



## 疫苗专刊

2021.08.20

### 目 录

- 协会动态
- 活动回顾
- 活动预告
- 打疫苗故事分享

### Special Edition on Vaccination

- WCSA News
- Activity Glance
- Upcoming Events
- Vaccination Stories

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# 桑榆之光 Newsletter

—4



疫苗接种

你我TA

保护社区

靠大家

Protect MB and  
Do Your Part

## 协会动态

## WCSA News

- June 29, 2021, 协会获得曼省“ProtectMB Community Outreach and Incentive Grants (社区拓展&激励项目)”资助。在6月份“疫苗接种抽奖活动”(第一阶段)顺利结束之际, 本月协会继续开展更广泛的疫苗接种(第二阶段)宣传及促进活动。

### • 协会近期举行的活动回顾:

- ❖ 7月30日——大蒜种植讲座
- ❖ 8月 4日——疫苗接种社区拓展&激励活动
- ❖ 8月 7日——资产配置详解
- ❖ 8月20日——美食烧烤讲座

### • 协会将举行的活动预告:

- ❖ 9月4 & 5日, 2021曼省马拉松
- ❖ 9月19日, Terry Fox 慈善义跑
- ❖ 10月16日, 种子交换活动
- ❖ 6-10月, 冬瓜种植交流活动





# 温尼伯华人老年协会 Winnipeg Chinese Senior Association

## WCSA Activity Glance 活动回顾

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本月WCSA举办了一系列非常实用的活动，深受会员欢迎！

**Winnipeg Chinese Senior Association**  
温尼伯华人老年协会

**WCSA 种菜养花俱乐部大蒜的种植**  
WCSA Growing Garlic

主讲人: 靳淑玲 (Shuling Jin)  
时间: 2021年7月30日, 周五, 晚 8点至9点  
Time: Friday, 8pm - 9pm, July 30, 2021  
语言: 中文

Zoom ID: 204 999 4321 passcode: 1234

**Winnipeg Chinese Senior Association**  
温尼伯华人老年协会

**资产配置详解**  
Understand Asset Diversification

Speakers:  
Zhouyu Hou QAFP  
Tony Cynhia

家庭理财资产配置金字塔

演讲内容 (Main Contents):  
1. 资产配置(Theory) (Asset Categories)  
2. 资产配置 (Asset Mixes)  
3. 资产配置分析 (Asset Feasibility)  
4. 互惠基金 (Mutual Funds)

presented in English & Mandarin 中英双语讲座

**New Horizons for Seniors Program**

7:30pm-8:30pm, Saturday, August 7, 2021  
时间: 2021年8月7日, 周六, 晚 7:30-8:30  
Zoom ID: 204 999 4321 passcode: 1234

**Protect Manitoba Against COVID-19**

**WCSA ProtectMB Campaign**  
WCSA疫苗接种社区拓展及激励活动

疫苗接种你我TA 保护社区靠大家

· 语言介绍 - Campaign Introduction  
· 激励措施 - Outreach & Incentive  
· 专家答疑 - 杨熙教授 Dr. Xi Yang Q & A  
· 现场抽奖 - Lucky Draw

和家人朋友分享 疫苗 信息  
和邻里社区分享 接种 故事

Share ProtectMB message with your family and friends share your immunization story with our community

日期: 7月4日, 周三  
Wednesday, Aug 4, 2021  
Time: 8pm - 9pm

Zoom: 2049994321 passcode: 1234

关注<WCSA健康公益群> follow  
wcsa.wpg@hotmail.com www.winnipegchineseniors.ca

**Winnipeg Chinese Senior Association**  
温尼伯华人老年协会

**ProtectMB Community Outreach and Incentive Campaign**

**老协约您来**

**烧烤**

主讲人: Jon Wong 黄飞 斌

8月20日 周五 晚上 7:30 - 9:00  
Zoom 主题交流沟通  
Zoom ID: 204 999 4321  
Passcode: 1234  
地点: WCSA健康公益群 腾讯会议

