bride's parents pay for everything. Friends and family give gifts. Hundreds of photographs are taken at great expense.

Death – More likely to be in health-care facility than at home. Deceased will be mourned by those who loved them, and those who did not will temporarily cease to speak ill of them. For those who still attended a place of worship, the funeral will be in the church or chapel, with a choir in attendance.

WHAT NOT TO DO

Never refer to anyone who is Welsh as 'English'. We are all 'British' but do not answer to 'English'.

AFRICA



Burundian



THE WINNIPEG SCENE

Local Population: 220

Language: Kirundi

**Religion: Christianity, Islam,
Animism**

Significant Day:
Christmas, Easter, New
Year's Day,
Unity Day-Feb.5
Labor Day -May 1
Independence Day -Jul 1
Rwagasore Day Oct 13
Ndadaye Day Oct 21
All Saints Day Nov.1

Local Newspapers:

Le Renouveau (The
Renewal), Iwacu

Local Organization:

Winnipeg Burundian
Community

Common Words

English

human being

death

life

descendants

parents

children

news

conversation

love

poverty

peace

Unity

Work

Development

message

Working together (supporting a neighbor to build a house or working in the field:farming) - Ikibiri

Greetings

Mwaramutse/ Muraho! (good morning)

Mwiriwe! (good afternoon/evening)

Murakomeye?(Are you O.K.?)

Amahoro (peace be with you)

Leisure

Traditional dances (drum, intore, agasimbo, umuyebe, umutsibo, tradition instruments music (inanga, umuduri, ikembe), soccer. Story telling by parents and grandparents to the children around the fire in the evening time. Music with traditional instruments

Popular Foods

Beans, sweet potatoes, cassava, banana, cereals, legumes, vegetables

Kirundi

Umuntu

urupfu

ubuzima

uruvyaro

abavyeyi

abana

inkuru

ikiyago

urukundo

ubukene

amahoro

Ubumwe

Ibikorwa

Amajambere

ubutumwa

Family Practices: Birth

One month after the birth of a baby, a ceremony is organized to allow the mother to resume work. Special ritual ceremonies are performed by elder mothers (kwereka umwana uburundi: showing the baby his/her country). At this occasion, the child's name is publicly announced. The household care is done by family members during this time. Gifts are provided: non-easily perishable food, local beer and wine.

Coming of Age

The young man is given a piece of land that he takes care of and on which he starts building his own house. He was given a pear to participate in hunting so that he becomes more mature preparing himself to get ready for marriage. After that, he is able to sit with elders and participate in the conversation. The girl is given long dresses and is prepared by mothers on how to respect and take care of her husband and live in harmony with the groom's family and neighbor.

Marriage

Agreement and choice were done by aunts and parents after the groom's family has offered dowry (cows mainly). The bride was brought to the groom during night. Marriage is now a very big colorful event that bring in financial contributions from friends and family members. The Groom and the Bride join efforts to make it a success after the groom's family pays dowry (one or two cows or equivalent money)

Death

It is feared by everyone. A good number of Burundians still try to explain death as a curse, malediction. One to two weeks temporal mourning . There is lots of moral support provided by extended family members and neighbors day and night) before the family resumes work. All family members cut their hair bald. A big event is organized after one year for married adults, and after two weeks for single youth.

WHAT NOT TO DO

Never refuse to shake a hand that is offered or to respond to a greeting.

Don't interrupt others' conversations.

Don't talk with food in your mouth.

Don't jump over the legs of someone who is sitting

Don't reverse a decision given by community senior elders.

Don't walk around in a standing position when people are having their meal.



Congolese



THE WINNIPEG SCENE

Local Population: 1,545

Language: French (official), Lingala, Swahili, Kikongo, Tshiluba

Religion: Roman Catholic 50%, Protestant 20%, Kimbanguist 10%, Islam 10%, Indigenous beliefs 10%

Significant Day:

Independence Day: June 30

Local Radio:

Generic African programs on CKJS Sunday 10:30pm – Midnight

Local Organization:

Congolese Community of MB Inc.
www.acomi.ca (African Community of Manitoba Inc.) Community

The majority of Congolese live in the Downtown and St. Boniface areas. There is a Congolese soccer team in Winnipeg.

Immigration History

The first family arrived in Winnipeg about 20 years ago. In 2000, there were about 30 Congolese. Congolese have been coming in large numbers (approximately 100 per year) since 2005 due to the civil unrest in their country. Winnipeg is a favourite destination because of our large French community. About 475 have come to Winnipeg in 2006-2011. The population has significantly increased since the last census.

Common Words

English	French
Good	Bon
Goodnight	Bonne Nuit
Goodbye	Au revoir
Hello	Bonjour
No	Non
Thank you	Merci
Yes	Oui

Greetings

Men and women shake hands, smile and greet each other verbally. Beckoning is done by waving all fingers. Touching is a sign of friendship and people hold hands and tap each other on the shoulders.

Leisure

Soccer is the national sport. Mangual is a popular game involving a pit and stones. Singing is also popular.

Popular Foods

Congolese cooking is simple and practical. It usually features cassava as a principal starch with sauce or stew. Fufu (sticky dough-like dish made of cassava flour) is a staple dish much like rice or potatoes in other countries. Favourites are Piri Piri, Mouamba Chicken, saka saka and the famous Maboke (fresh water fish). Meals are eaten with the fingers of the right hand only.



Egyptian

An important meeting place and a place of worship for some Egyptians in the St. Mark Coptic Orthodox Church located on Cheverier Street. The Egyptians settled primarily in Winnipeg South and all parts of Winnipeg.

Immigration History

The first significant group of Egyptians came in the 1980s and their numbers are slowly growing, 70 came in 2010 and 90 in 2011. Many of the newcomers are involved in the medical and health fields. There has been a very slight increase in population since the last census.

Common Words

<i>English</i>	<i>Arabic</i>
White	Abyad
Black	Aswad
Green	Akhdar
Blue	Azrak
Red	Ahmar
Orange	Bortokaly
Yellow	Asfar
Pink	Wardi

Greetings

Friends of the same gender usually shake hands and kiss each other on both cheeks. First names are not used unless one is given permission.

Leisure

Socializing is the main form of relaxing. Egyptians love to sit and talk and arguing has become a national pastime. They love sports and in particular soccer. Movie watching is also popular.

Popular Foods

Unleavened bread is eaten with every meal and Tahina (sesame paste) is a common condiment. Staples include rice, fish, vegetables and chicken. Konafa (sweet dessert made from spun shredded wheat and topped with raisins, nuts, and cream) is a popular dessert and sahlab (hot vanilla drink) is a favourite drink. Molkhia (minced green leaves with any kind of broth and garlic).



THE WINNIPEG SCENE

Local Population: 1,165

Languages: Arabic (official) however English and French are widely understood.

Religion: Islam (mostly Sunni): 90%, Coptic 9%, others 1%

Significant Days
Revolution Day: July 23rd

Local Organizations
African Community of Manitoba Inc.
www.acomi.ca

Eritrean



THE WINNIPEG SCENE

Local Population: 2,175

Language: Tigrinya (official), English (official), Arabic (official) and other Cushitic languages.

Religion: Islam 50%, Coptic Christian 50%

Significant Day:

Independence Day: May 24

Local Radio:

Generic African programs on CKJS Sunday 10:30pm – Midnight

Local Organization:

Eritrean Community of Winnipeg Inc.
346 Hargrave Street, 2nd floor
Winnipeg, MB R3B 2J9
Phone: (204) 794-4981
www.eritreancommunity.ca

Although very small in numbers, older immigrants from Eritrea are concentrated in the St. Vital area of Winnipeg, while newer immigrants are concentrated in Downtown Winnipeg.

Immigration History

A handful enrolled in universities in the late 1970s and by the 1980s the numbers reached 500. This number has steadily increased since. 110 people born in Eritrea immigrated to Winnipeg from 2001-2006. Approximately 200 come annually. In 2011, 246 arrived and mostly stayed in Winnipeg. There has been a significant population increase since the last census. The population may be as high as 1,500.

Common Words

<i>English</i>	<i>Arabic</i>	<i>Tigrinya</i>
Hello	Marhaba	Salam
Good bye	Mahar salama	Salam
Thank you	Shokran	Yeganeyalee
Good	Alhamdulillah	Sooboog

Greetings

The forms of greetings vary by region and ethnic groups. Verbal greetings always involve inquiring about one's well-being. Boys and men often hold hands as a sign of friendship.

Leisure

Soccer is very popular. Eritreans also enjoy dancing, listening to music, playing board games, and sharing stories as ways to relax.

Popular Foods

The preferred meal when available is meat coated with onion, spices and butter. Other favourites are shuro (stew made of powdered chickpeas), silsi (tomatoes), legamet (deep fried dough), capretto (roast goat), goot (flour pudding) and, of course, injera (yeast-risen flat bread).



Ethiopian

Immigration History

A wave of immigrants came in the 80s coinciding with political instability in Ethiopia that resulted in thousands who were tortured and killed. Another wave came starting in the late 90s caused by ethnic polices at that time.

