

Mamalilikulla First Nation Mission Statement: Working together to build a strong, proud, healthy, informed, and respectful Mamalilikulla community to meet the needs of our people together

MAMALILIKULLA FIRST NATION

In order to create a strong, self-sufficient and independent Mamalilikulla Nation, we seek opportunities to bring our community together and build capacity amongst members through joint interest of our land, language, and culture



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WHAT'S IN OUR LATEST ISSUE:

National Indigenous Day

History Untold

How to Identify & Cope With Your PTSD Triggers

20 Meaningful Ways To Celebrate Father's Day

NATIONAL INDIGENOUS PEOPLES DAY

National Indigenous Peoples Day, 21 June, is an official day of celebration to recognize and honour the achievements, history and rich cultures of First Nations, Inuit and Métis peoples in Canada. This day has been celebrated as a statutory territorial holiday in the Northwest Territories since 2001 and in the Yukon since 2017.

What is National Indigenous Peoples Day?

Celebrated in Canada every 21 June, National Indigenous Peoples Day is an official day of celebration to recognize and honour the heritage, cultures and valuable contributions to society by First Nations, Inuit and Métis peoples. National Indigenous Peoples Day is the same day as the summer solstice (the longest day of the year) and was chosen for its important symbolism to many Indigenous peoples (see Religion and Spirituality of Indigenous Peoples in Canada.)

History of National Indigenous Peoples Day

In 1982, the National Indian Brotherhood (now the Assembly of First Nations) first suggested establishing “National Aboriginal Solidarity Day” as a day of recognition. In 1990, Quebec became the first province or territory to establish 21 June as a day to celebrate Indigenous culture.

Tensions between Indigenous and non-Indigenous peoples in 1990 (see Oka Crisis) and 1995 (see Ipperwash Crisis) led to renewed calls for a national day of recognition. The Sacred Assembly, a national meeting of Aboriginal and non-Aboriginal spiritual leaders organized by Elijah Harper in 1995, encouraged the federal government to establish “National First Peoples Day” as a day of unity and acknowledgment. The Royal Commission on Aboriginal Peoples also recommended establishing a national day of recognition in their report, released in 1996. On 13 June 1996, Governor General Roméo LeBlanc announced the government’s intention to have an annual, national celebration of Indigenous peoples. Later that month, on the 21st, Canada celebrated its first National Aboriginal Day.

In 2009, the House of Commons unanimously passed a motion to make the month of June National Aboriginal History Month (now National Indigenous History Month). This month-long awareness campaign highlights Indigenous history and cultures as well as contemporary issues in Indigenous communities across the country.



Powwow Dancer, Western Canada, August 1953

An image from the National Film Board's still photography collection, celebrating National Aboriginal Day.

(courtesy Gar Lunney. National Film Board of Canada. Photothèque. Library and Archives Canada, e010949121)

On 21 June 2017, Prime Minister Justin Trudeau announced plans to change the name of National Aboriginal Day to National Indigenous Peoples Day, reflecting a national and international preference for the term Indigenous, rather than Aboriginal, in most cases.

Some people, especially those in Indigenous communities, have called on the federal government to make National Indigenous Peoples Day a statutory holiday. Action #80 of the Truth and Reconciliation Commission report calls on the federal government to establish a statutory holiday – National Day for Truth and Reconciliation – to recognize the dark legacy of residential schools and to honour the survivors. Whether National Indigenous Peoples Day should become the National Day for Truth and Reconciliation, or whether Canada should recognize two (or any) statutory holidays honouring Indigenous peoples, is still a matter of public debate. (See also Reconciliation in Canada.)

HISTORY UNTOLD

The first boarding schools for Indigenous children in what would become Canada were established by Roman Catholic missionaries in 17th century colonial New France. In the first half of the 19th century, residential schools for Indigenous children were established under British colonial rule in Upper Canada (southern Ontario). Founded on notions of a racial, cultural, and spiritual superiority, these schools attempted to convert Indigenous children to Christianity and separate them from their traditional cultures.

The history of residential schools begins in the late 1700s with French settlers in New France. Near what is now Quebec City, and was then a French trading post, Catholic missionaries established Canada's first boarding school for First Nations children.

JANUARY 01, 1831 Mohawk Institute Begins to Accept Boarders Run by the Anglican Church, the Mohawk Institute in Brantford, Upper Canada [Ontario], becomes the first school in Canada's residential school system. At first, the school only admits boys. In 1834, girls are admitted.

The last residential school in Saskatchewan to close its doors, called Muscowequan Indian Residential School, was located on Muskowekwan First Nation. It opened in 1886 and closed in 1997.

