NOVEMBRE - NOVEMBER 2021

MATRIX CONNEXION

Rocher Percé / Percé Rock, Québec: Photo taken by Samira Dashtestani, Scheduling and Planning Coordinator

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Bienvenue ~ Welcome

Bienvenue and Welcome to the November 2021 issue of **MATRIX CONNEXION**. In this edition we take the time to remember our history and sit in compassion and kindness for our fellow beings. With fall settling into the coming winter, take a moment to 'meet Fareed,' indulge in the warmth of a Dahl Soup, and catch up on the exciting activities in November. Bundle up and seize the day with an inspirational quote from our Vintage Mug, or learn about the importance of emotional labour. Keep your possibilities open and your passions awake. Enjoy!

Jour du Souvenir
Remembrance Day

Chaque année, le 11 novembre est l'anniversaire de l'accord d'armistice ayant mis fin à la Première Guerre mondiale en 1918. C'est l'occasion pour les Canadiens de se rappeler ceux et celles qui ont perdu la vie durant leur service militaire et d'honorer les anciens combattants ayant servi en temps de guerre. Cette journée de commémoration est observée en Europe et dans les pays du Commonwealth.

Des millions de Canadiens portent les coquelicots rouges durant les semaines qui précèdent le 11 novembre, ainsi que le jour même.

November 11th is the anniversary of the armistice agreement that ended WWI in 1918. It is a time for Canadians to remember those who lost their lives in military service and to honour veterans who served in wartime. This day of commemoration is observed in Europe and in the countries of the Commonwealth.

Millions of Canadians wear red poppies in the weeks leading up to November 11th, as well as on the day itself.

Mot du mois – Word of the Month

Mot: Coquelicot

Word: Poppy

Prononciation en français: \kɔ.kli.ko\

Interview: Passion to Purpose

Meet Fareed Azeez, CST Program Coordinator, interviewed by Kara Jeffrey, GSCM Academic Advisor

As a self-proclaimed eccentric, Matrix's CST Program Coordinator Fareed Azeez, shares with us a glimpse into his world. Passing on the clever words of "*don't confuse style with intent*," he opens up an exploration into what it means to be "*free to be you.*"

A passion for technology and music arose during his youth. Using a Commodore 64 taught Fareed the foundations of computer hardware, programming, and networking. While at the same time, the rhythm of Reggae music inspired him into DJing. The combination of an artistic flare with a technical undertone paved the way for his future pursuits.

Fareed's education from DeVry University was similar to Matrix's CST focus on coding and database. However, the course that influenced him the most was Ethics and Technology. Studying the impact of technology on society, in tandem with the affect technologists have on people, propels him to find roles in supportive positions. He reveals that "*in technology you have this word called jargon, and in this industry, we have a lot of jargon. So, when you talk to people, remember when to use jargon and when not to.*"

This approach guides Fareed throughout his life, career, and at Matrix, as he believes that having good ethics in technology requires strong and effective communication. It helps him explain complicated concepts to students while staying focused on the competencies of the program. As a founding employee at the college, Fareed has grown with Matrix. The culture, ambiance, and friendly support motivates him to want to do well and to put his best energy and focus into everything he undertakes. "*As a visible minority, the diverse workforce is what I love the most.*"

Fareed emphasizes that it takes time to become good at something, whether it be a career or a creative outlet. To get to where he is now, he turns his passions into a purposeful effort of work and practice. When he is teaching or DJing, he is in his element. "*Nothing else in the world matters. I am in my own bubble, moving and grooving. If it is important to you, dedicate a space for it.*"

A piece of guidance he imparts with all Matrix students, is that the program you are studying does not necessarily mean it is the end goal. "*With a little bit of resourcefulness, you have the ability to take the knowledge learned to become*

more." Fareed encourages students to pay attention to what teachers are sharing that '*resonates with you*' and to what is said 'outside' of the course material. Take a topic or industry and find the fun. Explore further, as self-motivation, personal interests, and research go a long way. There are many possibilities, so keep your eyes open for ideas and never be afraid to ask questions.

"*Ultimately it is up to you. You are the driver of your own car, and the road has a lot of different forks. Find the fork that looks good and just drive down it. If it doesn't work out, make a U-turn. You can always come back, make adjustments, and drive on another road. Nothing is fixed. There are a lot of opportunities and things to consider.*"

Embracing our Emotional Labour

Compiled for Matrix College by Wilma Brown, Senior Pedagogical Advisor, from a September 2021 Faculty Focus article by Ashley Harvey, PhD, an associate professor at Colorado State University.

