



2021 PORTFOLIO

The opportunity to solve problems in a constructive, and creative way is what gets me out of bed in the morning. Graphic Design provides me these opportunities and I love every day I am able to practice my profession. It drives me to better myself, and the world around me.

I have always loved art, but I wasn't able to simply make something attractive just to ask a question. Through graphic design I am able to make something, not only more attractive, but to solve a problem and help improve the world around me!

I was raised in the country in a beautiful rural town outside of Ottawa. I went to a high school with a strong visual arts program, which led me to obtaining my first degree. I went to Ottawa University and received a Bachelor of Arts in Visual Art with a Minor in Classical Studies.

It was then that I found my greatest passion, Graphic Design and enrolled in a three-year Graphic Design Program at Algonquin College.

I love how a great design can not only improve the usability of the product and its environment, but also challenges the next designer to enhance it further. Graphic Design is my passion, and this passion makes my life better and I hope helps others as well.

When I am not designing I love to read mystery/fantasy novels, watch all different genres of movies, hangout with friends or just stay at home and hangout with my dogs. My greatest passion outside graphic design, and something I wish I could do more of, is travel! I have been to New York, Dominican Republic, Italy, France and England and, had it not been for Covid-19, Iceland, I hope post Covid I will be able to do more.

- Tessa Shein-Snidal

B A C K

N E X T

ABOUT ME





INFOGRAPHIC



INFOGRAPHIC RIF MANITOBA

- HELPING FRENCH IMMIGRANTS AND PROMOTING MANITOBA'S FRENCH COMMUNITIES.



**ITINÉRAIRE DES SERVICES EN FRANÇAIS
MUNICIPALITÉ DE TACHÉ**

BIENVENUE

INITIATIVE DES COMMUNAUTÉS FRANCOPHONES ACCUEILLANTES RÉGION RIVIÈRE-SEINE **RIF Manitoba**
Réseau en intégration francophone de Manitoba

SERVICE PRÉ-DÉPART ACCOMPAGNEMENT FRANCOPHONE
Accompagnement personnalisé :
Session d'information et d'orientation (Accueil, Établissement, Logement, Emploi, Intégration)

ACCUEIL
Accès à l'aéroport, Transport au logement de transition, etc.

ÉVALUATION DES BESOINS
Accès francophone - Rivière-Seine

AIGUILLAGE, RÉFÉRENCE ET RESSOURCES

Points centraux
Manitoba Start, Accès francophone Welarc

Santé
Centre médical Seine à Lorette

Ressources
Pluies, FFRM, 233 Allô, Réseau communautaire de la SFM, Infjusitice Manitoba

RECHERCHE DE LOGEMENT
Accès Francophone - Rivière-Seine

LOISIR, ART ET CULTURE
Centres communautaires, Comité culturel de Lorette

EMPLOYABILITÉ/ENTREPRENARIAT
CDEM Employabilité - Rivière-Seine

ÉDUCTION
Services de garde : Centre de la petite enfance Centre de la petite enfance et de la famille (CPEF) de Lorette

École élémentaire (Maternelle à 12e année) : Ecole Lagimodière (DSFM), Ecole Lorette Immersion

École secondaire (9e à la 12e année) : Ecole/College régional Gabrielle-Roy, Collège Lorette Collégiale

Immigration, Réfugiés et Citoyenneté Canada

rifmb.ca

Voir au verso pour les liens de ressources.

**FOURNISSEURS DE SERVICES EN FRANÇAIS
OFFERTS AUX NOUVEAUX ARRIVANTS D'EXPRESSION FRANÇAISE**

**RÉGION RIVIÈRE-SEINE
MUNICIPALITÉ DE TACHÉ**

PHONE

213-ALLÔ (SFM)
Winnipeg 204-233-2356
1-800-665-4443
sfm.mnb.ca

Réseau communautaire de la SFM
204-249-7222
reseaucommunautaire.ca/

Magazine Le Néophyte
magazineleneophyte.com/

DIFFÉRENCES

Centre de la petite enfance et de la famille (CPEF)
Lorette (Taché) 204-791-3286
cpefmrb.org/

Garderie Les chouettes de Lorette
204-878-3144

Garderie Les petits génies
204-691-0419
petitsgenies.ca/

École Lagimodière (DSFM)
204-878-3621
dsfm.mnb.ca/Scriptor/Web/Scripto.asp?resultat=5046

École Lorette immersion
204-878-4233
srsd.ca/school/ELI/Pages/default.aspx#=/

École Collège régional
Gabrielle-Roy
204-878-2147
collglo.mnb.ca/Scriptor/Web/Scripto.asp?resultat=94554

