



桑榆之光 Newsletter

疫苗专刊

2021.09.20

Special edition
on vaccination

疫苗接种

你我TA

保护社区

靠大家

Protect MB
and
Do Your Part

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本期编辑

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温尼伯华人老年协会健康系列讲座
Covid Vaccine online Q&A

新冠疫苗接种网上答疑

答疑人: **Dr. Surong Zhang**
普通话讲座 毕业于曼尼托巴大学医学院
医生 St. Boniface General Hospital
家庭医生 Seine River Medical Center



职责包括

- 新生儿到老年人常规诊所体检和日常非急诊性疾病的诊断治疗
- 常规疫苗接种, 常规妇科检查, 常见慢性疾病的诊断治疗
- 跟踪包括糖尿病, 高血压, 高血脂
- 常见内分泌疾病的诊断治疗和跟踪

Time: Thursday, August 26, 8:00-9:00 PM
Zoom ID: 204 999 4321 passcode: 1234

Protect MB Community
Outreach and Incentive Campaign

温尼伯华人老年协会健康系列讲座
Covid-19 Variants & Vaccination

新冠病毒变异和疫苗接种

Speaker: **Helen Liu, PharmD RPh**
主讲人: 刘晨, 药学博士 注册药剂师



Helen Liu is a recent graduate from the University of Toronto's Leslie Dan Faculty of Pharmacy and received her PharmD with honors. As a pharmacist, she is currently completing a residency with the Winnipeg Regional Health Authority and is working at the Health Sciences Centre.

刘晨, 毕业于多伦多大学 Leslie Dan 药学院, 目前正在温尼伯地区卫生局完成住院医师药剂师培训, 在健康科学中心工作。

Language: English & Mandarin
讲座时间: 9月16日, 周四晚上 7:30-9:00 PM
Time: Thursday, September 16, 7:30-9:00 PM
Zoom ID: 204 999 4321 passcode: 1234

协会动态 WCSA News

为了鼓励更多的人接种疫苗, 姜彦会长8月16号做客CJNU93.7FM电台为推广疫苗做宣传工作。希望把我们社区的疫苗接种率提到一个新的, 令人满意的高度。

协会活动回顾 Activity Glance

- 7月25日: 养花种菜群的‘农家乐’
- 8月14日: 声乐班的‘potluck’郊游
- 8月16日: 姜彦会长做客CJNU93.7FM电台
- 8月22日: 老协邀您来烧烤
- 8月26日: 新冠疫苗接种网上答疑
- 8月28日: 老协小镇St.Jean Baptiste游
- 9月05日: 2021曼省马拉松
- 9月11日: 摄影班金秋户外活动
- 9月16日: 新冠病毒变异和疫苗接种
- 9月18日: 品月 赏月 咏月
- 9月19日: Terry Fox 慈善义跑

协会活动预告 Upcoming Events

- 10月02日: 新冠疫苗的安全性和有效性
- 10月23日: 种子交换活动
- 6月-10月: 冬瓜种植交流活动



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



欢歌种菜忙



笑语养花香
新冠疫苗挡



烧烤美食王



老协约您来

烧烤

主讲人: Jon Wang
熊飞 丛岩

8月21日 周六 下午 3:00 - 4:30

Zoom 主题交流活动

Zoom ID: 294 999 4321
Passcode: 1234

加入 [WCSA 健康公益群] 报名登记





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

老协小镇纪游08/28/2021

雨后斜阳初照，庭院小草醉绿
室内歌声悠扬，室外呼啦摇起
小镇老协郊游，四野欢声笑语
教堂巍然屹立，见证地筹天济



曼省马拉松 9月5日

老年协会不仅有十几位参赛队员，更是派出几十人的啦啦队和义工为赛事加油，助威和服务。义工们还穿上宣传打疫苗的T恤衫。Persistence can change failure into extraordinary achievement。义工们把马拉松的坚持精神用在实际活动中，一定会给社区带来更多，更全面，更有效的服务和意义。





