

FALL/WINTER NEWSLETTER 2022/2023

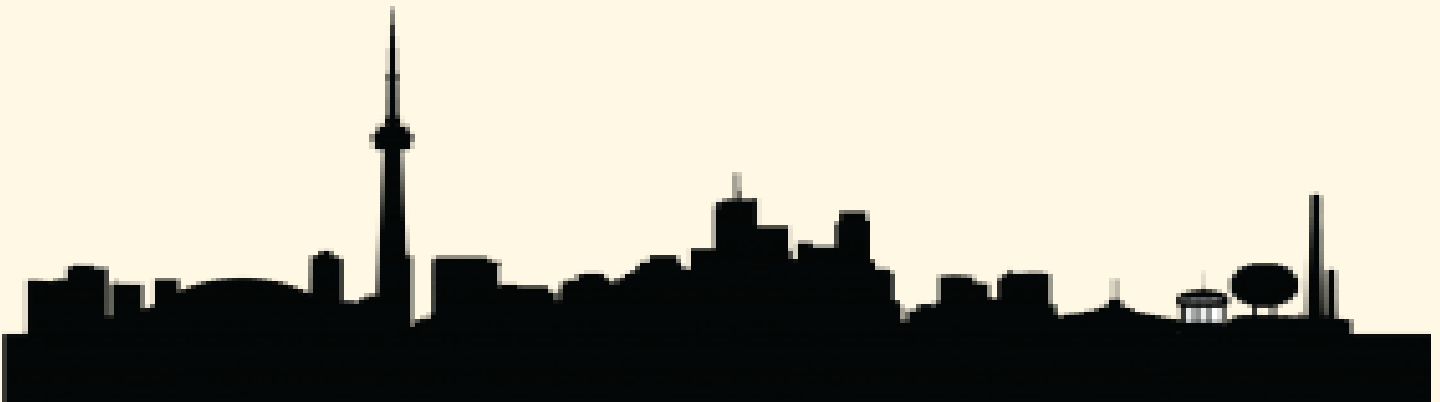
Personnel Opportunities Ltd.

Hello everybody!

This fall, we'd like to focus our newsletter on the Toronto community and some topics that might be relevant, such as upcoming fall and winter events and holidays, popular autumnal treats, and some advice on how to stay in top working condition.

This newsletter is intended to promote community interaction and maintain a positive outlook in the face of the impending cold. As always, we wish everyone a good fall and hope that everyone is staying healthy!

If you need any help with your job search, don't hesitate to contact our staff at Personnel Opportunities Ltd.





october 2022

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October 2022

- October 1st: National Seniors Day/ International Coffee Day
- October 5th: Yom Kippur
- October 10th: Thanksgiving! / World Mental Health Day
- October 24th: Diwali
- October 31st: Halloween

November 2022

- November 6th: Daylight savings ends
- November 11th: Remembrance Day
- November 14th: World diabetes Day
- November 25th: Black Friday
- November 28th: Cyber Monday



november 2022

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december 2022

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December 2022

- December 3rd: International Day of Persons with Disabilities
- December 10th: Human Rights Day
- December 19th- 26th: Hanukkah
- December 25th: Christmas
- December 26th: Boxing Day



Cinnamon Apple Cheesecake

Ingredients

FOR THE CRUST

- 1/2 cup butter, softened
- 1/4 cup packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1 cup all-purpose flour
- 1/4 cup quick-cooking oats
- 1/4 cup finely chopped walnuts

FOR THE TOPPING

- 1 tablespoon butter
- 2 medium tart apples, peeled and sliced
- 1 teaspoon cornstarch
- 1/4 teaspoon ground cinnamon
- 1/4 cup thawed apple juice concentrate

FOR THE FILLING

- 3 large eggs, lightly beaten
- 2 packages (8 ounces each) cream cheese, softened
- 1 can (14 ounces) sweetened condensed milk
- 1/2 cup thawed apple juice concentrate



DIRECTIONS

1. Preheat oven to 325°. In a bowl, beat butter, brown sugar, and cinnamon until blended. Beat in flour, oats, and walnuts until well blended. Press onto bottom and 1-1/2 in. up sides of a greased 9-in. springform pan. Place on a **baking sheet**. Bake 10 minutes. Cool on a wire rack.
2. In a large bowl, beat cream cheese until fluffy. Gradually beat in milk and juice until smooth. Add eggs; beat on low speed just until blended (mixture will be thin). Pour into crust. Return pan to baking sheet.
3. Bake until center is almost set, 40-45 minutes. Cool on a wire rack 10 minutes. Loosen sides from pan with a knife. Cool 1 hour longer. Refrigerate overnight, covering when completely cooled.
4. To serve, in a large skillet, melt butter over medium heat; sauté apples until crisp-tender, about 5 minutes. Cool slightly.
5. For glaze, in a small saucepan, mix cornstarch, cinnamon and juice concentrate until smooth; bring to a boil. Reduce heat; cook and stir until thickened (1 minute). Add 1 tablespoon glaze to sautéed apples; toss to coat.
6. Remove rim from springform pan. Top cheesecake with apples. Drizzle with glaze. Serve immediately or refrigerate until serving.