Common Words

<i>English</i>	<i>Amharic</i>
Hello!	Selam, tena jistilign
Good morning!	indemin aderatschu
Good evening!	indemin ameschatschu
Good night!	dehna ideru
Good-bye!	dehna hunu
Please	Ebakwo
Thank you	Amasignalehu

Greetings

Ethiopians appreciate warm greetings, handshakes, and positive body language (smile or showing a sign of happiness). Trilling the tongue is a way of showing excitement. While it is consider impolite to shake hands with both hands in many cultures, in Ethiopia it is an expression of respect, especially with elder people.

Leisure

Leisure activities in Ethiopia vary from traditional games, to modern sports, to intellectual sparring over a glass of whiskey. Many a coffeehouse is the scene of the kindling of friendships, and parks are popular for walks with family and friends.

Popular Foods

Common foods include: injera (fermented bread served with hot spicy sauce and meat and vegetables), coffee, yoghurt, dabo kolo (fried cookies). Other dishes are metinshuro (spiced vegetable) and doro wat (stew).

Family Practices

In anticipation of the birth, there may be a women only "tasting day," like a baby shower without gifts. The expectant mother is entertained and cooked for by her friends while engaging in special dances and tasting the food that the mother will eat after the baby is born. They cook and sample the porridge genfo. The use of a first name and a family name is unknown in Ethiopia. Everyone has their own name and uses their father's name, which comes after the personal name. Occasionally, the paternal grandfather's name. Elders of the community settle disputes. The society respects elders and accepts their admonitions or advice.



THE WINNIPEG SCENE

Local Population: 2,545

Languages: Amharic - official. 80 languages spoken: Oromigna, Somaligna, Tigringna Sidamigna Wolayttigna Guragegna, Afarigna

Religion: Christianity (Ethiopian Orthodoxy, Pentay, Catholic), Islam, small Jewish community.

Significant Days
Victory of Adwa: March 1st
Ethiopian New Year: Sept 11

Local Organizations
Ethiopian Society of Winnipeg
215 Selkirk Avenue
R2W 2L5 204-415-4277
www.ethiowpg.org

WHAT NOT TO DO

Wearing hats, sucking or licking fingers are among some of the things that are considered as rude. Not staying at the table until everyone is finished is also disrespectful.

Moroccan



THE WINNIPEG SCENE

Local Population: 320

Language: Arabic (official), Berber (Official). French is the language of business and government.

Religion: Islam 99%, Christian religions 1%

Significant Day:

Throne Day: July 30th

Local Radio:

Generic African programs on CKJS Sunday 10:30pm – Midnight

Local Organization:

African Community of Manitoba Inc.
www.acomi.ca

Common Words

<i>English</i>	<i>Arabic</i>
Sunday	Al'ahad
Monday	Al'ithinin
Tuesday	Ath tholatha a
Wednesday	Al Arvia a
Thursday	Alkamis
Friday	Algomia s
Saturday	As Scbit

Greetings

Shaking hands is common and to show one's respect and pleasure upon seeing the other person, one might touch the heart often after shaking hands. Children kiss the right hand of their parents to show respect.

Leisure

Soccer is the most popular sport. Men enjoy socializing with friends at cafes.

Popular Foods

Foods made with barley and wheat as well as couscous are staples supplemented with such meats as lamb, beef and chicken. Mint tea is the national drink.

Nigerian

The Nigerian Association of Manitoba Inc., along with other ethno-cultural and religious associations such as, the Umunna (Igbo) Cultural Association of Manitoba, Egbe Omo Yoruba, Nigerian Professionals in Manitoba, Okin International Club of Canada, Nigerian Association for Young Adults of Canada and Nigeria Canada Congress of Manitoba organizes and sponsors many social and educational family activities throughout the year. The Okin Yoruba Language School is public. The majority of Nigerians have settled in the Ft. Garry, St. Vital, Ft. Richmond, East Kildonan, Downtown and St. James areas.

Immigration History

Nigerians started coming for university education around 1963. 170 people born in Nigeria immigrated to Winnipeg from 2001-2006. Since 2007, we are seeing significant numbers coming annually.

Common Words

<i>English</i>	<i>Yoruba</i>	<i>Hausa</i>	<i>Igbo</i>
Hello	Bawoni	San'nu	Kedu,
Goodbye	O d'abo	Sai an jima	Anyi ga hu
Please	Ejowo	Don Allah	Biko
Thank you	Oshe	Na gode	Dalu

Greetings

Greetings are highly valued amongst Nigerians and a failure to greet one another is a sign of disrespect, resentment or anger. People are courteous and cheerful when exchanging greetings. People stand close to one another while conversing. The Yorubas, by culture, prostrate when greeting an elder. That is a posture that involves falling flat on one's face as a sign of respect and worship. The Hausa/Fulani bow when greeting an elder or someone of senior status. The Igbo exchange firm hand-shake or a pat on the shoulder. The Nigerian woman when greeting an elder will bend her knees or kneel down on one knee and will not stretch her hand for a hand-shake unless the elder offers his hands first to her.

Popular Foods

Nigerians enjoy rice, beans, yams (either, steamed, boiled, fried, roasted, pepper soup or porridge, or processed into yam flour for fufu), beef/mutton/goat (roasted, stewed, broiled, boiled, fried, etc.), chicken/fish (roasted, boiled, baked, fried, etc.), plantains (fried, boiled, baked, roasted, etc.) and cassava (boiled, baked, processed into flour for fufu).



THE WINNIPEG SCENE

Local Population: 3,510

Languages: English (official), 3 major ethnic languages: Hausa, Yoruba, Igbo (Ibo) + 500 other ethnic languages.

Religion: Islam 50%, Christian 40%, Indigenous beliefs (traditional and ancestral) 10%

Significant Days
Independence/National Day: October 1st
New Yam Festival (Igbo people in August);
Christmas, Boxing Day;
Labour Day; Eid el Fitri,
Eid el Kabir, Eid el Moulud (Muslim Holidays);
Democracy Day

Local Organizations
Nigeria Association of Manitoba Inc. (NAMI),
www.namimanitoba.org

Nigerian continued

Leisure

Visiting family and friends is the most popular use of leisure time. Those who live in the cities/towns go shopping. Nigerians like to party and have fun and most weekends are for party and socializing. Some folks go to recreation parks and the beaches for swimming. Soccer is the most popular sport followed by table/lawn tennis, basketball, and cricket. Field and Track events are also very popular and Nigerian athletes have distinguished themselves in international and Olympic sporting events competitions.

Family Practices: Birth

Children are given names after seven days. Family and friends are invited to rejoice and celebrate with the new addition to the family. During this event, foods and drinks are provided in abundance by the family, friends and neighbours. Gifts of different kinds ranging from money to material things are presented to the celebrant.

Coming of Age

There is what is known as Age Grade in Igbo culture. When an Igbo reaches a certain age, he or she joins peers in performing those events and activities earmarked for the age grade. A good example is the Age Grade Dancers or the Igbo Line Dancers. Nigerians value formal education and parents and families sacrifice much to provide for their children's education. Financial and material support for immediate and extended family members is a cultural requirement among Nigerians.

Marriage

Marriage is a three to five day event. The groom's family is responsible for the ceremony. The groom must pay a dowry accompanied with foodstuff to the bride's family. The bride's family shares the foodstuff and dowry with all heads of households in the extended family which signifies the extended family's acceptance of the groom's proposal for the bride's hand in marriage.

Death

Death of an elderly is well celebrated in Nigeria as the natural transition in life. The family, depending on finances, prepares a feast for the whole village celebrating the life of the elderly. Families, friends and well-wishers come from all over to rejoice with the family on outliving their elder.

WHAT NOT TO DO

Nigerians like to be addressed with their earned titles. These include Mr, Mrs, Nurse, Architect, Engineer, Doctor (Medical or PhD), Religious titles including Pastor, Alhaji, Alhaja, or JP (Jerusalem Pilgrimage). Traditional titles include: Nze, Ozo, Chief, High Chief, Eze (among the Igbo), Oba, Otunba, and Chief (among the Yoruba).



Somali

The Somali Association provides a variety of programs including family picnics in the summer months, an afterschool program for children and specific empowerment programs for women. Somalis tend to settle in the Point Douglas, Ft. Garry and Seven Oaks areas.

Immigration History

The first Somalis arrived around 1986. 155 people born in Somalia immigrated to Winnipeg from 2001-2006. 21 came in 2007 and the numbers of new arrivals per year continues to be quite small.

Common Words

<i>English</i>	<i>Somali</i>	<i>Arabic</i>
Hello	Hello/Warya	Salaam Alekum
Goodbye	Nabadey	Ma a as-salaama
Please	Fadlan	Min Fadilak
Thank you	Mahadsanid	Shokran
Good	Fian	Al hamdulila

Greetings

Men shake hands firmly with each other three times before placing their hand on their heart. Women shake hands and then kiss the hand they have shaken. A common greeting is manahad or nahadmiya meaning "is there peace".

Leisure

Soccer is the national game but basketball, volleyball and fishing are also popular. Meeting and enjoying each other's company is the favoured leisure activity.

