



# Pathways Aboriginal Centre

## OSKAYAK News

September 2011

### Youth Corner



The OSKAYAK Youth Committee held its annual elections at Pathways Aboriginal Centre during the last week of July. Nominated youth explained why they wanted to become a committee member and votes were cast.

After much excitement the votes were counted and the 2011-2012 committee members were revealed, they are:

Justin: Chair  
Flora Jo: Co-Chair  
Darren: Co-Chair  
Tessa: Treasure  
Samantha: Cultural Advisor  
Tarah: Secretary  
Harper: Board Member  
Tommy: Board Member

The committee has quickly begun working on a few community events. Six of the youth will be attending the roof top garden opening at the Cultural Centre September 30<sup>th</sup> where they will be assisting Chef Ian Lai with a cooking demonstration. The others will host the Aboriginal Games September 30<sup>th</sup> at Blundell Elementary School.

For information about the youth committee or any of the events contact Franklin at 604-271-7600 ext.150  
Or  
By emailing [franklin.alexcee@rysa.bc.ca](mailto:franklin.alexcee@rysa.bc.ca)

### Family Night

The last Tuesday of every month is Family Night!! All ages are welcome at Pathways Aboriginal Centre from 5pm-7pm to enjoy a good meal, some company and take part in cultural and social activities. The next family night is on September 27<sup>th</sup> from 5-7pm.

RSVP's are always welcome but feel free to drop in to see what is going on! This month we will feast on food grown in the community garden. After the feast there will be a talking circle and a clay workshop where families can create anything they want. Some ideas are a feather or a little bowl!

To RSVP please call Jelica at 604-271-7600 ext.102  
or by emailing: [jelica.shaw@rysa.bc.ca](mailto:jelica.shaw@rysa.bc.ca)

### Contact Us

Pathways Aboriginal Centre - Richmond Youth Service Agency  
100-7900 Alderbridge Way  
Richmond, BC V6X2A5  
Phone: 604.271.7600

Hours of Operation:  
Mondays, Tuesdays & Wednesdays 9:30am-4:30pm  
Thursdays & Fridays 12pm - 7pm  
Saturdays 10am-5pm

Check out [www.rysa.bc.ca](http://www.rysa.bc.ca) for a special events and activities

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# RALLY PROJECT

## for ages 14 -24

### The RALLY Project is now Recruiting!

Richmond Aboriginal Leadership and Life-skills for Youth 14-24

**WHAT and WHERE:** RALLY is a 7 month long project that will run from September 20<sup>th</sup> 2011 to March 31<sup>st</sup> 2012 and will cover a wide range of topics and themes that all serve to promote self confidence, cultural awareness and support career and life skill development.

We have space for 20 Aboriginal Youth ages 14-24. Registration ends on September 19<sup>th</sup> 2011.

Visit [www.rysa.bc.ca](http://www.rysa.bc.ca) to register online  
or by calling Parker at 604-271-7600 ext.101

#### RALLY Project activities include

- Career counselling and exploration workshops
- Leadership and team building retreat
- 9 week health and fitness challenge
- Parent coaching sessions
- Cultural and traditional teachings workshops
- Opportunity to attend the Gathering our Voices Conference
- Career and volunteer placement opportunities
- Family celebration

**COST:** All transportation and fees are covered through the RALLY Project

**INTERESTED:** You can register online until September 19<sup>th</sup> 2011  
at [www.rysa.bc.ca](http://www.rysa.bc.ca) or by contacting Parker at 604-271-7600 ext.101  
Or  
By e-mailing [parker.mcrae@rysa.bc.ca](mailto:parker.mcrae@rysa.bc.ca)



# OSKAYAK Program

## for ages 10 -24

Aboriginal youth are welcome to come and explore their culture, participate in activities, connect to their community and have fun. Whether it is movie night, carving workshops, leadership or community events - there is something for everyone.

All activities are free and transportation can be provided.

The program runs Thursdays and Fridays from 2-7pm and Saturdays from 10am-5pm.

For more information email [franklin.alexcee@rysa.bc.ca](mailto:franklin.alexcee@rysa.bc.ca)  
Or  
Call Franklin at 604-271-7600 ext.150



# HUNGRY?

Richmond has some great place for you and your family to go for free food and meals. Below is a list of trusted venues!