Introduction

Whether we are a student, a teacher, or a staff member, there is work that we can all do, on our own, to be civil and kind to others. Emotional Labour is the unseen work we do quietly by ourselves to maintain our ability to be responsive, to be accessible, and to be available to others when needed.

Examples of Emotional Labour

a) be pleasant to a store cashier,
b) stay calm when dealing with others,
c) even when you are annoyed or irritated, still manage to interact appropriately.

The above are some examples of using our Emotional Labour. Practicing and using your own personal invisible strengths takes effort! This effort is called Emotional Labour.

1. Discover Genuine Positive Emotions

Three forms of emotional labour include: suppressing negative emotion, faking positive emotion, and expressing genuine positive emotion. Researchers found that only genuine positive emotions correlated with what we want: higher job and college satisfaction and commitment and lower emotional exhaustion. So, how can we cultivate genuine positive emotions so that we can enjoy our college studies and jobs and have more energy?

2. Increase Self-Awareness

To gain self-awareness we need to know our strengths and weaknesses, and our beliefs and understanding of our role as a student, teacher, or staff member. Often, we recognize that when we are stressed, we are less considerate of others. Sometimes we believe that 'emailing isn't our real work' and it is just an annoying detractor. How about accepting that 'emailing kindly' is a key part of our job?

3. Observe our 'Hot Buttons'

We all have 'hot buttons' or things that students, teachers, or staff do that set us off! Sometimes we believe that others are doing things intentionally to annoy us. Consider that others may find us scary, perhaps because we are often hurried, annoyed, and unwelcoming. When others interrupt us when we are busy, consider taking a deep breath, acknowledge the other person, and ask if we can connect at a later time. In all likelihood, the exchange will be better – both in the present moment and when we meet.

4. Examine our Beliefs

If our goal is to experience genuine positive emotions, one way is to challenge our negative beliefs and stereotypes about others. Recognize and acknowledge the abundance of what our students, our teachers, and our staff have to teach us. Remember that we are all on the same side – trying to provide the best educational experience for everyone.

5. Think Positively

To experience genuine positive emotion, we should avoid rehearsing negative thoughts. Instead, think positively and remind ourselves that our students, our teachers, and our staff deserve to have people who support and appreciate them. We owe it to others to do our best to celebrate them.

6. Cultivate Positive Relationships

Positive relationships promote genuine positive emotions. Especially when we are stressed, remember to:

- Be genuine, curious, and empathic
- Avoid defensiveness
- Practice kindness with rules ('tough love')
- Use a caring tone and remember that most people 'are basically good and capable'

7. Practice Clear and Considerate Communications

The clearer our communications, our rules, regulations, and course materials are, the fewer challenges we will encounter and the less negative emotions we will have to manage. Developing empathy for how students, teachers, and staff navigate our college helps us to interact and guide them in appropriate and positive ways.

VINTAGE 1981 Rainbow SUCCESS Mug

Orange Section 'words of wisdom' from the mug:

- *Never affirm self-limitations.*
- *What you believe yourself to be, you are.*
- *To accomplish great things, you must not only act, but also dream; not only plan, but also believe.*

10 Fun Ways to Celebrate World Kindness Day

This year, **World Kindness Day** is on Saturday, November 13th. Below are 10 fun ways to celebrate the day and pass on some acts of kindness to family, friends, colleagues, neighbours, strangers, and our environment! Who knew Aesop, who lived between 620 and 560 BCE, understood so much about kindness!

1. Smile when you walk by others
2. Compliment the first three people you talk to
3. Write a hand-written note to a teacher, colleague, friend, student, family member
4. Give someone a hug
5. Offer to help with someone's errands
6. Pick up garbage or litter. Spend 10 minutes cleaning a park or your neighbourhood
7. Write positive messages on post-it notes and leave them for people to find
8. Dedicate 24 hours to spreading positivity on social media
9. Send flowers to a friend
10. Set an alarm to go off three times on World Kindness Day. When the alarm sounds, stop what you're doing and call/text/email someone simply to tell them how awesome they are!

