



Fall Newsletter 2014

Bose Corn Maze

August 23rd – October 13th

Since 1999 we have had visitors from Europe, United States, Australia and Canada "GET LOST" in our corn.

Bring family and friends during the day or bring everyone to the maze in the dark. Make sure you bring your flashlight, or use that app on your phone. Find your way through the maze using trivia questions that are posted at intersections. Your answers will help you navigate your way.

Tuesday to Thursday: 12:00pm to 8:00pm

Friday: 6:00pm to 8:00pm

Saturday: 12:00pm to 8:00pm

Sunday & Holidays: 12:00pm to 4:00pm

Bose Corn Maze, 64th Avenue & 156th Street

Pumpkin Patch FUN!

Locations:

Aldor Acres Pumpkin

Patch (Langley)

Address: 24990 – 84th. Ave,
Langley

Phone: (604) 888-0788

Visit the farm animal displays, take a hayride and pick a pumpkin from the pumpkin patch at Aldor Acres.



Westham Island Herb Farm (Delta)

Address: 4690 Kirkland Road, Delta

Phone: (604) 946-4393

Take a tour of this pretty farm and visit the donkeys, goats and their scottish highland steer. Get a pint sized fright at the haunted house geared for little ones. Walk along the garden path to the u-pick pumpkin patch and see how veggies are grown. There are bushels of organically grown veggies for purchase on your way out including carrots, beets, potatoes, onions and more. A one stop shop for Thanksgiving dinner! Finish your visit off with a hot cup of cocoa and cookies.

Fort Langley Cranberry Festival

October 11th

This year's Fort Langley Cranberry Festival will take place on October 11th from 10am – 4 pm on Glover Road and Mary Avenue. For more information visit:

www.fortlangley.com

Grave Tales Historic Walking Tours

October 16 – October 30

The popular Grave Tales historic walking tours are back! Spine-chilling stories are depicted at night by our expert storytellers as you walk through the Fort Langley village. Reservations are a must. Tickets go on sale at brownpapertickets.com/event/617942



Holiday Baking!

Honey Holiday Tarts

- Baking sheet
- Parchment paper
- Round cookie cutter (about 2.75 inches wide)
- Frozen puff pastry (1 sheet, defrosted and ready to use)
- 1 or 2 apples (peeled, cored, and sliced very thin)
- Cinnamon sugar
- Honey
- Spatula
- Cooling rack

- 1) Heat the oven to 400 degrees F. Line the baking sheet with parchment paper.
- 2) Use the cookie cutter to cut rounds of pastry, and arrange them on the baking sheet.
- 3) Have your child place three apple slices on each pastry circle. When he's done, ask him to sprinkle each tart with a pinch of cinnamon sugar.
- 4) Bake the tarts until the pastry turns golden brown and the apples become slightly tender (about 12 minutes or so).
- 5) Drizzle honey on the baked tarts and then transfer them to a cooling rack.



Cup Cozy Art

Make your OWN cup cozy art. Here are instructions for the photo above...

- Red and black felt
- 2 white buttons, 1 red button
- Elastic cord
- Scissors
- Hot glue

Autumn Leaf Candle Holder

You will need: Mod Podge Glue, a sponge brush, a mason jar and either fake or real leaves.





Fall

Safety TIPS:

Daylight Saving Time

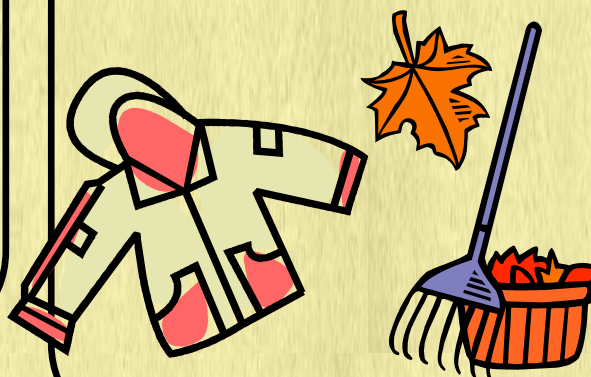
Daylight Saving Time ends every year on the first Sunday of November, as clocks are set back one hour nationwide. **This year, it will take place on Sunday, November 3, 2013 at 2:00 a.m.**