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

皎皎云间月 / 千里素光同

中秋
MID-AUTUMN FESTIVAL
秋月·秋歌·秋思

做月饼 听歌曲 猜灯谜
主讲人: 赵成军 张曼莉 等

9月18日 晚上 7:30 - 9:00pm
Zoom ID: 204 999 4321
Passcode: 1234

联系人: [WCSA健康公益群] 张曼莉

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

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

无边幻想 创造无限可能

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

Email: wcsa.wpg@hotmail.com to register

关注 <WCSA 户外运动俱乐部> follow

wcsa.wpg@hotmail.com www.winnipegchineseseniors.ca

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

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活动预告 WCSA Upcoming Events

课程日期: 9月13日-12月12日

2021年WCSA秋季兴趣班即将开学, 欢迎广大会员积极报名, 欲报从速!

声乐班, 素描班, 彩绘班, 手机摄影初级及提高班, 英文班。

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

温尼伯华人老年协会
2021 秋季健身班
(2021年9月 - 12月)
September - December 2021

加入 <WCSA 健康公益群> 了解报名详情

太极班 TaiChi Class	瑜伽班 Yoga Class
八段锦班 BaDuanJin Class	排舞班 Line Dance Class
广场舞班 Square Dance Class	柔力球班 TaiChi Softball Class
健身操班 Gymnastics Class	

Email: wcsa.wpg@hotmail.com to register!

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

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

温尼伯华人老年协会
2021 秋季兴趣班
(2021年9月 - 12月)
September - December 2021

加入 <WCSA 健康公益群> 了解报名详情

- 素描兴趣班
Sketching Class
- 声乐兴趣班
Vocal Music Class
- 彩绘兴趣班
Acrylic Painting Class
- 手机摄影班
Mobile Photography Class
- 英语中级班
ESL (intermedia) Class

Email: wcsa.wpg@hotmail.com to register!

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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 23, 2021 at 1pm
时间: 2021年10月23日, 周六下午1点

Address: Kings Park
地点: Kings Park

Email: wcsa.wpg@hotmail.com

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

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

WCSA Gardening Group
Winter Melon Planting Event
June 2021 - October 2021

为了培养朋友们庭院种植的乐趣, 提高田园劳作的积极性, 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 to register

关注 <WCSA 种菜养花群> follow

wcsa.wpg@hotmail.com www.winnipegchineseseniors.ca

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

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

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

温尼伯华人老年协会健康系列讲座

疫苗的安全性及有效性
the Safety & Effectiveness of Vaccines

主讲人: 马国祥博士
Speaker: Dr. Guoxiang Ma

Main contents: 主要内容

- A brief history of the production of vaccines
简单回顾一下疫苗的产生历史
- Research, development and evaluation of vaccines
疫苗的开发, 研制及评估
- Manufacturing vaccines
疫苗的生产过程
- Vaccine storage and transportation
疫苗储藏和运输
- Post-market surveillance program
疫苗的市场监控
- Overview on the safety and efficacy of vaccines
疫苗安全性和有效性总结

讲座时间: 10月2日, 周六晚上 7:30 - 9:00 PM
Time: Saturday, October 2, 7:30-9:00 PM
Zoom ID: 204 999 4321 passcode: 1234

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



我和我的同事们接种疫苗的故事

心愿: 我们一起“苗” 作者: 天使牛

如今, 新冠肺炎正在全球肆虐蔓延, 每天新增病例数和死亡数紧揪着每个人的心。最近的国内外新闻和社交媒体一直在倡导大家接种疫苗, 包括我们单位工会也发来邮件, 支持并鼓励所有符合条件的成员全面接种疫苗。新冠疫苗的主要作用是抵御新冠病毒的侵袭, 建立人体免疫屏障, 阻断新冠肺炎的传播。

打完新冠疫苗之后, 一个很明显的反应, 最直接的表现就是会到处张扬: “我打疫苗了!”。自从开始接种新冠疫苗以来, “打疫苗了吗?” 自然成了单位同事之间见面的问候语。每个同事打完疫苗后, 几乎都会欣喜地说“我已打了第一针新冠疫苗!”