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

Whistles of the Wind in November

By Monica Tapia-Pacia

Land is rebuilt after blood was spilt

After the flames settled but the smell of ashes and sulfur still

lingered in the air

The whistles of the wind calmed after the storm

The invaders sang and drank by the shore
Their songs became our songs,
And our songs became our ancestors

The writing of this poem was inspired by musician and artist Buffy Sainte-Marie, who, through her music, reminds us of the thousands of missing and murdered indigenous women across Canada. At every concert, Buffy hangs up a ***red dress*** *which represents fire, energy, and blood, and is said to be the only colour that spirits can see to help them – so that they can find their way home.*

Ways We Can Support Indigenous Communities in Canada

Practice compassion and self-reflection as indigenous communities mourn and remember; educate ourselves about residential schools through the stories of the survivors.

The recent discovery of human remains at the former Kamloops and other Canadian residential schools is a reminder of how Indigenous people were denied truth and their fundamental human rights. The horror stories have left behind generational scars that require a tremendous amount of work and emotional labour to heal. We can support Indigenous communities by listening, acknowledging, and acting with the intent to support the communities and individuals from recent and past experiences to places of healing.

Support Indigenous artists, business owners, journalists, and community organizers.

Consider helping those who have already been working on indigenous issues for a long time. Support local arts and cultural organizations that encourage dedicated spaces which showcase Indigenous creations.

Project Photo Source: https://www.jaimeblackartist.com/exhibitions/

KITCHEN CONNEXIONS

Dahl Soup

This soup is easy to make and is flavourful and nutritious.

Ingredients

1½ cups red lentils
3 cups vegetable broth
1 tablespoon coconut oil
1 teaspoon cumin seeds
½ teaspoon black mustard seeds
1 hot green chili - finely chopped, discard seeds
½ cup onion - finely diced
1 teaspoon ginger root - fresh, finely diced
1 teaspoon ground coriander
½ teaspoon turmeric
¼ teaspoon cayenne pepper – optional or add more
1 large tomato – diced small
½ cup coconut milk or vegetable broth
1 teaspoon sea salt (optional)

Directions

1. Wash the red lentils and drain
2. Add the lentils to a medium sized saucepan and cover with the vegetable broth
3. Bring to a boil and then turn down the heat, cover and cook 20 to 25 minutes until done
4. In a separate skillet, heat oil to medium high:
   a. Add the cumin seeds and mustard seeds. Within a few seconds they will begin to pop.
   b. Add the chili and onions. Sauté over medium heat for about 10 minutes until the onions are translucent
   c. Add the fresh ginger, ground coriander, turmeric and cayenne pepper – cook just to heat through – 30 to 60 seconds
   d. Add the tomato, along with its juices and cook about 5 minutes. Remove from heat.
5. Add the skillet contents into the pot of cooked lentils and vegetable broth
6. Add the coconut milk (or vegetable broth) and salt and heat through
7. Serve garnished with cilantro and paprika.

. . . and for dessert . . .

Gulab Jamun Sweet

Ingredients for Syrup

1½ cups water
1¼ cups sugar
4 pods crushed green cardamom (or ¼ tsp. cardamom powder)
1 tsp. rose water

Directions for Syrup

1. Mix water, sugar, and crushed cardamoms in a pot
2. Boil the syrup until it becomes sticky but not stringy
3. If it becomes stringy, add 2 tbsp. of water and mix
4. Add rose water and mix. Set aside and keep it hot.

Ingredients for Gulab Jamun

1 cup milk powder
5 tbsp. all-purpose flour
1 tsp. ghee or oil
1 tbsp. yogurt (or ¾ tbsp. lemon juice)
2 to 4 tbsp. milk (or more, if needed)
1/8 tsp. baking soda
1 tsp. chopped pistachios

Directions for Gulab Jamun

1. Gently mix and fluff together flour, milk powder, and baking soda in a bowl
2. Add ghee and mix well
3. In a small bowl, mix together yogurt and milk
4. Add this, a little at a time, into the flour mixture until a soft dough is formed
   - Treat the dough gently and do not knead
   - If the dough is too dry, add a little more yogurt/milk until you get a smooth dough. Do not add a lot. Use only as needed
5. When the dough is slightly sticky, grease/oil your fingers and make a 'test' ball
   - The dough should not be soggy. The ball must hold the shape well and should be smooth without any cracks
6. Divide dough into 14 to 18 equal sized portions and roll into smooth balls
7. Keep them covered.

