

SHARING



Newsletter for Newcomers

Issue 9, 2021

NOVA SCOTIA PUBLIC HEALTH

The Nova Scotia Health Authority along with other partners provides a wide range of health care services and wellness programs for all Nova Scotians. Newcomers to Nova Scotia need to be aware of all these facilities for themselves and their family's well-being. Below are few essential services provided by NSHA.

FAMILY DOCTOR

The value of family physicians in Nova Scotia's healthcare system is significant. Family physicians are trained to approach the medical decision-making process differently than other providers. They help to ensure precious healthcare resources are used effectively and efficiently.

As a newcomer to the province, one might need the assistance of a family doctor for their family. Depending on the neighbourhood you move into, visit your local family practice to inquire if they are taking on new patients or **call 811** or register with, needafamilyprctice.nshealth.ca

Once you have registered here, you will be added to the provincial registry. When a primary care provider in your area is accepting new patients, the practice will either contact you directly, or Nova Scotia Health Authority will contact you.

In the meantime, if you need to see a doctor you can walk into one of the many walk-in clinics. Be sure to have your health card ready to show and be prepared for a fairly long wait.

<http://www.nshealth.ca/department-family-practice>

COMMUNITY HEALTH TEAMS

The Community Health Team is a service provided by Nova Scotia Health in partnership with IWK offering wellness programs and services to Nova Scotians. These services are free.

Some of the basic programs include :

- Personal wellness assessments

- Goal setting and motivational counselling
- Group health and wellness learning sessions
- Self-management peer support programs

For registration please visit www.communityhealthteams.ca

For more information about CHT please visit, <https://www.cdha.nshealth.ca/community-health-teams/about-us>

INFLUENZA AND FLU SHOT

Influenza or Flu is a highly contagious respiratory infection caused by the Influenza virus. It affects a person's nose, throat, and lungs. Every year different strains of this virus spread very quickly during the fall and winter.

Symptoms of the flu include:

- high fever and chills
- headache
- general aches and pains
- fatigue and weakness
- a runny, stuffy nose
- sneezing
- sore throat

For more info on flu, please visit, <https://novascotia.ca/flu/>

Flu Shot

Getting vaccinated with the flu shot can reduce the risk of flu illness, hospitalization and death.

Also, getting a flu shot can save health care resources for other serious patients.

Where to get a flu shot?

One can get a flu shot at most pharmacies around the province, at your family doctor's office, some clinics offered by Public Health, and in some workplaces. It is free!

For more info on flu shots please visit,

<http://www.nshealth.ca/news/where-get-your-flu-vaccination-0>

By Punya

*To connect the Newsletter Working Group on Facebook: @sharingnewsletter
Newcomer Services, KG Public Library.*

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Canada Thanksgiving



www.vox.com

Thanksgiving festival is a celebration of being thankful for what one has and the bounty of the previous year. By gathering and spending time with family, enjoying a feast, Canadians celebrate this festival on the second Monday in October.

Even though the official Thanksgiving is on Monday, Canadians could choose any day during the long weekend period to celebrate the festival. Most Canadians will eat roasted turkey, stuffing, mashed potatoes with gravy, sweet potatoes, cranberry sauce, sweet corns, various autumn vegetables, squashes, brussels sprouts, and pumpkin pie.

Besides these traditions and festival food, Canadian Football League annually holds a nationally televised doubleheader, the Thanksgiving Day Classic. The symbol of Thanksgiving is a cornucopia or horn, filled with seasonal fruit and vegetables. Cornucopia means "Horn of Plenty" in Latin, which was a symbol of bounty and plenty in ancient Greece. Therefore, these kinds of food, such as turkey, pumpkins, and ears of corns are symbols of Thanksgiving Day.

By Amber

Chuseok, Korean Thanksgiving Day, is also referred to as *hangawi* which means "Big day in the middle of the 8th lunar month or autumn" when there is the largest full moon. It is one of Korea's two biggest holidays to give thanks and celebrate the year's harvest.

On the morning of chuseok, family members gather and hold a memorial service for ancestors with newly harvested rice, fruit, vegetables and meat. Then they visit their family gravesites, remove weeds around the grave and pay their respects to the ancestors.

One of the most representative dishes of chuseok is *songpyeon*, which is a half-moon shaped rice cake stuffed with sesame seed, sugar, chestnuts or red beans and steamed over pine needles.