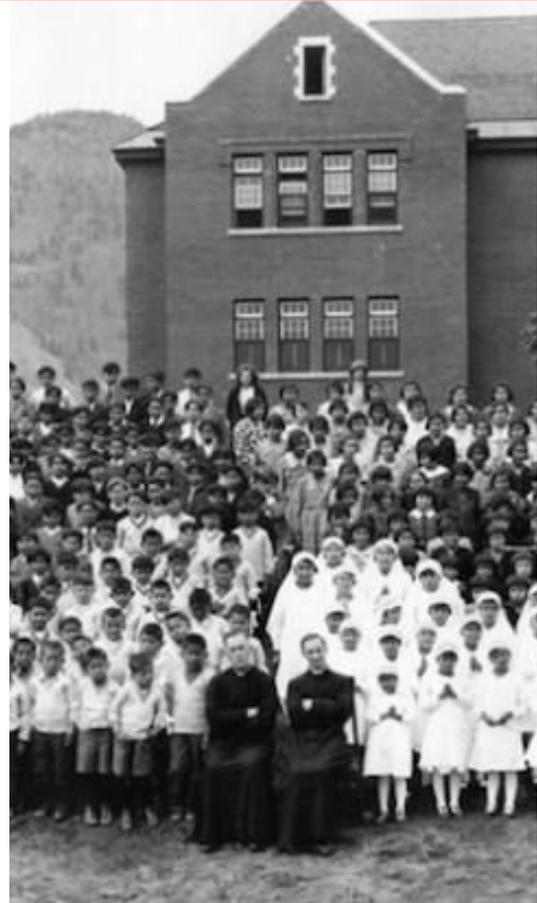
Administration

Roman Catholic, Anglican, United, Methodist and Presbyterian churches were the major denominations involved in the administration of the residential school system, according to the Truth and Reconciliation Commission of Canada.

According to the Indian Day School, schedule-k Roman Catholic church operated 327 Schools, Anglican 188, United Church 94, Methodist 23, Protestant 23, Presbyterian 14, Mennonite 10.

All while we blame Churches for their administration the real start to residential schools FULLY funded by the Canadian Government.

To achieve this goal, Prime Minister Macdonald authorized the creation of new residential schools and granted government funds for those that were already in place. Macdonald, like others in the government administration, was very clear about the need to break the connection between the students and their communities: "When the school is on the reserve, the child lives with his parents who are savages; he is surrounded by savages, and though he may learn to read and write, his habits and training and mode of thought are Indian. He is simply a savage who can read and write."



The Kamloops Indian Residential School in an undated photo. (via Archives Deschâtelets-NDC)Contributed

Canada's History

<https://www.canada.ca/en/immigration-refugees-citizenship/corporate/publications-manuals/discover-canada/read-online/canadas-history.html>

Royal New France

In 1604, the first European settlement north of Florida was established by French explorers Pierre de Monts and Samuel de Champlain, first on St. Croix Island (in present-day Maine), then at Port-Royal, in Acadia (present-day Nova Scotia). In 1608 Champlain built a fortress at what is now Québec City. The colonists struggled against a harsh climate. Champlain allied the colony with the Algonquin, Montagnais, and Huron, historic enemies of the Iroquois, a confederation of five (later six) First Nations who battled with the French settlements for a century. The French and the Iroquois made peace in 1701.

The French and Aboriginal people collaborated in the vast fur trade economy, driven by the demand for beaver pelts in Europe.

Struggle for a Continent

The skilled and courageous men who travelled by canoe were called voyageurs and coureurs des bois, and formed strong alliances with First Nations. English colonies along the Atlantic seaboard, dating from the early 1600s, eventually became richer and more populous than New France. In the 1700s France and Great Britain battled for control of North America. In 1759, the British defeated the French in the Battle of the Plains of Abraham at Québec City – marking the end of France's empire in America. The commanders of both armies, Brigadier James Wolfe and the Marquis de Montcalm, were killed leading their troops in battle.

The Province of Quebec

Following the war, Great Britain renamed the colony the "Province of Quebec." The Frenchspeaking Catholic people, known as habitants or Canadiens, strove to preserve their way of life in the English-speaking, Protestant-ruled British Empire.

A Tradition of Accommodation

To better govern the French Roman Catholic majority, the British Parliament passed the Quebec Act of 1774. One of the constitutional foundations of Canada, the Quebec Act accommodated the principles of British institutions to the reality of the province. It allowed religious freedom for Catholics and permitted them to hold public office, a practice not then allowed in Britain. The Quebec Act restored French civil law while maintaining British criminal law.

