



## CULTURAL EVENTS & RECREATIONAL ACTIVITIES

### **Snowflake Skate**

Celebrate the New Year by attending the first annual Snowflake Skate! Newton Arena—January 1<sup>st</sup> @ 12pm – 4pm

### **Family Day Events**



Admission by donation; lots of fun things to do for everyone including a velcro wall...need I say more?

Langley Events Center - February 7<sup>th</sup> @ 10am – 5pm



### **With Love Art Show**

4290 Dunbar Street, Vancouver—February 14<sup>th</sup> @ 3pm



### **St. Patrick's Day Parade**

The St. Patrick's Day Parade will begin on Howe and Davie, proceeding north along Howe to Georgia, and ending at Georgia & Granville Streets.

March 15<sup>th</sup> @ 11am

*"January opens the box of the year  
and brings out days that are bright and clear."*

*~Leland B. Jacobs*





# WINTER

## Safety tips

The outdoors in winter is enjoyed most when you are dressed properly. It is also safer when you are dressed properly. Remember: there is no bad weather, just bad clothing. In winter, the best idea is to stay warm and dry. When it is cold outside, being damp is uncomfortable and can be a danger as you will lose body heat more quickly.

Here are a few things to think about when going outside in cold weather:

### **Dress in layers**

Layers allow you to be more flexible to changing weather conditions and your own activities. Layers create an air space between the skin and the cold and this space is what insulates best. Layers are also looser, allowing for better blood circulation which helps to maintain body temperature.

### **Layering also applies to hands and feet!**



© Mike Theiss

#### **In the event of a severe wind storm:**

- 1) All staff and clients will be asked to remain indoors. The emergency coordinator will move all staff and clients to the safest or least hazardous part of the building. The emergency coordinator should avail themselves of information on weather conditions and make decisions accordingly.
- 2) In the event that the windstorm causes damage to an AYS facility, staff will ensure their personal safety and the safety of all clients by moving to a safe location in the building or evacuating the building if appropriate (following evacuation procedures). The emergency coordinator will assess the damage and make decisions accordingly.
- 3) In the event that staff or clients are unable to return/remain in the AYS facility, the emergency coordinator will contact local emergency response personnel and After-hours/Social Worker, assess the situation and respond accordingly.
- 4) If a severe windstorm occurs during after-hours, the emergency coordinator or assigned agency staff will inspect all AYS facilities and grounds once the storm has passed, and it is safe to do so, to ensure they are safe prior to resuming regular operations.

#### **In the event of an electrical outage:**

- 1) Check whether the power failure is limited to your home. If your neighbour's power is still on, check your circuit breaker panel or fuse box.
- 2) The staff will ensure the clients safety and contact Supervisor/ Crisis worker and inform them of the outage
- 3) The Supervisor/ Crisis worker will have the staff call BC Hydro at 1 888 POWERON (1 888 769 3766) or \*HYDRO (\*49376) on your cell phone.
- 5) Turn off all appliances, including home computers, especially those that generate heat. This helps prevent hazards or damage when service is restored.
- 6) Turn off all lights except one inside your home and one outside. The inside light lets you know and the outside light lets BC Hydro crews know, when the power is back on.
- 7) In the event that the outage is likely to last for an extended period of time or where loss of electricity will impact heating systems during cold weather periods, the emergency coordinator will contact Afterhours/Social Worker, assess the situation and respond accordingly. In the event of major emergencies or disasters, Afterhours will arrange for client and staff to be accommodated.







Where is Ireland? Ireland is an island in the North Atlantic to the west of Great Britain, from which it is separated by the North Channel, the Irish Sea, and St Georges Channel, and after which it is the largest island of the British Isles archipelago. It is the third-largest island in Europe and the twentieth-largest island on Earth!

What language do they speak in Ireland? The two main languages spoken in Ireland are Irish and English. Both languages have widely contributed to literature. Irish is now a minority but the official language of the Republic of Ireland. Less than 10% of the population of the Republic of Ireland today speak Irish regularly outside of the education system and 38% of those over 15 years are classified as "Irish speakers." In Northern Ireland, English is the de facto official language, but official recognition is afforded to Irish.

### FUN FACTS!

The three most famous symbols of Ireland are the green Shamrock, The Harp, and the Celtic cross.

88% of Irish citizens are Roman Catholic. The Republic of Ireland has one of the highest rates of church attendance in the Western World (around 45% of regular Mass attendance).

The ancestral language of Irish people is Irish Gaelic. Nowadays 1.6 million people claim a self-reported competence in Irish, but only 380,000 fluent speakers remain.

Many Irish family names start with "Mac" or "O'...", which means respectively "son of ..." and "grandson of ..." in Gaelic.

Dalkey, a suburb of Dublin, is Ireland's "Beverly Hills", home to a number of Irish celebrities, such as U2 members, Bono, Colin Farrell, Liam Neeson and The Edge.

### Famous Irish sayings

"Who gossips with you will gossip of you"

"A good laugh and a long sleep are the two best cures"

"Put silk on a goat and it is still a goat"

"Everyone is nice till the cow gets into the garden"

"If you're lucky enough to be Irish, then you're lucky enough."

"You've got to do your own growing, no matter how tall your grandfather was."





## *Valentine's Day Jelly Hearts*



### **Ingredients**

1 package pie crust / strawberry jam / sugar for garnish / milk

### **Instructions**

- cut heart shapes from pie crust
- put a teaspoon of strawberry jam in the middle of the heart
- top with another heart slice
- press the sides with a fork
- brush with milk and sprinkle with sugar
- bake at 370° F for 15 – 20 minutes
- share and enjoy!

## **VALENTINE'S DAY STATS** *A Look Inside Cupid's Arrow*

On one day of the year, each year, we spend an average of \$13.19 Billion Dollars. Flowers, cards, and chocolates are always in style this time of the year. Let's examine this day that has people AND stores all seeing "red".

Here is a look at Valentine's Day by the Numbers...

The Number  
**190mil**

Cards Exchanged Annually

The Average  
**\$126.03**

Amount Spent Per Person

The Ratio  
**1.2 to 1**

Single Men to Single Women





### **Employee of Quarter:**

#### **Catherine Sehn**

In the brief time that Catherine has been with AYS, she has developed great rapport with a number of youth, contributed many creative ideas including the AYS Recreational Activities & Cultural Events Google Calendar. Catherine is constantly committed to having a strong knowledge of the different policies and procedures and contributing to the goals and planning of her youth, while maintaining a strong level of professionalism and self-

## **Welcome New Employees!**

### **Full-Time Staff:**

Sarah Benson  
Christina Caros  
Tiffany Fehr  
Bethany Jervis

### **Relief:**

Carly Bailey  
Simone Hanson  
Laura Walker



### ***Are you in crisis now?***

If you or someone you know is in crisis and needs immediate assistance, go to the nearest hospital or call 9-1-1.

### **Do you need medical advice?**

Contact your General Practitioner for a referral to a qualified mental health care professional.

### **Community support services**

For mental health services in your community, contact your local Canadian

Mental  
Health Association  
branch.



It takes



Time

to create excellence.  
If it could be done quickly,  
more people would do it.

- John Wooden