Popular Foods

Fried or curried lamb/goat meat, Lahore (bread paste), pasta, and rice. Camel meat is served during religious festivals.



THE WINNIPEG SCENE

Local Population: 1,750

Languages: Somali (official), Arabic, Italian, English

Religion: Islam (Sunni)

Significant Days

Foundation of the Somali Republic: July 1st, June 26th in Somaliland

Local Organizations

Manitoba Somali Association
404 Webb Place
Winnipeg, MB



Sudanese



THE WINNIPEG SCENE

Local Population: 1,035

Language: Arabic (official), English (official), regional languages include Dinka, Nuer, Bar, Zande, Shilluk and many others

Religion: Christians 61%, traditional African religions 33%, Islam 6%

Significant Day:

Independence Day: July 9th

Local Newspaper:

New Sudan Vision
www.newsudanvision.ca

Local Radio:

Generic African programs on CKJS Sunday 10:30pm – Midnight

Local Organization:

South Sudanese
Community Centre
129 Dagmar St
Winnipeg, MB R3A 0Z3
204-221-5759

Immigration History

Immigration began around 1997 during the 21-year-long civil war. 465 people born in Sudan immigrated to Winnipeg from 2001 - 2006. 113 came in 2007. The number of annual newcomers from Sudan has been steady (more than 100 per year).

Common Words

English	Dinka
Hello	Kedwal or baru or ciirugn
Goodbye	Ookabaii been rom
Please	Ariznuk, kogkoc, ayiih

Greetings

Handshakes and a verbal greeting are typical greetings and friends often embrace when meeting. "Do pure" means good morning and "do parona" means good afternoon. In a Sudanese home, a guest is first offered tea or a fruit drink as a welcoming gesture.

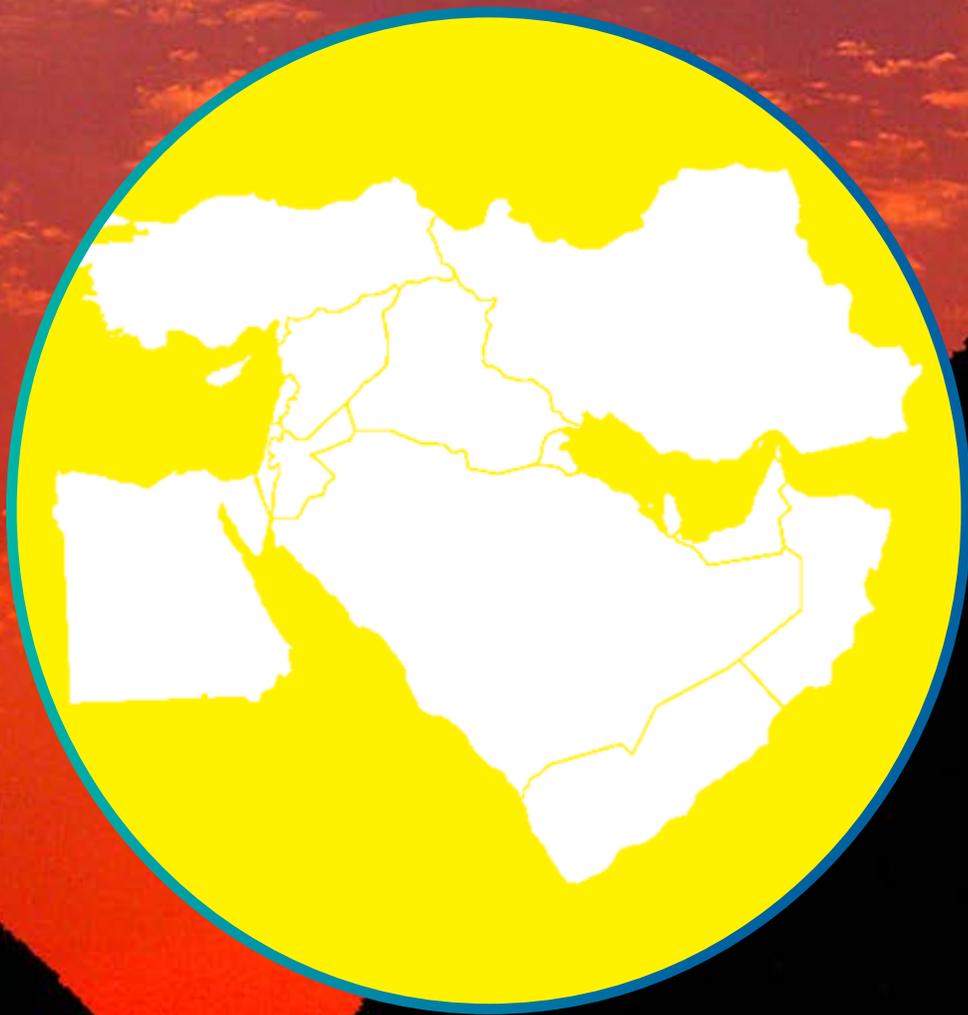
Leisure

Traditional sports involving mock battles and modern sports are popular. South Sudanese especially enjoy basketball, soccer and wrestling.

Popular Foods

Staples are millet, sorghum and maize. Some popular foods include: kisira (unleavened bread), asida (flour pudding), shorba (lamb soup), okra, and shayya (meat).

MIDDLE EAST





Afghan



THE WINNIPEG SCENE

Local Population: 1,010

Language: Afghan and Dari (official) 50%, Pashto (official) 35%

Religion: Islam/Sunni and Shiites

Significant Day:

Independence Day: August 19th

Local Organization:

Canadian Women for Women in Afghanistan Manitoba Chapter
www.cw4wafghan.ca
Afghan-Canadian Women's Organization in Winnipeg
acwowinnipeg@gmail.com
204-999-2534

The Afghan-Canadian Women's Organization (ACWO) was established in 2006 with a mission to assist Afghan women and their families to settle and integrate into Canadian society. Economic empowerment of women, by providing learning opportunities around employment, language and culture, is the main focus so that the women become self-sufficient.

Local Afghan women created of an Afghan cookbook - first of its kind - to introduce their food and culture to Canadians. Millad's Supermarket is a popular place where Afghans buy their food products and naan bread. The majority of Afghans live in the East Kildonan, Transcona, St. Vital and River East areas.

Immigration History

Immigration to Winnipeg started around 1988, after the Soviet invasion of Afghanistan. The first immigrants arrived in the family category, and as refugees. A total of 530 people born in Afghanistan immigrated to Winnipeg from 2001-2006 but very few come now. The population has had a slight increase since the last census.

Common Words

<i>English</i>	<i>Dari</i>
Hello	Salam
Good morning	Sohob bakhir
Good afternoon	Hasser bakhir
Yes/No	Bali/Neh
Good	Khoob
Please	Lutfan
Thank you	Tashakur

Greetings

A handshake is the customary greeting and men and women. They hug and kiss each other as a sign of close friendship. During the greeting, people ask about the family and the health of others. Emphasis is placed on hospitality and etiquette.

Leisure

Afghans are very fond of sports and games such as soccer, Bazkashi (horse-related activities, volleyball, boxing and chess).

Popular Foods

Kabuli Palaou (rice with meat, almonds, pistachios, carrots and raisins), Mantoo (similar to perogies and contains ground beef, spices and yogurt). Meals are always served with naan (flat unleavened bread) and chai (tea) which is a big part of Afghan culture.

Family Practices: Birth

Tremendous respect is shown for age and extended family. The father is the undisputed head of the household.

After the birth of a baby, the first forty days are important bonding period between mom and a child. Due to health reasons, the mom and child are kept away from any kind of visitation except close family members of both father and mother as they both are fragile. After forty days, the first visit of a mother and a child is at child's maternal grandparents and it is a big celebration. Then anyone can visit after that. It is a belief that birth of a girl brings special protection from divine and countless blessing for 40 days. Afghan women prefer to have midwives or a female doctor during pregnancy and delivery.

Coming of Age

In the rural areas, for boys, it is age of 14 in the urban areas it is 18 and for the girls, rural areas for girls 20.

Marriage

Many marriages are arranged and the view of marriage is it is a union of two families as much as a union of two people.

Death

The dead are buried rapidly in a shroud. In the countryside, most graves are simple heaps of stones without a name. Wealthier persons may erect a tombstone with a written prayer. For three days, the close relatives of the deceased open their house to receive condolences. Forty days after the death, relatives and close friends meet again, visit the grave, and pray. After one year, a ceremony takes place to mark the end of the mourning period. Many people believe that if a funeral is not carried out properly, the ghost of the dead will return to torment the living. Remembering the dead member of any Afghan family is sign of respect.

WHAT NOT TO DO

Never start a conversation with an Afghan without saying hello (salam).

A male does not shake a woman's hand unless she offers it first.

When you visit an Afghan house, always have three cups of tea.

When/if you go to an Afghan house during lunch or supper, do not say no to food as one can offend them.