While Daylight Saving Time is meant to extend daylight hours and conserve energy, it also serves as a great reminder to check the batteries in your home's smoke detectors. Batteries in smoke detectors should be replaced yearly, and there should be smoke detectors on every floor of your home (including the basement) and outside bedrooms or sleeping areas.

Wash your hands. One of the best ways to avoid getting sick is to wash them regularly and thoroughly. Use hot water, plenty of soap, and wash for at least 30 seconds.

When you're outside and it's chilly, **wear a jacket.** It sounds pretty basic, but you'd be surprised how many people think they're "tough guys" walking around in a t-shirt when it's 40 degrees out.

Raking leaves? Prevent back injuries by standing upright while raking and pull from your arms and legs. Don't overfill leaf bags, and when picking them up, bend at the knee and use your legs, not your back, for support.



Ebola Virus Disease

How Do You Get Ebola?

Ebola isn't as contagious as more common viruses like colds, influenza, or measles. It spreads to people by contact with the skin or bodily fluids of an infected animal, like a monkey, chimp, or fruit bat. Then it moves from person to person the same way. Those who care for a sick person or bury someone who has died from the disease often get it.

Other ways to get Ebola include touching contaminated needles or surfaces.

You can't get Ebola from air, water, or food. A person who has Ebola but has no symptoms can't spread the disease, either.

What Are the Symptoms of Ebola?

Early on, Ebola can feel like the flu or other illnesses. Symptoms show up 2 to 21 days after infection and usually include:

- High fever
- Headache
- Joint and muscle aches
- Sore throat
- Weakness
- Stomach pain
- Lack of appetite



Random Facts:

Mosquito repellents don't repel. They hide you. The spray blocks the mosquito's sensors so they don't know you're there.

Karaoke means "empty orchestra" in Japanese.

Adult elephants can't jump.

When snakes are born with two heads, they fight with each other for food.

The most common name in the world is Mohammed.

The three most spoken English words are Hello, Stop and Taxi.

Preparing for an earthquake in British Columbia...

Check out the website below and review the handout with the youth. BE PREPARED!!

http://embc.gov.bc.ca/em/hazard_preparedness/prepare_now/prepare.html



Guess What!?!?

CONGRATULATIONS

**Employee of the quarter is
Ivana Primorac**



Job Posting

We are currently
looking for relief
workers



Welcome NEW staff

Full-time Staff:

- Catherine Sehn
- Kayla Wild
- Andrea Bunkholder

Welcome back Bronwyn!!

Relief:

- Julia Horvath
- Alex Dohan



Important dates

Coming up...



Parent Connect Group

From November 3rd to November 5th

The Maples has developed and refined the Connect Parent Group (Connect) program. This program integrates research on parenting effectiveness, adolescent development, and attachment theory, as well as feedback from the many parents who have attended Connect.

Connect takes a different approach than most other parent groups.

Rather than teaching specific strategies to manage behaviour, Connect focuses on considering the youth's and parents' needs from an attachment perspective; recognizing and managing feelings and reactions; and responding in ways that clearly sets limits and expectations, while at the same time maintaining and even strengthening their relationship with

CARF Accreditation

October 20th – October 22nd

Through accreditation, CARF assists service providers in improving the quality of their services, demonstrating value, and meeting internationally recognized organizational and program standards.

