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## The Harriest Month of the Year is Here

Movember is a word created from the words **November**, (the month), and a man's **moustache**



**Movember** is an annual event. Men grow, and keep a moustache in November. People sponsor them to do this. The money goes to the Movember Foundation. They educate about men's health issues such as depression, prostate cancer, and more.



Join by shaving clean on November 1<sup>st</sup>. Then, start growing & sign up here by clicking the logo.

On Sunday  
November 1<sup>st</sup>,  
we will switch  
to **Daylight  
Savings Time**.  
Clocks will need  
to be set back 1  
hour.



Nov 1

## REMEMBRANCE DAY 2015

Wednesday, November 11

Remembrance Day in Canada is November 11<sup>th</sup>. People join small local ceremonies to remember people who served in World War I and other military conflicts after. (World War I ended 11:00 a.m., November 11<sup>th</sup>, 1918).

John Mcrae was a Canadian WWI medical officer in Belgium. He helped bury the war dead and saw poppies quickly grow at the graves. In distress, he wrote this poem:

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
Scarce heard amid the guns below  
The larks, still bravely singing, fly  
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.



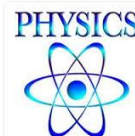
In Ontario, most schools are open, and children will attend a special assembly to learn about Remembrance Day. Many adults go to small, local ceremonies.

Please remember those who sacrificed. Please wear a Poppy !

## CANADA & JAPAN WORKING TOGETHER

The 2015 Nobel Prize in Physics was awarded this month to **Dr. Arthur McDonald**, Professor Emeritus of Physics at Queen's University in Kingston, Ont., for his work as leader of the Sudbury Neutrino Observatory Collaboration. (Sudbury is close to Toronto. You can drive there and tour the mines where the observatory is!)

Dr. McDonald shared the prize with Japanese colleague **Prof. Takaaki Kajita**, who led the Super-Kamiokande collaboration.



Both projects were large, international efforts aimed at studying the properties of the neutrino. The neutrino is a sub-atomic particle produced by nuclear reactions.

Their discoveries will help answer questions about how the universe was formed.

**Click on the blue, underlined, subjects and find more information.**

## Things To Do:

Click here  
to go to  
their  
website.

THE ROYAL AGRICULTURAL WINTER FAIR

**NOVEMBER 6 - 15, 2015** EXHIBITION PLACE TORONTO

THE 111TH ANNUAL  
TORONTO SANTA CLAUS PARADE

**Sunday, November 15, 2015**

SANTA ARRIVES AT 12:30

Click the logo to go to their website.

**Monday November 30 2015**  
**The CP Holiday Train comes to Toronto**  
**Arrival - 8:15 p.m.**  
**Performance - 8:30-9:00 p.m.**  
**750 Rummymede Road, in front of Lambton Yard**  
**Click on the picture to go to the website:**



## DID YOU KNOW...?

### Level 1 (Beginner)

Most of the polar bears in the world live in Canada. They love to slide and skate!  
Click the picture to watch:



### Level 2 (Intermediate)

There are 19 polar bear populations in the world; 13 of them are in Canada. In the wild, polar bears live 25-30 years. This is how an adult polar bear compares to a 6 foot tall man.



### Level 3 (Advanced)

Adult polar bears weigh from 410kg to 720kg. They are carnivores which means their diet primarily consists of meat. They are also excellent swimmers and use their front paws like paddles. Females give birth in the winter and usually have twins. Polar bears will stay with their mothers for 28 months to learn how to survive. She teaches them to slide on the ice and spread out their weight so as not to fall through.

## WHAT'S HAPPENED SINCE OUR LAST NEWSLETTER?

### English Matters:

- Took some students to Black Creek Pioneer Village
- Delivered a food basket to the father of a student family who was alone while his family visited Japan.
- Took students to an Art Show in Toronto
- Carved scary pumpkins with some students.



Let **ENGLISH** ..... matters | *know what we can do for you!*

## December 26<sup>th</sup> is Boxing Day

It is one of the biggest shopping days of the year in Canada as stores lower their prices to sell all of their goods before the end of the year. Sometimes the great sales continue for one week!

## TIME TO GET A FLU SHOT

- Anyone who lives, works or goes to school in Ontario can get a free flu shot.
- A flu shot can help you to stay healthy through the winter.
- You can get a flu shot from your doctor, some pharmacies, walk-in clinics, a Public Health Unit, or at a flu clinic.
- The flu clinics in Toronto are listed at this link:

<http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=d2ab0ab53a112410VqnVCM10000071d60f89RCRD>

- Click on the link below to learn more about the flu.  
<https://www.ontario.ca/page/flu-facts>

**New!**  
Nasal spray flu vaccine!  
**Available 2015!**



## CHRISTMAS LIGHTS

Christmas Lights are an important part of the Christmas season. Some families put Christmas lights on their houses, in their houses, on their Christmas trees, etc. Christmas lights can be purchased at home improvement stores, (like Home Depot), department stores, (like Walmart) or even craft stores, (like Michael's).



For a detail list of places to see Christmas light displays, attend Christmas tree lighting ceremonies or to see a Santa Claus parade for Toronto and the regions of York, Durham, Peel and Halton, click on the picture.

