



PARTNERS IN HEALTH

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Season's Greetings

May this season fill your home with warmth, love & good health!



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Christmas Pudding Recipe

Taken from the MCQ Recipe Exchange 2020-2021 - Submitted by Gwyneth Grant!

Ingredients

- 225 grams shredded suet or butter (you could also use grated frozen butter)
- 1 heaped teaspoon mixed spice (Apple-pie spice)
- ½ teaspoon grated nutmeg
- ½ teaspoon ground cinnamon
- 110 grams self-rising flour
- 450 grams soft brown sugar
- 225 grams dry white bread crumbs
- 225 grams sultanas
- 225 grams raisins
- 560 grams currants
- 50 grams blanched, skinned, almonds, chopped
- 50 grams mixed peel or candied citrus peel chopped finely
- The grated rind of an orange and a lemon
- 1 apple, peeled, cored and finely chopped
- 4 standard size eggs
- 150 ml barley wine (Smithwicks beer)
- 150 ml stout (e.g. Guinness or Porter)
- 4 tablespoons of rum

** These ingredients make either 2 puddings in 2 pint (1litre) basins or 4 small puddings in 1 pint basins (570mls). This is a very delicious absolutely authentic tasting Christmas pud! I have made it many times with great success. It also keeps very well on a high dry shelf in the larder. n.b. there are no plums in this recipe, no idea where that name came from... Recipe borrowed from Delia Smith's Cookery Course (Part One) 1978. I strongly advise you to assemble all your ingredients before you start mixing: weigh them and place in small bowls in a row on the counter. That is a very long list of ordinary but special constituents. When you go to such effort it's a good idea to be prepared! Grease your pudding bowls. Have enough sheets of wax or parchment paper and cheese to hand (so you can cover the pudding bowls with when filled with the pudding mix.) These bowls will be boiled on double boilers for up to 8 hours (smaller puddings take less time to steam) so the pudding mix has to be protected from sputtering water... You will also need a very big mixing bowl to incorporate all of the ingredients into one big tasty mess. Finally, if you really want to make these delicious traditional deserts, set aside a day or two to complete the project! Yes, it's just all the above ingredients, mixed up and then packed into a pudding bowl but it does take a concerted effort to get it all done, prep then especially the boiling part.*

Method

1. In a large bowl put the suet (or butter), flour, breadcrumbs, spices and sugar.
2. Mix in each ingredient thoroughly before adding the next. Then gradually mix in all the fruit, peel and nuts, followed by the chopped apple and grated rind of the orange and lemon.
3. In a different bowl, beat up the eggs and mix the rum, barley wine (Smithwicks beer) and stout into them.
4. Empty all this over the dry ingredients – then stir very hard indeed! (This is where you enlist the help of family, friends or any strong and determined person you have to hand, to get the whole mix incorporated well. If you find the mix a little stiff, you may add some more stout. The aim is to achieve a dropping consistency. That is it should drop from the spoon when tapped sharply on the side of the bowl.)
5. After the mixing, cover the bowl with a cloth and let stand overnight.
6. The next day, grease 2 or 4 pudding basins and pack the Christmas pudding mix into them.
7. Fill right to the top and cover each one with a couple of squares of waxed paper, then a double thickness of cheese cloth over this and tie it securely around the top of the bowl. Then lift the four corners and tie them together over the bowl in the center of the top side.
8. Steam the puddings for 8 hours each in saucepans a little larger than the size of the bowl. You could use a double boiler but always keep a jug of water next to the stove top -- to keep the saucepans topped up. They mustn't boil dry!!! This will crack the pudding basins. You could try using a slow cooker and setting the timer for 6-8 hours.
9. When cooked, remove the wax paper and cheesecloth, replace with fresh paper and cloth to store until needed.
10. Store in a dry place and when ready to be eaten, reheat by steaming for a further 2 hours. This pudding can be reheated in the microwave but be very careful to only heat a slice at a time because the sugar content makes it easy to burn from the middle out!



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Québec



CASE Health Corner

Shopping at Your Local Market: Are the Prices Clear?



Do you enjoy shopping at your local public market while respecting your budget? Do you like to compare prices? The law helps you out by requiring merchants to display the price of the products they sell!

Source: Éducaloi

Merchants in public markets are generally required to display the price of their products individually. However, the merchant is not required to display the price individually on unpackaged food, such as many fresh fruit and vegetables sold at the market. The same rule applies to flowers, plants and trees. For these categories of products, the merchant can simply display the price clearly and legibly near the article. The prices can be indicated on a shelf, in a display case, on a price card or at the end of an aisle. If you feel that the display of prices in a public market is unclear, you can discuss this with the merchant. If you are dissatisfied after taking this step, you can file a complaint with the Office de la protection du consommateur (consumer protection bureau) to have the situation corrected.

Medication Without Harm

Medication harm accounts for **50%** of the overall preventable harm in medical care. US\$ 42 billion of global total health expenditure worldwide can be avoided if medication errors are prevented. Acknowledging this substantial burden and recognizing the complexity of medication-related harm prevention and reduction, "Medication Safety" has been selected as the theme for World Patient Safety Day 2022. The campaign is envisaged to provide the needed impetus to consolidate the efforts of the existing WHO Global Patient Safety Challenge: Medication Without Harm, emphasizing the need to adopt a systems approach and promote safe medication practices to prevent medication errors and reduce medication-related harm. Special consideration will be given to areas where most harm occurs. The key action areas are high-risk situations, transitions of care, and polypharmacy.

