

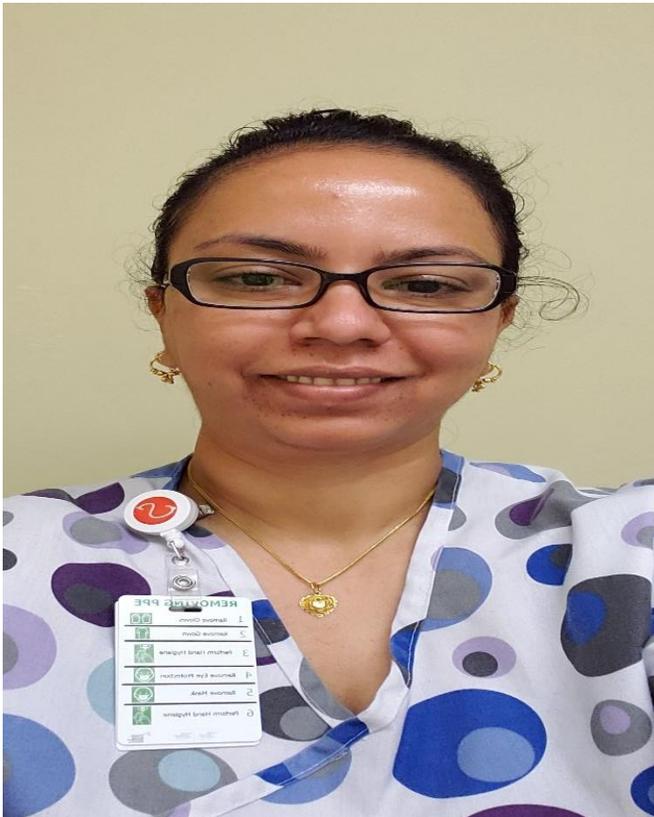


July 2020 – 7<sup>th</sup> Edition

WEB: WWW.ASK4CARE.COM

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

## ASK4CARE EMPLOYEE OF THE MONTH FOR JULY, 2020 IS BIBI SHAH



*Bibi, you are truly an inspiration to the team and have an especially important role in our company. We are proud to have you as the July 2020 employee of the month!! We expect you to keep the same spirit and extend best wishes for future achievements. We hope we find many such opportunities to congratulate you in the future.*

***“The roots of all goodness lie in the soil of appreciation for goodness.”***

***-Dalai Lama***

# Oh Canada! Canada Day 2020

This year's celebration was completely different from all other years. People from all over the country united virtually and shared their national pride while taking all necessary precautions against COVID-19.

The officials had arranged day and evening shows online through various social media platforms and people shared their celebration from home with a hashtag #CanadaDay online.

There were various activities organized online such as culinary challenge, sporting challenge, innovating challenge, hidden treasures of digital Canada etc. (Government of Canada, 2020)

A big thanks to our health care professionals and their relentless efforts in their line of duty, your sacrifices, untiring commitment to your profession. (Ask4care Support Services Inc., n.d.)

Justin Trudeau made a statement while addressing Canadians that "This year is unlike any other but it's certainly not the first time our country has celebrated this day in tough times." (Global news, 2020) He further gave a reference to past celebrations during Second World War, adding that the generation that fought and sacrificed through those battles are now the ones younger Canadians are working to protect. (Global news, 2020).

