# ISSUE #3

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| |  | | --- | | WEB: WWW.ASK4CARE.COM | | |  | | --- | | COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC. | |

ASK4CARE Employee of the Month for March is

Xiaoyun Zheng (Cindy)

This award is a small token of appreciation in comparison to the efforts of Cindy’s dedicated support she provides day in and day out at Ask4Care Support Services.

Xiaoyun Zheng (Cindy) became a part of the Ask4Care family and within 6 months of service has proven herself to be an exceptional staff. She has stepped up to accept last minute assignments and gone over and above expectations on numerous occasions.

She’s much loved by clients and staff alike. She is a team player and great mentor to new staff while on the job.

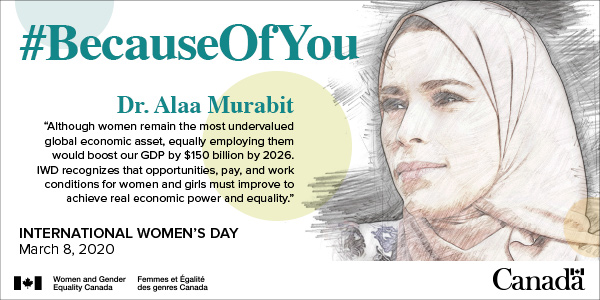
We wish you all the best & keep up the good Work! 😊👍



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# ***International Women’s Day***

The whole month of March is dedicated to honor the achievements of women throughout the history. We celebrate **March 8** every year to pay our tribute to all wonderful women from different backgrounds and cultures who have done an incredible work for gender parity and women’s rights. (GH, 2020)

We are celebrating this year’s theme **#BecauseOfYou,** to pay our mark of respect to the diverse and inspirational gender equality change-makers we know in our own lives. (Status of Women Canada, 2020)

The Prime Minister, Justin Trudeau said on International Women’s day that “Today, on [International Women’s Day,](http://www.canada.ca/iwd) we celebrate the accomplishments and leadership of women in Canada and around the world, and recommit ourselves to moving forward to a future in which everyone has an equal chance to succeed”. (Canada, 2020)

Figure : Status of Women Canada,2020

Here are some facts that will insipre to take action on women’s day:

* An extra year of education can help a girl earn 15-25% more as an adult. (UNICEF, n.d.)
* Educated mothers are more than twice as likely to send their children to school.(UNICEF, n.d.)
* 130 million girls are out of school worldwide. (UNESCO, n.d.)
* Girls who complete secondary school are 3x less likely to become child brides. (girlsnotbrides, n.d.)
* Domestic violence is not yet considered a crime in more than 20 countries. (worldbank, n.d.)
* Women make nearly 20% less than men, and they won’t reach pay equity with men until 2059, if the slow pace of progress on the pay gap persists. (AAUW, n.d.)
* GlobalGiving makes it safe and easy to support projects that uplift women and girls around the world. Give to the GlobalGiving Girl Fund in honor of a special woman or girl in your life. (globalgiving, n.d.)



Figure: (123RF, n.d.)

We all have atleast one woman in our life who always encourage us to be a good person and live a life with integrity…

3

# **Trinidadian Doubles**

An iconic staple made of deliciously spiced fried bread called Bara, topped with a spicy chickpea curry, doubles are the ultimate Trinidadian street food. Greasy, spicy and scrumptious, this savoury treat can be eaten as a snack or a standalone meal. They're so tasty, you may see doubles!

PREP TIME 45 Min TOTAL TIME 60 Min SERVES 6

**INGREDIENTS**

|  |  |  |
| --- | --- | --- |
| **Bara** | **Curry Chickpeas** | **Cucumber Chutney** |
| 3 - 3 ½ cups all-purpose flour  1 tsp ground cumin  1 Tbsp curry powder  1 tsp turmeric  ½ tsp salt  1 cup warm water  1 Tbsp sugar  2 tsp dry active yeast  1 Tbsp vegetable oil | 3 Tbsp canola oil  2 tsp whole cumin seeds  1 large Spanish onion, diced  2 cloves garlic, minced  1 tsp ground nutmeg  2 tsp paprika  3 Tbsp curry powder  1 stalk cayenne pepper (optional)  2 (15-oz) cans chickpeas, drained and rinsed  1 ½ cups chicken stock  2 green onions, thinly sliced  ¼ cup cilantro  Salt, to taste | ½ English cucumber, julienned  1 clove garlic, minced  2 Tbsp finely chopped cilantro  1 Tbsp lime juice  ½ tsp finely chopped habanero pepper, or more for spicier  1 tsp brown sugar  ½ tsp salt |