BBQ 烧烤 炸鸡

Funnel by the Government of Canada's New Horizons for Seniors Program

曼省政府的“Protect MB Community Outreach & Intensive Campaign”，即社区拓展和激励宣传活动如火如荼。活动中免疫学及传染病学专家杨熙教授(Dr. Xi Yang)赞扬了协会推广疫苗接种的工作，并提及了卫生部长近期视察温尼伯抗疫工作时肯定了华裔社区的贡献。杨教授在答疑中利用生动形象的护卫工兵比喻疫苗与病毒的战斗，用十项全能运动员和专项运动员来说明中西疫苗的区别，并就德尔塔病毒传染性、第二针间隔时长、加强针(第三针)、回中国补针、免疫逃逸性、群体免疫率、抗体防护期、感染率与致死率的联系等问题做了解释和说明。

欢迎各位朋友继续关注协会的Protect MB活动！

## WCSA Upcoming Events 活动预告

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### WCS精彩活动继续！

### 传递爱 播种希望

**WCSA 户外运动俱乐部**  
2021 金秋长跑活动

曼省马拉松比赛 & Terry Fox 慈善义跑

July 31, 马拉松报名截止  
Sept 4 & 5, 马拉松比赛日  
Sept 19, Terry Fox Run

欢迎报名参加  
长跑队  
啦啦队  
义工队

关注<WCSA户外运动俱乐部> follow  
wcsa.wpg@hotmail.com www.winnipegchineseniors.ca

**Winnipeg Chinese Senior Association**  
温尼伯华人老年协会

**WCSA 种菜养花群**  
冬瓜种植交流活动

2021年6月—2021年10月

为了培养朋友们种植冬瓜的才能，提高田间工作的积极性，老年协会种菜养花群今年组织 **冬瓜种植交流活动**。

金秋时节，请分享你的冬瓜照片，晒晒你的丰收果实。

欢迎报名参加  
Email: wcsa.wpg@hotmail.com @ register

关注<WCSA种菜养花群> follow  
wcsa.wpg@hotmail.com www.winnipegchineseniors.ca

**Winnipeg Chinese Senior Association**  
温尼伯华人老年协会

**Winnipeg Chinese Senior Association**  
温尼伯华人老年协会

**种子交换活动**  
Seeds Exchanging Event

Time: Saturday, October 16, 2021 at 10am  
日期: 2021年10月16日 周六 10am

地点: Kings Park  
地址: Kings Park  
Email: wcsa.wpg@hotmail.com @ register

Funnel by the Government of Canada's New Horizons for Seniors Program

### 敬请关注！



## 我们一家人在温尼伯接种 新冠疫苗的经历

作者：黑冰



我们家的基本情况是：目前我们是两针（辉瑞）全部打完。第一针是用电话预约在5月14号，在Winnipeg Soccer Federation North，当时由于我们住在政府所划分的传染高危险区，所以全家人都可以提前预约一起打第一针。第二天（5月15号）我孩子就飞到温哥华实习了，所以能在她上飞机前打完第一针，也是给了我们一个特别大的惊喜。她的第二针疫苗是在温哥华打的，两针间隔了50天，挺顺利的。我和我老公的第二针是在RBC Convention Centre Walkin打的，政府在7月14号刚好有一个疫苗马拉松的活动，非常感谢好朋友当天给我们发的信息，我俩抱着试试看的态度去的，结果也是非常顺利就打到了第二针，两针之间刚好是间隔了两个月。很大的一个感受就是虽然在现场需要接种疫苗的人很多，但是安排得井然有序，每个环节都有工作人员的指引，非常高效。打完以后我的感觉是除了胳膊有点疼，第二针感觉有点累以外，肌肉有点牵拉疼，没有特别不舒服的感觉。而且不适的状态也就是打完后的第二天，后面就基本没感觉了。我老公和女儿也都没有什么特别不舒服的感觉。需要注意的是，打完疫苗之后，大家还是要勤洗手，戴口罩，社交隔离。据目前消息报道，疫苗有效率大概95%。另外接种疫苗后，免疫力能够维持多久目前也无法确定，只能说保护作用至少半年。所以还是鼓励大家都去打疫苗，保护自己，保护家人，保护所有人。