Collège Lorette Collégiale
204-878-2887
srsd.ca/school/CLC/Pages/default.aspx#=/

EMPLOYABILITÉ/ENTREPRENARIAT

CDEM Employabilité 204-935-5220
cdememploi.ca/

LOISIR, ART, CULTURE ET CENTRES COMMUNAUTAIRES

Directeur de l'activité sportive (DAS)
204-935-5663
sportsetfrancais.ca/

Arena de Lorette
204-878-2979
arena-guide.com/arena/lorette-community-complex/

Centre communautaire de Sainte-Geneviève
204-422-5411
mysteegenieve.wordpress.com/

Comité culturel de Lorette
facebook.com/comitecultureldeletotte

Bibliothèque Taché
204-878-9489
bibliotachelibrary.ca/fr

Notre dame de Lorette – Salle paroissiale
notredamedelorette.info/

Complexe communautaire de Lorette
rmtache.ca/fr/p/Services-de-loisirs

B A C K

N E X T



FOURNISSEURS DE SERVICES EN FRANÇAIS
OFFERTS AUX NOUVEAUX ARRIVANTS D'EXPRESSION FRANÇAISE

RÉGION RIVIÈRE-SEINE MUNICIPALITÉ DE LA BROQUERIE

ACCUEIL FRANCOPHONE RIVIÈRE-SEINE	233-ALLO (SFN) Www.rifmb.ca 1-800-655-4443 sfn@rifmb.ca
Succès pré-départ succes@francophoniemb.com/pre-depart/ Accès et Établissement 204-422-7024 rifsmb.ca rifsmb.ca/man.php?p=75	EMPLOIABILITÉ/ENTREPRENEURAT CDEM Francophonie 204-252-2320 entrepreneurat.sfn.ca/ Corporation de développement La Broquerie 204-371-0379 facebook.com/CDCLB/CO/
AIGUILLAGE, RÉFÉRENCES ET RÉSSOURCES Municipalité de la Broquerie 204-424-7022 lbmrc.mbs.ca	LOISIR, ART, CULTURE ET CENTRES COMMUNAUTAIRES Centre de la petite enfance et de la famille (CPEF) Saint-Joachim 204-478-4095 cpef.mbs.ca
Centre de services bilangues (CSB) - Service gouvernemental 204-424-7022 cbsr.mbs.ca	Directeur de l'activité sportive (DAS) 204-938-9642 sport@rifmb.ca
Santé Sud - Bureau régional 204-424-5880 southernhealth.ca/	Centre de services bilangues (CSB) - Service gouvernemental 204-424-5877 southernhealth.ca/regions/sud
Centre de bien-être communautaire La Broquerie (Dépôt bilangue) 204-424-5572 service-aux-residents.ca	Centre de la petite enfance et de la famille (CPEF) La Broquerie 204-424-5515 dpm.mbs.ca/ServiceWeb/depots.asp?depot=55420
Plastique (Manitoba) Inc. Winnipeg 1-800-257-0874 plastique.mbs.ca	Club Sportif La Broquerie Sports Club 204-478-4052 lbroquerie.mbs.ca/clubdes-sports/ Comité culturel de La Broquerie 204-352-0041 facebook.com/comiteculturel/
École Saint-Jean-Baptiste 204-424-5572 saintjean.mbs.ca/depots.asp?depot=75561	Centre culturel Saint-Jean-Baptiste 204-424-5571 saintjean.mbs.ca/
Immigration Manitoba Winnipeg 1-800-257-0874 plastique.mbs.ca	Centre de la petite enfance et de la famille (CPEF) Les Petits Briseurs (LPB), 204-424-5515 lpb.mbs.ca/
Centre de bien-être communautaire La Broquerie (Dépôt bilangue) 204-424-5572 service-aux-residents.ca	Centre de services bilangues (CSB) - Service gouvernemental 204-424-5515 dpm.mbs.ca/ServiceWeb/depots.asp?depot=55420
Plastique (Manitoba) Inc. Winnipeg 1-800-257-0874 plastique.mbs.ca	Centre culturel de la petite enfance et de la famille (CPEF) Les Petits Briseurs (LPB), 204-424-5515 lpb.mbs.ca/
Immigration Manitoba Winnipeg 1-800-257-0874 plastique.mbs.ca	Centre culturel de la petite enfance et de la famille (CPEF) Les Petits Briseurs (LPB), 204-424-5515 lpb.mbs.ca/

ITINÉRAIRE DES SERVICES EN FRANÇAIS
MUNICIPALITÉ DE LA BROQUERIE

BIENVENUE

INITIATIVE DES COMMUNITÉS FRANCOPHONES ACCUEILLANTES RÉGION RIVIÈRE-SEINE

RIF Manitoba

SERVICE PRÉ-DÉPART ACCUEIL FRANCOPHONE
Accompagnement personnalisé :
- Accès et établissement
- Accès, établissement, logement, emploi, intégration