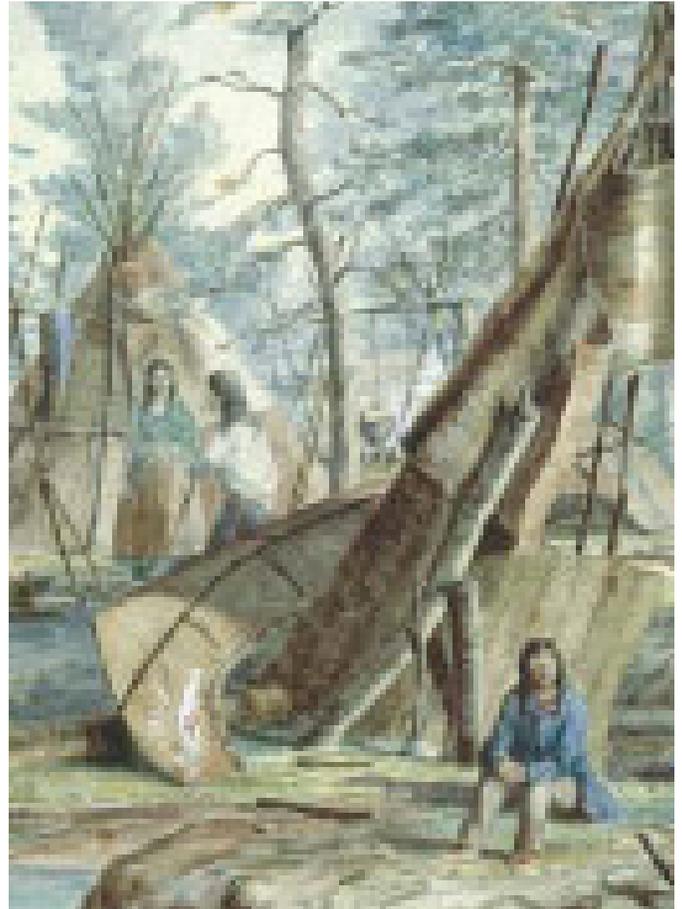
United Empire Loyalists

More than 40,000 people loyal to the Crown, called "Loyalists," fled the oppression of the American Revolution to settle in Nova Scotia and Quebec. Joseph Brant led thousands of Loyalist Mohawk Indians into Canada. The Loyalists came from Dutch, German, British, Scandinavian, Aboriginal and other origins and from Presbyterian, Anglican, Baptist, Methodist, Jewish, Quaker, and Catholic religious backgrounds.

THE INJUSTICE OF THE CANADIAN GOVERNMENT AND CHURCHES.

Smallpox in Canada

In 1763, the British under Jeffrey Amherst used blankets exposed to smallpox as germ warfare in an attempt to subdue the First Nations resistance led by Obwandiyag (Pontiac). In 1775, during the American Revolution, American troops besieging Quebec City were stricken with smallpox.



Indian encampment, fur trade era

Residential Schools

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Enfranchisement - Indian Status

Initially, any Indians who obtained a university degree and/or became a professional such as a doctor or lawyer would automatically lose their status. The same process would occur for any Indian who served in the armed forces, or any status Indian woman who married a non-status man.

The Right to Vote

On 31 March 1960, portions of Section 14(2) of the Canada Elections Act were repealed in order to grant the federal vote to status Indians. First Nations people could now vote without losing their Indian status. ... For many years, Indigenous turnout at federal elections was low.

Potlatch Law

On 19 April 1884, PM Sir John A MacDonal and his government amended the Indian Act, passing the Potlatch Law, which made it illegal to encourage or participate in the potlatch ceremony.

Mamkwamlis Made History!

The Canadian government's ban on potlatching came to a head at Christmas in 1921 when Dan Cranmer held the largest potlatch recorded on the coast of British Columbia at the village of 'Mimkwamlis (Village Island). Federal authorities caught wind of the event and forty-five people were arrested.

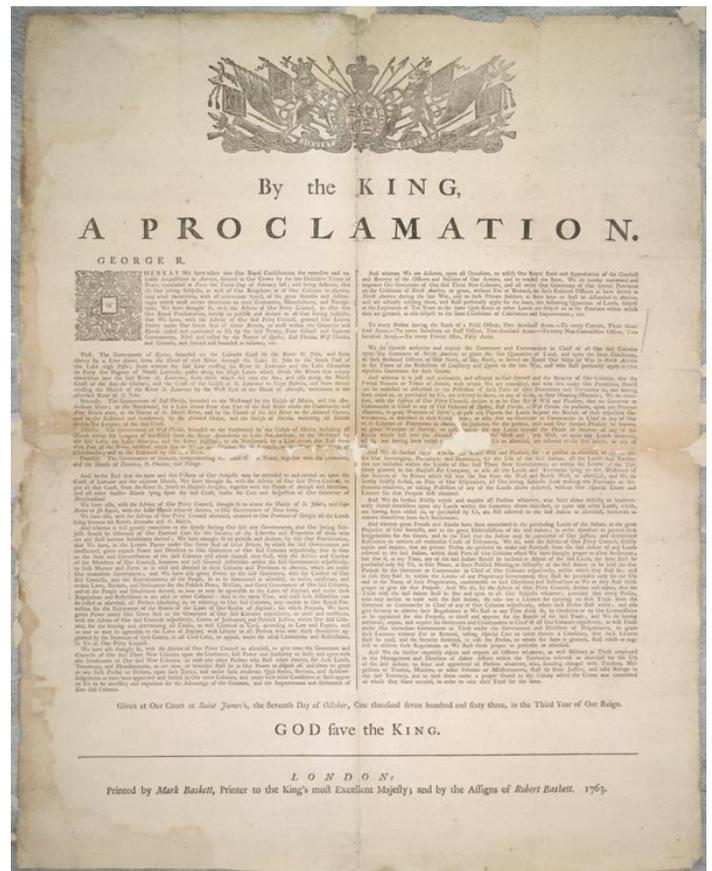
Constant Fight of Indigenous - Known Bills

- Bill C-15's stated purpose is to begin the process of aligning Canadian law with the United Nations Declaration on the Rights of Indigenous People (UNDRIP).
 - The bill is currently being studied by the Senate Standing Committee on Aboriginal Peoples.
- Bill C-92: Toward restoring Indigenous jurisdiction over child and family services.
 - On June 21, 2019, Bill C-92 An Act Respecting First Nations, Inuit and Métis Children, Youth and Families became law.
- Bill 41 - 2019 -the Declaration on the Rights of Indigenous People's Act
 - Declaration on the Rights of Indigenous Peoples Act. On October 24, 2019, British Columbia unveiled Bill 41.
- Bill C-31, this amendment reinstated Indian Status to women who had lost it through marriage to men without status.
 - Important changes were made to Canada's Indian Act on June 28, 1985, when Parliament passed Bill C-31, an Act to Amend the Indian Act.
- Bill C-262 was unsuccessful, the federal Liberal party committed in its 2019 election campaign to tabling legislation to implement UNDRIP.
- Bill S-3, An Act to amend the Indian Act (elimination of sex-based inequities in registration)
 - On August 15, 2019, all provisions of Bill S-3 came into force and are now Canadian law.