那天, 首次接种, 我带着忐忑的心到了指定接种点, 先排队, 按照流程办手续, 之后打针。注射的过程一点感觉都没有。刚刚发现被扎针的手臂, 有点酸痛, 今天真不想去上班了??

接下来同事们的话题是第二针疫苗的预约。大家迫切地盼望着能在规定的时间内预约到第二针, 那怕是需驾车几小时的路程, 也不愿放弃这个能保护和尊重彼此安全权利的机会。

同事们都打完最后一针疫苗了, 到处听到的是相互问询, 怎样申请免疫卡: 是第二针已经接种超过14天后, 二维码马上可以收到, 卡要邮寄等等, 大家算是完成了一桩小心愿, 当然, 也是一件大事。

现今, 随着新冠疫苗的普遍接种, 新冠肺炎疫情在我们这儿已经得到有效的控制。新冠疫苗是抵御病毒全球大流行的终极武器, 希望大家一起努力, 尽快接种疫苗, 为国家、世界, 也为预防新冠尽一份自己的责任, 出一份力。

The story of my colleagues and I being vaccinated: Wishes We “miao” together

by Angel Cow

Nowadays, COVID-19 is raging around the world, and the number of new cases and deaths every day is tightly gripping everyone's heart. Recent domestic and foreign news and social media have been advocating everyone to get vaccinated, including our unit's union also sent an email to support and encourage all eligible members to be fully vaccinated. The main function of the vaccine is to resist the invasion of the COVID-19, build the body's immune barrier, and block the spread of COVID-19.

After finishing the COVID-19 vaccine, an obvious reaction, the most direct manifestation is to publicize everywhere: “I got the vaccine!” Since the start of the COVID-19 vaccination, “have you been vaccinated?” has naturally become a greeting among colleagues in the workplace.

After finished the vaccine, almost every colleague said happily, “I have received the first shot!”

That day, for the first vaccine, I went to the designated vaccination spot with a nervous heart. I didn't feel the injection process at all, just found out that my arm was a little sore. Do I really not want to go to work today?

The next topic for my colleagues is the appointment for the second shot. Everyone is eagerly looking forward to making an appointment for the second needle within the stipulated time, even if it takes a few hours to drive, and they are unwilling to give up this opportunity to protect and respect each other's safety rights.

After all the colleagues have finished the second shot, what I heard everywhere was mutual inquiries about how to apply for an immunization card: After the second shot has been done for more than 14 days, the QR code can be received immediately, and the card has to be mailed, etc. For everyone it can be regarded as fulfilling a careful wish. Of course, it is also a major event.

Right now, with the widespread vaccination of the COVID-19 vaccine, the COVID-19 pandemic has been effectively controlled here. The COVID-19 vaccine is the ultimate weapon against the global pandemic of the virus. We hope everyone will work together to get the vaccine as soon as possible, and do their part and contribute to the country, the world, and the prevention of the COVID-19.





疫苗与我 作者: Lily Shae

面对与新冠病毒的持久战，只能选择相信疫苗。因为自己往年都打流感疫苗，并在研发和生产疫苗的公司工作多年，对打新冠疫苗自始没有太多恐惧。所以一到

第一针后的感觉就跟往常打流感疫苗一其它不适。看了网友在第二针后发表了反张。但经过冷静思考，判断还是反应不大微有波澜，早就该是舆论哗然了。打第二末“躺平”罢了。加之今年七月初的小温则，还是提前煮了绿豆汤，以备不测。果疼乏力，下午开始出现低烧，但一切不适毒的绿豆汤还真派上了用场。

事后有朋友调侃说没反应就不知疫苗是否论，但疫苗的保护作用，以及在人类与病的。为了抗击新冠病毒，保护自己、保护的！



符合年龄要求，就在第一时间预约，

样，除了左胳膊酸疼了两天外，并无应严重的“针后感”，不免有点小紧的居多，不然网上的动静何至于仅是针特地约了周五晚上，心想了不起周气温极热，又念及中西医结合的原然打完第二针后周六早上醒来感到头还在可以承受的范围，于是清热解