ACCEUIL
Accès à l'agroalimentaire, au logement et à l'intégration

LOISIR, ART ET CULTURE
Centres communautaires
Comité culturel de la Broquerie

EMPLOIABILITÉ/ENTREPRENEURAT
CDEM Francophonie - Rivière-Seine
Centre de développement communautaire de la Broquerie (CDC/CCD)

ÉDUCTION
Services de garde :
- Centre de la petite enfance, Centre de la petite enfance et de la famille Saint-Joachim (CPEF)

École élémentaire et secondaire
(Maternelle à la 12ème année) :
- Ecole Saint-Joachim

ÉVALUATION DES BESOINS
Accès francophone - Rivière-Seine

AIGUILLAGE, RÉFÉRENCE ET RÉSSOURCES

Pointe centrale
Médecin de famille
Agence de la santé publique Webic

Santé
Centre médical
Pointe centrale
Centre de la santé publique Webic

Ressources
Plurielles
233-ALLO
Réseau communautaire de la petite enfance Manitoba

RECHERCHE DE LOGEMENT
Accès francophone - Rivière-Seine

rifmb.ca

RIVIÈRE-SEINE

Voir au verso pour les liens de ressources.

INFOGRAPHIC

RIF MANITOBA

HELPING FRENCH
IMMIGRANTS
AND PROMOTING
MANITOBA'S FRENCH
COMMUNITIES.

FOURNISSEURS DE SERVICES EN FRANÇAIS
OFFERTS AUX NOUVEAUX ARRIVANTS D'EXPRESSION FRANÇAISE

RÉGION RIVIÈRE-SEINE VILLE DE SAINTE-ANNE

ACCUEIL FRANCOPHONE RIVIÈRE-SEINE	233-ALLO (SFN) Www.rifmb.ca 1-800-655-4443 sfn@rifmb.ca
Succès pré-départ succes@francophoniemb.com/pre-depart/ Accès et Établissement 204-422-7024 rifsmb.ca rifsmb.ca/man.php?p=75	EMPLOIABILITÉ/ENTREPRENEURAT CDEM Francophonie 204-975-7101 cdemansel.ca/
Centre de services bilangues (CSB) - Service gouvernemental 204-422-7022 cbsr.mbs.ca	LOISIR, ART, CULTURE ET CENTRES COMMUNAUTAIRES Directeur de l'activité sportive (DAS) 201-928-5662 sport@francophonie.ca/
Santé Sud Médecin de famille La Broquerie 204-424-5880 southernhealth.ca/	Centre de la petite enfance et de la famille (CPEF) Ville de Sainte-Anne 204-371-7374 saintriviere-st-anne.ca/index.html#lang=fr
Centre culturel de la Broquerie 204-352-0041 facebook.com/comiteculturel/	Centre de la petite enfance et de la famille (CPEF) Pointe des Chênes (Sainte-Anne) 204-424-5860 lpb.mbs.ca/
Centre culturel Saint-Jean-Baptiste 204-424-5571 saintjean.mbs.ca/	Centre culturel de la petite enfance et de la famille (CPEF) Sainte-Anne 204-422-8537 southernhealth.ca/
Centre de la petite enfance et de la famille (CPEF) Les Petits Briseurs (LPB), 204-424-5515 lpb.mbs.ca/	Garderie les petits amis 204-422-8022
Centre culturel des Chênes (PC-12) 204-424-5860 lpb.mbs.ca/	École Pointe des Chênes PC-12 204-424-5860 lpb.mbs.ca/
Centre de la petite enfance et de la famille (CPEF) Sainte-Anne d'Immersion 204-422-8742 saintriviere-st-anne.ca/	École Ste-Anne d'Immersion 204-422-8742 saintriviere-st-anne.ca/
Centre culturel de la petite enfance et de la famille (CPEF) Ste-Anne Learning Centre 204-422-8011 saintriviere-st-anne.ca/	Ste-Anne Adult Learning Centre 204-422-8011 saintriviere-st-anne.ca/

ITINÉRAIRE DES SERVICES EN FRANÇAIS
VILLE DE SAINTE-ANNE

BIENVENUE

INITIATIVE DES COMMUNITÉS FRANCOPHONES ACCUEILLANTES RÉGION RIVIÈRE-SEINE

RIF Manitoba

SERVICE PRÉ-DÉPART ACCUEIL FRANCOPHONE
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ACCEUIL
Accès à l'agroalimentaire, au logement et à l'intégration

LOISIR, ART ET CULTURE
Centres communautaires
Comité culturel de Sainte-Anne

EMPLOIABILITÉ/ENTREPRENEURAT
CDEM Francophonie - Rivière-Seine
Centre de développement communautaire de la Broquerie (CDC/CCD)