ROYAL PROCLAMATION, 1763

What is the Royal Proclamation?

The Royal Proclamation is a document that set out guidelines for European settlement of Aboriginal territories in what is now North America. The Royal Proclamation was initially issued by King George III



in 1763 to officially claim British territory in North America after Britain won the Seven Years War. In the Royal Proclamation, ownership over North America is issued to King George. However, the Royal Proclamation explicitly states that Aboriginal title has existed and continues to exist, and that all land would be considered Aboriginal land until ceded by treaty. The Proclamation forbade settlers from claiming land from the Aboriginal occupants, unless it has been first bought by the Crown and then sold to the settlers. The Royal Proclamation further sets out that only the Crown can buy land from First Nations.

Most Indigenous and legal scholars recognize the Royal Proclamation as an important first step toward the recognition of existing Aboriginal rights and title, including the right to self-determination. In this regard, the Royal Proclamation is sometimes called "the Indian Magna Carta." The Royal Proclamation set a foundation for the process of establishing treaties. For example, treaty-making typically involved presence of both parties — the First Nation and the government, for there to be some form of consent between the two, and for the First Nation to be compensated for any lands or resources taken. However, the Royal Proclamation was designed and written by British colonists without Aboriginal input, and clearly establishes a monopoly over Aboriginal lands by the British Crown.

Church apologies and reconciliation

On May 29, 2017, Prime Minister Justin Trudeau met with His Holiness Pope Francis at the Vatican. During this meeting, the Prime Minister formally asked the Pope to deliver a papal apology for the Catholic Church's role in Indian Residential Schools.

On March 28, 2018, the Prime Minister received a letter from a senior representative of the Catholic Church in Canada, which stated that Pope Francis would not issue an apology. The Prime Minister told reporters that, "obviously, I am disappointed in the Catholic Church's decision not to apologize for their role in residential schools." The Government of Canada will continue to advocate for a papal apology.

The Apology—The Anglican Church of Canada

A message from the Primate, Archbishop Michael Peers, to the National Native Convocation Minaki, Ontario, Friday, August 6, 1993.

<https://www.anglican.ca/tr/apology/english/>

The 1986 Apology

"We tried to make you be like us, and in so doing, we helped to destroy the vision that made you what you were."

In 1986, at its 31st General Council, The United Church of Canada responded to the request of Indigenous Peoples that it apologize to them for its part in colonization.

<https://united-church.ca/social-action/justice-initiatives/reconciliation-and-indigenous-justice/apologies>

Healing & Reconciliation

In 1994, The Presbyterian Church in Canada adopted the Confession to God and to Indigenous people for its role in the Indian Residential School System. The church is committed to walking with Indigenous people on a journey toward reconciliation and living out the spirit of its Confession.

<https://presbyterian.ca/healing/>

The first Roman Catholic church to open was in Cape Croker Reserve, Ontario 1863, which closed on Sept. 1st, 1994. The last residential school to close was in 1996; by then, the Roman Catholic church had their part in 327 residential schools and yet to receive any formal apologies from acting Popes. Here is part of the timeline of acting Pope during residential school days.

1986 Apology to Indigenous Peoples

Long before my people journeyed to this land your people were here, and you received from your Elders an understanding of creation and of the Mystery that surrounds us all that was deep, and rich, and to be treasured.

We did not hear you when you shared your vision. In our zeal to tell you of the good news of Jesus Christ we were closed to the value of your spirituality.

We confused Western ways and culture with the depth and breadth and length and height of the gospel of Christ.

We imposed our civilization as a condition of accepting the gospel.

We tried to make you be like us and in so doing we helped to destroy the vision that made you what you were. As a result, you, and we, are poorer and the image of the Creator in us is twisted, blurred, and we are not what we are meant by God to be.

We ask you to forgive us and to walk together with us in the Spirit of Christ so that our peoples may be blessed and God's creation healed.

The Right Rev. Bob Smith
General Council 1986
The United Church of Canada



The Meeting of the Eagle and the Dove by Marvin Meukis Reserve who died in 2020, was presented to the 31st GC the consideration of the Apology to Indigenous Peoples.

The 1988 Response

In 1988, at the 32nd General Council, the Indigenous church acknowledged the apology, expressing its hope that the church would live into its words. Mrs. Edith Memmook, a representative of the All Native Circle Conference, said:

The Apology made to the Native People of Canada by The United Church of Canada in Sudbury in August 1986 has been a very important step forward. It is heartening to see that The United Church of Canada is a forerunner in making this Apology to Native People. The All Native Circle Conference has now acknowledged your Apology. Our people have continued to affirm the teachings of the Native way of life. Our spiritual teachings and values have taught us to uphold the Sacred Fire; to be guardians of Mother Earth, and strive to maintain harmony and peaceful coexistence with all peoples.

We only ask of you to respect our Sacred Fire, the Creation, and to live in peaceful coexistence with us. We recognize the hurts and feelings will continue amongst our people, but through partnership and walking hand in hand, the Indian spirit will eventually heal. Through our love, understanding, and sincerity the brotherhood and sisterhood of unity, strength, and respect can be achieved.