## Why are Canadians so busy in December?

Because Christmas is coming! Christmas is not just a religious celebration. It is also a very rich, deeply cultural celebration with roots before Jesus in the year 0. It is a time for family friends, and spirit of giving. Here is a typical Canadian calendar for December:

## The Busy Month of December

Sun	Mon	Tues	Wed	Thur	Fri	Sat
29 Write out 60 X-mas cards & envelopes Buy stamps and mail	30 Hang lights on eves & decorate outside	1 Decorate the inside of the house & begin Advent calendar	2 Make X-mas list Do on-line shopping Don't forget wrapping paper & bows	3 Prepare and mail gifts to family in Vancouver	4 Spend the day cooking plum pudding to freeze	5 Go to local theatre with friends to see 'Scrooge'
6 Get a X-mas tree Decorate tree & listen to carols	7 Volunteer at the food bank all week for 1.5 hours every day	8 Visit neighbours with small gifts Help kids make gingerbread	9 Shop for X-mas gifts & wrap X-mas gifts	10 Concert at children's school	11 Cook & clean to prepare for tomorrow's party	12 Have a pre-X-mas party with friends & family
13 Clean the house thoroughly from top to bottom	14 Clean up from party and send thank yous for gifts received	15 Shop for some X-mas gifts Hang mistletoe	16 Wrap X-mas gifts and hide or put under tree	17 Bake shortbreads, cupcakes & ginger-breads	18 Have afterschool X-mas party for kids friends	19 Take kids tobogganing Drink hot chocolate & marshmallows
20 Visit friends with wrapped gifts and wine	21 Plan one week of menu: Buy groceries	22 Prepare for Grandma and Grampa to stay for one week	23 Last minute shopping & wrapping Defrost turkey	24 Fill stockings and put more gifts under the tree Cook X-mas feast	25 Good girls & boys open gifts! Go to Church	26 Go to Boxing Day sales at the mall
27 Clean up wrapping paper & boxes Put new gifts away	28 Meet friends for holiday dinner and evening of board games	29 Go to Nutcracker Suite Ballet with kids	30 Clean house, grocery shop and tidy house for New Years' party	31 Prepare food, decorate & buy Champagne for New Years'	1 Recover from party	2 One last dinner with friends No energy to cook - Go to restaurant

## MORE THINGS TO DO:

### The Nutcracker Ballet

Classic Christmas!  
End of Nov - thru Dec

### The National Ballet of Canada

Sumptuous! Click pink

### Ballet Jörgen

Great for kids Click purple



**Magical Christmas Forest** at the  
Kortright Centre for Conservation  
(Hwy 400 on Pine Valley Drive)

December 5, 6, 11, 12, 13, 18, 19, 20  
Friday/Saturday 5 pm-9 pm  
Sunday 3 pm-7 pm

Christmas crafts, activities  
& treats for the whole family.  
Horse-drawn wagon rides! Meet Santa!

Advance tickets needed. Click here for website:

## Disney on Ice presents

Dare to Dream - December 18-27

at the Rogers Centre

See your favourite characters on ice!

Click here to go to the website:



## The Winter Family Festival

at the JCCC

is in early December. Make holiday crafts, see amazing gingerbread houses, or take a picture with Santa.




Click here to go to their website:



## Winter is coming!

The first day of winter is December 22.

Winter in Canada is very fun! You can join many activities.  
Follow the links below!

MARKHAM	Skating	<a href="http://www.markham.ca/wps/wcm/connect/markhampublic/f1d34071-e2fe-4b7f-a2fc-ace2631f30d1/2015-fall-Low-Rec+Skate.pdf?MOD=AJPERES&amp;CACHEID=f1d34071-e2fe-4b7f-a2fc-ace2631f30d1">http://www.markham.ca/wps/wcm/connect/markhampublic/f1d34071-e2fe-4b7f-a2fc-ace2631f30d1/2015-fall-Low-Rec+Skate.pdf?MOD=AJPERES&amp;CACHEID=f1d34071-e2fe-4b7f-a2fc-ace2631f30d1</a>
MARKHAM	Sledding	<a href="http://www.gtarent.com/2010/12/some-great-places-to-go-sledding-in-gta.html">http://www.gtarent.com/2010/12/some-great-places-to-go-sledding-in-gta.html</a>
MARKHAM	Things to Do With Kids	<a href="http://www.childslife.ca/events/category/york-region/">http://www.childslife.ca/events/category/york-region/</a>
MARKHAM	Santa Claus Parade 	<a href="http://www.mainstreetmarkham.com/santa-claus-parade/">http://www.mainstreetmarkham.com/santa-claus-parade/</a>
TORONTO	Skating	<a href="http://www1.toronto.ca/wps/portal/contentonly?vnextoid=a3cadada600f0410VgnVCM10000071d60f89RCRD">http://www1.toronto.ca/wps/portal/contentonly?vnextoid=a3cadada600f0410VgnVCM10000071d60f89RCRD</a>
TORONTO	Sledding	<a href="http://www.gtarent.com/2010/12/some-great-places-to-go-sledding-in-gta.html">http://www.gtarent.com/2010/12/some-great-places-to-go-sledding-in-gta.html</a>
TORONTO	Things to Do With Kids	<a href="http://www.childslife.ca/events/category/toronto/">http://www.childslife.ca/events/category/toronto/</a>
TORONTO	Santa Claus Parade 	<a href="http://www.thesantaclausparade.ca/">http://www.thesantaclausparade.ca/</a>
MISSISSAUGA	Skating	<a href="https://activemississauga.ca/#/drop-in-programs?search=skate">https://activemississauga.ca/#/drop-in-programs?search=skate</a>
MISSISSAUGA	Sledding	<a href="http://mississaugakids.com/tobogganing-mississauga/">http://mississaugakids.com/tobogganing-mississauga/</a>
MISSISSAUGA	Things to Do With Kids	<a href="http://www.mississauga.ca/portal/discover/wintercity">http://www.mississauga.ca/portal/discover/wintercity</a>
MISSISSAUGA	Santa Claus Parade 	<a href="http://www.mississaugasanta.com/">http://www.mississaugasanta.com/</a>