ÉDUCTION
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- Centre de la petite enfance et de la famille Sainte-Anne (CPEF)

École élémentaire et secondaire
(Maternelle à la 12ème année) :
- Ecole Ste-Anne d'Immersion

EVALUATION DES BESOINS
Accès francophone - Rivière-Seine

AIGUILLAGE, RÉFÉRENCE ET RÉSSOURCES

Pointe centrale
Médecin de famille
Agence de la santé publique Webic

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Centre médical
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Réseau communautaire de la petite enfance Manitoba

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ANNUAL REPORT



Canada's Horizons
A look into the Canada of 2040

Brock Carlton, CEO,
Federation of Canadian Municipalities
David Coletto, CEO Abacus Data

FCM THE FEDERATION OF CANADIAN MUNICIPALITIES

This is a snapshot of what we heard from our interviews with a diverse group of Canadians across the country, as well as an analysis of dozens of research studies, projections, and commentaries. This report summarizes what we heard and learned through this process, and it is not a set of predictions about the future, but a signal of trends that will affect us in significant ways. This report serves as a starting point for a meaningful conversation about the opportunity and challenges Canada will face in the next two decades. It's critical for all of us to work together, as early as now, to address these challenges and capitalize on those opportunities with clear and reliable information, informed ideas, and practical solutions.

The Federation of Canadian Municipalities is doing this by engaging citizens and leaders across Canada to embrace and respond to the changing world together. This report aims to do the same.

So let's start the discussion.

New Canadians, including refugees, will continue to arrive in larger numbers.

People

Canada is already one of the most diverse countries in the world, but in the next two decades the rate of growth in our population will be the most rapid in four centuries. Projections suggest that by 2040, half of Canada's growth will come from immigration, which has not been matched since European settlement of the 1600s. The change will be enormous, permanently altering Canada demographically, culturally, and politically.

If anti-immigration sentiments in other countries continue, Canada will be even greater demand as a safe haven for immigrants and refugees. In addition to political and economic migrants, some may arrive as climate change forces them to flee, or by environmental disasters. There are projections that anywhere from 25 million to one billion humans could be displaced by climate change by 2040, their homes and habitats destroyed by weather events and rising sea levels.

According to Canadian census forecasts that one per cent will move from Asia. Others will come from the Caribbean and Eastern Europe. Nearly all of these newcomers will settle in larger cities, particularly Toronto, Montreal, and Vancouver. In the next few decades, just under one-third of Canadians will be members of a visible minority and about half will be either foreign-born or have at least one parent who immigrated to Canada.

Immigration is not only a positive, it is a necessity," says Alan Broadbent, Founder, Chair and CEO of Haytree. "With a larger population we would have more resilience.

ANNUAL REPORT

FCM - FEDERATION OF CANADIAN MUNICIPALITIES

REPORT OF CANADIAN MUNICIPALITIES, VIEWING TRENDS AND THOUGHTS ON WHAT 2040 COULD BE

Indigenous youth could be a big part of bridging the skills gap of the new economy.

While this transformation is taking place, many Canadians will be aging. The health care system of baby boomers will be entering long-term care facilities and senior homes (the youngest of the boomers will be in 2040). Health care will be increasingly personalized as new treatments are developed and there is a greater demand for personal care. Today there are approximately 700,000 Canadians aged 85 and older. In 2040, the number will be more than triple to approximately 2,200,000. How we manage this demographic shift must be a critical part of our public policy debate over the next 20 years.

Beyond sharp demographic shifts, inequality can quickly grow if left unchecked. The social and economic progress achieved in the past few generations, particularly in project-related opportunities, will continue to replace permanent full-time employment, putting downward pressure on wages. Already, part-time employment has surpassed full-time, increasing on average 2 per cent faster and accounting for more than 40 per cent of new jobs in 2016. Today, 30 per cent of the workforce is made up of freelance or term-position workers. Some of these will be temporary or part-time.

In addition, global warming will force us to expand employees in different industries (not necessarily particular) continues to increase. Across the economy, rapidly evolving pressures are placing greater demands on people's skills and abilities. Knowledge. The regular retraining of workers is required with change with relevance or programming. Skills can be taught or taught for the next generation.

One of the key growing populations will be Indigenous. First Nations will comprise 1.2 per cent of the population, with 4.2 per cent being born in Canada. If there are no further improvements, that young man or woman could have much greater quality of life and access to clean water, health care, education and employment opportunities.

Our energy sources will be more sustainable and clean

on carbon, which will stimulate a transition to renewable energy. But for Canada and other countries to meet their targets, significant improvements are required in traditional renewables like wind and solar power so they can assume a greater share of the generating burden. The initial investment and ongoing cost of producing renewable energy could be significantly higher than other sources, with the initial capital costs being a leading driver. Governments will face big decisions about whether to invest in cleaner sources of renewable energy or fall short of their commitments to reduce emissions.