### **The experience of vaccination of my family By Heibing**

My husband, my daughter, and I all have vaccinated by two doses (Pfizer) already. Everything is smoothly going on. I booked the first dose by phone. Since we are living in the place identified as one of the critical areas, our whole family got the chance to have the first dose together on May 14 at Winnipeg Soccer Federation North Centre. The second day, May 15, my daughter flew to Vancouver for her co-op term. It was such a great surprise that she got the first dose before she left. Her second dose was taken in Vancouver on June 24. My husband and I took the second dose at RBC Conversion Centre. The province hosted a walk-in "Vax-a-thon" on July 14 and my friend sent the info to me. We went there and got the second dose within one hour. My deepest impression is that the vaccine event was organized very well and efficiently. I only felt the sore arm and a little bit tired the first day after taking the vaccine. My husband and my daughter did not feel very uncomfortable either. It was mentioned that even after you are vaccinated, you still need to keep the good cleaning habits, such as wash hands frequently, wear your masks, and keep social distance. It was reported the effectiveness of the vaccines is around 95% and it is still unknow how long the vaccine can protect us, but at least half of year. I encourage everyone to get the vaccine as soon as possible. Protect yourself and your family, protect others as well.



## 不打不相见

作者：王琳



2020年12月8日英国91岁老太太成为第一个辉瑞疫苗接种者。虽说是条震动世界的新闻，却感觉很遥远。然而20天后，大儿子接种了第一剂。7个月后，我们全家完成了两剂接种。

大儿子的毕业典礼改成虚拟模式，我们与儿子含泪举杯于在线视频。随后他奔赴第一线，每天穿梭于covid-19重症监护室，纳入优先疫苗接种范畴。今年一月初，得知他接种了第二剂，一直紧绷担忧的心随之渐渐松了下来。

转眼儿子完成了第一年的工作，结业典礼设在一个餐馆，略显不够庄重严肃。每个人都知道能有师生亲友相拥庆祝的场景再现，疫苗接种的高比例功不可没。关闭的边境，使我们再次遗憾地与亲临儿子人生重要时刻失之交臂。

群体免疫，已不再是个概念，迅速实施使人们回归正常生活指日可待。两年多没见大儿子了，相信下个月我们可以持免疫卡越境团聚了！

### Reunion By Lin Wang

On December 8, 2020, a 91-year-old British woman became the first Pfizer vaccine recipient. While the world held its breath with palpable anticipation, I still considered widespread vaccination - especially within the next year - as fantasy. However, 20 days later, my eldest son received his first dose. Seven months later, our family completed two doses of vaccination.

My eldest son's graduation ceremony was changed to a virtual mode, and we joyfully toasted with our son in an online video. With the closed border, we once lamented the fact that we missed an important moment in our son's life. Almost immediately, he was rushed to the front-lines, and eventually found himself frantically shuttling to the COVID-19 ICU every single day. At the beginning of January this year, when I learned that he had received the second dose, my nervousness gradually eased.

In a blink of an eye, my son completed his first year of work. Everyone yearns for the day that teachers and students can once again embrace and celebrate their achievements, and with steadily increasing rates of vaccination, that day is certainly drawing closer and closer. Herd immunity is no longer an abstract concept, and its rapid implementation will bring people back to their normal lives soon. I haven't seen my eldest son for more than two years. I believe we can reunite across the border with the immunization card next month!