The Native People of The All Native Circle Conference hope and pray that the Apology is not symbolic but that these are the words of action and sincerity. We appreciate the freedom for culture and religious expression. In the new spirit this Apology has created, let us unite our hearts and minds in the wholeness of life that the Great Spirit has given us.

1988 Record of Proceedings, p. 79

Pope Saint John Paul II

Oct. 16, 1978: Elected successor to Pope John Paul I, becoming the 264th pope of the Catholic Church, the first Polish pope ever and the first non-Italian to fill the post in 455 years.

Jan. 25, 1979: Takes first trip abroad, to Dominican Republic, Mexico and the Bahamas.

June 2, 1979: Visits Poland for the first time as pope, setting off sparks that help establish Solidarity, the first independent labor movement in the Soviet bloc.

May 13, 1981: While circling St. Peter's Square, the pope is shot in the abdomen by a young Turk named Mehmet Ali Agca.

Sept. 15, 1982: Meets privately with Palestine Liberation Organization leader Yasser Arafat at Vatican, provoking criticism from Israel and Jewish groups.

Sept. 29, 1983: Calls for the heads of government of the United States and the Soviet Union to negotiate an end to the arms race.

June 6, 1987: Official visit of U.S. President Ronald Reagan.

May 27, 1989: Official visit of U.S. President George H.W. Bush.

May 1, 1991: Issues first encyclical on social issues since the fall of communism in Europe, giving qualified approval to capitalism but warning rich against taking advantage of poor.

March 25, 1995: Issues encyclical "Gospel of Life," and condemns spreading "culture of death," including abortion, euthanasia, experimentation on human embryos.

May 4, 2001: Becomes first pope to visit Greece since Schism; issues sweeping apology for "sins of action and omission" by Roman Catholics against Orthodox Christians.

April 23, 2002: Summons U.S. cardinals to discuss sex abuse scandal; tells them there is "no place in priesthood for those who would harm the young."

Here is the acting Pope timeline. As you see, he has had his hand in many significant decisions in his reign, but where do the indigenous communities come in, are we acknowledged? Or was it their doing that made this society that they see fit we are colonized. Are they happy with all the mortal sins the church has had part of, are they fulfilled with the torment they caused in these 327 Schools in the eye of Jesus? Sex scams continue to follow the Roman Catholic church, so can we ask what the views are to them on RAPE of children what high do they receive on the harming of children but most importantly, the church of murder. Still, Pope Francis is idolized; in one residential school alone located in Kamloops, 215 children remains found. I can only imagine how many more are gone to their churches doing.

The Catholic Church is the largest and topmost Christian organization which has an estimated wealth of more than \$30 billion as of 2021.

Pope Francis Timeline

March 13, 2013 - Bergoglio is elected the 266th pope by 115 cardinals on the second day and the fifth ballot of the cardinals' conclave.

March 23, 2013 - Francis flies to Castel Gandolfo to meet with Benedict XVI. The Vatican says this is the first time in the history of the church that the current pope has met with his predecessor.

July 29, 2013 - During his first news conference Francis makes the statement, "If someone is gay and he searches for the Lord and has good will, who am I to judge?" while discussing the gay and lesbian community within the church.

November 26, 2013 - Francis releases "Evangelii Gaudium" (The Joy of the Gospel), an 85-page call for the church to rethink some traditions.

August 30, 2015 - Francis announces that priests around the world will be able to forgive the "sin of abortion" during the Catholic Church's "Year of Mercy" beginning on December 8 and ending on November 20, 2016.

June 26, 2016 - Says Christians owe apologies to gays and others who have been offended or exploited by the church, remarks that some Catholics hail as a breakthrough in the church's tone toward homosexuality.

January 18, 2018 - Defends Chilean bishop Juan Barros, who is accused of covering up sex abuse for decades.

April 8, 2018 - Francis says he made "grave errors" in handling a Chilean sex abuse scandal in a letter to the bishops of the Episcopal Conference of Chile.



August 20, 2018 - The Vatican releases a letter from the Pope that directly addresses the latest accusations of sexual abuse by priests. In part, he writes: "With shame and repentance, we acknowledge as an ecclesial community that we were not where we should have been, that we did not act in a timely manner, realizing the magnitude and the gravity of the damage done to so many lives. We showed no care for the little ones; we abandoned them."

September 13, 2018 - The Pope meets in Rome with leaders of the Catholic Church from the United States to discuss a deepening crisis related to sex abuse scandals.