起了作用，真不知是哪家的医学理毒抗争史上所起的作用都是有据可查社会，挨两针并忍受点痛苦也是值得

Vaccine and Me By Lily Shae

Faced with the long battle of the new coronavirus, one can only choose to believe in the vaccine. Since I have been vaccinated against the influenza in previous years and have worked for a company that researches and produces vaccines for many years, I don't have much fear of receiving vaccinations against Covid 19. Therefore, as soon as I met the age requirement, I made an appointment as soon as possible, and now I have successfully received two doses of the vaccine.

The feeling after the first shot was the same as the annual flu shot. Other than having a sore left arm for two days, there was no further discomfort. After watching the online community publish more serious reactions following the second injection, I was a little nervous. However, after some calm thinking, and using the best of my judgment, I realized that majority of the people probably didn't have a severe reaction and thus, didn't bother to write a comment online. For the second shot, I made an appointment for Friday night, thinking that the weekend would be perfect timing to "lie flat" and recover after the shot. Coupled with the extremely hot temperature at the beginning of July this year and thinking about the principle of integration of Chinese and Western medicine, I still cooked mung bean soup in advance to prepare for any unexpected events. Sure enough, after the second injection, I woke up with a headache and fatigue on Saturday morning, and a low-grade fever started in the afternoon, but all these symptoms were still within a tolerable range, so the mung bean soup for clearing away heat and detoxification really came in handy.

Afterwards, a friend ridiculed that "if there is no response to the shot, I wouldn't know whether the vaccine worked". I really don't know which medical theory it is. However, the protective effect of the vaccine and its role in the history of humans fighting against viruses are all well documented. In order to fight against the new coronavirus, it is worth it to endure a little bit of discomfort and pain to get two shots and be fully vaccinated in order to protect yourself and protect society.



打得及时 行得踏实

作者：大力



因为多年前拿过药事法规的证书，所以我对这么短时间就上临床的疫苗一直保持观望态度。但是家里两个刚成年的孩子则以一种不可阻挡的热情迎接疫苗的到来。年轻的激情叠加着世界各地的新闻宣传，犹如一股洪流挟裹着我，把我推向疫苗接种的大军。七月五号的傍晚，我这个家里的落后分子终于最后一个完成了两剂疫苗的注射。

21天后，我们一家四口登上了飞往多伦多的航班，开启了两周，两城为两娃的安家之旅。多市和蒙城市中心的人口密度之高，开放程度之广是深居温村时无法想象的。傍晚时分，人们在街边的露天餐厅把酒言欢，济济一堂；皮尔逊国际机场的安检队伍即便是人挨着人，也要排出百米以外再折回来才不致于伸到室外。两米的间距在汹涌人流面前变成一个清晰而无法实施的概念。因为有两剂辉瑞疫苗傍身，我们不安的心理才略微不显忐忑。勤洗手，戴口罩确实可以防范病毒，但是穿梭在拥挤街头，冷眼看灯红酒绿，那个可以无所不在的病毒让我有限的认知终于意识到，只有疫苗可以保护我们、拯救我们走出这场旷世的灾难。

Timely Vaccination, Peaceful Travels

By Da Li

Being certified with a pharmaceutical affairs regulation certificate many years ago, I kept a wait-and-see attitude towards these vaccines that were brought so quickly on the market. However, the high enthusiasm at which the children welcomed the vaccine, and the flooding frequency of news extolling its benefits seamlessly streamlined into an overwhelming, and convincing torrent. On July 5th 2021, as the bad apple in the family, I became the last to complete two doses of vaccine.