Iranian



THE WINNIPEG SCENE

Local Population: 1,700

Language: Persian and Persian dialects 53%, Turkic and Turkic dialects 18%, Kurdish 10%, Luri 2%, Balochi 2%, Arabic 2%, Turkish 1%

Religion: Islam 98% (Shia 89%, Sunni 9%), others (includes Zoroastrian, Jewish, Christian, and Baha'i) 2%

Significant Day:

Republic Day: April 1
First day of spring - Nowruz

Local Newspaper

Rangin-Kaman Newsletter
www.icmb.ca
Facebook: Iranian Community of Manitoba

Local Radio

Internet Radio "Shab Shod"

Local Organization

Iranian Community of Manitoba
128-1055 Wilkes Avenue
Caboto Centre
Winnipeg, MB R3P 2L7
icmbmail@gmail.com
www.icmb.ca

Immigration History

Shortly after the Iran-Iraq War commenced in 1980, several Iranian families found their way to Winnipeg. Since then, most immigration has been through family reunification or the Provincial Nominee Programs. Many have settled in the Downtown and Fort Garry areas. Tehran Market and George's Inn Sub on Pembina Hwy both have Persian meals on their menu.

Common Words

<i>English</i>	<i>Persian</i>
Good	Khub
Welcome	Khoshamadid
Good evening	Shabakhair
Good morning	Rozbakhair
Hello	Salam
Thank you	Tashakor

Greetings

A handshake is the customary greeting in Iran. A slight bow or nod while shaking hands shows respect. To shake hands with a child shows respect for the parents. A common phrase is "Khoda hafez" meaning "may God protect you". An Iranian's personal space is generally closer than that of a Canadian. Men and women are openly affectionate with each other often holding hands in public and frequently greeting each other with a hug and two or three kisses to the cheeks.

Leisure/Popular Sports

Backgammon and chess/Soccer, table tennis, basketball, volleyball, swimming, free-style/Greco wrestling.

Popular Foods

White rice and bread (barbari) are the most common staples and often are served with meat and vegetables. Yogurt is generally served as well. Some dishes include mutton shish kabob and fried fish.

Family Practices: Birth

Gifts or money are given to the new parents or at the baby shower or to a person at a birthday celebration. Common gifts include new paper money, sweets such as fancy pastry, Danish, Sohan or Tamarisk, cream puffs.

Coming of Age

Boys may have a circumcision ceremony, if it is done later into childhood, not at birth.

Marriage

Prior to the wedding, the groom warrants a dowry agreed between two families. The groom's family usually pays for the wedding ceremony and the bride's family provides the furniture for the newly-weds. Groom provides the new home.

Death

Usually three memorial ceremonies at the first, third and seventh day after death at the mosque or home. Occasional visiting tomb on Fridays is common.

WHAT NOT TO DO

Men who are not part of the first kin to women, rarely shake hands and definitely do not hug or kiss on cheeks, and vice versa.

Iraqi



THE WINNIPEG SCENE

Local Population: 920

Language: Armenian,
Syriac, Turkmen

Religion: Shia Islam
60–65% Sunni Islam
32–37%

Significant Day:

Iraqi Independence Day
October 3rd

Local Organization
Canadian Arab Association
of Manitoba
www.caa-mb.ca

Immigration History

Emigration from Iraq to Canada has increased dramatically due to political and economic situations in Iraq. The Iraq-Iran War resulted in many immigrants. With the destroyed Iraqi economy and the oppression of the 13-year economic sanctions against Iraq that followed the Gulf War of 1990–91, there was all the more reason to emigrate. From 1945 until 1975 fewer than 200 Iraqis arrived in Canada. Emigration substantially increased in 1979. Between 1975 and 1992, 6,472 Iraqis arrived in Canada, establishing about 3.5 percent of all Arab immigrants in Canada.

Common Words

English

How are you?

What's up?

Good morning

See you tomorrow

No problem

Arabic

Shlonech

Shako-Mako

Sabah el-Kheir

Ashofak Bachir

Mako mushkla

Greetings

Hello

Salam alyakum or HalloLeisure/

Popular Sports

In the afternoon, Iraqis will gather and have black tea. A great way to relax and socialise in a country where entertainment has become increasingly difficult.

Popular Foods

Meals begin with appetizers and salads – known as Mezza. Some dishes include Kebab (often marinated with garlic, lemon and spices, then grilled), Gauss (grilled meat sandwich wrap, similar to Döner kebab), Bamieh (lamb, okra and tomato stew), Quzi (lamb with rice, almonds, raisins and spices), Falafel (fried chickpea patties served with amba and salad in pita), Kubbah (minced meat ground with bulghur wheat or rice and spices), Masgûf (grilled fish with pepper and tamarind), and Maqluba (a rice, lamb, tomato and aubergine dish). Stuffed vegetable dishes such as Dolma and Mahshi are also popular.



Lebanese

Common Words

Welcome	Ahla w sahla
How are you?	Kifak
Pleased to meet you	Tcharrafna
Good morning	Sabah el khayr
Good night	Tesbah Ala khayr

Greetings

Hello	Marhaba
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Popular Foods

Lebanese kitchen is known for its extremely flavorful dishes and for the variety of spices they use.

Some of the most famous dishes and dessert:

- Kibbeh,
- Kafta,
- Hummus,
- Rice Pilaf,
- Fattoush,
- Manakish,
- Tabbouleh,
- Kanafeh,
- Maamoul,
- Znoud El Sit.



THE WINNIPEG SCENE

Local Population: 1.040

Language: Arabic, French and English

Religion: Islam (Shia and Sunni) 54%; Christianity (Maronite Church, Greek Orthodox Church, Melkite Greek Catholic Church, Protestant Church, Armenian Apostolic Church) 40.4%. Druze community is designated as one of the five Lebanese Muslim communities (Sunni, Shia, Druze, Alawi, and Ismaili).

Significant Day:

Lebanese Independence Day November 22

Local Organization
Canadian Arab Association of Manitoba
www.caa-mb.ca



Palestinian



THE WINNIPEG SCENE

Local Population: 550

Language: Arabic, English

Religion: Muslim, Christian,
Jewish

Local Organization
Canadian Arab Association
of Manitoba
www.caa-mb.ca

Greetings

Hello - Salam alyakum or
Marhaba
Men: shake hands
Women: shake and kiss
cheeks

Common Words

Welcome	Tfaddal
How are you?	Kefak
Good morning	Sabah Al Kheir
Good evening	Masa Al kheir
Good bye	Ma'a assalama

Leisure

Gathering in the afternoon and evenings is the most common thing in Palestine that might be after work or in the weekend. People drink coffee or tea with some seeds and nuts.

Popular Foods

The palestinian cuisine includes: kubbi, Kubbi bi-siniyee, roasted lamb or any other type of meat complemented by a mixture of rice with chopped lamb and flavored with an assortment of spices, usually garnished with chopped parsley and toasted nuts. Shish kebab or lahme mashwi and shish taouk are grilled meats on skewers and are commonly eaten after an array of appetizers known as the maza. The mezze consists of a wide variety of appetizers, usually including hummus (sometimes topped with meat), baba ghannouj, labaneh, tabbouleh, olives and pickled vegetables. Akkawi cheese.

Musakhan is consists of a roasted chicken over a taboon bread that has been topped with pieces of fried sweet onions, sumac, allspice and pine nuts. Maqluba is an upside-down rice and baked eggplant casserole mixed with cooked cauliflowers, carrots and chicken or lamb.

Mansaf is cooked as a lamb leg or large pieces of lamb on top of a taboon bread that has usually been smothered with yellow rice. A type of thick and dried cheesecloth yogurt from goat's milk, called jameed, is poured on top of the lamb and rice to give it its distinct flavor and taste, and many other dishes like Qidra, Sumaghiyyeh.

Family Practices:

Birth: Gifts or money for mother and baby.

Marriage: The groom pays for everything for the wedding - the bride clothes, jewelry, and house. Some wear traditional clothes and some wear the white dress.

Death: Depending on their religion, some families may hold a prayer for the dead at the mosque called Jinaza prayer or a funeral at the church. This will be followed by a condolence gathering with families and friends.



Syrian

Common Words

Hello	Marhaba
Welcome	Tfaddal
How are you?	Kefak
Good morning	Sabah Al Kheir
Good evening	Masa Al kheir
Good bye	Ma'a assalama

Leisure

Gathering in the afternoon and evenings is the most common thing in Syria that might be after work or in the weekend. People drink coffee or tea with some seeds and nuts. Syrians like going out and enjoy the evening at parks or restaurants.

Popular Foods

Syrian cuisine includes dishes like kibbeh, kebab halabi, waraq `inab, hummus, tabbouleh, fattoush, labneh, shawarma, mujaddara, shanklish, bastirma, sujuk and baklava. Syrians often serve selections of appetizers, known as "meze", before the main course, and za`atar, minced beef, and cheese manaqish as hors d'oeuvres. Arabic flat bread is always eaten together with meze. Syrians also make cookies called "ka`ak", to usually accompany their cheese. These are made of farina and other ingredients, rolled out, shaped into rings and baked. Another form of a similar cookie is to fill with crushed dates mixed with butter to eat with their jibbneh mashallale[clarification needed], a string cheese made of curd cheese pulled and twisted together. A spice mixture called "baharat mushakalah" is endemic to Syrian cuisine.