The accreditation process applies sets of standards to service areas and business practices during an on-site survey. Accreditation, however, is an ongoing process, signaling to the public that a service provider is committed to continuously improving services, encouraging feedback, and serving the community. Accreditation also demonstrates a provider's commitment to enhance its performance, manage its risk, and distinguish its service delivery.

carf INTERNATIONAL





Infection Control

Fall is coming, which means colds, the flu, and viruses are being spread. But with some simple steps and precautions, you can make sure to keep yourself healthy! Some of the infections that many experience this time of year are colds, influenza, sinusitis, laryngitis, bronchitis, and bronchiolitis.

Cold: An infection in the upper respiratory tract which affects the nose. Symptoms include coughing, sore throat, runny nose, sneezing, and fever

Influenza

(the "flu"): Symptoms are chills, fever, runny nose, sore throat, muscle pains, headache (often severe), coughing, weakness/fatigue and general discomfort

Sinusitis: An infection in your sinuses. Symptoms include facial pain/pressure, nasal stuffiness, nasal discharge, loss of smell, cough/congestion

Laryngitis: An infection that affects your throat. Symptoms include a hoarse voice or inability to speak, dry, sore, burning throat, coughing, difficulty swallowing, cold or flu like symptoms, swollen lymph nodes

Bronchitis: An inflammation of the lining of the bronchial tubes, which carry air to and from your lungs. Symptoms include coughing, mucus (can be clear, white, yellowish-gray or green in color), fatigue, shortness of breath, slight fever and chills, and chest discomfort.

Bronchitis: An inflammation of the lining of the bronchial tubes, which carry air to and from your lungs. Symptoms include coughing, mucus (can be clear, white, yellowish-gray or green in color), fatigue, shortness of breath, slight fever and chills, and chest discomfort.



Listed below are ways that you can prevent infections, and also ways that you can keep your infection to yourself, and not pass it around to others:

- Wash your hands
- Washing your hands is the best way to stop the spread of infection
- Make sure to wash your hands: Before eating or preparing food.
- After using the toilet.
- After blowing nose.
- After handling shared objects.
- Before handling contact lenses.
- Before flossing your teeth.



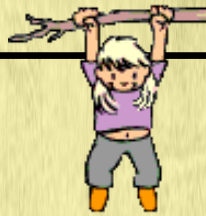
What is attachment?

Attachment is an emotional bond to another person. Psychologist [John Bowlby](#) was the first attachment theorist, describing attachment as a "lasting psychological connectedness between human beings."

Bowlby believed that the earliest bonds formed by children with their caregivers have a tremendous impact that continues throughout life. He suggested attachment also serves to keep the infant close to the mother, thus improving the child's chances of survival.



The central theme of attachment theory is that primary caregivers who are available and responsive to an infant's needs allow the child to develop a sense of security. The infant knows that the caregiver is dependable, which creates a secure base for the child to then explore the world.



Ainsworth's "Strange Situation"

In her 1970's research, psychologist [Mary Ainsworth](#) expanded greatly upon Bowlby's original work. Her ground-breaking "[Strange Situation](#)" study revealed the profound effects of attachment on behavior. In the study, researchers observed children between the ages of 12 and 18 months as they responded to a situation in which they were briefly left alone and then reunited with their mothers. Based upon the responses the researchers observed, Ainsworth described three major styles of attachment: secure attachment, ambivalent-insecure attachment, and avoidant-insecure attachment. Later, researchers Main and Solomon (1986) added a fourth attachment style called disorganized-insecure attachment based upon their own research. A number of studies since that time have supported Ainsworth's [attachment styles](#) and have indicated that attachment styles also have an impact on behaviors later in life.



Why Attachment Matters

Researchers have found that attachment patterns established early in life can lead to a number of outcomes. For example, children who are securely attached as infants tend to develop stronger self-esteem and better self-reliance as they grow older. These children also tend to be more independent, perform better in school, have successful social relationships, and experience less depression and anxiety.