Three weeks later, the four of us flew to Toronto to start a two-week endeavor in two cities to help the two kids settle down. The crowds in the metropolis of Toronto and Montreal, freely intermingling with each other in swarms, packing on patios to enjoy a cold beer, is beyond imagination for the villagers of Winnipeg. Even if travelers at Pearson Airport stood tightly together, the line would still have to snake around many times to avoid landing outside. In such a reality, the social distance of two meters is only God's wishful willing amongst the turbulent flow of people. Nevertheless, we were not in panic mode thanks to two dose of Pfizer vaccine. Washing hands and wearing masks can indeed prevent the virus, but when walking through crowded streets forested with bars, my limited knowledge of this ubiquitous virus made me realize that only with vaccines can we be protected and saved from this unprecedented disaster.



传染源无处不在 作者：王旗

曼省新冠流行第一波反应到位，可是怀孕的女儿却因为职业的原因必须每天到单位上班。我们真是如坐针毡。好在单位防护严密，逃过一劫。小外孙健康降临！可曾想到，三个月前一次与好友一家户外聚会，几天之后女儿接到防疫部门的电话：“你们全家有新冠接触史。两位大人完成了两次疫苗接种，不用担心。但你的儿子需要立即接受核算检测并隔离14天”

好友也电话告知他们家的女儿和男主人核酸检测阳性。男主人还有明显症状。女主人因为打了疫苗不受影响。

这下可乱了方寸，小外孙刚刚去幼儿园一周，又要呆在家里，我们因为没有打疫苗，无法帮忙。幸好老天保佑，小外孙三次检测都是阴性，终于在第15天回到了幼儿园。

茫茫人海，不知何时何处你会接触到新冠病毒携带者。不打疫苗，时时刻刻都有被传染的可能。为了你个人、为了你家人、也为了你的社区，乃至全球的人的健康，请尽早接受疫苗接种！

The source of infection is everywhere By Qi Wang

The Manitoba Government responded to the first wave of the Pandemic immediately. However, my pregnant daughter had to physically go to the hospital to see her patients every day. As parents, we worried about her and her baby every day. Fortunately, the strict preventive measures at the hospital protected her effectively and my grandson was born healthy.

However, three months ago, a few days after an outdoor gathering with her best friend's family, my daughter got a call from the health authority saying "Your family had a recent contact with Covid-19 positive patients. Your son needs to be tested right away and quarantined for 14 days. Neither you nor you husband need to be tested due to the fact that you both were fully vaccinated."

Later the day, her friend was also phoned to confirm the COVID-19 cases in her house.

My daughter got her hands full. My grandson just began his daycare a week before that. Now they had to rearrange the next 14 days and worry about his health. Since we were not fully vaccinated at that time, we were not able to help at all. Fortunately, my grandson was tested negative 3 times and went back to daycare on the 15th day.





疫苗接种后感悟

作者：DS

始发于2019年年末的新冠病毒，给世界人民遭成史无前例的灾难，无一国家能够幸免，死于新冠病毒的全球总数已远超一战和二战死亡人数的总和。许多家庭失去了亲人，有的甚至整个家庭的人都被夺去生命。

2020年是人类历史上最苦难深重的一年，新冠病毒改变了整个历史的进程，为了防疫人民的生活发生了巨大的变化，有的人被隔离，有的人居家办公，但所有的医务人民却备战在抗疫的最前线。往事不堪回首。

终于在生物科学家的努力下，在2020年末数个疫苗问世了，给我们战胜新冠病毒带来了希望，人类就是利用疫苗这个武器战胜并消灭了许多传染病。

今年初，我的工作检测新冠病毒的可疑人群，由于工作需要的关系，我在今年初被要求接种疫苗，我接种的是辉瑞疫苗，第一针接种后的第二天局部有一点轻微的酸痛，无其他不适。三星期后接种第二针。接种第二天后出现接种的手臂有较重的酸痛，但活动不受限，同时还有胸闷，心律失常。所以立即去看医生，并做了心电图发现有早搏。第三天又去看医生，做了负荷心电图仍有早搏，医生让回家观察。一周后就一切恢复正常了。

现在虽然还有疫情，但感觉自己就象穿了一件抗病毒的防护服，已经不再担忧染疫，如果染疫也有足够的免疫力让我不会成重症。看现在疫情在逐步好转，生活也逐渐恢复正常。我们最终消灭新冠病毒也指日可期。



After vaccination By DS

The coronavirus pandemic that began at the end of 2019 has caused an unprecedented disaster to the people of the world. No country can be spared. The total number of deaths from the coronavirus pandemic in the world has far exceeded the total number of deaths in World War I and World War II. Many families have lost their loved ones, and some entire families have even been wiped out.