Family Practices: Birth

Celebration of new born may include family gathering, bigger social gathering and gifts.

Coming of Age

Celebrate graduation or special achievements of their kids

Marriage

Some families prefer two separate wedding parties, one for women only and one for men. Official wedding ceremony are held at churches or mosques. The groom is responsible for wedding costs, but today the bride and the groom share the cost.

Death

Prayers for the dead at the mosque [called Jinaza prayer] or a funeral at the church, followed by a condolence gathering.



THE WINNIPEG SCENE

Local Population: 935

Language: Arabic, English

Religion: Sunni Muslims 87%, 10% Christianity and 3% Druzism

Significant Day:

Independence Day April 17

Local Organization
Canadian Arab Association
of Manitoba
www.caa-mb.ca

Greetings

Men: shake hands
Women: shake and kiss cheeks

WHAT NOT TO DO

Men and women do not kiss each other in social settings.

ASIA





Chinese



THE WINNIPEG SCENE

Local Population: 26,815

Language: Mandarin Chinese (official), Cantonese and other dialects

Religion: Officially atheist, Taoist, Buddhist, Christianity 3-4%, Islam 1-2%

Significant Day: Chinese New Year (Spring Festival) begins on the first day of the first month in the Chinese Lunar Calendar.
National Day: October 1st

Local Newspaper: Manitoba Chinese Post (Monthly)
1231 Comdale Ave.
Winnipeg, MB R3C 2R4

Local Radio:
Chinese programs on CKJS
Saturday 9 – 10:00am
chinese@ckjs.com

Local Organization:
Winnipeg Chinese Cultural Centre, 2nd Floor 180 King Street, Winnipeg, MB
www.wcccc.ca

Chinatown was established in 1909 with official designation in 1968. The gardens beside the Dynasty Building are simply beautiful, a “must see” in the summer time. The community sponsors a summer concert and a Chinese street festival in August. The Peace Tower Housing complex was designed to create affordable housing for newcomers in Winnipeg. The Chinese population has settled in all parts of Winnipeg, in particular the Downtown and Fort Garry areas.

Immigration History

Beginning in the 1960s a large number of Chinese people immigrated to Winnipeg from Toi Shan (Southern China). More recently, most of today's Chinese immigrants come from the Northern part of China.

Common Words

<i>English</i>	<i>Mandarin</i>	<i>Cantonese</i>
Hello	Ni hao	Ni
Good	Hao	Hou
Good morning	Zao an	Zou san
Please	Qing	Cinq

Greetings

Chinese nod or bow slightly when greeting another person. A common phrase to visitors is “ni hao ma?” or “How do you do?”

Forms of address vary quite a bit in China. In Chinese the surname comes first followed by the given name or names, so an English name like “John Williams Smith” would be “Smith John Williams.

People in China tend to keep a distance when speaking to someone for the first time, but the distance may become closer as a relationship progresses. Eye contact is important, but touching is not expected, especially on a first meeting. In formal social situations, a handshake is sufficient.

Leisure

Table tennis, basketball, and soccer are popular as well as kite flying and board games such as mahjong and checkers. They also love Chinese opera.

Popular Foods

Chinese cuisine falls into two broad categories: Northern and Southern dishes. Northern dishes are flour-based and staples include noodles and dumplings while the majority in the South consume rice almost daily. Chopsticks are used for all meals. When the meal is finished, chopsticks are placed on the table and never inside the rice bowl.



East Indian

Immigration History

By 1967, there were about 150 Indian families. Since then, there has been a huge increase in our Indian population with 1,826 settling in Winnipeg in 2011. Many are coming here as professionals and business people. Indians live in all parts of Winnipeg but most notably in the Seven Oaks, St. Vital and River Heights areas.

Common Words

English	Hindi
Good morning	Shubb Prabhaat
Good night	Subha Rattri
Hello	Na maste
No	Naanh
Please	Kripaya
Thanks	Shukiya

Greetings

Greetings are traditionally made by saying *Namaste* with folded hands raised in front of the heart, meaning *We salute the soul in your heart, which is part of the soul in my heart.*

Leisure

Cricket, going to movies, kite-flying, and board games, which have a long history in India. Kho kho and kabbaddi, which resembles tag, are popular games with children.

Popular Foods

Rice and wheat are staples and used differently according to region. Indians prefer their foods spicy and sweets are popular. Indians traditionally eat with their right hand. Vegetarianism is widely practiced. Each region has its own popular dishes like in north India, chana masala and Tandoori chicken; in west India- dhokla ; in east India- fish curry and in south India- idli and Dosa are popular dishes.

Family Practices:

Birth – In Hindu religion, a close relatives puts a little honey in the mouth of newborn.

Marriage – Hindu marriages are performed at late night hours. The bridegroom rides a mare to reach the venue.

Death – In Hindu religion, the body is cremated. The ashes of the cremated body are disposed in river Ganges.

WHAT NOT TO DO

It is not acceptable by most of the women to be touched by men not related to them while exchanging greetings or during conversation.



THE WINNIPEG SCENE

Local Population: 3,005

Language: Hindi 45%, Urdu, Tamil, Bengali, Kashmiri, Kannada, Marathi, Gujarati, Telugu, Punjabi

Religion: Hindu 81%, Islam 13%, Christian 2%, Sikh 2%, others 2%

Significant Day:

Republic Day: January 26
Independence Day: Aug 15
Gandhi Jayanti: October 2

Local Newspaper:

Indo-Canadian Telegram
204-632-6905

Local Radio:

Radio Programs on CKJS
Weekdays 8– 9:00am
punjabiadi@ckjs.com
Radio Dhamaal
204-952-9161
www.radiodhamaal.ca

Local Organization:

India Canada Culture Heritage Association
www.iccha.org
Hindu Society of Manitoba
www.hindusocietyofmanitoba.org



Filipino



THE WINNIPEG SCENE

Local Population: 77,305

Language: Filipino, based on Tagalog (official language)

Religion: Catholic 83%, other Christian 9%, Islam 5%, Buddhist

Significant Day:
Independence Day: June 12

Local Newspaper:
Filipino Journal
46 Pincarrow Road
Winnipeg, MB R3Y 1E3
info@filipinojournal.com
www.filipinojournal.com

Pilipino Express News
103-1335 Erin St, Wpg, MB
R3E 2S7
www.pilipino-express.com

Local Radio:
Filipino programs on
CKJS
filipinoradio@ckjs.com

Immigration History

The numbers of Filipinos arriving in Winnipeg has steadily increased in the last 20 years. They now represent the largest ethnic group to immigrate to Winnipeg. Manila has been a sister city of Winnipeg since 1979. Winnipeg has the second largest Filipino community in Canada (next to Toronto). A sizable number of Filipinos live in the Central Winnipeg and Maples areas.

Common Words

<i>English</i>	<i>Tagalog</i>
Good morning	Magandang umaga
Goodbye	Paalam
Good evening	Magandang gabi
No	Hindi
Thank you	Salamat
Yes	Opo
Beautiful	Maganda

Greetings

Friendly and informal. A common expression is 'kumusta ka' (how are you?). It is "warmer" to greet someone in Tagalog. It is the custom of Filipinos to kiss the hands of the elders to show love and respect.

Leisure

Mahjongg, dama (type of darts), dominoes, kali (martial arts), billiards. Children play sipa, piko, and lutu-lutuan. Teens form peer groups called barkads that are essential to their lives.

Popular Foods

Rice is a staple and is eaten with most meals including breakfast. Pork, seafood and rice dishes are very popular and prepared in many ways. National dishes include adobo, lumpia (spring rolls) and lechon (roasted pork).

Local Organizations

Manitoba Council of Canadian
Filipino Associations Inc. (MaCCFA)
601-777 Sargent Avenue, Winnipeg, MB R3E 0B6
204-783-8820 duque5@shaw.ca

Original Filipino Seniors
Association of Manitoba Inc. (OFSAM)
601-777 Sargent Avenue
Winnipeg, MB R3E 0B6
204-479-2960 Duque5@shaw.ca

Family Practices: Birth

The families celebrate the birth of a child by having a simple gathering to thank the Lord for the blessing given them. Filipinos consider the birth of a child as a blessing. Sometimes the child's name comes from parents or grandparents.

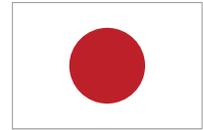
Coming of Age

The 18th birthday for a daughter is given much emphasis to introduce the lady to the community. Some families don't celebrate much but give their daughter a special gift, like car or trip to other countries and most of all a bank account for the education of their daughter.

Marriage

In the Philippines, the groom spends more than the bride. Some parents want to have the dress of the bride be from their expenses with cloth her from childhood.

Japanese



THE WINNIPEG SCENE

Local Population: 2.290

Language: English and Japanese

Religion: Most are Christians or Buddhists. There is a Manitoba Buddhist Temple in Winnipeg.

Significant Day:

New Year's Day: January 1st

Local Newspaper: Outlook is published five times per year.

