Bienvenue ~ Welcome to the November 2021 issue of MATRIX CONNEXION. In this edition we take the opportunity to highlight some of the initiatives and events happening in the city of Montreal.

In the realm of education, CET is proud to announce the expansion of its services. The CET Admissions Department has recently expanded its interview preparation, and electronic resources. The workshops, one-on-one advising, drop-in support for help with resume, cover letters, lost passwords, document requests, etc. Contact our Admissions Department to make an appointment.

Chaque année, le 11 novembre est l'anniversaire de l'accord d'armistice de la Seconde Guerre mondiale. This day of commemoration is observed in Europe and in the countries of the Commonwealth. It represents a day to remember those who have fallen in war and a day of hope for peace.

This day of reflection is also an occasion to honor the memory of the millions of refugees who have been forced to flee their homes due to war, persecution, or natural disasters. The CET immigrant and refugee population of Greater Montreal is supported by our Academic Support and Virtual Tutoring team. For CET students, there is a service of Virtual Advising and Tutoring with your Academic Advisor. If you have any questions or concerns, please contact Anthony Pryor, CET Academic Support and Virtual Tutoring.

Embracing our Emotional Labour
Research has shown that emotional labour is the practice of regulating our emotions in order to meet the expectations of others. Emotional labour is a daily act of muting our own feelings in order to give people what we think they want or need. As a result, emotional labour can lead to emotional exhaustion.

According to Maslach’s model of compassion fatigue, we can all do, on our own, to be civil and kind to others. Emotional Labour is the practice of silencing our own needs in order to meet the expectations of others. Emotional Labour is the practice of silencing our own needs in order to meet the expectations of others. As a result, emotional labour can lead to emotional exhaustion.

The writing of this poem was inspired by musician and artist Buffy Sainte-Marie, who, through her music, has always been a voice for the voiceless. She is a powerful example of how an artist can use their art to bring attention to important issues.

We hope you enjoy this edition of MATRIX CONNEXION and that you find it informative and engaging.

---

**Academic Support and Virtual Tutoring**

CET

For CET students, there are Virtual Tutoring services to help you with your studies.

**Virtual Advising and Tutoring**

For help with a resume and/or cover letter, please contact Anthony Pryor, CET Academic Support and Virtual Tutoring.

**CONNEXION CREATIONS**

1. Virtual Courses for Personal Growth
2. Online Workshops for Career Development
3. Digital Workshops for Entrepreneurship
4. Virtual Workshops for Leadership
5. Virtual Workshops for Creativity

**Mot du mois – Word of the Month**

**Gulab Jamun**

Gulab Jamun is a popular Indian dessert made from milk solids, sugar, and cardamom. The dessert is known for its soft, spongy texture and its sticky, sweet syrup.

**Ingredients for Syrup**

- 2 cups water
- 2 cups sugar
- 1 tbsp. rose water
- 1 tsp. cardamom powder

**Ingredients for Donuts**

- 2 cups flour
- 1 tsp. yeast
- 1 tsp. sugar
- 1 tsp. salt
- 1 tsp. baking powder
- 1 egg
- 1 cup milk
- 1/2 cup butter
- 1/2 cup sugar
- 1 tsp. vanilla extract

**Instructions**

1. In a large bowl, combine the flour, yeast, sugar, salt, and baking powder.
2. Add the egg, milk, and butter to the dry ingredients and mix until a dough forms.
3. Knead the dough gently and do not overwork it.
4. Cover the dough and let it rest for 1 hour.
5. Preheat the oven to 350°F (175°C).
6. Roll the dough into small balls.
7. Once cooked, add the Gulab Jamun to the hot syrup.
8. The dough should not be soggy. The ball must hold the shape well and should be smooth without any cracks.

**Tea Time**

Enjoy your Gulab Jamun with a cup of tea or coffee.

---

**Random Acts of Kindness Day**

Saturday, November 13

For CST students, there is a service of Virtual Advising and Tutoring with your Academic Advisor.

**International Men’s Day**

Sunday, November 21

---

**Languages**

- Arabic
- Spanish
- English
- French
- Russian

**European Market**

Montreal’s magical Christmas market returns to the Atwater Market. This 5-day event takes place from November 26 to December 1.

**India: Govardhan Puja**

November 14

This day of worship is dedicated to the cow and the earth. It is a day to thank the mother earth and the deities who protect the land.

**Diwali**

November 14

This day is celebrated as the day of light, when good triumphs over evil. The festival is celebrated with lights, fireworks, and rangoli patterns.

**Thanksgiving**

Thursday, November 25

This day is a time to give thanks for the blessings of the year and to celebrate with family and friends.

---

**November 2021 Dates**

- Thursday, November 4
- Friday, November 5
- Sunday, November 6
- Thursday, November 11
- Thursday, November 18
- Thursday, November 25
- Saturday, November 27
- Sunday, November 28
- Monday, November 29
- Tuesday, November 30
- Wednesday, December 1
- Thursday, December 2
- Friday, December 3
- Saturday, December 4
- Sunday, December 5
- Monday, December 6
- Tuesday, December 7
- Wednesday, December 8
- Thursday, December 9
- Friday, December 10
- Saturday, December 11
- Sunday, December 12
- Monday, December 13
- Tuesday, December 14
- Wednesday, December 15
- Thursday, December 16
- Friday, December 17
- Saturday, December 18
- Sunday, December 19
- Monday, December 20
- Tuesday, December 21
- Wednesday, December 22
- Thursday, December 23
- Friday, December 24
- Saturday, December 25
- Sunday, December 26
- Monday, December 27
- Tuesday, December 28
- Wednesday, December 29
- Thursday, December 30
- Friday, December 31

---

**Source:**

https://www.randomactsofkindness.org/the-kindness-blog/2766-10-fun-ways-to-celebrate-world-kindness-day

---

**Contact:**

704-253-0000 / 24h.

https://www.multiecoute.org/

**STUDENT SERVICES**