2020 is the most miserable year in human history. The coronavirus pandemic has changed the course of history. In order to prevent the pandemic, people's lives have undergone tremendous changes.

Finally, thanks to the efforts of biological scientists, several vaccines came out at the end of 2020, which gave us hope to defeat the pandemic. Human beings had used vaccines as a weapon to control, defeat and eliminate many infectious diseases, such as smallpox, polio, leprosy, tuberculosis, etc.

At the beginning of this year, my job was to detect people who are suspected of being infected with the new coronavirus. Due to work needs, I was asked to be vaccinated at the beginning of this year. I was vaccinated with Pfizer vaccine, and there was a slight soreness in the area on the second day after the first injection. I had no other discomfort except that. Three weeks later, the second shot was given. Two days after the second shot, the arm that was injected had severe soreness, but the movement was not restricted. At the same time, I had chest tightness and arrhythmia, so I went to see a doctor immediately. The doctor did an electrocardiogram for me and found out that I had premature beats. On the third day, I went to see the doctor again. After a stress electrocardiogram, there were still premature beats, and the doctor asked me to go home for rest and observation. Everything was back to normal after a week.

Although the pandemic is still there, I feel like I am wearing an antiviral protective suit. I no longer worry about getting infected. If I get infected, I have enough immunity to prevent me from becoming severely ill. Now that the pandemic situation is getting better, life is gradually returning to normal. Our eventual elimination of the new coronavirus is also within reach.



疫苗带给我好心情

作者：丛岩

一场疫情，让家里上有老下有小的我深深的体会到了什么叫无助，紧张，失望，无奈，和感恩。每一波疫情高峰的来临，心情都跟着起落，这种压力不同于平时工作学习和生活的压力，是一种不自知的担心，挥之不去。一场疫情，也让我明白：人性的真善美，医护人员以及奋战在一线的人们付出了太多太多。为了能够早日的回到正常的生活轨道，也为了我们的医护人员，我们一家都在六月底完成了两针疫苗的接种。对我来说，接种后最大的体会就是心情的放松。不再担心家里的老人会因为新冠得重症，也可以正常的出门旅行和参加活动了。虽然每次外出都还是会非常小心的戴好口罩，经常消毒，但是旅行的感觉太好了！我们全家一起去爬了山，看了湖，徒步远足，划船，骑马……身体和心情都得到了最需要的放松。我觉得在疫情期间，因为受到各种负面信息的影响，我们每个人都或多或少的增加了很多的心理压力。然而大部分人都把注意力集中到了预防新冠感染，而对自己的心理健康并不是十分的关注。往往正是这些压力造成了很多潜在的健康风险，也让我们更容易生病。所以我真心的希望可以通过我们集体的努力，让医院不再有超负荷的情况发生，让那些负面新闻不再重现，大家都可以顺利的恢复正常的生活。



My Vaccination Story

By CongYan

Since the pandemic started, I've had many negative emotions such as helplessness, anxiety, and disappointment. But most importantly, I've also learned to be grateful everyday. Our frontline heroes have been fighting it for many months now. They have given up so much for the safety of others. With every wave of the pandemic, my emotion swings with it. To me, this type of stress felt very different comparing to work or life stress. It comes to me without me even realizing it. With a child and a senior in the house, I can't help but worry about them. But after we were fully vaccinated, that stress has lifted. We were able to travel again and go to events. I've never realized how important it is to be able to do those things again. Travel provided me with much need relaxation emotionally. I think the Pandemic has had negative impact on mental health for many of us. But most people have focused their attention on protecting themselves from Covid, without realizing that we are much more likely to get sick when our body is stressed. I'm really hopping that we can work together to stop another wave of Covid. So that our hospitals don't get overwhelmed again and we are able to go back to our normal lives as soon as possible .