Patterns of Attachment

Characteristics of Secure Attachment

Secure attachment is marked by distress when separated from caregivers and are joy when the caregiver returns. Remember, these children feel secure and able to depend on their adult caregivers. When the adult leaves, the child may be upset but he or she feels assured that the parent or caregiver will return. When frightened, securely attached children will seek comfort from caregivers. These children know their parent or caregiver will provide comfort and reassurance, so they are comfortable seeking them out in times of need.

Characteristics of Ambivalent Attachment

Ambivalently attached children usually become very distressed when a parent leaves. This attachment style is considered relatively uncommon. children. Research suggests that ambivalent attachment is a result of poor maternal availability. These children cannot depend on their mother (or caregiver) to be there when the child is in need.

Characteristics of Avoidant Attachment

Children with an avoidant attachment tend to avoid parents or caregivers. When offered a choice, these children will show no preference between a caregiver and a complete stranger. Research has suggested that this attachment style might be a result of abusive or neglectful caregivers. Children who are punished for relying on a caregiver will learn to avoid seeking help in the future.



Characteristics of Disorganized Attachment

Children with a disorganized attachment often display a confusing mix of behavior and may seem disoriented, dazed, or confused. Children may both avoid or resist the parent. Some researchers believe that the lack of a clear attachment pattern is likely linked to inconsistent behavior from caregivers. In such cases, parents may serve as both a source of comfort and a source of fear, leading to disorganized behavior.

The Stages of Attachment

Researchers Rudolph Schaffer and Peggy Emerson analyzed the number of attachment relationships that infants form in a longitudinal study with 60 infants. The infants were observed every four weeks during the first year of life, and then once again at 18 months. Based upon their observations, Schaffer and Emerson outlined four distinct phases of attachment.

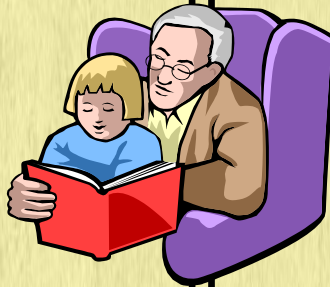
1. Pre-attachment Stage: From birth to three months, infants do not show any particular attachment to a specific caregiver. The infant's signals such as crying and fussing naturally attract the attention of the caregiver, and the baby's positive responses encourage the caregiver to remain close.

2. Indiscriminate Attachment: From around six weeks of age to seven months, infants begin to show preferences for primary and secondary caregivers. During this phase, infants begin to develop a feeling of trust that the caregiver will respond to their needs. While they will still accept care from other people, they become much better at distinguishing between familiar and unfamiliar people as they approach seven months of age. They also respond more positively to the primary caregiver.



3. Discriminate Attachment: At this point, from about seven to eleven months of age, infants show a strong attachment and preference for one specific individual. They will protest when separated from the primary attachment figure (separation anxiety), and begin to display anxiety around strangers (stranger anxiety).

4. Multiple Attachments: After approximately nine months of age, children begin to form strong emotional bonds with other caregivers beyond the primary attachment figure. This often includes the father, older siblings, and grandparents.



Problems with Attachment

What happens to children who do not form secure attachments? Research suggests that failure to form secure attachments early in life can have a negative impact on behavior in later

Children diagnosed with oppositional-defiant disorder (ODD), conduct disorder (CD) or post-traumatic stress disorder (PTSD) frequently display attachment problems, possibly due to early abuse, neglect or trauma. Clinicians suggest that children adopted after the age of six months have a higher risk of attachment problems.

While attachment styles displayed in adulthood are not necessarily the same as those seen in infancy, research indicates that early attachments can have a serious impact on later relationships. For example, those who are securely attached in childhood tend to have good self-esteem, strong romantic relationships and the ability to self-disclose to others. As adults, they tend to have healthy, happy and lasting relationships.