Premier Doug Ford wished Ontario residents Happy Canada Day with a reminder that country is dealing with one of the darkest periods in history and we must all contribute our part by staying home and safe and act responsibly by following public health advice. (CTV News, 2020)



***"I am a Canadian, free to speak without fear, free to worship in my own way, free to stand for what I think right, free to oppose what I believe wrong, or free to choose those who shall govern my country. This heritage of freedom I pledge to uphold for myself and all mankind"***

***-John Diefenbaker*** (Discover Canada, n.d.)

Figure 1 <https://d14npqitqa51mn.cloudfront.net/wp-content/uploads/2019/06/17064727/SH-Canada-Day-Feature-1-768x491.jpg>

# Indian butternut squash curry



PREP: 10 MINS

COOK: 40 MINS



EASY



SERVES 4

*Up your veg count and get three of your five-a-day with this fragrant, low fat vegetarian curry...*

## Ingredients:

- 200g brown basmati rice
- 1 tbsp olive oil
- 1 butternut squash, diced
- 1 red onion, diced
- 2 tbsp mild curry paste
- 300ml vegetable stock
- 4 large tomatoes, roughly chopped
- 400g can chickpeas, rinsed and drained
- 3 tbsp fat-free Greek yogurt
- small handful coriander, chopped

## Method:

- Cook the rice in boiling salted water, as per pack instructions. Meanwhile, heat the oil in a large frying pan and cook the butternut squash for 2-3 mins until lightly browned. Add the onion and the curry paste and fry for 3-4 mins more.
- Pour over the stock, then cover and simmer for 15-20 mins, or until the squash is tender. Add the tomatoes and chickpeas, then gently cook for 3-4 mins, until the tomatoes slightly soften.
- Take off the heat and stir through the yogurt and coriander. Serve with the rice and some wholemeal chapattis if you like. (BBC good food, n.d.)



Figure 2 <https://www.bbcgoodfood.com/recipes/indian-butternut-squash-curry>

## July 2020 Events and Activities



### McMichael Canadian Art Collection Opening Weekend

📍 McMichael Canadian Art Collection, 10365 Islington Avenue, Vaughan

📅 July 31, 2020 To August 3, 2020

Price: \$5 to \$18

Located on 100 acres of forested land along the Humber River, the McMichael is a major public gallery uniquely devoted to collecting the art of Canada. The McMichael'... »

Figure 3 <https://www.todocanada.ca/toronto-july-events-festival/>



### The Pepper Shakers Rock 'n' Roll Drive-in Concert

📍 Brickyard BBQ & Bar, 120 North Queen Street, Toronto

📅 July 31, 2020

Price: \$32.83 - \$64.66

Rock 'n' Roll with The Pepper Shakers Live in Concert at the Drive-in. Before the show, enjoy BBQ dinners and drinks on the large patio. Enjoy The ... »

Figure 4 <https://www.todocanada.ca/toronto-july-events-festival/>



### Gathering of Socially Distanced Plants Pops-Up

📍 Trinity Bellwoods Park, 790 Queen St W, Toronto

📅 July 29, 2020

📞 (437) 777-5021

Price: \$0

On Wednesday, July 29, CHIVE, a Toronto-based company that designs unique, modern plant pots, is inviting the people of Toronto to sit back, and relax and expand their ... »

Figure 5 <https://www.todocanada.ca/toronto-july-events-festival/>



### Cabana Waterfront Patio Dinner & A Movie

📍 Cabana Pool Bar, 11 Polson Street, Toronto

📅 July 28, 2020

Price: From Menu

DINNER & A MOVIE NIGHT brought to you by Belvedere Vodka. Join us for the ultimate date night every Tuesday at CabanaWaterfrontPatio! Operated by INK Entertainment, Cabana

... »

Figure 6 <https://www.todocanada.ca/toronto-july-events-festival/>

## References

*Ask4care Support Services Inc.* (n.d.). Retrieved from <https://www.ask4care.com/>

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*Discover Canada.* (n.d.). Retrieved from Government of Canada: <https://www.canada.ca/en/immigration-refugees-citizenship/corporate/publications-manuals/discover-canada/read-online/memorable-quotes.html>

*Global news.* (2020, 07 01). Retrieved from <https://globalnews.ca/news/7128428/coronavirus-canada-day-events/>

*Government of Canada.* (2020, 07 01). Retrieved from <https://www.canada.ca/en/canadian-heritage/campaigns/canada-day/online-celebrations.html>