我家有关接种疫苗的小故事

作者：杨素萍

截至2021年7月16日，我们一家三口包括我先生、儿子和我均已接种了两次新冠病毒疫苗。我为我19岁的儿子感到骄傲，是他说服我们在轮到我们的时候及时地接种了疫苗。在疫苗接种之前，我们只是站在自己的立场上看问题，还没有意识到这件事情对我们自己、对社区公民、对生活在这个世界上的每一个人都是多么地重要，也没有意识到我们每个人的努力将会怎样帮助社区的公民更加健康安全！

最初，因为各方面的原因，关于疫苗接种的问题，在我们家没有达成一致的共识。我过去曾有过过敏的历史但不清楚过敏源，对这次快速研制的新疫苗有些偏见，担心它会对我产生不良的影响，所以心中有些迟疑不决；我的先生，通过互联网远程工作，不以为然地认为没有必要快速接种疫苗。因为辉瑞疫苗比较短缺，他认为他应该把自己的那部分疫苗留给那些直接在前台与顾客打交道的人们。我先生的“慷慨”与我的“迟疑不决”有着异曲同工之妙：我们不急着打防疫针。

儿子平时好像对其它事情漠不关心只专注于自己大学的学习，但这次他却出乎意料地坚持让我们一家按时接种疫苗。他提醒我他就像一只被囚在笼中的小鸟，我感觉他是把疫苗当成了涵洞尽头的一线曙光，是逃离瘟疫把自己囚在家中的希望所在。他在试图说服我们之前做了大量的资料研究，然后对我说：“妈，首先，我们要相信科学；尽管疫苗速成是事实，但它已经有将近20年研究SARS的基础，那些从事医学研究的人们，科学家们以及医生们进行过许许多多的动物和人体试验，疫苗不会有很多的副作用或者危险因素；其次，我们要像平时一样相信我们的医生，你若不太确定自己是否可以打防疫针，可以向有关医生咨询。”对我的先生，他说：“在这样一个特殊的时期，不是你显示谦让和慷慨的时候而是你承担起社会责任保护好自己，家人和社区大众的时候。你如果不及时接种疫苗，就会把自己和我们周围的人都推向一个危险的境地。”

看上去儿子说得很对。经过几场家庭小辩论之后，我变成了我们家第一个主动地去打防疫针的人。在去加拿大皇家银行接种中心之前，我仍然小心翼翼地问我的先生：“可否伸出援助之手？如果有什么意想不到的事情发生…”我先生打断我的话，笑着说：“不要杞人忧天啦，你是去打防疫针而不是上战场！”幸运的是没有任何奇异的事情发生。打了第一针以后，我的左胳膊有些肿胀，但三天以后就好了；第二针比第一针更容易一些。给我打针的护士技术娴熟，没等我眨眼就完事了。看来我先前的“四面楚歌”都是毫无根据的。随后我的先生也去接种了两针，没有出现任何不良症状。关于打针的感觉，他说就像被蚂蚁叮了一下。是的，对他来说，无疑是小菜一碟。当轮到儿子的时候，更是速战速决。第一次，他友好地接纳了辉瑞；第二次，因为辉瑞短缺，他就毫不犹豫地接受了莫德纳。还好，这种“混搭”在儿子的身上也没有发生什么特别的小故事。打完第二次防疫针之后的一个星期，他便带着打印好的防疫记录，登上了飞机。我的儿子像一只自由的小鸟一样翱翔在蓝天，很快地飞往埃德蒙顿，和姐姐团聚去了。