As we increase our reliance on electrical energy, we could reduce the resiliency of our energy supply. Any disruptions in service would have a significant impact on Canadians than they do today. Transportation and other infrastructure would be at risk as well. As the energy mix changes over the next few decades, governments will need to consider not just the capacity, but the security of the system.

67% of Canada's power will be renewable energy

Canadians are other modes of transportation.

Despite pressure on public finances, dual-purpose infrastructure will be built for both climate and commerce will need to become standard practice.

"We need to rethink how infrastructure is built," says Murtaza Hader, president at SNC-Lavalin. "The reality is that our old infrastructure is expiring and is unable to cope with future demands. We need strategic investment in projects that have an economic purpose and are built to sustainably enhance economic activity and individual wellbeing."

Significant investments in communications networks are required to fulfill the demands of the next generation.

B A C K

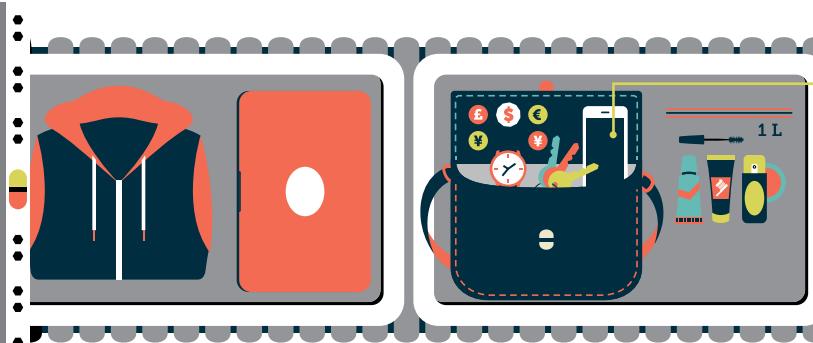
N E X T





INFOGRAPHIC
CANADIAN AIR TRANSPORT
SECURITY AUTHORITY

ESSENTIAL INFORMATION FOR AIR
TRAVELERS IN THE COVID-19 AGE



Essential Information for Essential Air Travel

Before you leave:

Ensure you have a multi-layer face covering to bring to the airport.



Follow the rules for liquids, aerosols and gels. You can now bring one bottle of hand sanitizer up to 355 mL in addition to any 100 mL containers in your carry-on bag.

When you arrive:

DO NOT enter the checkpoint if you exhibit known COVID-19 symptoms.

Wear a face covering.



Sanitize your hands if you can. Extra hand sanitizer dispensers have been placed at the checkpoint.



If you're flying out of one of Canada's 15 busiest airports, you will have your temperature taken before entering the screening line.



While in line:

Maintain 2 metres from others.



You'll be asked to scan your own boarding pass or other document of entitlement.



Place small electronics and loose items in your carry-on or purse instead of a bin to reduce touchpoints.



During screening:

All screening officers will be wearing gloves and face coverings.



Gloves are changed when soiled, torn, before a physical pat-down or bag search, and upon request.



Explosive trace detection swabs are changed with every use.



Checkpoint cleaning:

We have put enhanced cleaning procedures in place, including increased bin-cleaning frequency and the use of strong anti-viral cleaning products throughout the checkpoint.



For more information about our COVID-19 measures, go to catsa-acsta.gc.ca/covid19-response. You can also download our app at catsa-acsta.gc.ca/mobile-app, or find us on Facebook (facebook.com/catsa_gca) or Twitter (twitter.com/catsa_gc).

Safe travels!