## 不让病毒共存

作者: Grace W

当今病毒变异使得疫情不断反弹,使人们的工作生活充满了挑战。把现场工作转变到网上工作,节日的Party和集体舞等活动,也变成了网上Zoom活动等。

把一个活生生的生活变成一个孤立的个人场景,犹如被困的井底之蛙,工作失去了现场的灵感,美食失去了品尝的感受,集体舞失去了舞伴之间的互动和协调感。

消灭病毒是一场人民战争。很高兴疫苗推广很快,我们在 RBC 会议中心完成了接种。车子在路标指引下免费停在楼下,一路上有义工人员为我们指导,护士和医疗人员都非常专业,次序非常好。虽然大家都带着口罩,但从那打完疫苗人的眼睛里流露出的坚信神情,你可以感到疫苗是我们战胜病魔的武器,接种疫苗就是调动我们体内的免疫力量来消灭病毒,不让病毒和我们共存。

现在随着疫苗接种的普及疫情得到了缓解,这充分地说明接种疫苗是科学的,而不是谣言或神话。Protect MB活动将使我们更快、更轻松回到 COVID 之前的生活。

### Don't let coronavirus coexist By Grace W

The coronavirus mutations are causing the pandemic wave after wave. It's presenting new challenges to people's daily lives. More and more people work at home, and our parties and collective dance activities have also become online with Zoom. From the living life to staying alone personal life, people are like frogs in shallow well. People can't fully use their intelligent, can't go to restaurants, and the collective dance lost the interplay and consistency with partners.

To fight against the pandemic is the task of the whole people on the planet. I am so happy that the vaccine has been promoted very quickly, and we have completed the vaccination at the RBC Conference Center. Following the street signs, we parked underground for free. We were guided by volunteers. The nurses and medical staffs were very professional and everything was well organized. Everyone wears masks, but I can see the faithful look in the eyes of people who have just vaccinated. you can feel that the vaccine is our weapon to win. The vaccine can trigger out immune system to produce antibodies to fight the virus.

The situation is getting better and better with the increase of vaccination rate, and this shows that vaccination is a scientific method to fight against COVID 19, not a rumor or myth. The ProtectMB activity will help us go back to our normal lives before COVID.





## 接种疫苗 从我家做起

作者：陈颖

当新冠疫苗研发成功的消息传出来,我内心是即兴奋又疑虑,兴奋的是有了疫苗我们就有了战胜病毒的希望。疑虑的是疫苗研发时间短,试验人数少,不知道长远是否有副作用。相信有此困惑的人一定不在少数,所以老年协会邀请曼大免疫学教授为我们科普了新冠疫苗的知识,这让我放心不少。

可是今年二月,当女儿因为多伦多医院实习而有机会先打疫苗时,我又不免担心起来。我问女儿要不要稍等等,看看周围人打完后有什么反应再打。可女儿说要尽早打疫苗。这既是对自己负责也是对病人负责。

我和先生是6月底打的第一针辉瑞疫苗。打完后第二天胳膊有些酸胀,抬胳膊有点痛,其他并无不良反应。听说第二针反应强烈,所以打第二针时有些紧张。可第打完后与第一针没什么不同。

相比之下儿子就没我们那么幸运了。他第一针辉瑞没太大反应。该打第二针时由于辉瑞短缺,他要么等,要么打莫得那疫苗。我又是出于对混打的担心,建议儿子是不是稍等等。可儿子说辉瑞是唯一被批准可以用于12岁以下儿童的疫苗,他情愿让出一针给孩子。结果打完第二天就出现头痛浑身乏力等症状,病了一天。第三天症状才明显减轻了。现在我们全家都完成了二次疫苗接种,也希望更多的人积极地接种,这样我们就可以尽快实现全民免疫,我们的生活也有希望早日回归正常。

### My vaccination story By Ying Chen

When the news of the successful development of the COVID-19 vaccine came out, I was both excited and suspicious. The excitement was that with the vaccine, we have the hope of defeating the virus. My doubt was that the vaccine development time was short, the number of people tested was small, and it is not known whether there will be side effects in the long run. I believe that many people had this concern, therefore the Winnipeg Chinese Senior Association invited an immunology professor of University of Manitoba to popularize the knowledge of COVID 19 vaccine for us. This workshop relieved me a lot, and reduced my doubts.

However in February this year, when my daughter had the opportunity to get the first vaccine because of her internship at the Toronto Hospital, I couldn't help to worry about her. I asked her if she wanted to wait a little bit and see if there are more research results come out. My daughter said she would like get vaccinated as soon as possible. This is beneficial to both herself and the patients in the hospital.