从我们家接种疫苗的经历来看，没有什么可以担心的。就像我儿子说的，我们要相信科学、要相信医生、要积极支持社区。一个健康的世界需要大家共同的努力！人们能够多快地广泛接种疫苗，我们的生活就能多快地恢复正常。我鼓励我们中间那些迟疑不决的人特别是年轻人如果适合接种请不要再犹豫！许多事实已经向我们证明：接种疫苗是唯一的一个途径减少病毒传播！一些新闻报道告诉我们：目前加拿大有99%的新冠病毒患者来自于没有接种过疫苗的人。希望大家走出来，去接种疫苗，保护自己，保护家人，保护社区公民！在曼省，疫苗接种者还有巨额彩票等福利去赢取，何乐而不为呢？



MY FAMILY'S VACCINE STORY

By Suping Yang

My whole family, including my husband, my son and myself, have all had two doses of the vaccines before July 16th 2021. I personally am very proud of my nineteen-year-old son, who persuaded us to get the COVID-19 vaccine as soon as we became eligible. Before getting vaccinated, we considered more about the individual, did not even realize how important it was to ourselves to our community, to everyone in the world, and how our efforts would help everyone in our community.

At the beginning when the vaccine first began to roll out, my family weren't all on the same page. Because of allergic reactions I'd had to unknown sources in the past, I was worried that this new vaccine, which had been developed so quickly, could affect me for the worse, and it was hard for me to make up my mind and get the shot as soon as it became available to me. My husband, who worked remotely and didn't see the need due to the shortages in Pfizer, said that it would be better for someone else who needed it more to have his place. Together between my hesitation and his generosity we concluded that we were in no hurry to get the vaccine.

However, my son, who is usually not concerned with anything beyond his university studies, came forward and insisted that we take the vaccine once we were eligible. He reminded me of a bird trapped in a cage, and I thought he saw the shot as a light at the end of the tunnel and an escape from the cage of being trapped at home. He did a lot of research before trying to convince us, and said to me, "Ma, first of all, we should believe in science. Despite that it was made in a rush, it is based on SARS research which has been going on for almost two decades. These researchers, scientists, and doctors have done many experiments and it should not have side effects or serious risks. Also, we should trust our doctors as we usually do, if you aren't sure, you can ask your doctor." To my husband he said, "in such a situation it is not time for you to show your modesty and generosity, but a time for you to exercise your responsibility to protect yourself, your family, and those around you. Otherwise, you are putting yourself and everyone around us at risk."

It seemed to us like what our son was saying was right, and after several arguments I became the first one in our family willing to go in for the shot. Before heading out to the RBC Convention Centre, I cautiously asked my husband, "could you do me a favor? If something strange happens..." but he cut me off with a laughter and said jokingly, "no worries, you're just going for a shot, not a battle!" Fortunately, nothing unexpected happened. After my first dose, my left arm got a little swollen, but was completely better after three days, and my second shot went even easier, the nurse who gave it to me did it so quickly that I didn't even have time to blink my eyes! It turned out that my previous anxieties were unfounded. My husband got both his doses not long after with zero side effects, saying that "it looked like a bite from a tiny ant". It truly was a piece of cake for him. It was even easier for my son, who received Pfizer for his first dose and Moderna for the second due to the shortages. He had no issues, and within a week of his second shot he carried an immunization record with him and got on a plane. My son was free like a bird in the sky again and soon flew to Edmonton to visit his sister.

From our story you can see that there is no need to worry about the vaccine. Like my son said, we should believe in science, trust in our doctors, and support our communities. A healthy world relies on the efforts of everyone, and the sooner we reach our target vaccination rate the sooner we can get back to normal life. I encourage those of you who may be reluctant, especially the youth, not to hesitate if you are qualified. Over the past few months, lot of evidence has shown that getting vaccinated is the only way to stop the spread of the virus! As the news has shown us, 99% of Canadian COVID-19 patients now are unvaccinated, so go out, get vaccinated and protect yourselves, your families, and those around you. Also, there is a large lottery to be won from doing so! So why don't you give it a try.