B A C K

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Canada





MARKETING COLLATERAL



B R O C H U R E

SCOUTS CANADA

PROMOTING SCOUTS AND
THEIR WAY OF ENRICHING
THE LIVES OF CHILDREN

B A C K

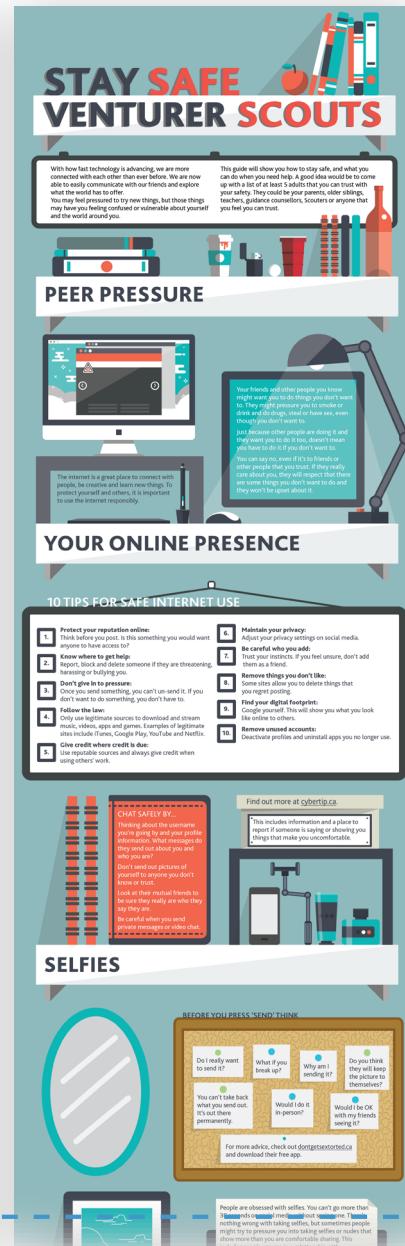
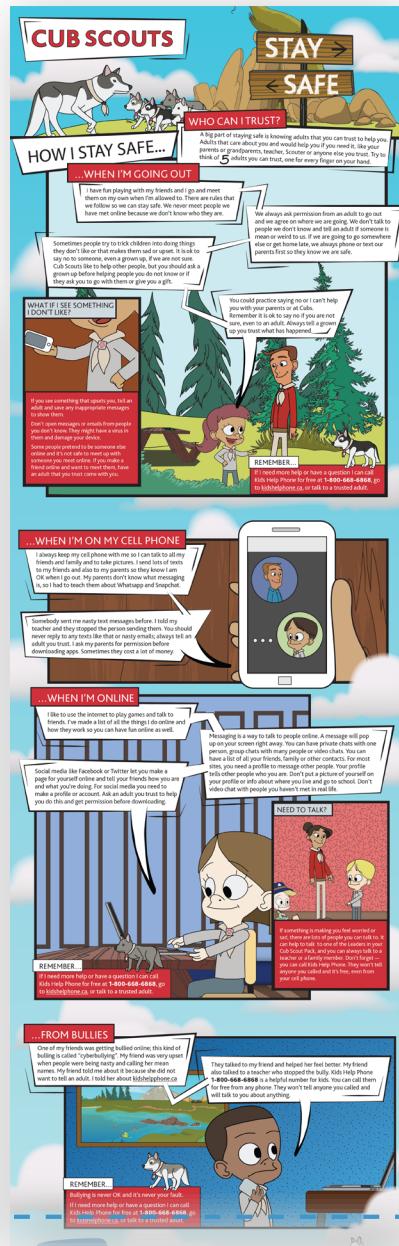
N E X T



INFOGRAPHIC

SCOUTS CANADA

INFORM SCOUTS OF ALL
AGES THE CHALLENGES OF
THE WORLD THEY LIVE IN



B A C K

N E X T



LIFE JACKETS & PFD'S

Whether paddling, sailing or enjoying another kind of watercraft activity, being out on the water is fun for Scouting youth of all ages. One of the most important pieces of safety equipment for water-based adventures is your Personal Flotation Device (PFD) or lifejacket. Check out the tips below to choose the right PFD or lifejacket for your next outing on the water. And remember, a lifejacket or PFD only works if you wear it!

Lifejacket

What's the difference between a lifejacket and a PFD? A lifejacket will ensure your face is out of the water even if you lose consciousness. There are three approved types of lifejacket, including the rectangular "keyhole" design. All lifejackets are red, orange or yellow.

PFD Personal Flotation Device

Like a lifejacket, a PFD will help to keep you afloat if you fall into the water. However, if you are unconscious, a PFD does not ensure that your face is out of the water. PFD's are vests. A PFD may be designed to keep you both safe and comfortable for a specific boating activity, such as paddling, waterskiing or fishing.

Sizing a PFD or Lifejacket

- You should be able to comfortably zip and/or unzip your PFD or lifejacket
- Your arms and neck should be able to move freely
- The PFD or lifejacket should be comfortably snug so that it cannot ride up too much when you move
- If your PFD or lifejacket can be pulled up past your chin when it's zipped up, it's too big
- If your PFD or lifejacket cannot be zipped or restricts your movement, or makes you feel uncomfortable, it's too small.

Features & Accessories

- Your PFD or lifejacket should be brightly coloured.
- Your PFD or lifejacket should include reflective elements.
- Securely attach a whistle to your PFD or lifejacket.
- Your PFD or lifejacket should have a clearly visible label stating that it has been approved for use in Canada.

Inspection Checklist

- Are there tears in the seam?
- Is the zipper broken?
- Are any of the buckles broken?

If you answered yes to any of these questions, then your PFD is likely not fit for use. It may require repairs or replacement.

Storing your PFD or Lifejacket

PFDs and lifejackets should be stored in a cool, dry, well-ventilated place, out of direct sunlight. Ensure your lifejacket is thoroughly dry before it is stored.