My husband and I received the first shot of Pfizer vaccine at the end of June. The next day after the shots, my arm was a little sore and I felt painful to raise up my arm. There were no other adverse reactions. I heard that the reaction to the second shot would be stronger, so I was a little nervous when I took the second shot. But the second shot was not different from the first.

On the hands, my son was not as lucky as we were. He didn't respond much to the first shot of Pfizer. Due to the shortage of Pfizer when it was time for his second shot, he had to decide either wait for Pfizer or get Moderna vaccine instead. Again I was worries about mixing the two vaccines, and I suggested that he should wait. But my son said that Pfizer is the only vaccine approved for use in children under the age of 12, and he was willing to save one Pfizer for a child. He got symptoms such as headache and fatigue on the second day after the shot of Moderna and was sick for a whole day. He felt better after the 3rd day of the shot.

Now my whole family has completed the second vaccination. I encourage more people to vaccinate like us, so that we can achieve herd immunization as soon as possible. I hope that our lives will return to normal soon.



## 千里奔袭打疫苗

作者：雨朦

突然爆发的疫情完全改变了人们的生活，尤其是对像我们这种生活在国外的家庭影响更大。随着疫苗研发成功，全民免疫给大家带来希望。

协会呼吁大家积极打疫苗，因为儿子这个熊孩子办事拖拉，一直没拿到健康卡，所以我们只能电话预约。但约第二针时被告知温尼伯市里没有辉瑞疫苗，只有三个远些的小镇有。于是我们选择了6月28日去离家近一些的小镇Russel，单程近400公里，这样14天之后可以拿到疫苗卡，正好去温哥华接从国内飞来隔离结束的先生。

6月28日中午12点出发，下午4:15准时打上了第二针，工作人员一如既往的热情、细心、周到。晚上10:30结束千里奔袭，顺利到家。我第二针的反应正像大家说的比第一针严重，当晚只是胳膊疼，第二天开始发烧，浑身酸痛，但是第三天早上醒来除了有些虚弱之外，其他症状全都消失。开心，我又满血复活啦。

相信大家积极打疫苗，早日实现全民免疫，我们战胜疫情的那一天定会早日到来。

### Long journey to get vaccination

By Yumeng

The COVID-19 pandemic totally changed our lives, especially for a foreign family like mine. The successful development of vaccine brings hope to us.

Our association encouraged everybody to get vaccinated. Since my son has not got his health card, we can only book our appointment by phone. Because of the shortage of Pfizer vaccine, we had to choose one of the three towns in the province to get our second shot. Finally, we decided to go to Russel to get our second shot on June 28th. Russel is the closest spot to us but still 400 km away. In this way we can get our vaccination passport before we go to Vancouver to meet my husband after he finished his quarantine.

We left at noon on June 28th, get our second shot at 4:15pm and came back home at 10:30pm. The staff in the clinic were friendly, careful and thoughtful like always. Like most reactions of the second dose, I only had sore arm one the same night, but got fever and body aches on the second day. I felt just a little weak on the third day but all other reactions were gone.

I believe if everyone gets their vaccine in a positive way, we will be able to defeat the COVID-19 and end the pandemic.



## 在温尼伯会展中心接种疫苗后的感想

作者：刘建伟

疫苗来了，当轮到我的年龄段时，赶紧预约，立马就到温尼伯会展中心去接种疫苗。

回想这两次打疫苗，真是让人感慨甚多。首先是自从去年三月份疫情爆发后，居家令，在家工作，商铺停业... 疫情反复，目前已经经历了三波，我们许多的线下活动变得无期，特别是今年春季曼省疫情可谓严重到了全国出名，还上了头条，很让人扎心。好在政府及时推出全民打疫苗的政策，自己理所当然响应号召，也伸出胳膊接打