Local Organization:
Japanese Cultural Association of Manitoba Inc., 180 McPhillips Street
Winnipeg, MB R3E 2J9
204-774-5909
m.jccc@shaw.ca
www.mjccc.org

Honorary Consulate
Mr. Ken Zaifman
kzaifman@zaifmanlaw.com
204-944-8888

Immigration History

Most Japanese came in 1942 during World War II, (approximately 1,250) from British Columbia to work on sugar beet farms as internees. They persevered through the forced relocation and were finally allowed to move into Winnipeg in 1948. In 1949, the final restrictions were lifted and Japanese Canadians were permitted to go back to the West Coast if they wished. With the mass dispersal of Japanese Canadians across Canada in the 1940s, the intermarriage rate is 97% resulting in a multi-ethnic community.

Common Words

English	Japanese
Goodbye	Sayonara
Good day	Konnichiwa
Good morning	Ohayo gozaimasu
I'm okay	Genki desu
No	lie
Please	Onegai shima su
Thank you	Arigato
Yes	Hai

Greetings

A bow, a traditional greeting between Japanese, is called ojigi. In Canada the Japanese shake hands when meeting other people. When meeting a Japanese visitor from Japan, they tend to be more formal and polite.

Leisure

Sports, baseball, martial arts, reading manga (comic books), anime (Japanese animation), origami.

Popular Foods

Traditional Japanese foods such as sukiyaki (stir fry meats and vegetables cooked in soya sauce), fish, tempura, and rice (gohan) are eaten with chopsticks and other utensils. Sushi, sashimi and miso soup are favourite dishes served with green tea.

Family Practices:

Birth – The first generation parents will give a gift when a child is born that reflects the gender. Girls receive Japanese doll and boys a samurai doll. Many still give a second name that is Japanese.

Marriage – Amongst the first and second generation, marriage contacts were arranged for the families by a leader in the community. Today, this is rare. Usually both families share in the cost of a wedding.

Death – In the Buddhist religion, several services are held at various intervals to mark the journey of the soul to final resting place.



Pakistani

Pakistanis are mostly Muslims and their lives are centred on the mosque. There are three mosques in Winnipeg, The Grand Mosque being the newest and biggest. Many have settled in the Inkster, Seven Oaks and Ft. Garry areas. There is also a large number living in the St. Vital area.

Immigration History

During the 1950s and 1960s groups of Indo-Pakistani and Arab immigrants began arriving in Winnipeg to study and settle. 560 settled from 2006-2011.

Common Words

English	Urdu
Good bye	Kudah-hafiz
Good morning	Subah bakhar
Hello	Assalam-o-Alekum
Thank you	Shukria
Welcome	Acha a gaya
Yes	Jee haan

Greetings

Handshakes are most common. Verbal greetings often include inquiries about one's health and family. Conversations often involve discussing health and well-being of one's family. Women are often separated from men in social events.

Leisure

Cricket and field hockey are the most popular sports. Children enjoy kite flying, marbles and gulli danda, a stick game.

Popular Foods

The mainstay of their diet is chapatti (unleavened bread). Most eat hallal (kosher) meats. Pakistani food is generally hot and spicy, with curry being one of the most popular spices. Rice, yogurt, lentils and tea are also very common. Sweets and deep fried pakoras are well enjoyed by all.



THE WINNIPEG SCENE

Local Population: 26,815

Language: Urdu (official), English (official), Punjabi 48%, Sindhi 12%

Religion: Islam 97% of which 77% are Sunni

Significant Day:
Republic Day: March 23
Independence Day: Aug 14

Local Newspaper: Manitoba Chinese Post (Monthly)
1231 Comdale Ave.
Winnipeg, MB R3C 2R4

Local Radio:
East Indian programs on CKJS
Weekdays 8- 9:00pm
punjabiradio@ckjs.com

Local Organization:
Association of Pakistani Canadians.
348 Ross Avenue
Winnipeg, MB R3A 0L1
204-880-9665

Pakistani Canadian Business Association of Manitoba
204-226-1247

Punjabi



THE WINNIPEG SCENE

Local Population: 3,600

Language: Punjabi, Hindi

Religion: Hinduism, Sikhism

Significant Day:

Diwali, "festival of lights",
observed as an official
holiday in India - Oct/Nov
Birthday of Guru Nanak
Dev- First Guru of Sikhs
Baisakhi - April 13

Local Organization:

Punjab Cultural Centre
King Edward St, Winnipeg,
MB R2R 0M5
204-633-1770

WHAT NOT TO DO

Punjabis of Sikh religion do not smoke. Punjabi women like most of other Indian women do not like to be touched by unknown men during greetings or conversation.

With the similarities in the agricultural roots and rich heritage as well as cultural diversity, it is conceivable that Manitoba could be considered as the North American twin of Punjab.

Immigration History

Punjab is the border state of India located at the entrance to the Indian subcontinent and throughout history foreign invaders have entered through this gateway. The name Punjab means Five (Punj) Waters (Ab) because before partition of India and Pakistan, five rivers used to flow across this state namely, Jhelum, Ravi, Sindhu, Chenab and Satluj.

Common Words

Greetings – Sat Sri Akal, Namaste

Leisure

Bhangra – traditional Punjabi dance

Popular Foods

Tandoori Chicken, Dal Makhani, Sarson Saag and Makki roti.

Family Practices

Marriage – The Great Punjabi Wedding is a time for music and dance, rich food soaked in butter, and sweets dripping in syrup popped from hand to mouth. A time when mothers shed copious tears while brides sit with heroic smiles through hours of make-up and Mehendi, wrapped in silk and heavy with gold. A time for uninhibited dancing and covert romance, lavish gifts exchanged over the murmur of family banter and gossip. It is a time for huge celebrations. Over the last few decades Punjabi weddings have become a part of pan-Indian popular culture. The Ghodi, or white mare, on which the groom rides to his beloved, is slowly becoming ubiquitous from north to south; and East to West. Processions of merry-makers wind their way through broad city streets and narrow village lanes alike. The dark orange of Mehendi spread to ornate patterns on the bride's hand evoke a familiar sense of separation, loss beginnings; and songs in which she grieves for the loss of her father's house will not leave many Indian eyes dry. And so marriage seasons come and go – musicians are hired, and cooks prepare bubbling curries in cauldrons; extravagant tents are put up and friends and family members dance. At the event's centre, the bride and groom, sleepless, tense and excited, watch the colors and scents of the most splendid day of their lives.



Sri Lankan

Immigration History

During 1950s and 1960s, Sri Lankans began to settle in Manitoba under the Colombo Plan aid-program. Professionals in hydro-electricity and agriculture immigrated to enhance these two sectors.

Common Words

English	Sinhala	Tamil
Long Life	Ayubowan	Needooli Vazhka
Good Day	Suba Dawasak Wewa	Nalla Naal
Thank you	Sthuthi	Nandri

Greetings

The posture of a traditional greeting is joining two hands in prayer-like manner in front of you.

Leisure

Leisure time they spend at natural beautiful sites such as beaches, hill country, national parks and waterfalls. Watch traditional pageants (Perahara), games (mostly Cricket), folk dance and musical (Traditional/Pop) performances and attend pilgrimages.

Popular Foods

Similar to other South Asian states, Sri Lankans have rice as a staple in their diet. Traditional food is prepared based on ecological conditions in the regions such as in maritime region different fish dishes and in upcountry/inland, fruit and seed dishes. Jack (Kos) is one of such fruit. They eat more fish than red meat and prefer to consume peas, beans, nuts and leafy food.

WHAT NOT TO DO

Not paying respect to parents, teachers, religious dignitaries, animal killing and cruelty.

Smoking in public and in front of elders.

Licking fingers while or after eating.

Wearing hats and shoes in religious places.



THE WINNIPEG SCENE

Local Population: 1,030

Language: Sinhala and Tamil
English is the link language.

Religion: Buddhism (Theravada), Hinduism, Islam (Sunni), Christianity (Roman Catholic and other Christians).

Significant Day:
Vesak for Buddhists,
Thai Pongol for Hindus,
Ramadan for Islamic,
Christmas for Christians.
Independence Day Feb 4

Local Organization:
Sri Lanka Association of Manitoba
PO Box 41023 • Winnipeg, MB R3T 5T1
srilankanmb@gmail.com •
www.srilankanmb.org

Tamil Cultural Society of Manitoba
165 Park Place East •
Winnipeg, MB R3P 2E3 •
204-753-2311
www.biztha.com/Tamil-Cultural-Society-of-Manitoba

Sri Lankan continued

Family Practices: Birth

A new baby is given a gift of a gold pendent embossed with five symbols of weapons (Panchaudha) to protect the infant from evil effects.

Coming of Age

When the girls begin puberty, a ceremony is conducted among close relatives.

Marriage

"NilameAduma" or "Udarata Mul Anduma" is a traditional groom dress in Sri Lanka and it consists of Kandyan Jewellery including Knife, Peras Ring, and the Necklace. Kandyan bridal sets consists of moon and sun, head chain, karapati (throatlet), earrings, 3 pendants with chains, pethi necklace, agasti necklace, sarri (thick) bangles, gedi bangles and hawadiya (hip chain). Gifts for bride and bridegroom: Gold jewellery, cash and household items.

