

AYS Newsletter : Oct—Dec 2016

Upcoming Community Events

Thanksgiving – October 10 2016

Thanksgiving Day in Canada has been a holiday on the second Monday of October since 1957. It is a chance for people to give thanks for a good harvest and other fortunes in the past year. **Thanksgiving Day in Canada** is linked to the European tradition of harvest festivals.



Many people have a day off work on the second Monday of October. They often use the three-day Thanksgiving weekend to visit family or friends who live far away, or to receive them in their own homes. Many people also prepare a special meal to eat at some point during the long weekend. Traditionally, this included roast turkey and seasonal produce, such as pumpkin, corn ears and pecan nuts. Now, the meal may consist of other foods, particularly if the family is of non-European descent.

Day light Savings – November 6 2016

Daylight Saving Time (DST) is used to save energy and make better use of daylight. It was first used in 1908 in Thunder Bay, Canada.



DST normally adds 1 hour to standard time with the purpose of making better use of daylight and conserving energy. This means that the sunrise and sunset are one hour later, on the clock, than the day before.

Upcoming events at AYS

Diwali



What is Diwali? – Diwali is the five-day festival of lights, celebrated by millions of Hindus, Sikhs and Jains across the world. The festival, which coincides with the Hindu New Year, celebrates new beginnings and the triumph of good over evil and light over darkness - **November 5th 2016**

Remembrance Day

November 11th 2015

Remembrance Day (sometimes known as **Poppy Day**) is a memorial day observed in Commonwealth of Nations member states since the end of the First World War to remember the members of their armed forces who have died in the line of duty.



The red remembrance poppy has become a familiar emblem of Remembrance Day due to the poem "In Flanders Fields" written by Canadian physician Lieutenant-Colonel John McCrae. After reading the poem, Moina Michael, a professor at the University of Georgia, wrote the poem, "We Shall Remember," and swore to wear a red poppy on the anniversary. The custom spread to Europe and the countries of the British Empire and Commonwealth within three years. Madame Anne E. Guerin tirelessly promoted the practice in Europe and the British Empire. In the UK Major George Howson fostered the cause with the support of General Haig. Poppies were worn for the first time at the 1921 anniversary ceremony. At first real poppies were worn. These poppies bloomed across some of the worst battlefields of Flanders in World War I; their brilliant red colour became a symbol for the blood spilled in the war.

AYS Events Cont'd

DIY Christmas Stocking Party



We will be making and decorating Christmas Stockings for this Holiday Craft!

**Many patterns and textiles to choose from!
You can individualize your stocking any way you want!**



AYS is having their annual Christmas party! All kids and staff invited! There will be baking, judging of the gingerbread houses, judging of the ugly sweater contest, treats, prizes, games, EVERYTHING!



Cultural Event of the Year!

What does a Totem Pole symbolize? - Totem poles communicate important aspects of native culture. Carvings of animals and other characters typically represent characters or events in a story. They may symbolize cultural beliefs that recount familiar legends or notable events. The poles may also serve as a welcome signs for village visitors. Given the complexity and symbolic meanings of totem pole carvings, their placement and importance lies in the observer's knowledge and connection to the meanings of the figures.

Eagle - Divine spirit, sacrifice, connection to creator, intelligence, renewal, courage, illumination of spirit, healing, creation, freedom, and risk-taker.

Peacock - Immortality, dignity, self-confidence, self-esteem, knowledge, refinement, beauty, pride.

Raven - Magical, introspective, self-realized, courageous, transformational, messenger, psychic, divination.

As part of this program, we want to be culturally aware and culturally sensitive when we participate in day to day life! We like to think of ourselves as a family, so as we individually make parts of a totem pole, and it will be put together just as we support each other!

AYS Totem Pole



ANIKA NEWS



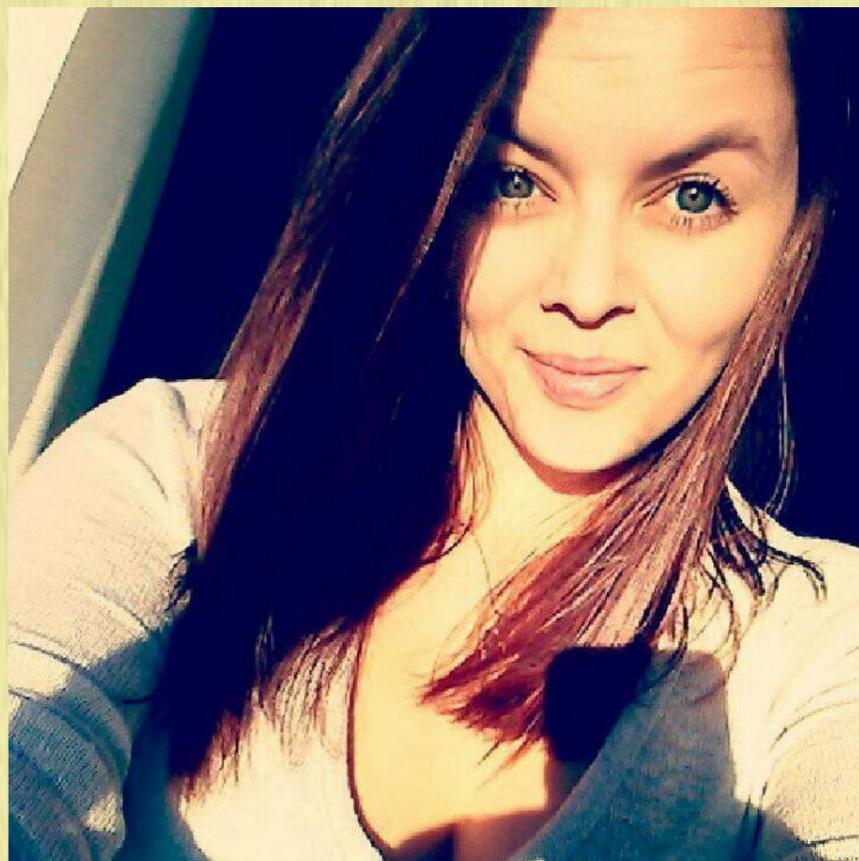
New Employees:

