



ISSUE 5 | 2023

# SHARING

## NEWSLETTER FOR NEWCOMERS

### ENERGY SAVING TIPS

#### HOW TO KEEP YOUR HOME WARM AND YOUR WALLET FULL

As fall quickly turns into winter, everyone wants to stay warm at home without breaking the bank with heating bills. Here are some tips :

- **Lowering 2-3°C can make a difference :** We recommend 17°C when you are sleeping or not at home & 20°C when you are awake and at home. Install a programmable ENERGY STAR certified thermostat to make things easier!
- **Dress Warmly :** Insulate your body by dressing warmly even when indoors. Invest in a warm sweater that will save you much more money than heating up an entire space.
- **Use Space Heating Wisely :** If you notice that certain parts of the home are used more often than others consider low-cost heating options like space heaters, heating blankets & gas fireplaces.
- **Maintain Your Heating System Effectively :** Good maintenance can save you a lot of money and may be less work than you think! Heat pumps require regular maintenance and cleaning (filters should be changed monthly in the winter) but oil, gas & electric systems only need annual maintenance. If you live in a building, it may already be done for you!
- **Don't Let Heat Slip Out :** Check all doors to avoid heat slipping out through the gaps. You can buy sealant strips at a low price from home improvement stores and apply them on small cracks like tape. For larger gaps, like the bottom of doors & mail slots, use brush trims or draft blockers.
- **Upgrade Your Windows :** Check your window frames for a breeze and patch up any holes with putty or sealant tape. Consider investing in double-glazed windows for a home you own or plan to live in long term. They have an added layer to keep out the cold and could save you hundreds of dollars each year on heating. Use curtains after dark to keep warm air in and use ones with thermal backing for added warmth.
- **Consider Energy-Efficient Upgrades :** For long-term savings, upgrading or switching your heat system can help you save. Electric systems are the costliest but require very little maintenance. Oil furnaces are highly efficient and have lifespans around 25 years, but the price of oil is volatile. Gas is the most efficient and longest lasting but requires frequent gas deliveries (if offered in your area). Heat pumps are costly to install and maintain but can also be used as air conditioning in the summer and are energy efficient. Have your home evaluated for energy-efficient improvements and research any rebates/discounts before making the decision!

BY FIONA ZHANG, LUTING ZHANG, PUNYATOYA

PAGE EDITOR : LUTING ZHANG





## QUIZ

1. Which Canadian province is the largest in terms of area?  
A: Quebec B: Ontario  
C: British Columbia D: Saskatchewan

2. Which animal is Canada's national emblem?  
A: Moose B: Beaver  
C: Bear D: Buffalo

3. What is the highest mountain in Canada?  
A: Mount Caubvick B: Mount Columbia  
C: Mount Logan D: Mount Fairweather

4. What is the longest river in Canada?  
A: Peace River B: Yukon River  
C: Columbia River D: Mackenzie

5. How many time zones does Canada have?  
A: 6 B: 5  
C: 4 D: 7

6. Who wrote the poem "In Flanders Field"?  
A: Margaret Atwood B: John McCrae  
C: Al Purdy D: Émile Nelligan

7. This Canadian woman received the Nobel Prize for Literature in 2013.  
A: Margaret Atwood B: Sheila Munro  
C: Alice Munro D: Miriam Waddington

8. Which province where people have been called "Bluenoses" since the 1700s?  
A: Saskatchewan B: New Brunswick  
C: Quebec D: Nova Scotia

9. The largest non-nuclear explosion in history occurred in this city on December 6, 1917.  
A: Halifax B: London  
C: Boston D: Paris

10. This island is known as "The Graveyard of the Atlantic."  
A: Seal Island B: Sable Island  
C: Cape Breton Island D: Oak Island



## FUN ZONE



World Geography Games

<https://world-geography-games.com/>



10 minute yoga for beginners:

<https://www.youtube.com/watch?v=j7rKKpwdXNE>



Fall Color Change in Gatineau Quebec:

<https://www.youtube.com/watch?v=1H19cwcizDc>



Cape Breton Island Music & Culture:

[Cape Breton Island - The Celtic Heart of North America](#)