Source: who.int



Radon: leading cause of lung cancer in non-smokers



Radon is a radioactive gas released naturally from the ground. It is invisible, odourless and tasteless. When radon is emitted in a home, it can accumulate to dangerous levels. All homes in Canada contain radon gas regardless of the age, type of construction or where your home is located. The concentrations vary from house to house. Radon can enter a home any place it finds an opening where the house contacts the ground: cracks in foundation floor and walls, construction joints, gaps around service pipes, sumps or cavities inside walls.

What are the Health Effects of Radon? When radon gas is inhaled into the lungs, it decays into radioactive particles. This energy is absorbed by nearby lung tissue, damaging the lung cells. When cells are damaged, they have the potential to result in cancer when they reproduce. Radon exposure is the number 1 cause of lung cancer in non-smokers. Exposure to radon and tobacco use together can significantly increase your risk of lung cancer. For example, if you are a lifelong smoker your risk of getting lung cancer is 1 in 10. If you add long term exposure to a high level of radon, your risk becomes 1 in 3. As a non-smoker, your lifetime lung cancer risk at the same high radon level is 1 in 20. Fortunately, radon can be detected using a simple test. Test kits are available online, at select local retailers, and from certified radon professionals. In most homes, high levels of radon can be reduced by more than 80% with the installation of a mitigation system by a certified radon professional. Reducing radon will improve air quality and create a healthier home.

Source: Health Canada

CASE Christmas Concert: Carols & Christmas Memories

Come join us for our upcoming Christmas Concert on Sunday, December 18th at 7:00 PM at St. George's Anglican Church at 274 Heriot Street, Drummondville - presented by the St. George's Church Foundation, in partnership with CASE-MCQ

The St. George's Church Foundation in partnership with CASE-MCQ are pleased to present a festive Christmas concert program featuring Choeur Allegri, a group of singers from the Cégep de Drummondville. The choir will be joined by some members of Drummondville's Bella Voce choir, and directed by Natalia Kononova, professor of music at the Cégep who is also celebrated violinist. The program is a unique mix of traditional carols, drawn from English, Irish, French, and Basque traditions, and includes several movements of Franz Schubert's Mass in G Major. The soprano solo for the Schubert selections will be sung by Claudia Hayes, a student in music at the Cégep, and music professor Douglas Nemish will accompany the choir on a piano loaned to the church for the occasion courtesy of Canimex.

This unique concert will take place at St. George's Anglican Church, a local landmark of historical significance to the region. As master of ceremonies, Foundation Board member and assistant archivist for the Société d'histoire de Drummond, Andréanne Brouillette, will share a few colourful anecdotes of seasonal activities from the past. After the concert, both Natalia Kononova and members of St. George's Foundation will remain for a discussion with the audience about the musical program, the choir, and the history of the site and the renovations currently underway. All proceeds from the concert will go toward the important renovation work currently underway to restore some of St. George's prized stained-glass windows.

Tickets: \$20 adults/ \$10 students/ Free for children 12 and under
Reservations: casemcq.project.agent@gmail.com

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Christmas Concert

Carols & Christmas Memories

PRESENTED BY THE ST. GEORGE'S CHURCH FOUNDATION

FEATURING THE CHOEUR ALLEGRI WITH SINGERS FROM THE CHOEUR BELLA VOCE

SOPRANO SOLO: CLAUDIA HAYES

UNDER THE DIRECTION OF NATALIA KONONOVA

ACCOMPANIED ON PIANO BY DOUGLAS NEMISH

SUNDAY, DECEMBER 18 | 7 PM
ST. GEORGE'S ANGLICAN CHURCH, 274 HERIOT STREET, DRUMMONDVILLE

SUGGESTED DONATION:
ADULTS - \$20; STUDENTS - \$10; CHILDREN 12 AND UNDER, FREE

TICKETS AVAILABLE AT THE DOOR | RSVP BY EMAIL:
CASEMCQ.PROJECT.AGENT@GMAIL.COM

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5 Fun Facts About Christmas!

- 1 One big tree**
The tallest Christmas tree ever erected was a 221 foot (67 m) Douglas fir. The tree was displayed in downtown Seattle in 1950 and cost \$19,000 at the time. We gotta ask: How did they get the star on the top?
- 2 Where does Santa get his mail?**
Need to get in touch with Santa? In Canada, Santa Claus has his own postal code, HOH OHO. In fact, over 1 million children in Canada send Santa their Christmas wishes by mail every year.
- 3 Merry Binge-mas**
A study found that the average American consumes 7,000 calories on Christmas Day. A whopping 3 times the recommended daily intake. You definitely want to be wearing your stretchy pants on December 25th!
- 4 Thanks, I guess**
According to a 2014 survey by Rakuten, 75% of Americans didn't like the Christmas gifts they received. And what to do with those unwanted gifts? 33% regifted, 27% donated, 14% sold. But it's the thought that counts, right?
- 5 Happy and merry**
Did you know It used to be more common to say Happy Christmas? It wasn't until Charles Dickens published his much-loved novel, A Christmas Carol, that Merry Christmas became the standard holiday greeting.

Source: www.funfactsabout.com/fun-facts-about-christmas/

HAPPY HOLIDAYS

The CASE-MCQ Team wishes your family a very
Happy Holidays and a wonderful New Year!



2023

