2021: ISSUE 6

AYP MONTHLY

The Official Newsletter of Abbottsfield Youth Project

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ABBOTTSFIELD YOUTH PROJECT

~ Plant the seeds and watch them grow ~

Since 1986, AYP has been providing free life-skills programs for children ages 6-12 who live in North East Edmonton communities. Whether it be our flagship Community Outreach & Living Skills after-school program, Community Explorers or ART with AYP, our wide variety of programs foster the healthy development of each participant's sense of self-esteem and self-worth. With each of our programs, our focus is to teach with a learn-through-play philosophy and encourage the development of effective living skills, the pursuit of healthy lifestyle choices, and the connection of families to the community.

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What's happening at AYP?

Hello everyone!

Our programs started this month!! We're so excited to have in-person C.O.L.S and Aux programs again. Our C.O.L.S. after-school program and Auxiliary programs are running at our partnered community leagues and at the AYP office. Check out all the cool things we've worked on this month! :)

October Recap

October 12th

AYP C.O.L.S and Aux Programs Start!

AYP is so excited to start all of our programs in person this year!!

High School Leadership Program

We were finally able to put up our AYP Community Library at Hairsine Community League (3120 139 Avenue). We'd like to thank our High School Leadership participants and PCL for making this possible!!

October Recap

Pumpkin Donation

Thank you to Craft Beer Market and the staff at No Frills (97 St) for their generosity in donating pumpkins to us. This gave us the opportunity to carve pumpkins in some of our programs!

Stollery Donation

We would also love to thank the Stollery Charitable Foundation for their generous donation which will allow us to have a brand new 15 passenger van! This gives us so many more opportunities to take our participants on field trips!

the Stollery charitable foundation

Upcoming November Dates

November 4th

AYP's 35th Birthday

November 10th, 11th and 15th

No Programs

AYP will not be running our programs on these days and will resume on November 16th!!

November 20th

High School Leadership

Our High School Leadership participants will have their babysitting course on this day!!

For more info about any upcoming dates, please email us at aypkids@gmail.com

Get To Know AYP!

Our Team has Grown!!

We added 2 new members to the AYP team in October

Meet Danat and Karen!

We asked them...

What is the best part of working at AYP and why?

Danat

Child Development Coordinator

"The best part of working at AYP is the time I get to spend with kids and make an impact in their lives no matter how small."

Karen

Practicum Student

"I think the best part of working with AYP is getting to connect and build relationships with great peers and groups of awesome kids. This is my first experience working with youth and so far all my expectations have been met, and I realize I head home excited to share the day I had during programs. All in all it gives me something to look forward to during the week!"

Autumn Healthy Eats

Easy Three-Ingredient Tomato Soup

Ingredients

- 4 tablespoons unsalted butter
- 1/2 large onion, cut into large wedges
- ½ teaspoon sea salt, or more to taste
- 1 (28 ounce) can tomatoes, we prefer to use whole peeled/crushed - Can use fresh tomatoes too
- 1 1/2 cups water, low sodium vegetable stock, or chicken stock

If using fresh tomatoes:

- 10-12 tomatoes (about 2 lbs.). You can peel them, but can skip this step since you will be blending the soup in the end.

Prep Time
5 minutes

Cook Time
40 minutes

Total Time
45 minutes

Directions

01 Melt butter over medium heat in a Dutch oven or large saucepan

02 Add onion wedges, water, can of tomatoes with their juices, and 1/2 tsp. of salt. Bring to a simmer. Cook, uncovered, for about 40 minutes. Stir occasionally and add additional salt as needed.

03 Blend the soup, and then season to taste. The soup doesn't need to be ultra-smooth, some texture is a nice touch. An immersion blender does make quick work of this, or you can use a blender. If you use a regular blender, it is best to blend in batches and not fill the blender as much as you usually would since the soup is so hot. We like to remove the center insert of the lid and cover it with a kitchen towel while blending -- this helps to release some of the steam and prevents the blender lid from popping off (can be a mess).

https://www.inspiredtaste.net/27956/easy-tomato-soup-recipe/

Autumn Healthy Eats

Earl Grey Hot Chocolate

Ingredients

- 2 cups plant-based or dairy milk
- 1 cup heavy cream
- 4 earl grey tea bags
- 1/2 teaspoon salt
- 8 oz dark chocolate, finely chopped

Prep Time
5 minutes

Cook Time
15 minutes

Total Time
20 minutes

Directions

01 Heat milk and cream in a pot on medium heat until small bubbles start forming on surface.

02 Turn off heat and add earl grey tea bags and steep 10 minutes.

03 Remove tea bags. Turn heat back to low and stir in salt and chocolate until completely melted

04 Top with marshmallows or whipped cream, if desired.

https://teakandthyme.com/earl-grey-hot-chocolate/

Release Your Inner Artist!

DIY Lava Lamp

Materials

- Vegetable Oil
- Food Coloring
- Small Cup
- Baking Soda
- Vinegar
- 1 Liter Bottle or Cup
- Spoon

TIP:

- Use different colored food coloring with every new bottle, or mix some together to create new colors. OR add some silver glitter

Directions:

01 **Add the baking soda.** In your 1L bottle or cup, add 3 tablespoons of baking soda

02 **Add the oil.** Fill 2/3 of your bottle or cup with the vegetable oil, making sure it rests on top of the baking soda and it doesn't mix with it.

03 **Mix the vinegar and the food coloring.** In the other, smaller container add some vinegar and three drops of your food coloring

04 **Sit back and watch.** Now, add your solution of vinegar and food coloring to the big 1L container, slowly, and watch what happens!
Place either your phone torch or a flat torch underneath your bottle to light up the bottom and achieve that famous lamp glow!

https://www.goodto.com/family/things-to-do/how-to-make-a-lava-lamp-with-children-540797

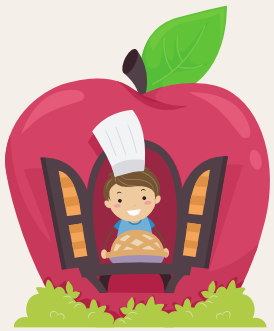
November Bucket List

How many can you check off this month?

- [ ] Drink Hot Chocolate

- [ ] Go for a Scenic Walk

- [ ] Bake a Pie



- [ ] Jump in a Pile of Leaves

- [ ] Have a Self-Care Night

- [ ] Plan a Staycation

- [ ] Start a Vision Board

AYP's Weekly Challenges!!

Weekly Challenge #1

Rake Up a Pile of Leaves for Your Family

Check out some of the entries below:

Check out our social media for our Weekly Challenges! You could win some pretty cool prizes!

Resources for You and Your Family!

Adults

- COVID-19 Health Link: Call 811
- Information about the vaccines (multiple languages): https://open.alberta.ca/publications/covid-19-information-every-albertan-who-can-get-vaccinated-should-get-vaccinated#related
- Edmonton Food Bank: Call 780-425-4190 or go to https://www.edmontonsfoodbank.com/need-help/
- ALIGN Association of Community Services - Emergency Financial Resources: 1-877-644-9992
- Canadian Mental Health Association - Distress Line: Call 780-482-6576
- Talk4healing - A helpline by Indigenous women for Indigenous women: 1-855-554-HEAL (4325) or go to www.talk4healing.com

Children

- Kids Help Phone: 1-800-668-6868 Text: 686868
- Always There App: Live chat with trained counselors for children.
- Togetherall: go to https://togetherall.com/en-ca/

To see a full list of resources go to our website ayp.website and click on our "COVID-19 Resources" Page.