Visit [Transport Canada's website](#) to learn more.
[Scouts.ca](#)

INFOGRAPHIC SCOUTS CANADA

SHOW THE IMPORTANCE OF
PFD'S AND HOW TO WEAR

GILETS DE SAUVETAGE & VFI

Les jeunes ont toujours beaucoup de plaisir à participer à des activités aquatiques dans une embarcation comme le canot, le kayak, la planche à voile, etc. L'article d'équipement de sécurité le plus important lors de ces activités est votre vêtement de flottaison individuel (VFI) ou votre gilet de sauvetage. Et souvenez-vous qu'un gilet de sauvetage ou un VFI est seulement efficace si vous le portez!

Gilet de sauvetage VFI: vêtement de flottaison individuel

Qu'est-ce qui différencie un gilet de sauvetage d'un VFI? Un gilet de sauvetage vous garde la tête hors de l'eau même si vous perdez connaissance. Il existe trois types approuvés de gilets de sauvetage, dont un modèle rectangulaire universel. Tous les gilets de sauvetage sont rouges, orange ou jaunes.

Trouvez le bon VFI ou gilet de sauvetage

- Vous devriez pouvoir attacher confortablement votre VFI ou gilet de sauvetage
- Vos bras et votre cou devraient pouvoir bouger aisément.
- Le VFI ou gilet de sauvetage devrait être confortablement ajusté à votre corps afin qu'il ne puisse pas trop remonter si vous tombez à l'eau.
- Si vous pouvez soulever votre VFI ou gilet de sauvetage jusqu'à vos oreilles ou vos yeux lorsqu'il est attaché, c'est qu'il est trop grand.
- Si votre VFI ou gilet de sauvetage ne peut être attaché convenablement, restreint vos mouvements ou semble trop serré, c'est qu'il est trop petit.

Caractéristiques & accessoires

- Votre VFI ou gilet de sauvetage doit être de couleur vive.
- Votre VFI ou gilet de sauvetage devrait contenir des éléments réfléchissants.
- Attachez de façon sécuritaire un sifflet à votre VFI ou gilet de sauvetage.
- Votre VFI ou gilet de sauvetage devrait avoir une étiquette visible annonçant que l'article est approuvé au Canada.

Liste de vérification

- Les coutures où le tissu sont-elles déchirées?
- La fermeture éclair est-elle brisée?
- Les sangles sont-elles brisées?
- Le tissu est-il délavé ou plissé?

Si vous avez répondu oui à une de ces questions, votre VFI n'est sûrement pas sécuritaire. Vous devriez effectuer des réparations ou le changer.

Rangement de votre VFI ou gilet de sauvetage

Les VFI ou gilets de sauvetage devraient être rangés dans un endroit frais, sec et aéré, à l'abri de la lumière directe du soleil. Assurez-vous que votre VFI ou gilet de sauvetage est bien sec avant de le ranger.

Visitez le site de [Transports Canada](#) pour en savoir davantage.
[Scouts.ca](#)

B A C K

N E X T



B A C K

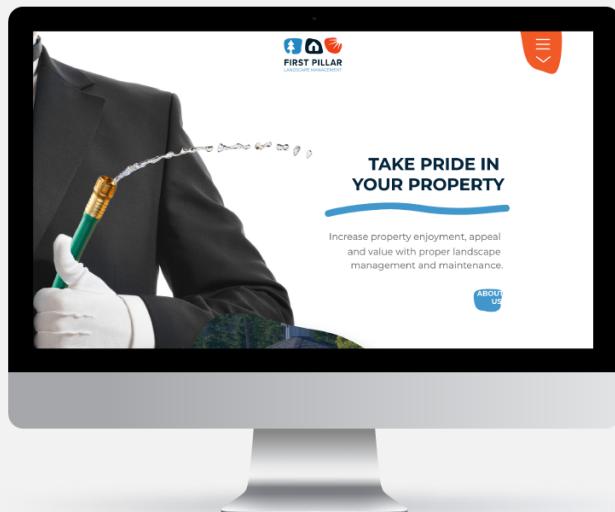
N E X T

WEBSITE DESIGN



FIRST PILLAR
LANDSCAPE MANAGEMENT

FIRSTPILLAR.CA
WEBSITE DESIGN
FIRST PILLAR
LANDSCAPE
MANAGEMENT



B A C K

N E X T



BRANDING IDENTITY



K A R S

M A S S A G E

T H E R A P Y

B R A N D I N G

I D E N T I T Y



Colour Breakdown

PMS 205	PMS 363				
C 38 M 30 Y 2 K 0	Y 32 M 12 C 0 K 0	100%	100%	100%	100%
Y 32 M 12 C 0 K 0					
100%	100%				
100%	100%				

Logo Reduction

The Kars Massage Therapy logo must be used in its original form. It is not acceptable to reduce the logo to a size where it is illegible or where the logo is distorted.