India



The culture of India is among the world's oldest, reaching back about 5,000 years. Many sources describe it as "Sa Prathama Sanskrati Vishvavara" — the first and the supreme culture in the world. India is a very diverse country, and different regions have their own distinct cultures. Language, religion, food and the arts are just some of the various aspects of Indian culture. Here is a brief overview of the culture of India.

Language

India has 28 states and seven territories, and each has at least one official language. While the national languages are Hindi and English, there are about 22 official languages and nearly 400 living languages spoken in various parts of the country. Most of the languages of India belong to two families, Aryan and Dravidian.

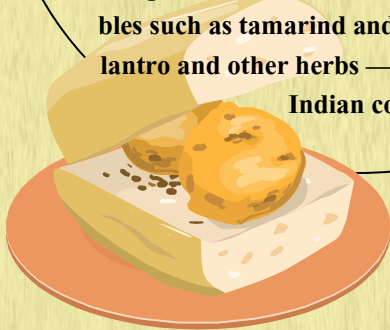
Religion

India is identified as the birthplace of Hinduism and Buddhism. A huge majority — 84 percent — of the population identifies as Hindu. There are many variations of Hinduism, and four predominant sects — Shaiva, Vaishnava, Shaktya and Smarta. About 13 percent of Indians are Muslim, making it one of the largest Islamic nations in the world. Christians and Sikhs make up a small percentage of the population, and there are even fewer Buddhists and Jains.



Indian FOOD

Indian cuisine boasts Arab, Turkish and European influences. It is known for its large assortment of dishes and its liberal use of herbs and spices. Cooking styles vary from region to region. Many Hindus are vegetarians, but lamb and chicken are common in main dishes for non-vegetarians. The food is rich with curries and spices, including ginger, coriander, cardamom, turmeric, dried hot peppers, and cinnamon, among others. Chutneys — thick condiments and spreads made from assorted fruits and vegetables such as tamarind and tomatoes and mint, cilantro and other herbs — are used generously in Indian cooking.



Clothing

Indian clothing is closely identified with the colorful silk saris worn by many of the country's women. The traditional clothing for men is the dhoti, an unstitched piece of cloth about 5 yards long that is tied around the waist and legs. Men also wear a kurta, a loose shirt that is worn about knee-length. For special occasions, men wear a sherwani, which is a long coat that is buttoned up to the collar and down to the knees.

Diwali Festival

Diwali is a five day festival that represents the start of the Hindu New Year. It's known as the "Festival of Lights" for all the fireworks, small clay lamps, and candles that are lit during the celebrations. These lights are said to represent the victory of good over evil, and brightness over darkness. The candlelight makes Diwali a very warm and atmospheric festival, and it's observed with much joy and happiness.



Ganesh Chaturthi Festival

The spectacular eleven day Ganesh Chaturthi festival honors the birth of the beloved Hindu elephant-headed god, Lord Ganesha. The start of the festival sees huge, elaborately crafted statues of Ganesha installed in homes and podiums, which have been especially constructed and beautifully decorated. At the end of the festival, the statues are paraded through the streets, accompanied by much singing and dancing, and then submerged in the



Population of India is an Estimated 1.27 Billion !!

Facts about India

1. India is about 1/3 the size of the United States, yet it is the second most populous country in the world, with a population of 1,166,079,217. India is the seventh largest country in the world.
2. India is the largest democracy in the world.
3. Many Indians find toilet paper repellent and consider it cleaner to splash water with the left hand in the appropriate direction. Consequently, the left hand is considered unclean and is never used for eating.
4. It is illegal to take Indian currency (rupees) out of India.
5. Cows can be found freely wandering the streets of India's cities. They are considered sacred and will often wear a *tilak*, a Hindu symbol of good fortune. Cows are considered one of humankind's seven mothers because they offer milk as does one's natural mother.
6. Rabies is endemic in India. Additionally, "Delhi Belly" or diarrhea is commonplace due to contaminated drinking water.
7. India has one of the world's highest rates of abortion.