Cooking the Gulab Jamun

1. Heat a pan with ghee or oil on medium heat
   - To check the right temperature, drop a small piece of dough in the oil. If it rises rapidly then the oil needs to be cooler before frying or else the Gulab Jamuns will brown without cooking well.
2. When the ghee or oil is medium hot, add the balls
3. Fry the balls on a medium heat for 1 to 2 minutes. Then reduce the heat and fry until golden, stirring them gently to fry them uniformly
4. Check that the syrup is still hot (but not too hot)
5. Once cooked, add the Gulab Jamun to the hot syrup
6. Allow them to rest for 3 hours
7. Serve in a bowl with the syrup, garnished with chopped pistachios. Enjoy!

Academic Support and Virtual Tutoring

CET

For CET students, there are Virtual Tutoring services to help you with your courses. To ask questions about a mid-term or final exam, an assignment, or for help with a resume and/or cover letter, please contact Anthony Pryor, your Academic Advisor.

CST

For CST students, there is a service of Virtual Advising and Tutoring with class and program-specific questions or concerns. Students are encouraged to contact their Academic Advisors, Cornelia Corlatean, Sofiya Fonareva, and Ziyue Zhu for details or to set-up a one-on-one session.

GSCM

For GSCM students, connect online with an Academic Advisor on the following days and times:

Victoria Moutis-Palma, Monday (9:00 a.m. - 10:00 a.m.)
Link: https://zoom.us/j/97167767460?pwd=bjJRc0xScWYzcnhlR0N0TFNiaU9HUT09

Monica Tapia-Pacia, Wednesday (1:00 p.m. - 2:00 p.m.)
Link: https://zoom.us/j/96211511385?pwd=OEdnL3lXeXRJdm9wMUV4RDVzWkVUdz09

Kara Jeffrey, Friday (9:00 a.m. - 10:00 a.m.)
Link: https://zoom.us/j/97078740700?pwd=WTNVaDd0WlpHRkltaVNqaStlOVBmQT09

STUDENT SERVICES

VIRTUAL FRONT DESK | MON-FRI 9:00 a.m. - 12:00 p.m.

Get the support you need in real time with our Virtual Front Desk, a help and support service available to all Matrix College students, and where our Front Desk staff respond to a variety of questions or concerns like how to access the Omnivox portal, Zoom classes, lost passwords, document requests, etc. Contact our Admissions Department to make an appointment with Mr. Uma Kanth: **ujarajapu@matrixcollege.ca**

CAREER SERVICES

The Matrix College Career Centre is committed to meeting today's evolving reality and improving the quality of the student experience so that students have the skills and agility needed to connect with and compete for opportunities of choice. Services include workshops, one-on-one advising, drop-in support for help with resume, cover letters, interview preparation, and electronic resources. **Student Career Centre**

ZOI WORLDWIDE IMMIGRATION SERVICES

ZOI Worldwide Immigration Services is a Canadian Immigration Consultancy Firm based in Montreal and is a trusted Matrix College partner that helps international students, foreign workers, and other candidates seeking temporary or permanent residency in Canada. **https://zoiwis.ca/**

CSAI CENTRE SOCIAL D'AIDE AUX IMMIGRANTS

Established in 1947, CENTRE SOCIAL D'AIDE AUX IMMIGRANTS (CSAI) serves the immigrant and refugee population of Greater Montreal and recently expanded its socio-professional integration services and activities to international students. **https://centrecsai.org/**

MULTI-ÉCOUTE CENTRE D'ÉCOUTE 514-378-3430 / 24h

Multi-Écoute Montreal offers a listening service for people in distress, experiencing difficulties, or simply needing to be listened to. Services are free and provided in several languages: Persian, Arabic, Spanish, English, French, and Russian. 514-378-3430 / 24h. **https://www.multiecoute.org/**

NOVEMBER 2021 DATES

The situation with COVID-19 continues to change. Some businesses and attractions may have reduced hours. Be sure to call ahead or visit their website for the most up-to-date information.

Thursday 4

India: Deepavali or Diwali

Diwali is India's most important festival of the year—a time to celebrate the triumph of light over darkness, knowledge over ignorance, and good over evil.

Friday 5

India: Vikram Samvat

Vikram Samvat or **Bikram Sambat** and also known as the **Vikrami calendar**, is the historical Hindu calendar used in the Indian subcontinent. It is the official calendar of Nepal. In India it is used in several states. The traditional Vikram Samvat calendar, as used in India, uses lunar months and solar sidereal years. The Nepali Bikram Sambat introduced in 1901 AD, uses a solar tropical year.

Sunday 6

Changement d'heure

À 02h00, l'heure passera à l'heure normale de l'Est, de nouveau à 01h00.