By Sohee

Harvest Festival in Korea



Chinese Mid-Autumn Festival



On the 15th day of the 8th month of the Chinese lunar calendar, there is a very important festival for Chinese, called Mid-Autumn Festival. In China, it is the second-most important holiday after Chinese New Year with a history of about 3000 years.

Mid-Autumn Festival celebrates three fundamental meanings: gathering, thanksgiving, praying. Family and friends usually come together for the festival, and moon cake is an essential food. It is said the moon is the brightest and roundest on this day which means family reunion. Someone may give thanks for the harvest, and someone may ask for good fortune or longevity for their family. On this day, there are many celebrating activities. Besides eating moon cake, moon watching, moon worship, lantern display, and tide watching are all common activities.

Every year around the Mid-Autumn Festival, there is a Tide Watching Festival on the Qiantang River in China. It is said the highest number of people in the history of Qiantang River Tide Watching Festival is as high as 660,000.

By Bill Zhao

Fall

The leaves dance down,
Cradled from trees,
Not a cry or frown,
As they sink to their knees.

Lovers hold hands,
Take safe naps,
Skip through sand,
Lay heads on each other's laps.

Thanksgiving dinner,
There's nothing to hate,
Wow I wish I was thinner,
Okay, one more plate.

Artists brush, cite, see,
A wonder in fall,
Born are babies,
Both short, and tall.

Here comes the season,
A point to make,
A given reason,
To give, not take.

Halloween, my beloved,
Here's a treat,
Though you deserve a sonnet,
Take this seat.

This poem is done,
But autumn is not,
Enjoy the season, hon,
For it can't be bought.

Bahar Rajabi



Thanksgiving Quiz

- Fall, or autumn, is one of how many temperate seasons?
 - One
 - Two
 - Three
 - Four
- What year did the Pilgrims have their first Thanksgiving Feast?
 - 1619
 - 1520
 - 1621
 - 1935
- What oven temperature is the best to roast a turkey to perfection?
 - 275 degrees F.
 - 200 degrees C.
 - 325 degrees F.
 - 400 degrees F.
- What food was probably NOT on the Pilgrims' Thanksgiving menu?
 - Fish
 - Potatoes
 - Dried Fruit
 - Corn
- In what month does autumn end?
 - October
 - November
 - December
 - January
- In the Southern hemisphere, what month does autumn start?
 - February
 - March
 - April
 - May
- Which Western Ontario town is the world's largest producer of turkey eggs?
 - Stratford
 - Forest City
 - Learnington
 - Strathroy
- In 1676, a day of thanksgiving was proclaimed to take place during ?
 - November
 - June
 - May
 - October
- In poetry, autumn is often associated with which emotion?
 - Happiness
 - Melancholy
 - Contentment
 - Anger
- What president didn't like the idea of having a national Thanksgiving Day?
 - Jefferson
 - Nixon
 - Truman
 - Washington



Answers

1. d, 2. c, 3. c, 4. b, 5. c, 6. b, 7. d, 8. b, 9. b, 10. a

Useful Links



J. S. Bach: Goldberg Variations / Piano by Ante Sladoljev
<https://youtu.be/DBuNeXWcuwc>



25 Greatest Natural Wonders of the World - Travel Video
https://youtu.be/3SsK-cxli_w



Wild Amazon Documentary HD
<https://youtu.be/F5UPc8dya-M>



Why Canadians Get Their Own Thanksgiving | Cool History
<https://youtu.be/wyQzCc6E8ms>



How photography connects us
<https://youtu.be/m-UrpcSRVGk>



BEST California Roll Recipe
<https://youtu.be/IOLYPiurIK0>



André Rieu - The Beautiful Blue Danube
<https://www.youtube.com/watch?v=IDaJ7rFg66A>



Accent's Way English with Hadar,
<https://www.youtube.com/c/accentsway>
 8 Beginner English Book Recommendations
https://youtu.be/FGHHGZO_-jE



OK Go - I Won't Let You Down - Official Video
https://youtu.be/u1ZB_rGFyeU



Pumpkin Flatbread

For serving eight flatbreads;

Dried ingredients

- 1 cup white flour
- 2 ½ cup whole wheat flour
- 3 tbsp. Instant yeast
- ½ tsp. salt
- 1 tbsp. sugar
- 1 tbsp. chia seed (optional)

