

HERE & NOW

A newsletter for newcomers to the Columbia Basin & Boundary

VOLUME 3 | ISSUE 1 | FALL 2024



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PREPARING FOR WINTER

BY STUDENTS IN GOLDEN CBAL ENGLISH CLASSES

Preparing for Canadian winter involves several essential steps to ensure safety and comfort.

First, we need to prepare for winter with clothing such as scarves, hats, gloves, winter jackets, boots, thick socks, thermal clothing, and ear muffs to stay warm.

Next, for mental health, you can take vitamin D because it's helpful for managing anxiety. You can do indoor exercises, sports, and meditation. In Canada, there are a lot of outdoor sports like skiing, snowshoeing, and ice skating that can enhance your enjoyment of the season.

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PREPARING FOR WINTER, CONTINUED



Home preparation is equally important. Stock up on winter supplies such as food, medicine, and firewood in case of power outages and emergencies. Keep these items in a warm, dry place in your home.

If you have a car, you should change your tires to winter tires by October 1 and stock up on windshield washer fluid.

We need to do these preparations because winter is snowy and cold. Temperatures in some cities can drop as low as -30 or -40 Celsius. But don't let this scare you. Know that life goes on as usual, even during extreme weather!

FALL HOLIDAYS AND ACTIVITIES

BY STUDENTS IN GOLDEN CBAL ENGLISH CLASSES

Japan: Sports Day

Japanese schools hold many events for students all year round. Sports day, known as “Undo-kai” in Japanese, is a traditional annual event that is usually held in the fall. It is like a local festival.

On Sports Day, all students participate in a variety of sports events, such as relay and dance performances, typically held on school grounds.

After the summer holidays, students practice hard for the competition and dance performances on Sports Day. Many families come and cheer for their children on Sports Day. Family members can sometimes take part in some events. Students have fun eating a homemade lunch with their families and friends at school.

Through Sports Day, students learn not only the fun of playing sports, but also the importance of achieving something by working together. Families also become emotional watching their kids grow up.



Photo: Yoshiyasu Nishikawa, Flickr

Children at Undo-kai (Sports Day) in Japan

FALL HOLIDAYS AND ACTIVITIES, CONTINUED

China: The Mid-Autumn Festival

The Mid-Autumn Festival is an important traditional festival in China. It falls on the 15th day of the eighth lunar month every year.

It is called the Mid-Autumn Festival because the 15th day is in the middle of the month and the eighth lunar month is in the middle of autumn.

Today, the Mid-Autumn Festival is an important family gathering. It is when “people and the moon reunite to form a full circle,” as an old saying goes.

Here are some of the most popular traditional ways to celebrate this festival:

1. Enjoying a dinner with family. The roundness of the moon represents the reunion of families to the Chinese. Families will have dinner on the evening of the Mid-Autumn Festival.
2. Appreciating and worshipping the moon. On the evening of the Mid-Autumn Festival, people usually set a table outside their houses with mooncakes, snacks, and fruits, and hang lanterns. They sit together to admire the full moon while enjoying tasty mooncakes.
3. Eating Mooncakes. Mooncakes are the most representative food for the Mid-Autumn Festival. The most common kind of mooncake is made of five-nut filling, red bean paste, lotus seed paste, and salted egg yolk. The round shape and sweet flavour symbolize completeness and sweetness.



THE BC ELECTION: WHAT MATTERS TO US

BY STUDENTS IN GOLDEN CBAL ENGLISH CLASSES

In October 2024, British Columbia focused on the BC Election. Most newcomers to Canada were not eligible to vote in the provincial or federal elections, but we still have a voice.

What matter to us as newcomers living in small BC communities?

- Housing: affordable housing
- Health care: 24-hour access to health care
- Public Transportation: public transportation benefits everyone, and as our community grows, we need to have this service
- Education: the government should open more education options and skills centres so all people can access education and upgrading, and the government should provide more assistance in transferring credentials to Canadian industries



Students in our class came up with their own slogans for the candidates:

- Faustas: Together we can do great things!
- Bahul: With Bahul, your English will get powerful!
- Slavic: Happy learning = happy life. Let's grow together!
- Andrea: We are together for the same goal!
- Santi: Let's be unified to do the best for our community!
- Camila: Together for a brighter tomorrow!

We held a class voting day for Golden English class students on Wednesday, October 30.



Funded by:
Immigration, Refugees
and Citizenship Canada

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