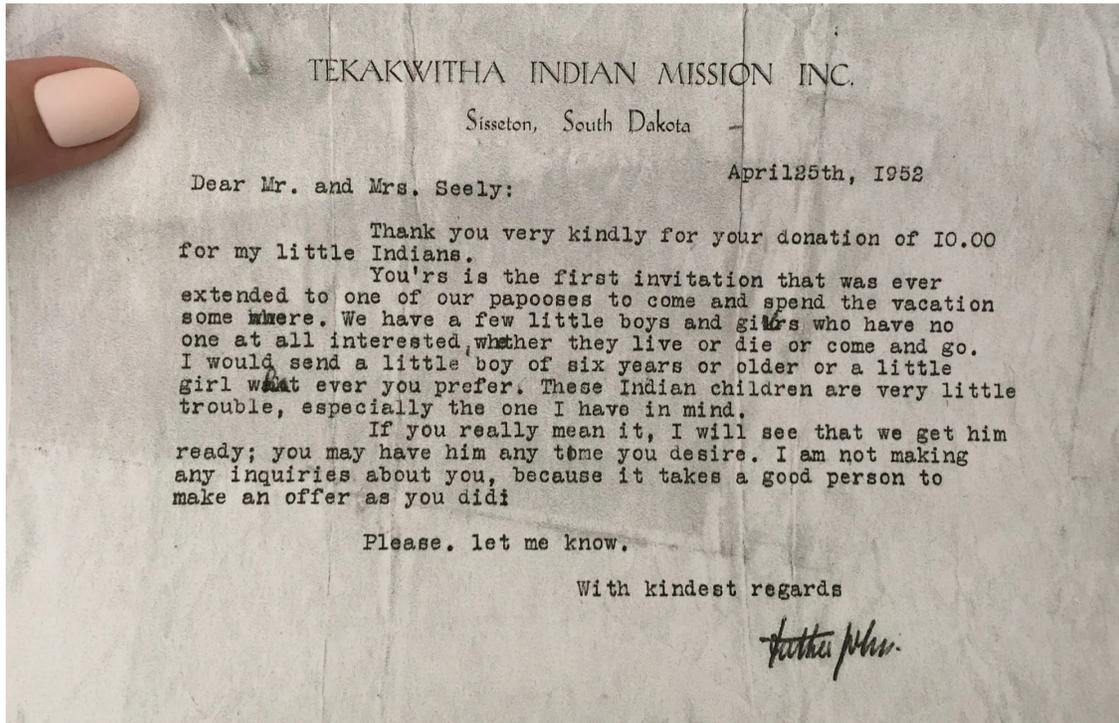
May 9, 2019 - Francis issues new global rules for reporting sexual abuse in the Catholic Church, mandating for the first time that all dioceses set up systems for reporting abuse and coverups. The new rules require all Catholic dioceses around the world to have a "public and accessible" system in place for reporting abuse by June 1, 2020.

December 17, 2019 - Francis abolishes Vatican secrecy rules for cases of sexual abuse, effectively allowing the Catholic church to share documents and information with civil authorities, and allow victims to be updated of the status of their cases. Francis also expands the church's definition of child pornography, raising the age limit on who is considered a child from 14 to 18.

A mortal sin is defined as a grave action that is committed in full knowledge of its gravity and with the full consent of the sinner's will. Although the Roman Catholic Church does not provide an exhaustive list of mortal sins, breaking the Ten Commandments, murder, rape, incest, perjury, adultery, suicide, induced abortion, and divorce are well-known examples.

Another victim, identified by the inquiry only as A711, said:

"The church needs a seismic shift in culture, especially at the top. If there is any hope at all of real change it will require a relinquishing of power, and a will to treat survivors as human beings."



Dear Mr. and Mrs. Seely,

Thank you very kindly for your donation of 10.00 for my little Indians. Yours is the first invitation that was ever extended to one of our papooses [Native American children] to come and spend the vacation somewhere. We have a few little boys and girls who have no one at all interested whether they live or die or come and go.

I would send a little boy of six years or older or a little girl whatever you prefer. These Indian children are very little trouble, especially the one I have in mind. If you really mean it, I will see that we get him ready; you may have him any time you desire. I am not making any inquiries about you, because it takes a good person to make an offer as you did.

Please, let me know.

With kindest regards,

Father John

RUMOUR THE QUEEN ABDUCTED INDIGENOUS CHILDREN IN KAMLOOPS

William Combes, aged 59,

In October, 1964 when I was 12 years old, I was an inmate at the Kamloops school and we were visited by the Queen of England and Prince Phillip. I remember it was strange because they came by themselves, no big fanfare or nothing. But I recognized them and the school principal told us it was the Queen and we all got given new clothes and good food for the first time in months the day before she arrived.

The day the Queen got to the school, I was part of a group of kids that went on a picnic with her and her husband and some of the priests, down to a meadow near Dead Man's Creek. I remember it was weird because we all had to bend down and kiss her foot, a white laced boot.

After awhile, I saw the Queen leave the picnic with ten children from the school, and those kids never returned. We never heard anything more about them and never met them again even when we were older. They were all from around there but they all vanished. The group that disappeared was seven boys and three girls, in age from six to fourteen years old. They were all from the smart group in class. Two of the boys were brothers and they were Metis from Quesnel. Their last name was Arnuse or Arnold. I don't remember the others, just an occasional first name like Cecilia and there was an Edward.

What happened was also witnessed by my friend George Adolph, who was 11 years old at the time and a student there too. But he's dead now."

William Combes was scheduled to testify September 12 2011, when he suddenly died in the Catholic-run St.Pauls Hospital in Vancouver. He'd reportedly been in stable health and had been assigned a new doctor, who sent him to the hospital for "tests", that's when his health began to deteriorate. He died of undisclosed causes. The Coroners Office refused to comment.

His testimonies are still on videotape, and his written statement was kept safe.

As much as this may anger many or bring up old trauma, it is the strength of our people making a difference in the world, your story has been untold for so long, or nobody believed in your story. Now many are coming to the surface. Survivors, children of survivors, and grandchildren of survivors all have their own stories that should be shared.

HOW TO IDENTIFY AND COPE WITH YOUR PTSD TRIGGERS

By Matthew Tull, PhD Medically reviewed by Carly Snyder, MD

Kinds of PTSD Triggers

Triggers can fall into two categories: Internal Triggers and External Triggers. Internal triggers are things that you feel or experience inside your body. Internal triggers include thoughts or memories, emotions, and bodily sensations (for example, your heart racing).