**DIRECTIONS**

**Bara**

1. Combine 3 cups of flour with cumin, curry powder, turmeric and salt in a bowl. In a separate bowl combine water, sugar and yeast. Set aside until bubbles begin to form on surface of water, about 10 minutes. Add flour mixture to water and work until a soft dough forms. Add more flour if dough is too wet.

2. Place a little oil on the palms of hands and begin to knead dough for 2 minutes. Form into a ball and place in an oiled bowl. Cover with a dish towel and place in a warm place until ball doubles in size, about 90 minutes.

3. Punch down dough and form into 18-20 golf ball size portions. Take 1 portion and roll out into a flat pancake, about 1/4-inch thick. If dough is sticking, oil both sides and continue. Repeat with remaining portions.

4. Pour enough vegetable oil into a frying pan until 1/2 inch deep. Heat over high until oil reaches 350°F then adjust heat to maintain temperature. Fry each flat bread, one at time, until puffed and golden, about 20 seconds per side.

**Curry Chickpeas**

1. To make the curry, heat oil in a large pan over medium high. Add in cumin seeds and toast until fragrant, about 15 seconds. Add in onion and garlic and reduce heat to medium. Continue to cook until onions are translucent, about 2 minutes.

2. Add in nutmeg, paprika, curry powder, cayenne pepper and stir. Cook for 1 minute then add in chickpeas and chicken stock.

3. Cook until liquid reduces, and mixture has thickened, about 15 minutes. Taste and adjust seasoning.

**Cucumber Chutney**

1. To make the cucumber chutney, combine all ingredients in a small bowl and let stand for 15 minutes.

2. Spoon the chickpea curry over the flat bread. Garnish with fresh cilantro and green onion and top with cucumber chutney. Serve with tamarind chutney (Recipe courtesy of Michelle Rabin, n.d.)

**“The secret of success in life is to eat what you like and let the food fight it out inside.”**

*Mark Twain*

**March 2020 Fun Activities**

### **SpringFestTO | Toronto**

This indoor fun park has entertainment to thrill the entire family and kids of all ages with over 25 mechanical and inflatable rides, food vendors, a little tots area for kids under 5, arts and crafts and daily shows. (todocanada, n.d.)

Date- March 16 – 21, 2020

Place- Better Living Centre, Exhibition Place, Princes Blvd, Toronto

### **Sugar Beach Sugar Shack | Toronto**

Warm up with a glass of hot mulled cider, enjoy live music, watch a battle of the chainsaws ice carving show or try some delicious maple taffy an traditional sugar shack treats at the winter marketplace, Sugar Shack TO, presented by Redpath will give you something to love about winter! (todocanada, n.d.)

Date- March 14 & 15, 2020 | 11:00 AM – 05:00 PM

Place- Sugar Beach, Jarvis Street and Queens Quay East, Toronto

### **Barrie Spring Garden and Home show | Barrie**

A show that is dedicated to re-imagining your living space! From home renovation, to landscaping, and interior design; whether you are an exhibitor looking to showcase your product, or a consumer looking for inspiration and ideas to improve your home and garden; this is the show for you!  
Renovation, Landscaping, Interior Design, Live Demos and Presentations, Great Prizes. (ctvnews, n.d.)

Date- March 14 &15,2020 | 10.00 AM- 5.00 PM

Place- Barrie - Bradford Greenhouses Garden Gallery - 4346 Highway 90

### **March Break at Blue Mountain | Blue Mountain**

Bring the whole family to Blue to enjoy March Break. Get ready for days filled with adventure and fun on and off the slopes! March Break is family time at Blue Mountain with activities, interactive performances, fireworks and more! (ctvnews, n.d.)

Date- March 14,2020 to March 22,2020

Place- Blue Mountains - The Blue Mountain Village - 108 Jozo Weider Blvd

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