

Upcoming Events:

When: January 17 - February 14, 2015

The VANCOUVER HOT CHOCOLATE FESTIVAL

is back for its fifth year, and this time, even more chocolate makers have come together to spike their hot chocolate drinks with the wildest, most delicious flavours you can imagine.

24 CHOCSTARS -- 29 DAYS -- 57 CRAZY FLAVOURS!

How much fun is that?



When: February 8, 2016.

Chinese New Year's Chinatown Parade and Celebrations

The parade goes down West Pender under the Chinatown Millennium gate, up Main Street, and then back up along Keefer. 2015 is the Year of the Ram.

Coastal First Nations Dance Festival

Where: Museum of Anthropology

When: March 4 & Saturday March 5 – 7:30pm

Price: \$25 – adults, \$20 – students/seniors/MOA members

The 2016 festival returns to the Museum of Anthropology March 4-6 and will include two Signature Evening Performances on Friday March 4th and Saturday, March 5th at 7:30pm as well as festival stage performances on Saturday, March 5th and Sunday, March 6th from 1–4pm. These performances will showcase the diverse and rich cultural traditions practiced by a selection of some of the best artists from coastal British Columbia, the Yukon, as well as national and international guest artists. Throughout the festival, the Museum's Great Hall will be transformed into a celebration of Indigenous cultures and dance traditions.

Recipe: Québécois-Style Pea Soup

- Prep time 30 minutes
- Total time 2 hours 30 minutes
- Portion size 4 to 6

Ingredients

- 1 lb (454 g) unsmoked ham hock
- 2 tbsp (30 mL) butter
- 2 carrots, diced
- 2 ribs celery, diced
- 1 onion, diced
- 2 cloves garlic, minced
- 1-3/4 cups (425 mL) dried yellow split peas
- 2 bay leaves
- 1 tsp (5 mL) dried savory or dried thyme
- 3/4 tsp (4 mL) salt
- 1/4 tsp (1 mL) pepper



Garlic Toasts:

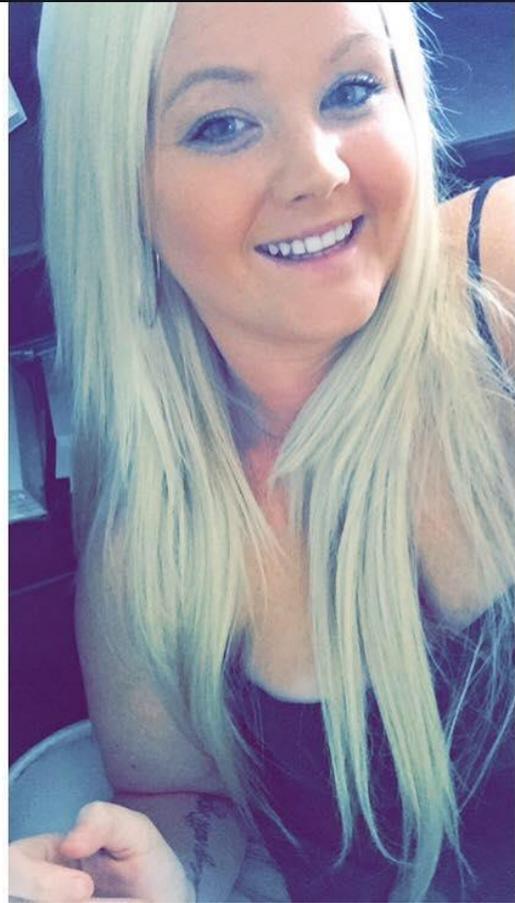
- 1 demi-baguette, (or half baguette)
- 2 tbsp (30 mL) butter, softened
- 1 large clove garlic, halved
- 1/4 tsp (1 mL) coarse sea salt

Employee of the Quarter:

Congratulations to Brooke!

In the short time that Brooke has been with AYS she has managed to build meaningful relationships with nearly all of the youth that she has come in contact with while maintaining professional boundaries and working within the policies and procedures of our agency. Brooke has been a tremendous addition to our team and we are lucky to have her!

Thank you Brooke!



International Women's Day-March 8, 2016

About:

International Women's Day is now an official holiday in Afghanistan, Armenia, Azerbaijan, Belarus, Burkina Faso, Cambodia, China (for women only), Cuba, Georgia, Guinea-Bissau, Eritrea, Kazakhstan, Kyrgyzstan, Laos, Madagascar (for women only), Moldova, Mongolia, Montenegro, Nepal (for women only), Russia, Tajikistan, Turkmenistan, Uganda, Ukraine, Uzbekistan, Vietnam and Zambia. The tradition sees men honouring their mothers, wives, girlfriends, colleagues, etc with flowers and small gifts. In some countries IWD has the equivalent status of Mother's Day where children give small presents to their mothers and grandmothers.



The new millennium has witnessed a significant change and attitudinal shift in both women's and society's thoughts about women's equality and emancipation. Many from a younger generation feel that 'all the battles have been won for women' while many feminists from the 1970's know only too well the longevity and ingrained complexity of patriarchy. With more women in the boardroom, greater equality in legislative rights, and an increased critical mass of women's visibility as impressive role models in every aspect of life, one could think that women have gained true equality. The unfortunate fact is that women are still not paid equally to that of their male counterparts, women still are not present in equal numbers in business or politics, and globally women's education, health and the violence against them is worse than that of men.

However, great improvements have been made. We do have female astronauts and prime ministers, school girls are welcomed into university, women can work and have a family, women have real choices. And so the tone and nature of IWD has, for the past few years, moved from being a reminder about the negatives to a celebration of the positives.

Annually on 8 March, thousands of events are held throughout the world to inspire women and celebrate achievements. A global web of rich and diverse local activity connects women from all around the world ranging from political rallies, business conferences, government activities and networking events through to local women's craft markets, theatric performances, fashion parades and more.

Many global corporations have also started to more actively support IWD by running their own internal events and through supporting external ones. For example, on 8 March search engine and media giant Google some years even changes its logo on its global search pages. Year on year IWD is certainly increasing in status. The United States even designates the whole month of March as 'Women's History Month'.

So make a difference, think globally and act locally !! Make everyday International Women's Day. Do your bit to ensure that the future for girls is bright, equal, safe and rewarding.

Health & Safety:

KITCHEN SAFETY

• Cheat Sheet •

PREVENT CROSS CONTAMINATION



Clean everything that's going to touch food, including hands.



Keep raw meat, seafood, poultry, and ordinary eggs (hazardous foods) from touching ready-to-eat foods in your kitchen.



Use separate cutting boards, serving dishes, and utensils for raw and cooked meat, seafood, and poultry.



For your fridge: Store hazardous foods below others so they can't drip and cross contaminate.



Before switching tasks: Wash your hands and all surfaces that come in contact with raw meat, seafood, poultry, & ordinary eggs.*

*Safest Choice™ Pasteurized Eggs eliminate the risk of cross contamination from eggs in your kitchen.