External triggers are situations, people, or places that you might encounter throughout your day (or things that happen outside your body). Listed below are some common internal and external triggers.

Internal Triggers

- Anger
- Anxiety
- Feeling abandoned
- Feeling lonely
- Feeling out of control
- Feeling vulnerable
- Frustration
- Memories
- Muscle tension
- Pain
- Racing heartbeat
- Sadness

External Triggers

- An anniversary
- An argument
- Certain smells
- End of a relationship
- Holidays
- Reading a news article that reminds you of your traumatic event
- Seeing someone who reminds you of a person connected to your traumatic event
- A specific place
- Watching a movie or television show that reminds you of your traumatic event
- Witnessing a car accident

Identifying Your Triggers

Try to think of when your PTSD symptoms usually come up. Ask yourself the following questions to identify your triggers: What types of situations are you in? What is happening around you? What kind of emotions are you feeling? What thoughts are you experiencing? What does your body feel like? Get out a sheet of paper and write down as many internal and external triggers as you can.

Coping With Triggers

Now, the best way of coping with triggers is to avoid them altogether. However, this is almost impossible to do. Why? Well, you cannot really avoid your thoughts, emotions, and bodily sensations. Much of these are out of our control.

In regard to external triggers, we can take some steps to manage our environment (for example, not going to certain places that we know will trigger us), but we cannot control everything that happens to us.



For example, you might inadvertently come into contact with a news story or conversation that reminds you of your traumatic event.³

Because we often cannot avoid triggers, it is important to learn ways of coping with triggers. Effective, healthy coping strategies for lessening the impact of triggers include:

Deep breathing

Instructions

Fortunately, it's never too late to relearn how to breathe and help protect yourself from stress. Practice this simple exercise to improve your diaphragmatic breathing:

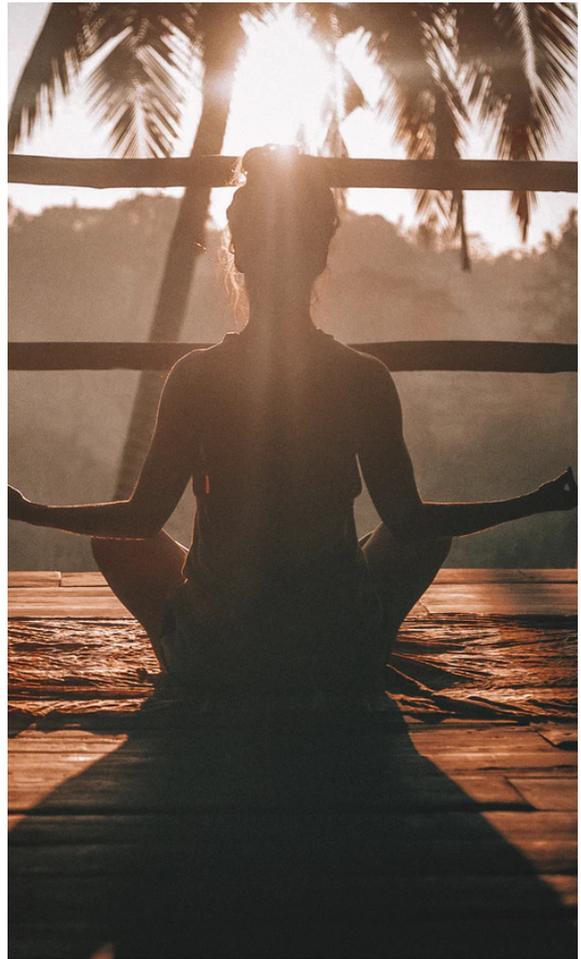
- Find a comfortable position either lying on your back or sitting. If you're sitting down, make sure that you keep your back straight, have both feet on the floor, and release the tension in your shoulders by letting them drop.
- Close your eyes. Alternatively, you can keep your eyes open (and eventually you likely will) but closing your eyes helps you to focus on the mechanics of breathing rather than outside stimuli.

- Place one hand on your stomach and the other on your chest.
- Take a few breaths as you normally would. Does your belly rise and fall with every breath in (inhalation) and every breath out (exhalation)? If you can answer "yes," that's good. This is the natural way of breathing. If your belly stays still but your chest rises and falls with every breath, practice breathing by only allowing your belly to rise and fall when you breathe in and out.
- Continue to take deep breaths, concentrating on only moving your belly. As you take a breath in through your nose, imagine a balloon being blown up in your stomach. When you exhale, breathe out through your mouth as if you are blowing out through a straw.
- Continue as long as you would like.

Tips

Keep these tips in mind when you're practicing diaphragmatic/deep breathing:

- It can take some time to relearn how to breathe. The more you practice, the easier it becomes. Take some time each day to practice this exercise. The nice thing is, you can do it anywhere.
- Try to practice at a time when you're already relaxed. This will make it easier to take deeper breaths.
- If possible, practice first thing in the morning and before you go to sleep. Practicing in the morning helps set the tone for the day and start the day more calm and relaxed while practicing at night helps bookend the day and prepare your mind and body for sleep.
- If you're having trouble taking deep breaths, try breathing in through your nose and exhaling through your mouth. Also, slowly count to five in your head as you breathe in and out.
- In time and with practice you will get an idea about how long you need to practice deep breathing exercises to reduce stress. Early on it may be helpful to set a particular time limit, for example, three minutes if you're pressed for time. Keep in mind that it's usually more effective to practice several shorter periods of deep breathing rather than single long episodes of deep breathing. Practicing more often also helps you incorporate deep breathing as a habit into your lifestyle.