Hour Change

At 2:00 a.m. the time will change to Standard Time, back to 1:00 a.m.

Thursday 11

JOUR DU SOUVENIR REMEMBRANCE DAY

Thursday 11 to January 30

Illumi à Laval – Féerie de Lumières en voiture et à pied

Dès la tombée de la nuit, Illumi se transforme en parcours de 3 kilomètres permettant aux visiteurs de vivre des moments magiques en voiture ou à pied. Installée tout autour du gigantesque arbre de lumières, la toute nouvelle configuration du parcours propose 18 tableaux fantastiques. Au total, 20 millions d'ampoules DEL donnent vie à plus de 30 000 structures éblouissantes.

Illumi in Laval – Festival of Lights by car and on foot

This is a one-of-a-kind magical nocturnal adventure that dazzles visitors with thousands of monumental light structures. As soon as the sun sets, Illumi is transformed into a 3-kilometer-long route allowing visitors to experience magical moments by car or on foot. Installed all around the gigantic tree of lights, the new configuration of the route offers 18 fantastic tableaux. In total, 20 million LED lights bring to life more than 30,000 dazzling structures.

Saturday 13

World Kindness Day promotes the importance of being kind to each other, to yourself, and to the world. This day, celebrated on November 13th of each year, has the purpose to help everyone understand that compassion for others is what binds us all together.

Monday 15

India: Govardhan Puja

Govardhan Puja means 'pile of grain,' and is celebrated in Hindu households to cherish Lord Krishna's victory against Lord Indra by elevating the Govardhan hill. The heap of grain symbolizes this hill and also aligns with the teachings of Lord Krishna on worshipping nature. The day is also known as Annakut Pooja, and is one of the most important spiritual rituals performed across India.

Friday 19

Journée internationale des hommes

Une première journée internationale des hommes a été créée le 7 février 1992 par le professeur Thomas Oaster. La journée du 19 novembre a été créée en 1999 à Trinité-et-Tobago, a été reprise par l'Australie en 2003, a reçu l'appui des principaux groupes d'hommes aux États-Unis, en Europe, en Afrique, en Asie et dans les Antilles. Elle est maintenant célébrée dans plus de soixante pays.

International Men's Day

A first International Men's Day was created on February 7th, 1992 by Professor Thomas Oaster. The day of November 19th was created in 1999 in Trinidad and Tobago, was taken over by Australia in 2003, and received the support of groups of men in the United States, Europe, Africa, Asia and the West Indies. It is now celebrated in over sixty countries.

Saturday 20

Le défilé du Père Noël Montréal centre-ville

Petits et grands sont conviés sur le Boulevard René-Lévesque, entre les rues du Fort et Saint-Urbain, pour assister à l'événement de Noël le plus couru! Cette grande célébration annuelle marque le début du temps des fêtes au centre-ville de Montréal.

Santa Claus Parade Downtown Montreal

Young and old are invited to gather on Boulevard René-Lévesque between Rue du Fort and Rue Saint-Urbain to experience the excitement of the most popular Christmas event in Québec: the Santa Claus Parade! This wonderful annual celebration is an enchanting kickoff to the holiday season in downtown Montreal.

Thursday 25 to December 19

Village de Noël de Montréal

Prenez part à ce marché de Noël authentique sur la place du marché Atwater, à deux pas de la station de métro Lionel-Groulx. Au programme: des dizaines d'exposants et de nombreuses animations qui plongeront petits et grands dans la magie de Noël!

Montreal's Christmas Village

Montreal's magical Christmas market returns to the Atwater Market. This 5th edition offers visitors the opportunity to discover or rediscover talented local artisans and delicious local products in a magical atmosphere.

MATRIX CONNEXION

How to Contribute | Content Guidelines

Interested in contributing to the newsletter? Awesome! To help ensure your submission is valuable and timely, keep the following guidelines in mind:

Articles (300 – 500 words) should be related to student or campus-wide interests like student, teacher, or professional interviews; study or work experiences; life in Montreal, etc.

CONNEXION CREATIONS includes poetry, recipes, videos, photos, etc. that inspires and connects our Matrix community.

Languages: Articles and content submissions are accepted in French and English, and where translations are provided, also in any of our multi-cultural languages.

Submitting content gives the editors the right to review and make changes for readability and style before publication. All submissions should include the author's name and program of study.

Deadline: The deadline is the 1st of each month for consideration in the following month's MATRIX CONNEXION. All ideas and content welcome: editorialteam@matrixcollege.ca