Tuesdays 1:00 pm – 2:00 pm  
Peace Mennonite Church

Food Bank Depot  
11571 Daniels Road  
Wednesday and Thursday 11:00 am – 1:00 pm

Richmond Food Bank  
100-5800 Cedarbridge Way  
604.271.5609  
[www.richmondfoodbank.org](http://www.richmondfoodbank.org)

Also 3rd Wednesday of the month  
6:00pm-7:00pm  
Thursdays 12:30 – 1:30 pm  
Salvation Army / Community and Family Services  
Free weekly Community Lunch  
8280 Gilbert Road, 604.277.1593  
[www.salvationarmyrichmond.org](http://www.salvationarmyrichmond.org)

Tuesdays at 5:30 pm  
St. Albans Hall Community Meal  
7260 St Albans Road, 604.278.2770  
Thursdays 5:30 pm except December

Gilmore Park United Church  
Community Meal  
8060 # 1 Road (at Blundell)  
Tuesdays at 5:30 pm



# Bannock Recipe

## Chef Maluh's Bannock Recipe -A favorite at the Youth Centre

Recipe makes about 15 buns.

- 1 package active dry yeast or 6 oz fresh yeast ( my favourite)
- 3 teaspoons sugar
- 1 cup plus 2 tablespoons warm water (105°-115 °F)
- 3 ¾ cups flour
- ¼ cup vegetable or (olive oil)
- 2 teaspoons salt

### Wet Ingredients

1. In a jug dissolve the yeast, add sugar, salt olive oil and whisk to dissolve.
2. Let stand at room temperature for at least 5 minutes, or until foamy.

### Dry Ingredients

3. In a large bowl add flour and make a well in the center.
4. Add the wet ingredients
5. Using a dough hook attached. Knead with a dough hook for 5 minutes.
6. Transfer the dough to a lightly greased bowl, cover and place in a warm spot for an hour.
7. Punch dough and let rest.
8. Divide dough into equal parts
9. To deep fry bring oil to 325F.
10. Slowly place dough balls into oil .
11. Cook until golden brown.
12. Enjoy with jam!





# School Support

Richmond Youth Service Agency (RYSA) in partnership with the Richmond School District and Vancouver Coastal Health has a Aboriginal Child, Youth and Family Worker who is currently taking referrals for the 2011-2012 school year. The service works with the school district, counselors, community agencies, other service providers and RYSA to ensure that Aboriginal children, youth and families are supported to receive or access resources and assistance they require to promote health and wellness, success at school and at home with respect and consideration of their diverse traditions, and culture.

Service include:

- One to one support in school or out of school
- Assistance with accessing services and supports in the community to meet individual/family needs
- Goal setting and mentoring
- Skill building activities
- Cultural Activities
- Assistance with school issues or challenges
- Regular family nights

For more information to place a referral or to self refer please email [jelica.shaw@rysa.bc.ca](mailto:jelica.shaw@rysa.bc.ca)  
Or

By call Jelica at 604-271-7600 ext.102

# AYC Events

**Pathways is Closed September 2<sup>nd</sup> for staff development**

## TUESDAYS

**September 20<sup>th</sup> RALLY orientation 4pm-6pm ages 14-24**

**September 27<sup>th</sup> Family Night 5pm-7pm all ages**

## WEDNESDAYS

**September 28<sup>th</sup> RALLY 4pm-6pm ages 14-24**

## THURSDAYS

**September 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>**

**Youth Council Meeting 4pm-5pm**

**September 1<sup>st</sup> Hike to Lynn Cannon 1pm-5pm ages 14-24**

**September 8<sup>th</sup> Glass etching workshop 5pm-7pm ages 14-24**

**September 15<sup>th</sup> Medicine bag workshop 5pm-7pm all ages**

**September 22<sup>nd</sup> Leadership workshop 5pm-7pm all ages**

**September 29<sup>th</sup> Storytelling 5pm-7pm ages 14-24**

## FRIDAYS

**September 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> Movie night 4pm-7pm ages 14-24**

**September 30 Traditional Aboriginal Games with Mike James at Blundell Elementary School 4-7pm all ages welcome**

## SATURDAYS

**September 3<sup>rd</sup> Gardening and hike to Lynn Canyon 11am-5pm ages 10-14**

**September 10<sup>th</sup> Youth Chose Activity 10am-5pm all ages**

**September 17<sup>th</sup> Grouse Grind 10am-5pm ages 14-24**

**September 24<sup>th</sup> Drumming 1pm-3pm all ages**

**For a detailed calendar of events please check out [www.rysa.bc.ca](http://www.rysa.bc.ca).**

# Resources

**CHIMO Crisis Line:** 604-279-7070 or [www.chimocrisis.com](http://www.chimocrisis.com)

**Kids Help Phone:** 1-800-668-6868

**VACFASS-Vancouver Aboriginal Children and Family Services Society:** 604-872-6723

**The Healthy Aboriginal:** is a non-profit website promoting of health, literacy and wellness: [www.thehealthyaboriginal.net](http://www.thehealthyaboriginal.net)

# Thank You

To everyone that has supported us

## Agencies & Organizations:



School District #38  
Richmond



Minuro Cultural Centre  
Terra Nova Sharing Farm  
The OSKAYAK Youth Advisory Committee