1. Amanda G
2. Kelsey O
3. Jasmin M
4. Victoria B
5. Rachel L
6. Brittany W

Employee of the Quarter! Brittany L!

A BIG Thank you Brittany for her hard work and dedication. Brittany has been a quick learner and amazing asset to our team.

Brittany also has amazing relationship building with her clients!



AYS Recipes



INGREDIENTS

1. Yield 1 Sleeve of Ritz Crackers
2. $\frac{1}{2}$ lb Melting Chocolate baking chocolate
3. 2 -3 drops peppermint extract
4. 1 package Ritz cracker

DIRECTIONS

1. Melt Chocolate over low heat.
2. Add 2 to 3 drops of Peppermint oil.
3. You do not need alot so make sure they are small drops.
4. Mix.
5. Line a cookies sheet with foil.
6. Dip Crackers into Chocolate, Cover and lay on cookie sheet make sure they do not touch.
7. Chill until firm.
8. Enjoy.



Cultural Awareness / Education

What is Halloween?

Halloween, or Hallowe'en also known as Allhalloween, All Hallows' Eve, or All Saints' Eve, is a celebration observed in a number of countries on 31 October, the eve of the Western Christian feast of All Hallows Day

Halloween activities include trick-or-treating (or the related guising), attending Halloween costume parties, decorating, carving pumpkins into jack-o'-lanterns, lighting bonfires, apple bobbing and divination games, playing pranks, visiting haunted attractions.



1. Children should be accompanied by an adult.
2. Children should wear clothing that can easily be seen at night. Retro- reflective materials are best.
3. Children should trick or treat in one well-known area and not wander into unknown neighborhoods.
4. All candy should be inspected by an adult to make sure that no one has tampered with it. If it looks suspicious, the police should be contacted.
5. Children should avoid stray animals.
6. Children should wear masks that do not interfere with vision. Better yet, they can avoid masks by wearing makeup.
7. Children should watch for moving vehicles when crossing streets.
8. Costumes should be short enough that the child will not trip.
9. Trick or treaters should dress appropriately for the weather and carry a flashlight.

For extra safety, organize a Halloween party for children in your neighborhood

Health & Safety

What to do in an Earthquake



If you are Indoors:

Take cover under a heavy table/ desk and hold on. If a table is not available, flatten or crouch against a wall

Stay away from glass windows, mirrors, , bookcases or anything that could fall on you

Wait for shaking to stop. There may be an after-shock. Count to 100 and follow staff's directions.

Outdoors:

Move to an open space like a field or park and away from buildings, overhead wires, telephone poles, etc.

In a Vehicle:

Staff will pull over to a safe place. (not on bridge or overpass)

Remain in the vehicle and listen to the radio for instructions

If powerlines fall on the vehicle, do not get out. Wait for assistance.

Place a HELP sign on the dashboard if you are unable to exit the vehicle

After shaking stops:

Check yourself and people around you for injury and apply first aid if needed.

Follow Anika Youth Services Evacuation procedure.

Turn on battery powered radio and listen for instructions from emergency personnel.

Christmas Safety

1. Merry and Bright: Carefully inspect holiday light strings each year and discard any with frayed cords, cracked lamp holders, or loose connections. When replacing bulbs, unplug the light string and be sure to match voltage and wattage to the original bulb.

2. Lights Out: Always turn off holiday lights when you leave the house unattended or when going to bed.

3. Fresh Is Best: Try to purchase a freshly cut tree, as they are more resistant to ignition. Keep your [Christmas](#) tree watered and away from open candles.



Thankful for Families!



AYS hosted their first |annual "Thankful for Families" dinner!

The purpose of this dinner was to connect our clients with their families and celebrate Thanksgiving together!



We had a fantastic turn out this year and cant wait to see the celebration grow!
See you next year!