ACCEPTABLE	UNACCEPTABLE

6 7

Alternate Logo

The horizontal alternate logo is only for use in situations where the vertical logo is not appropriate, such as for legality, or visibility, or if the vertical logo is not available.

The primary logo must be used whenever possible. The alternate logo is only to be used when the primary logo is not available or is not appropriate.

The alternate logo must be used in its original form. It is not acceptable to reduce the logo to a size where the text is illegible or where the logo is distorted.

8

Symbol Only

If the logo is to be presented without the company name, the symbol must be used in its original form and green/pink/teal, in reversed colors.

The symbol must be used whenever possible. It is only to be used from the beginning and end of the company name. It is not acceptable to use the symbol in the middle of the company name.

The symbol must be used in its original form. It is not acceptable to reduce the logo to a size where the background is lost and the symbol is illegible. The black symbol must only be used when the background is white and the symbol is clearly visible from the background.

9

Digital Online Presence

When displaying the content when visualizing the Kars Massage Therapy logo online, the logo must be displayed in its original form. It is not acceptable to use the logo in a small size or to use the logo as a background.

ACCEPTABLE

--	--

UNACCEPTABLE

--	--

14 15

Stationery

16 17

Application

18

Photography

The photography must be allowed to be used in its original form. It is not acceptable to use the photo in a small size or to use the photo as a background.

ACCEPTABLE

UNACCEPTABLE

19

B A C K

N E X T



MAGAZINE MOCKUP



MAGAZINE MOCKUP

E S Q U I R E



B A C K

N E X T



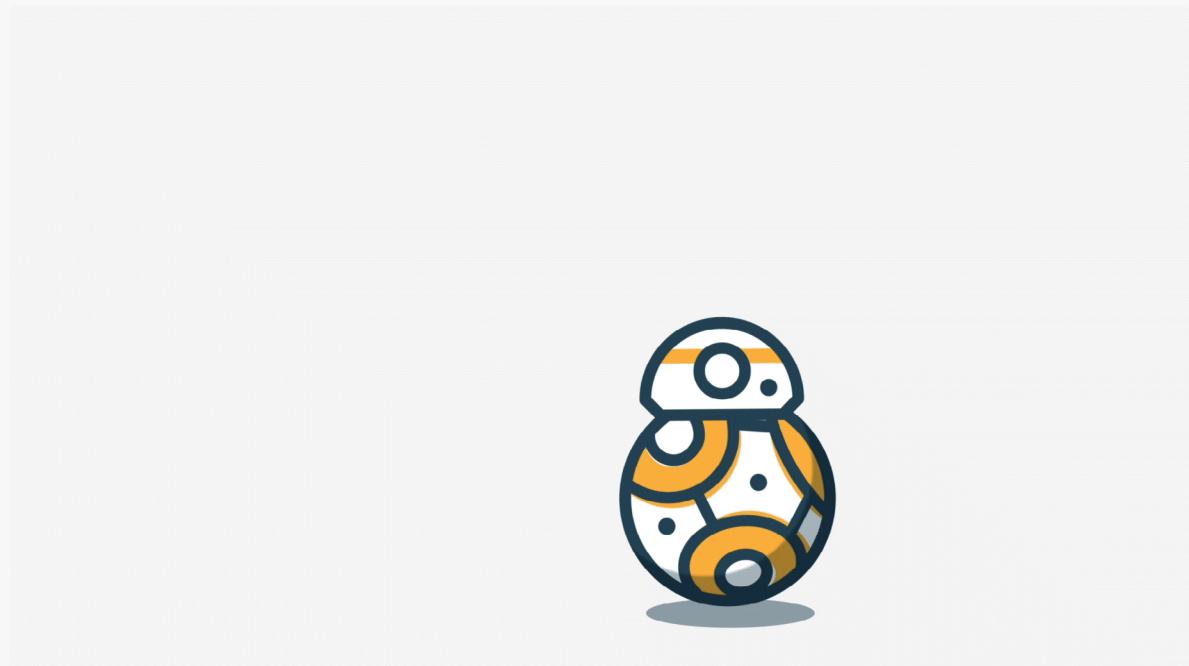
SOCIAL MEDIA GIF



SOCIAL MEDIA GIF

SHERIN SNIDAL DESIGN

HAVE A SOCIAL MEDIA
WAITING GIF TO ANTICIPATE
THE WEBSITE REDESIGN



B A C K

N E X T



GRAPHIC T-SHIRT SLOGANS

G R A P H I C
T - S H I R T
S L O G A N S
VITA FITNESS

PROMOTE VITA FITNESS
WITH PERSONALIZED
GRAPHIC SLOGANS



B A C K

N E X T



WEBSITE



RÉSUMÉ



EMAIL

B A C K

CHEERS!