Top 30 Romantic Guitar Music:

<https://www.youtube.com/watch?v=VZwZ5-YWWlg>



Great Handmade Thanksgiving Decorating Ideas:

<https://www.youtube.com/watch?v=efD-8LB27Tg>



Cozy fall drink ideas:

<https://www.youtube.com/watch?v=s43bXQggxsk>

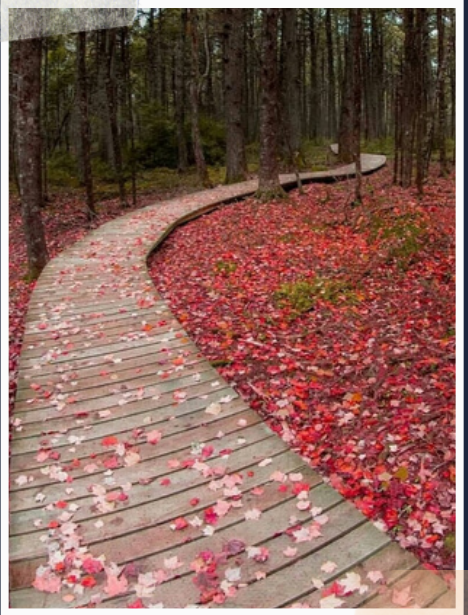
BY ROYA, KHALIDA & NACERA

PAGE EDITOR : ANDREW SUN

1. A 2. B 3. C 4. D 5. A  
6. B 7. C 8. D 9. A 10. B

BY ANDREW SUN





# Fall Colors



Photos By  
Roya, Nacera, Thanh & Khalida



## NOVA SCOTIA OUR HOME

### WHY ARE NOVA SCOTIANS CALLED BLUENOSERS

We all know that the term “Bluenose” (or “Bluenoser”) is a nickname given to the people of Nova Scotia. Various sources say this moniker has been used since the late 18th century. There are a few theories as to why Nova Scotians are called Bluenosers. One refers to the color that most Nova Scotians’ noses turn into during the bitter winter. The other says the name may have originated from a popular variety of blue-skinned potato that was grown commonly in the Annapolis Valley 100 years ago. However, I like a story about fishermen’s mittens most.

This story has it that the wives of fishermen knitted thick wool mittens for their husbands to wear at sea, coloring them with a cheap blue dye. In the cold and windy weather, the fishermen had runny noses and were constantly wiping their faces with hands covered in mittens, leaving blue dye on their noses.

The name Bluenose was later given to a world-famous fishing and racing schooner that was built and launched in Lunenburg in March 1921. The term was also added to the Oxford English Dictionary in 2013.

BY THANH CAO



Bluenose 1921 by MacAskill  
(Courtesy : <https://en.m.wikipedia.org/wiki/>)

### BADDECK

The village of Baddeck is located at the center of Cape Breton, in northeastern Nova Scotia. The name is of Mi’kmaq origins and was never replaced by colonial settlers. There are various reported meanings of the word including “reversing flow”, “place with island near”, and “a portion of food set aside for someone”.

French settlers first arrived in the mid-1600s, and the British followed in the 1700s. In the 19th century, the area thrived on mining, milling, and shipbuilding. Today, the economy depends on services, cultural activities, and tourism.

Baddeck is now known for being part of the Cabot Trail and proximity to the Cape Breton Highlands National Park. It also neighbors the Bras d’Or Lake Biosphere Reserve (a UNESCO site) and the Baddeck River. Alexander Graham Bell (inventor, scientist, and engineer) purchased a summer home in Baddeck in 1885. The property later expanded to include a laboratory and boatyard. Today the 25-acre property is the Alexander Graham Bell National Historic Site ( <https://www.novascotia.com/see-do/attractions/alexander-graham-bell-national-historic-site/1562> ) and is open seasonally to the public. Baddeck also hosts the Celtic Colors festival each fall that features hundreds of Celtic musicians from Cape Breton and around the world (2023 dates are October 6-14).

BY FIONA ZHANG

PAGE EDITOR : THANH CAO



Village of Baddeck (Courtesy : <https://visitbaddeck.com/>)

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