AUSTRALIA & NEW ZEALAND





Australia



THE WINNIPEG SCENE

Local Population: 695

Language: English 79%

Religion: Roman Catholic 22%, Anglican 13%, other Christian 18%, other 17%, no religion 30%

Significant Day:

Australia Day: Jan 26
ANZAC Day: April 25

Local Newspaper:
The Southern Yarn
PO Box 1655
Winnipeg MB R3C 2Z6
204-832-4405
www.downunderclub.mb.ca/yarn.htm

Local Organization:
The Down Under Club of
Winnipeg
PO Box 1655
Winnipeg MB R3C 2ZX6
204-832-4405
www.downunderclub.mb.ca

The Down Under Club is almost 70 years old, and organizes monthly events that celebrate national holidays and provide other opportunities for Australians and New Zealanders and their friends and families to connect and socialize. Our strong bond with the Australian High Commission in Ottawa ensures support and assistance for local Aussies. The Aussie music duo Up From Down Under (upfromdownunder.ca) features didgeridoo playing and traditional folk music, and Aussie rules footy is played locally (Winnipeg Bears Football Club).

High Tea Bakery makes a variety of Aussie treats, and Miss Browns offers several Australian-inspired menu items. Tim Tams (chocolate biscuits), Vegemite, and other food items can occasionally be purchased at retail and grocery stores, a large selection of wine from Australia is available in wine stores, and flat whites are commonly served in local coffee houses. Aussies live across Winnipeg and are actively involved in the community.

Immigration History

Indigenous Australians have lived on the island continent for at least 50,000 years. Europeans came to the country as part of the First Fleet in the 18th century, and changes to the immigration policy in recent years has resulted in more immigrants from the Middle East, Asia, and Latin America. As a result, Australia is a multicultural nation with a significant migrant population, and a tremendous diversity of languages and cultures. Many Australians arrived in Winnipeg in the 1940s, and larger numbers came as part of the British Commonwealth Air Training Plan during World War II. Some immigrants married Manitobans and settled in Winnipeg. A handful of Aussies move to Winnipeg every year for personal and business reasons. The local population has increased by approximately 20% since 2013.

Common Words

<i>English</i>	<i>Australian "lingo"</i>
Australian	Aussie
Excellent	Beauty
Goodbye	1. Hooroo 2. See ya!
Barbecue	Barbie
Mosquito	Mozzie

Australian English began diverging from British English in 1788, and is now recognized for its unique accent and vocabulary.

Greetings

A typical greeting would include a handshake and "Hello" or "Hi", or "G'day" (which means hello).

Leisure

The national sport is Australian rules football, and cricket, rugby union, rugby league, netball, lawn bowling and swimming are also popular. Netball is extremely popular with women.

Popular Foods

Originally drawn from British and Irish heritage, other cuisines such as Chinese, Thai, Japanese, Vietnamese, Lebanese, French, African, Greek and fusion prominently feature in home kitchens and restaurants. Seafood of all types are a significant part of meals and menus, and bush tucker, inspired by our indigenous people, features regional flora (berries, fruits, honeys) and fauna (kangaroo, emu, witchetty grubs). The unofficial national dish is the Great Australian Meat Pie, and other iconic foods include Vegemite, fish and chips, hamburgers, ANZAC biscuits, lamingtons and pavlova.

Family Practices: Birth

The occasion of a birth is often celebrated by a baby shower or a private family event.

Coming of Age

The driving age is generally 17, at which point drivers are subjected to restrictions during a probationary period. The legal drinking age, voting age, and age of legal maturity is 18. When someone turns 18 or 21, they are considered to be "coming of age", and both are marked with a major party. For many, however, the 21st birthday party with family and friends is the bigger celebration.

Marriage

Marriages and civil unions are celebrated by a private, civil or religious ceremony, depending on the family's beliefs and wishes.



New Zealand



THE WINNIPEG SCENE

Local Population: 180, Maori 55

Language: English 96%, Te Reo Māori 4%, New Zealand Sign Language is an official language

Religion: Roman Catholic 13%, Anglican 12%, Presbyterian 8%, other Christian 15%, no religion 42%

Significant Day:

Waitangi Day: February 6,
ANZAC Day: April 25

Local Newspaper:
The Southern Yarn
PO Box 1655
Winnipeg MB R3C 2Z6
204-832-4405
www.downunderclub.
mb.ca/yarn.htm

Local Organization:
The Down Under Club of
Winnipeg
PO Box 1655
Winnipeg MB R3C 2ZX6
204-832-4405
www.downunderclub.mb.ca

The Down Under Club is almost 70 years old, and organizes monthly events that celebrate national holidays and provide other opportunities for New Zealanders and Australians and their families and friends to connect and socialize. Our strong bond with the New Zealand High Commission in Ottawa ensures support and assistance for local Kiwis. The High Tea Bakery makes a variety of Kiwi treats, and a large selection of wine from New Zealand is available in wine stores. Grocery stores regularly stock Whittakers Chocolate and Manuka Honey. Kiwis live across Winnipeg and are actively involved in the community.

History

When Polynesians in the South Pacific settled in New Zealand in the 13th century, they gave rise to the Māori culture and language. European settlement, largely from Britain and Ireland, followed in the 17th century, and more recent changes to immigration policies saw an increase in immigrants from Asia and Africa. As a result, New Zealand has a diverse, multicultural population. Many New Zealanders came to Winnipeg as part of the British Commonwealth Air Training Plan during World War II. Some immigrants married Manitobans and settled in Winnipeg. A handful of Kiwis move to Winnipeg every year for personal and business reasons. The local population has decreased slightly from 2013.

Common Words

<i>English</i>	<i>New Zealander "lingo"</i>
New Zealander	Kiwi (also the name of a bird and a type of fruit)
Good	Sweet as
Cooler	Chilly bin
Swimsuit	Togs
Rubber rain boots	Gumboots

Greetings

A typical greeting would include a handshake and "Hello" or "Hi", or "Kia ora" (which means hello).

Leisure

Rugby union is New Zealand's national sport, and rugby league, soccer, field hockey, cricket, lawn bowls, basketball and netball are also popular. Kiwis love the outdoors, and pastimes include spending time at the beach, sailing, hiking and skiing.

Popular Foods

New Zealand cuisine features local ingredients and seasonal variations. Initially British based, meals and menus are a mix of traditional Kiwiana dishes modified by Mediterranean, Chinese and Indian techniques and ingredients. Seafood and lamb are particularly popular menu items. Māori cuisine is a mixture of Māori tradition, old-fashioned English cookery, and contemporary dishes. A traditional meal is a Hāngī, or food cooked in an earth oven. Popular dishes include fish and chips, meat pies, custard squares and pavlova.

Family Practices: Birth

The occasion of a birth is often celebrated by a baby shower or a private family event.

Coming of Age

The driving age is 16, after which drivers are subjected to restrictions during a probationary period. The legal drinking age, voting age, and age of legal maturity is 18. The 21st birthday is widely acknowledged as a "coming of age" birthday, and is often marked with a major party.

