



# Anika Youth Services

July - September 2022



Beautiful artwork from a few of our youth at our mini painting workshop!



# Cultural Corner

## National Indigenous History Month

This quarter was full of fun activities and events. Especially important was a month of June, the National Indigenous History month. We celebrated by collaborating with our dear colleagues in FRAFCA and created a really beautiful event together. There youth had a chance to connect with the elder and culture, learn traditional crafts , like leather medicine pouches and beaded bracelets, and make a deeper connection with the world around.



On June 21, our youth attended National Indigenous People's Day at Holland Park. It was an incredible event, full of dancing, laughter and incredible people. Even rain didn't stop us from enjoying all the fun there. On top of that, youth had a chance to connect with other resources available in a community.



## Pride Event

Celebrating Pride is also very important for us and this year we created the most fun rainbow event ever! Everyone enjoyed colour coded snacks and deserts and took a picture in front of rainbow backdrop! After all that themed activities and games, such as Hangman and Heads Up took place.



## Youth in Care BBQ

Every year we celebrate our incredible and talented youth with the Youth In Care BBQ. In addition to enjoying burgers and hod dogs and connecting with their support workers, youth participated in a group art projects, each creating small tile art piece that together make it to be a beautiful artwork.



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# Coming up...

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## It's Summer Time

This Summer our youth will have an opportunity to participate in all kinds of fun activities: High ropes, canoeing, waterpark slides and more!





# AYP

## AYP Cafe & Outings

Ever since opening its doors in March, AYP cafe welcomes staff every other Friday for freshly made soup and sandwiches. All food prepared and served by AYP students and AYP facilitator. Incredible atmosphere of support and love is a great addition to incredible flavours of healthy meals. Make sure to stop by sometime.)



As per usual, AYP youth have incredible opportunities to take part in community outings, such as visit to the library, Funny Farm and Vancouver Aquarium. The latest one has been a blast full of laughter and new experiences. Youth learned more about underwater world and enjoyed performance by sea creatures.

## Supporting Circle 5 Youth Team Connections in the Park 5k Walk/Run, Tobacco & Pray offerings for MMIWG2S

The Tears to Hope Society invited people to participate in the 4th annual Tears To Hope Relay to honour and remember our Missing and Murdered Indigenous Women, Girls and Two Spirit (MMIWG2S) form. This event was an in-person 10km relay taking place in picturesque northern British Columbia, from Prince Rupert, Gingolx, Smithers & Kitimaat Village, ending in Terrace. Because we are not in Northern BC, Circle 5 youth team are joining the run/walk and participate together on June 24, 2022.

Circle 5 joint forces with AYP and AYS team to make the connection happen and bring our youth to the event. It was an incredible learning opportunity for our youth and their support workers.



# Health and Safety

## Drills to be Practiced

July	Fire, Overdose <b>BIANNUAL DRILL PRACTICE</b>
August	Fire, Natural Disaster, Overdose
September	Fire, Home Invasion, Medical Emergency, Overdose

## Prepare for the extreme heat

An Extreme Heat Emergency is when daytime and nighttime temperatures get hotter every day and are well above seasonal norms.

Extreme heat is dangerous for the health and wellbeing of our communities and is responsible for the highest number of weather-related deaths annually.

### Activate your plan to stay cool

If an Extreme Heat Emergency has been issued, it's time to put your plan into action:

- Relocate to a cooler location if you have planned to do so
- Reconfigure the coolest location in your home so you can sleep there at night
- Check in with your pre-identified heat buddy. If you don't have one, reach out
- Put up external window covers to block the sun if you can safely do so
- Close your curtains and blinds
- Ensure digital thermometers have batteries
- Make ice and prepare jugs of cool water
- Keep windows closed between 10 a.m. and 8 p.m. Open them at 8 p.m. to allow cooler air in, and use fans (including kitchen and bathroom exhaust fans) to move cooler air through the house



# Staff's corner

## Staffing Changes

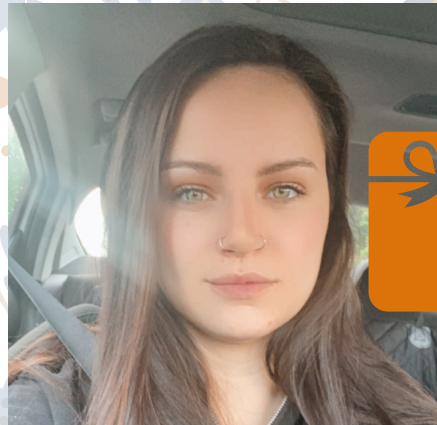
- Danica Roos as Resource Coordinator
- Jasmine B as Addictions Support Worker
- Amarjot as Addictions Support Worker
- Jaspreet as Langley Support Worker
- Shayla as Halstead Support Worker
- Sarah C as AYS Awake Overnight
- Manisha Sharma as Weekend Youth Worker
- Sadey L as Respite Worker
- Harman as AYS Awake Overnight
- Morgan as Addictions Support Worker
- Katie R as Full Time RSW
- Shari as Full Time RSW
- Rachel as Part Time RSW
- Sadie P as Full Time RSW
- Shadi as Full Time RSW
- Miranda as Full Time RSW
- Aleysha as Halstead Support Worker
- Muskaan as Halstead Support Worker
- Amrit as Addictions Support Worker
- April as Langley Support Worker
- Priya as Langley Support Worker

## Kudos Winners

April:



May:



June:





# Recipe Time

## Buffalo Beef Stew

by Sharon Bond

This warm and hearty stew filled with chunks of buffalo stew meat, vegetables, potatoes, corn and peas will fill you up and keep you happy! A Dutch oven or heavy saucepan is the best way to cook this buffalo beef stew; which is classic comfort food served in a bowl.

### PREP TIME

10 min

### COOK TIME

2h

### YIELDS

4-6 servings

## Ingredients

- ¼ cup canola oil or olive oil
- ¼ cup butter
- 2 lb(s) buffalo stew meat, cubed
- 1 splash red wine
- 2 onions, chunky slices
- 2 clove garlic, diced
- 4 cups beef broth
- 1 Tbsp Worcestershire sauce
- 2 Tbsp steak spice
- Few sprigs fresh thyme and rosemary
- 1 bay leaf
- 4 medium carrots, peeled and sliced
- 4 medium potatoes, peeled and diced chunky
- 4 stalks celery, diced
- 2 cup corn
- 2 cup peas
- Salt and pepper to taste

## Preparation

1. Using a large pan, heat oil and butter.
2. Add the buffalo meat and brown the meat on all sides.
3. Add red wine, onions and garlic and cook until translucent.
4. Add beef broth, Worcestershire sauce, steak spice, thyme, rosemary, bay leaf and bring to a boil.
5. Add carrots, potatoes, celery, corn and peas.
6. Continue to simmer until vegetables are tender, approximately 1-2 hours.
7. Remove bay leaf.

**Tip: To thicken the stew, shake 1 part flour to 1 part cold water in a covered shaker. Add slowly into the buffalo stew until desired thickness is reached.**

8. Serve with fresh hot baked bannock or buns of your choice!