疫苗。随着全民接种率的提高，当地的疫情有明显的好转，相信科学尊重事实，行动起来，这是正道。

通过这次打疫苗，非常感谢一线医护人员。特别是在最后15分钟等待观察的时候让我从忐忑不安打针过程中安静下来。感谢那些身穿不同颜色标志的一线服务人员，从引导到问诊筛查，填表审核和最后医生护士的注射，尤其是打针的护士和医生移动操作，流水作业忙前忙后，我们坐着不动，让人心暖。是他们每天为大家认真负责和注射疫苗，让我们有了安全感，看到了希望和未来。

最后也感谢温尼伯会展中心的细心安排，让我们停车进出等后勤安全方便。这是一个多么熟悉的地方，曾几何时，参加高中毕业典礼及晚会盛宴，聆听专家的报告，协办曼省先进工作者表彰大会。欣赏艺术画廊，享受音乐节的表演，参观房屋装修展览，真是美不胜收。这次在会展中心打疫苗更让人一生难忘。现在有了疫苗卡期待着再次回到会展中心，参加各种活动。

### My vaccination story By Jianwei Liu

The vaccine was here. When it's my age group turn, I made an appointment and immediately went to the Winnipeg Convention Center to get the vaccines.

Looking back on these two vaccinations, it was really a lot of emotion. First of all, since the outbreak of the pandemic in March last year, stay-at-home orders, work at home, and shopping malls and stores closed... The pandemic has experienced three waves so far, and many of our offline activities have become indefinite. Especially this spring, the pandemic in Manitoba was so severe that it became famous throughout the country. It also made headlines, which was heartbreaking. Fortunately, the Manitoba provincial government promptly introduced the policy of vaccinating all the people. I did my parts by stretching out my arm to take the vaccines. With the increase in the vaccination rate, the local pandemic situation has improved significantly. "Believe the science, respect the facts and act" is the right way.

Through this vaccination, I am very grateful to the front-line medical staff. Especially during the 15-minute-observation time, they helped me calm down from the anxiety caused by the injection process. I'd like to thank the front-line service staff who wear different color signs, from the guidance to the consultation screening, from the filling of the review form to the final injection by the doctors and nurses. It especially made people feel warm when the nurses and the doctors walked back and forth to give the injection along each row while patients sat and waited. It is them who take responsibility and vaccinate for everyone every day, provide us with more security, confidence and hope for the future.

Finally, I would like to thank the Winnipeg Convention Center for the careful arrangement, allowing us to park our cars safe and convenient. this place is familiar to me. I used to attend high school graduation ceremonies and gala dinners, listened to expert reports, and co-organized the Manitoba Service Excellence Award Conference. I also watched art galleries, enjoyed music festival performances, and visited home renovation exhibitions; all are truly beautiful. The vaccination at the Convention Center this time is even more memorable in our lifetime. Now I have a vaccine card, I look forward to returning to the exhibition center again to participate in various activities.



## 一切都是最好的安排

作者：二师兄

你没看错，我这个标题竟然是用在这次肆虐全球近两年，确诊病例超过一亿，死亡超过两百万例的COVID-19瘟疫。

去年初突然爆发的新冠病毒在全球扩散蔓延，给各国政府和人民带来前所未有的冲击，经济停滞，百业凋敝，打乱了人们的生活，几无一人一国可以幸免。

疫情固然凶险，但是它却激发了人性的至善，在疫情中我们看到了逆行出征的医生护士，扶助孺弱的义工，捐弃前嫌，携手抗疫的政府以及互相扶持，团结互助的普通民众。

从疫情开始，人们经历了迷惑，恐惧，漠然还有失望，直到疫苗的出现我们才真正看到了希望的曙光，这次施打疫苗过程中我亲身经历的几件小事，让我看到了人性的光辉，更增强了我对战胜疫情的信心。

六月下旬，辉瑞疫苗供应吃紧，很多曼尼托巴人放弃了自己辉瑞疫苗的预约，改打莫德那疫苗，把辉瑞疫苗留给12到17岁的青少年。还有病重的老人要求搬出ICU，把病床和生的希望留给更有希望治愈的年轻病患。为人父母天下至善，每念及此，莫不润湿眼角。