We want to emphasise how crucial it is to make sure your resume is current as we prepare to finish up a lengthy year. Here is a cheat sheet with the best resume advice from recruiters throughout Canada whether you are looking for new work and need to update your resume or are hoping to enter the job market once more.

RESUME TIPS 2022/2023

- ✓ Have a job target picked out before you start
- ✓ Know yourself, know your audience, & know what matters most
- ✓ Customize resume content for every application
- ✓ Make your value known
- ✓ Use a tailored resume header that speaks to the job you want
- ✓ Avoid common resume myths
- ✓ Provide examples of how your skills produced results
- ✓ Focus on recent /relevant career history
- ✓ Provide the proof!
- ✓ Emphasize achievements, not tasks
- ✓ Lead with results and front-load bullet points
- ✓ Ensure the resume tells a story
- ✓ Weave the right keywords into the file
- ✓ Use active voice and varied actions words
- ✓ Employ well-suited design components
- ✓ Include appropriate white space. Make it easy to read
- ✓ Make content a priority, but format matters too
- ✓ Strategically address employment gaps
- ✓ Remove any resume red flags
- ✓ Don't let the resume age you. Use a modern approach
- ✓ Add pandemic career wins
- ✓ Stay abreast of resume trends!

Apple Butter

Ingredients

- 6 1/2 pounds apples peeled, cored, and sliced
- 1/2 cup granulated sugar
- 1/2 packed brown sugar
- 1 1/2 tablespoons ground cinnamon
- 1/4 teaspoon salt
- 1 tbsp vanilla extract

Instructions

- Place apples in slow cooker
- Add sugars, cinnamon, salt, vanilla to the crockpot. Mix well.
- Cook in slow cooker on low for about 10 hours, stirring every couple hours. The apple butter should be thick and dark brown.
- If desired, use a blender to puree the apple Butter until smooth.
- Cover and refrigerate for up to two weeks or



There are many great uses for apple butter as it can be treated as a spread, an ingredient for baking and cooking, or overall, as a delicious snack!



As we all know, homelessness in Toronto is a rising issue in our neighbourhood, particularly in the fall and winter. According to CityNews, there have been nearly twice as many deaths among homeless persons in the past three years. A local advocate for homelessness is bringing attention to this rise in mortality in shelters and on the streets. We urge you to practise mindfulness and give back to your community to assist those in need. The following area shelters are now accepting donations and/or volunteers for their cause:

Good Shepherd Ministries

You can help homeless people by donating everything from toothbrushes to tomato soup. Here are the most urgent needs.

For more information about donations, please contact 416.869.3619 or e-mail donations@goodshepherd.ca.

Covenant House Toronto

**Toronto's biggest youth shelter is now accepting monetary donations on their website:
<https://covenanhousetoronto.ca/>**

For inquiries regarding volunteers, please email volunteers@covenanthouse.ca.

Canada Helps Org

A registered charity and social enterprise created to be a one stop destination for Canadians to donate and fundraise. Canada helps donation links can be found on their website at <https://www.canadahelps.org/>.

Fall/Winter Events in Toronto

There are lots of entertaining and fascinating activities planned in the city as fall approaches. There are lots of events to enjoy this season with friends and family thanks to holidays like Thanksgiving and Christmas taking over! Here are a handful of the things Personnel Opportunities LTD is really excited about:

- Nuit Balance
 - 28 Bathurst Street
 - October 1st, 2022 (7pm-7am)
- Pumpkin Fest Toronto
 - Downsview Park
 - October 8th, 2022 (10am-6pm) -
October 10th, 2022
 - October 15th, 2022 – October 16th, 2022
- Toronto Food Film Festival
 - Multiple Venues
 - October 14th, 2022 (4pm-11pm) –
October 17th, 2022
- The One-of-a-Kind Show
 - Enercare Centre (1-100 Princes' BLVD)
 - November 24th- December 4th
- Halloween on Church 2022
 - Church St
 - October 31st, 2022 (6pm)
- Winter Fest
 - Canada's Wonderland
 - Starts November 18th – December 31st
 - (5-10pm)
- Toronto Holiday Fair
 - Nathan Phillips Square
 - December 2nd, 2022 –
December 23rd, 2022
 - Tues-Thurs (4pm-9pm)
 - Fri – Sat (12pm – 10pm)
 - Sunday (12pm-9pm)
- Toronto Christmas Market
 - Distillery District
 - November 17th, 2022 –
December 31st, 2022



Immigration Aid

Canada has a long way to go before being equally accessible to all new immigrants, despite being thought of as being quite diverse. We'd like to highlight and share a few resources that may aid those in need.

For New Immigrants

OCASI

- *Ontario Council of Agencies Serving Immigrants*
- <https://ocasi.org/>
- *OCASI calls for an immigration status regularization program that leaves no one behind.*

Settlement Agencies

- *-Settlement Services support immigrants and refugees to Canada. They can help you settle and adjust to your new life in Canada.*
- <https://settlement.org/>
- <https://www.ontario.ca/page/getting-settled-ontario>

Language Services

- *Canadian Centre for Language and Cultural Studies (CCLCS)*
- *CCLCS focuses on providing new immigrants TESL training (Teaching English as a Second Language)*
- <https://cclcs.ca/>