

AYS Newsletter—quarter Upcoming Community Events

Canada Day—July 1 2017

On **July 1, 1867**, Canada became a self-governing dominion of Great Britain and a federation of four provinces: Nova Scotia; New Brunswick; Ontario; and Quebec. The anniversary of this date was called Dominion Day until 1982. Since 1983, July 1 has been officially known as Canada Day.



Memorial Day in Canada

Memorial Day is observed together with Canada Day in the Canadian province of Newfoundland and Labrador on July 1 each year. Memorial Day commemorates the brave efforts of the province's veterans, particularly those who participated in World War I.



Surrey Fusion Festival - July 22&23, 2017

Fusion Festival is a music and arts festival with a countercultural character, creating a sense of belonging that is vitally important to young people's well-being. The 2017 Fusion Festival is said to be the most exciting year yet as it celebrates its 10th anniversary.

Upcoming events at AYS



BC Day—August 7, 2017

The British Columbia Day Act was first introduced to the Legislative Assembly in 1974. The aim of the Bill was to create a statutory holiday on the first Monday in August to recognize the pioneers in the province and the act gained royal assent in 1996.



Labour Day—September 5th 2017

Labour Day is an annual holiday to celebrate the achievements of workers. Labour Day has its origins in the labour union movement, specifically the eight-hour day movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest.



ANIKA NEWS

Welcome to the Team!

- **LISA**
- **SUZIE**
- **LEE-ANN**
- **CAITLIN**
- **ALISON**



Youth committee starts up in August 2017. Youth will have the opportunity to apply for a position in the committee and become a youth advocate.

- Commit to attend meetings once a month for an hour
- Aid in coming up with ideas for events and activities
- Give suggestions for improvement
- Connect with new youth and help them in feeling welcome and comfortable



Employee of the Quarter Tatianna S.

Congratulations.



Anika thanks Tatianna for her hard work and dedication to her clients as well as the milieu. Tatianna has shown immense personal and professional growth and has taken initiative in programming since being with AYS. Tatianna is a valuable employee with her passion to work with at-risk youth and her genuine care for the clients she works with.

AYS Recipes

Summer Tomato Pasta

Directions

1. Combine tomatoes, cheese, basil, garlic, olive oil, garlic salt, and black pepper in medium bowl. Set aside.
 2. Meanwhile, cook pasta according to package directions.
- Drain pasta, and transfer to a serving bowl. Toss with tomato mixture. Serve.



Ingredients

- 1 (16 ounce) package linguini pasta
- 6 roma (plum) tomatoes, chopped
- 1 pound shredded mozzarella cheese
- 1/3 cup chopped fresh basil
- 6 cloves garlic, minced
- 1/2 cup olive oil
 - 1/2 teaspoon garlic salt
- ground black pepper to taste

Strawberry Melon Summer Salad

Ingredients

- 1 cup lemon yogurt
 - 1 tablespoon honey
- 1 teaspoon lemon juice
- 2 cups watermelon balls
- 2 cups cantaloupe balls
- 2 cups halved fresh strawberries



Directions

In a salad bowl, whisk together the lemon yogurt, honey, and lemon juice until smooth, and gently fold in the watermelon balls, cantaloupe balls, and strawberries. Toss to coat, and serve.

Cultural Awareness / Education

Labour Day

Labour Day in Canada is celebrated on the first Monday of September. It originally gave workers the chance to campaign for better working conditions or pay. The day is now part of a long weekend for many Canadians.



What Do People Do?

Traditionally, Labour Day was an occasion to campaign for and celebrate workers' rights during parades and picnics organized by trade unions. These still play a role in Labour Day for some Canadians, but many people see the first Monday in September as an opportunity to take a late summer trip, perhaps to their country cottage, or enjoy the company of family or friends at picnics, fairs, festivals and fireworks displays. For teenagers and other students, the Labour Day weekend is the last chance to celebrate with a party or to go on a trip before school re-opens for the new academic year.

Canadian football fans may spend a large proportion of the weekend watching the Labour Day Classic matches live or on television. The Labour Day Classic consists of three games between high ranking teams in the Canadian Football League. One match is played on the Sunday before Labour Day and two on Labour Day.

Public Life

Post offices, many businesses, and many organizations are closed on Labour Day in Canada. Schools and other educational establishments are also closed, as Labour Day falls at the end of the summer holiday period. Many public transport services run to a reduced or "Sunday" service, although others may not run at all. There may be some local disruption to traffic around parades, particularly in Toronto, and some congestion on highways and at airports as people return from late summer vacations or trips.



Health & Safety

Sun Safety

Being in the **sun** too long can cause sunburns and skin cancer. It is important to wear sunscreen and take other **sun safety** steps to protect yourself from the **sun's** harmful ultraviolet radiation (UV rays)

Taking measures to protect yourself and your family from the sun will help to prevent the long term consequences of too much sun, such as skin cancer, and also the short-term effects, such as sunburn.

We all need some sun exposure — it's the top source of vitamin D, which helps our bodies absorb calcium for stronger, healthier bones.

But it doesn't take much time in the sun for most people to get the vitamin D they need. And repeated unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage, immune system suppression, and skin cancer. Even people in their twenties can develop skin cancer.

Most kids get much of their lifetime sun exposure before age 18, so it's important for parents to teach them how to enjoy fun in the sun safely. Taking the right precautions can greatly reduce your child's chance of developing skin cancer.

Facts About Sun Exposure

The sun radiates light to the earth, and part of that light consists of invisible UV rays. When these rays reach the skin, they cause tanning, burning, and other skin damage.

Sunlight contains three types of ultraviolet rays: UVA, UVB, and UVC:

1 UVA rays cause skin aging and wrinkling and contribute to skin cancer, such as melanoma. Because UVA rays pass effortlessly through the ozone layer (the protective layer of atmosphere, or shield, surrounding the earth), they make up the majority of our sun exposure.

2

3 Beware of tanning beds because they use UVA rays as well as UVB rays. A UVA tan does **not** help protect the skin from further sun damage; it just produces color and a false sense of safety.

4 UVB rays are also dangerous, causing sunburns, cataracts (clouding of the eye lens), and effects on the immune system. They also contribute to skin cancer. Melanoma, the most dangerous form of skin cancer, is thought to be associated with severe UVB sunburns that occur before the age of 20. Most UVB rays are absorbed by the ozone layer, but enough of these rays pass through to cause serious damage.

5 UVC rays are the most dangerous, but fortunately, these rays are blocked by the ozone layer and don't reach the earth.

What's important is to protect your family from exposure to UVA and UVB, the rays that cause skin damage.



ANIKA YOUTH SERVICES
HEALTH & SAFETY COMMITTEE MEMO
JULY—SEPTEMBER 2017

DRILLS EACH MONTH

JULY—BOMB THREAT

AUGUST— FIRE DRILL

SEPTEMBER— FIRE DRILL AT REST, NATURAL
DISASTER



Anika Youth Ser- vices is seeking for Full Time Residential Support Workers to join the Anika Youth Services Health & Safety Committee. The commitment would be to attend 1 Health & Safety meeting per month and contribute to the discussions and solutions of Health & Safety issues at Anika Youth Services. Applications must be submitted by July 20, 2017. This position is reposted annually.

RSW are required to commit to minimum of 1 year participation.

For more information or if you would like to be apart of the Health & Safety committee please contact Danica or Ania directly!