令我尤其印象深刻的是加拿大人的纪律性，我施打疫苗的预约是六月末的Steinbach，多数人怕错过预约，都会提前很久到疫苗施打中心等候，尽管停车场气温30多度，骄阳似火，人们都静静等待，直到离自己预约15分钟前才到门口排队，秩序井然。

在几千年的文明史中，人类经历了太多的磨难，从鼠疫到天花，霍乱，伤寒，流感，还有如影随形的战争，人类每次都能凤凰涅槃，浴火重生。

世间事本来没有好坏之分，只要能让人觉悟，激发人性至善的事情都是好事情。向死而生，人类只会变得更强，世间万事，一切都是最好的安排！

### Everything is under the best arrangement By Haohai Yin

You read that right, I am using the above title to describe the COVID-19 pandemic that has ravaged the world for nearly two years, with over 100 million confirmed cases and approximately two million deaths.

The sudden outbreak of the novel coronavirus at the beginning of last year has spread across the world, bringing unprecedented impact to governments and people across the globe.

Economic stagnation disrupted people's lives. Few people and countries can be spared.

As brutal as the pandemic can be, it also brings out the good of humanity. In the pandemic, we have seen doctors and nurses braving great dangers, volunteers assisting other citizens, governments join hands to fight the pandemic, neighbours supporting each other.

Since the beginning of the pandemic, we have experienced confusion, fear, and disappointment. It was not until the emergence of approved vaccines that we really saw a glimmer of hope. During the vaccination process, I felt a sense of humanity's brilliance. It has strengthened my confidence in defeating the pandemic.

In late June, the supply of Pfizer vaccines was tight. Many Manitoba people gave up their



# 温尼伯华人老年协会 Winnipeg Chinese Senior Association

appointments for Pfizer vaccines and switched to Moderna, leaving Pfizer vaccines to teenagers between the ages of 12 and 17. There were seriously ill elderly people who moved out of the ICU, leaving the bed in hope of saving the lives of younger patients. Being a parent myself, I was deeply moved and will tear up every time I think of this.

I was particularly impressed by the discipline of Canadians. My appointment for vaccination was in Steinbach at the end of June. Most people were afraid of missing their appointment and would arrive early and wait at the vaccination center a long time in advance. Even though the parking lot was over 30 degrees under the scorching sun, people waited patiently.

In the history of human civilization for thousands of years, mankind has experienced too many ordeals, from plague to smallpox, cholera, typhoid fever, flu, and wars! Every time, mankind was reborn and rose from the ashes.

There are no definitive good or bad things in the world, everything happens for a reason. Braving the danger, enduring the pain, human beings will only become stronger, everything is under the best arrangement!

## 疫苗的诞生 你知道吗?



《疫苗学》主编普洛特金曾说过：“除了清洁安全饮用水之外，只有疫苗在降低死亡率和人口增长方面有如此重大的影响，即使抗生素也无法匹敌。”

说到疫苗的故事，我们不得不提一个疾病——天花。这个古老的传染病通过呼吸道和接触传播，发病后全身布满脓疱，结痂后会在脸上留下永久的疤痕，故而名天花，其病死率可以达30%。

考古学家和病理学家，在古埃及法老拉美西斯五世木乃伊的脸部，脖子，肩膀，发现了天花的皮疹印记，是目前被发现最早天花病例。即使自称为太阳神，拉美西斯五世依然没有逃过天花的收割。1977年索马里出现最后一例自然天花患者，天花肆虐了至少3000年，夺走了3亿人的生命。据史书记载，法国国王路易十五，英国女王玛丽二世，清朝顺治帝和同治帝均死于天花，可以称之为帝王收割机。

爱德华·琴纳发现挤奶女工似乎不会得天花，他猜想也许牛痘让他们获得了免疫力。

为了论证这个理论，1796年他把从挤奶女工手上的痘痂里取的脓液，接种在一个8岁小男孩的身上。小男孩接种了之后没有发生天花。后来他又用天花脓液注射到小男孩身上，小男孩也没有生病，证明牛痘是有用的，疫苗因此而产生了。

1979年在全球范围内天花被被消灭。