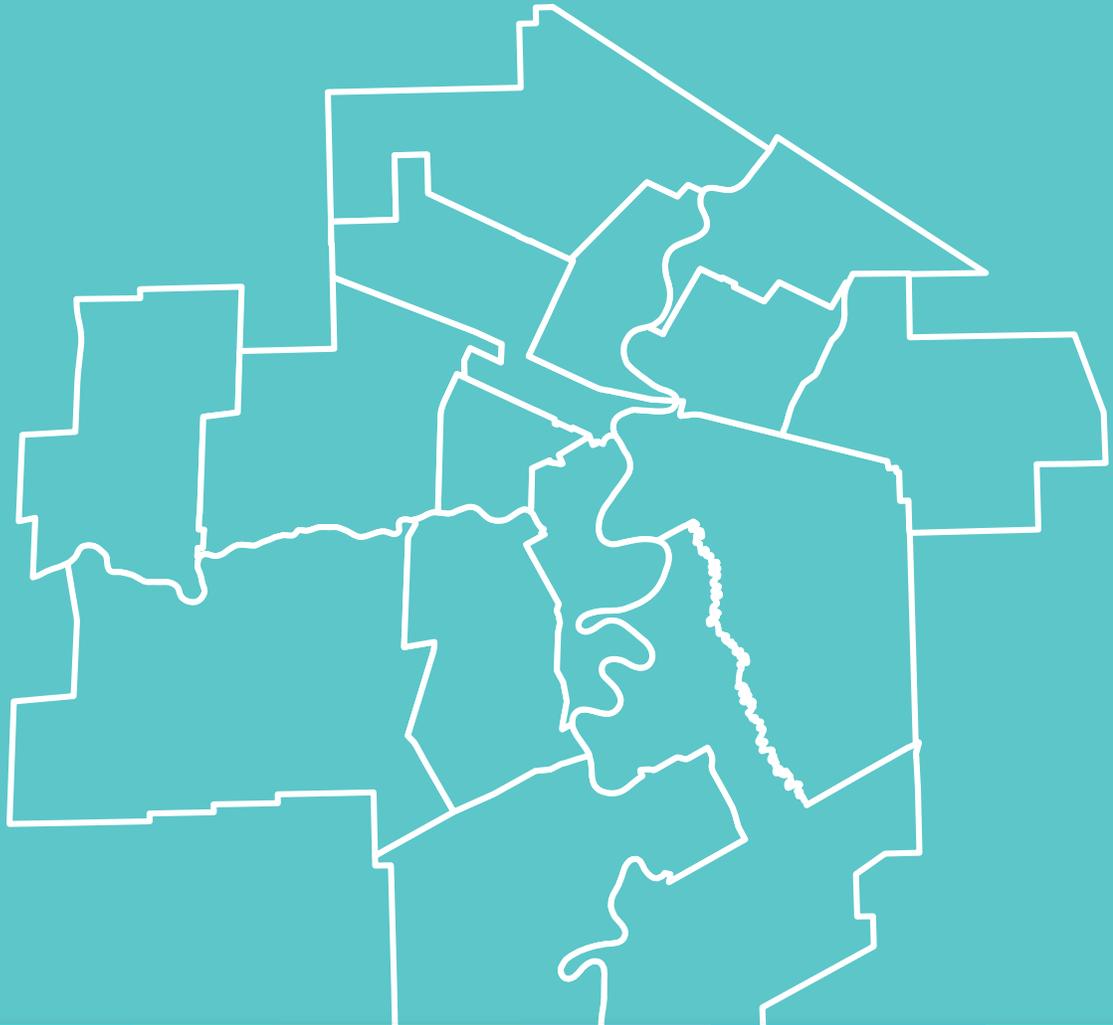
Marriage

Marriages and civil unions are widely celebrated by a private, civil or religious ceremony, depending on the family's beliefs and wishes.



A haka is traditional in Māori culture, originally performed by warriors prior to a battle as a way of proclaiming their strength to the opposition. Nowadays, a haka is performed to welcome distinguished guests, to acknowledge significant occasions or events, and by sports teams prior to an international sporting match.

POPULATION BY ETHNIC ORIGINS WINNIPEG



Source: Statistics Canada, 2016 Census of Population, Ethnic Origins. <https://bit.ly/2MhxZUJ>

POPULATION BY ETHNIC ORIGINS

in Winnipeg

ETHNIC ORIGIN	Total Responses*	Single Responses	Multiple Responses*
Total Population	761540	374520	387015
English	147565	16465	131105
Canadian	130380	45610	84770
Scottish	126740	7810	118925
German	123970	24665	99300
Ukrainian	116250	24690	91560
Irish	97440	4685	92760
French	96105	10190	85915
Filipino	77305	65155	12150
Polish	60465	9135	51330
Métis	53820	8550	45270
First Nations	46015	17915	28100
East Indian	30800	25710	5085
Dutch	30460	5740	24715
Russian	29575	3580	26000
Chinese	26815	18560	8255
Italian	19435	6030	13405
Icelandic	18175	1485	16690
Swedish	14050	650	13400
Portuguese	12870	7370	5505
Welsh	11905	370	11530
Belgian	11820	1030	10795
Norwegian	11510	615	10900
Spanish	10700	1100	9600
Austrian	8375	480	7895
Jewish	7635	2580	5060
Hungarian	7010	1380	5635
American	5835	440	5395
Vietnamese	5580	3750	1835
Danish	4930	460	4470
Romanian	4145	675	3470
Jamaican	3935	1910	2030
Korean	3935	3635	290
Punjabi	3600	2080	1530

POPULATION BY ETHNIC ORIGINS, WINNIPEG

Greek	3550	1680	1875
Nigerian	3510	2785	730
Czech	3140	475	2660
Swiss	3130	230	2905
Pakistani	3005	2020	990
Finnish	2735	240	2495
Ethiopian	2545	2125	420
Croatian	2435	1100	1340
Japanese	2290	845	1440
Eritrean	2175	1910	265
Trinidadian/Tobagonian	2130	525	1605
Mexican	1940	515	1425
Somali	1715	1480	230
Salvadorean	1710	1055	655
Iranian	1700	1355	345
Slovak	1685	455	1230
Laotian	1605	905	700
Congolese	1545	1295	255
Arab, n.o.s.[21]	1540	920	620
Chilean	1375	525	850
Czechoslovakian	1370	140	1230
Guyanese	1325	435	890
West Indian, n.o.s.[12]	1315	465	845
Egyptian	1165	895	270
Serbian	1100	585	510
Lithuanian	1065	120	945
Lebanese	1040	255	785
Sudanese	1035	815	215
Sri Lankan	1030	695	330
Afghan	1010	890	120
Yoruba	995	835	160
Bosnian	955	710	250
Syrian	935	625	310
Iraqi	920	695	230
Slovenian	920	320	595
Latvian	885	125	755
Bangladeshi	855	755	100

POPULATION BY ETHNIC ORIGINS, WINNIPEG

Yugoslavian, n.o.s.[8]	845	160	690
Colombian	835	510	330
Israeli	735	200	535
Brazilian	725	150	575
Australian	695	35	660
Black, n.o.s.[19]	695	80	620
Byelorussian	670	145	530
South Asian origins	665	430	230
Barbadian	660	175	485
Thai	635	215	420
Flemish	625	70	550
Paraguayan	615	90	520
Caribbean origins	585	160	420
Palestinian	550	315	230
Turk	545	145	405
Inuit	525	65	460
Cambodian (Khmer)	500	290	210
Aboriginal from Central/South America (except Arawak and Maya)	495	40	455
Central and West African	495	265	230
Nepali	490	370	120
Guatemalan	460	240	220
Argentinian	455	85	370
Karen	450	395	55
Other Asian origins	450	215	
Acadian	445	30	415
Indonesian	430	55	375
Malaysian	430	55	380
South African	425	70	355
Ibo	415	250	165
Albanian	400	305	95
Armenian	355	60	300
Ghanaian	355	175	180
Moroccan	320	205	110
Hispanic	315	165	150
Oromo	315	240	80
Sierra Leonean	315	200	120

POPULATION BY ETHNIC ORIGINS, WINNIPEG

Tigrian	315	195	120
Libyan	305	225	75
Kenyan	300	210	85
Kurd	300	170	130
Nicaraguan	300	160	135
Rwandan	295	215	80
Bulgarian	285	115	170
Peruvian	270	130	135
Moldovan	265	50	215
Zimbabwean	265	165	100
Dominican	255	100	155
Sinhalese	255	170	85
Burmese	245	160	85
Maltese	240	70	170
Québécois	240	30	210
Tamil	240	125	115
Cuban	235	80	165
Burundian	220	155	60
Macedonian	215	105	115
Jordanian	210	60	150
Bengali	200	165	35
Sicilian	200	30	175
Zambian	190	155	35
Venezuelan	185	65	125
New Zealander	180	0	180
Ugandan	175	85	95
Estonian	170	35	135
Vincentian/Grenadinian	160	75	85
Bantu, n.o.s.[17]	150	125	20
Gujarati	150	80	70
Haitian	150	85	65
Tatar	150	0	145
Cameroonian	145	115	25
Grenadian	145	55	90
Slavic, n.o.s.[10]	145	50	100
Bhutanese	140	110	35
Malian	140	95	45

POPULATION BY ETHNIC ORIGINS, WINNIPEG

Maya	135	10	125
Newfoundlander	135	30	105
Berber	130	80	50
Mongolian	130	55	80
Edo	125	45	80
Manx	125	0	125
Ivorian	120	70	55
Saudi Arabian	120	25	105
Frisian	115	15	105
Taiwanese	115	70	50
Amhara	110	35	75
Roma (Gypsy)	110	10	100
Senegalese	110	90	20
Togolese	110	80	30
Georgian	105	0	105
Yemeni	105	60	45
Basque	100	10	95
Mauritian	100	35	65
Algerian	95	35	60
Tanzanian	90	55	30
Tunisian	85	45	45
Ecuadorian	80	45	35
Kazakh	80	20	65
Luxembourger	80	0	80
Coptic	70	50	25
Honduran	70	35	40
Maure	70	60	15
Breton	65	15	55
Carib	65	10	60
Cornish	65	0	65
Guinean	65	20	50
Antiguan	60	15	45
Costa Rican	60	25	40
Puerto Rican	60	0	55
Azerbaijani	55	0	55
Bahamian	55	0	50
Belizean	55	0	50

POPULATION BY ETHNIC ORIGINS, WINNIPEG

Maori	55	10	50
Samoan	55	0	55
Uzbek	55	10	45
Beninese	50	25	25
Bolivian	50	10	45
Goan	50	10	50
Hawaiian	50	0	50
Liberian	50	45	0
Pashtun	50	15	35
Seychellois	50	25	20
Channel Islander	45	0	40
Cypriot	45	10	30
Djiboutian	45	0	40
Kuwaiti	45	0	40
Panamanian	45	0	35
Tajik	45	35	10
Pacific Islands origins	40	15	20
Akan	35	10	20
Bermudan	35	0	35
Kosovar	35	25	10
Kyrgyz	35	0	35