Wet ingredients

- One egg
- ½ cup warm milk
- 1 cup pumpkin/ squash puree
- 3 tbsp. vegetable oil

Instructions

1. Combine all dried ingredients in a large bowl. Reserve about ½ cup of whole wheat flour to use while kneading.
2. Add egg, oil, milk, and pumpkin puree to the bowl and stir them with a wooden spoon to mix.
3. Knead the dough by hand for 5 minutes. Add more flour as needed to prevent sticking. The dough should feel smooth, elastic and a little sticky once you are kneading.
4. Form the dough into a ball. Cover the bowl with a clean cloth towel and put it in a warm place. Rest the dough for one hour.
5. Place a little flour on your work surface and transfer the dough to it. Grease your hands with vegetable oil and start kneading the dough for about 2 minutes.

6. Divide the dough into eight equal pieces. Form each piece of dough into a ball, cover your eight balls with a damp towel, and let them rest for 30 minutes.
7. Dust your work surface top with flour. Roll each piece of dough into a large circle (about 1/8 inch thick). Use more flour if necessary.
8. In the meantime, you are rolling the balls; preheat a rather heavy-bottomed skillet on the stovetop over medium heat.
9. Cook each piece of dough for 2 to 3 minutes on one side, or until golden brown, then flip and cook the second side for another 2 minutes.
10. Make your sandwich with this fragrant and delicious bread. Enjoy!!

Notes

- *Temperature of milk shouldn't be too hot to the touch or too cool.
- *You can use water instead of milk.

Japchae

By Roya Fahimi

Korean Stir-fried Glass Noodles

By Sohee

Ingredients:

- 300g Sweet potato starch noodles (glass noodles)
- 200g Lean beef (or Pork loin), cut into strips
- 100g Oyster mushrooms, sliced (optional)
- 1 bunch (200g) spinach
- 1/2 carrot (100g)
- 1 medium onion
- 1/4 yellow and red bell peppers
- Vegetable oil for stir-frying
- Salt
- Sesame seeds

Beef Marinade

- 1 tbsp. soy sauce
- 1 tsp. sugar
- 1 tps. minced garlic
- 1 tbsp. sesame oil
- 1/4 tsp. ground black pepper

Sauce

- 3.5 tbsp. Soy Sauce
- 3 tbsp. Sugar
- 2 tbsp. sesame oil

Steps:

1. Place the beef strips and mushrooms into a bowl. Add the beef marinade and gently mix.
2. Blanch the spinach only until wilted (for 10-20 seconds). Drain quickly and shock in cold water. Squeeze out water, cut it and lightly season with some salt(1/2 tsp.) and sesame oil(1 tsp.).
3. Cut the carrot into matchsticks. Thinly slice the onion. Cut the bell peppers into strips.
4. Boil some water in a large pot. Once the water starts to boil, add the noodles and boil them until translucent and soft for 6-7 minutes. Rinse them in cold water and drain well. Roughly cut the noodles into 6-7 inches lengths. Transfer to a large mixing bowl and mix well with 3Tbsp of the prepared sauce. Add 1/2Tbsp of oil to the pan, and stir-fry the noodles over medium high heat, stirring frequently. Move back to the mixing bowl.
5. Add 1/2 tbsp. of oil to the pan, and stir-fry the carrot over medium high heat, sprinkling with a pinch of salt until a half way cooked, about a minute. Transfer to



- the mixing bowl. Add 1/2 tbsp. of oil to the same pan, and stir-fry the onions slices until translucent, sprinkling a pinch of salt. Transfer to the mixing bowl. Add 1/2 tbsp. of oil to the same pan, and stir-fry the bell peppers about a minute, sprinkling a pinch of salt. Transfer to the mixing bowl. Do not overcook. The vegetables should be crispy.
6. Add 1/2 tbsp. of oil to the same pan, and stir-fry the marinated beef and mushrooms until the meat is cooked about 2-3 minutes. Transfer to the mixing bowl.
 7. Add the spinach and the remaining sauce to the bowl with all other prepared ingredients. Sprinkle some sesame seeds. Toss well to combine all the ingredients. Adjust the seasoning to taste by adding a little more soy sauce and/or sugar as necessary.