- If you feel like you can't focus or have outside distractions, say something like "inhale exhale." This will force you to focus on your breath and ground you in the moment so external stimuli doesn't get in your way.
- Don't give up. Diaphragmatic/deep breathing takes practice and can feel very different if you are not used to breathing this way. Practice it for a week or so before deciding that this is not for you.
- If this type of breathing makes you feel more anxious, it may not be a good tool for you. It does make some people more anxious, especially if it makes you feel out of control.

Expressive writing

Steps for Journaling

Follow these six steps to begin journaling:

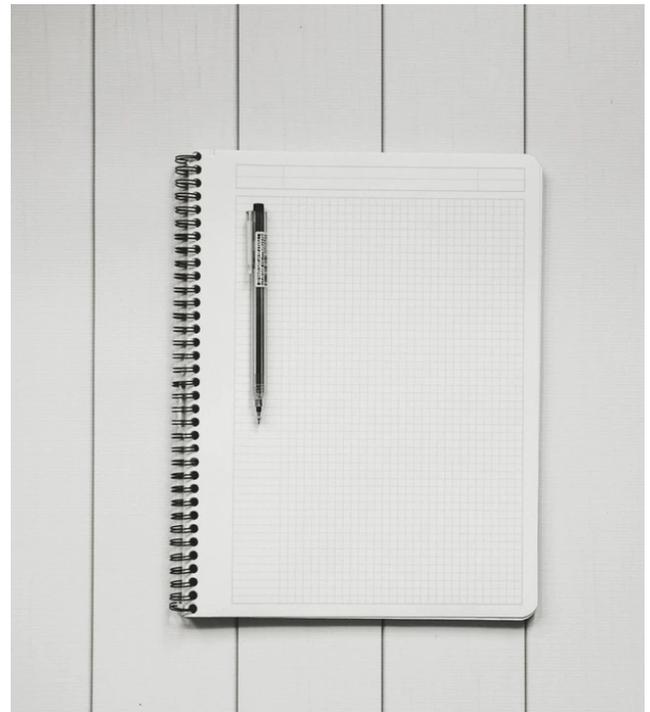
- Find a quiet time and place where there are going to be few distractions. Don't be concerned, however, if there is some noise, or if you only have a short period of time. Some people find that writing at a bus station, on a bus, or even during a five-minute break during the day is very helpful.

- Take a few minutes to think about how your PTSD or traumatic event has impacted you and your life.
- Begin writing about your deepest thoughts and feelings regarding your PTSD or the traumatic event you experienced. If possible, write for at least 20 minutes. (Note, this is ideal, but again, any amount of time is often helpful, especially if you find it hard isolating this amount of time every day.)
- Once you've finished writing, read what you wrote and pay attention to how you feel. Notice any changes in your thoughts or feelings as a result of writing.
- Although long-term benefits of writing have been found, writing about your PTSD or traumatic event will naturally initially bring up some distressing thoughts and feelings,⁵ so make sure you have a plan for how to manage this distress.
- Repeat steps 1 through 5, writing about the same topic for at least two more days. It has been found that writing about the same topic on consecutive days can help organize and improve the clarity of your thoughts and feelings about a stressful event. You may be surprised at the clarity that journaling can bring.

Journaling Tips

Here are some other tips to keep in mind while you're writing:

- Don't worry about spelling or grammar. Focus simply on getting all of your thoughts and feelings down.
- Try to be as descriptive as possible in your writing. For example, when you're describing your feelings, write about the thoughts connected to those feelings and how those emotions felt in your body (for instance, "My heart was racing," or "My muscles were very tense."). This will help increase your awareness and the clarity of your emotions and thoughts.
- You may find it helpful to keep what you write so that you can look at it to see how your thoughts and feelings have changed over the course of using this coping strategy. However, if you're concerned about others finding your writings, you should find a safe and secure way of throwing them away.
- It may be important to at first set aside some time every day to write. However, you can also use expressive writing whenever something stressful happens. It can be a good coping strategy to add to your healthy coping repertoire.



Journaling Prompts

Here are a few prompts to get you started or to continue when you feel stuck:

- Are there ways in which you can use your experience to help others? Brainstorm ideas.
- Describe some of the key causes of stress in your life now. Has this changed since your traumatic experience? If so how? Can you pinpoint why?
- How did your experience impact others? This could be either others that were involved or the people in your life now.
- Is there anything you wish you had really taken the time to appreciate before the experience or that you'd give anything to have back?
- What do you wish you could do differently or change? Why?
- Write about your traumatic experience. Be as detailed as you can with what happened and how it made you feel, both emotionally and physically.
- Write about what you learned from the experience, whether it's good or bad. How does the experience affect you now? Give details.

Looking for the Positive

Knowing that people with PTSD experience not just stress but post-traumatic growth may bring a small ray of light to a difficult situation. Some people have found that taking the time to write about these positive changes, in essence, writing about gratitude, is helpful as they heal.

Grounding

Get Back to Your Roots – 5 Ways to Use Nature to Stay Grounded

Being grounded is a popular phrase in the yoga community. While it may sound like you have to lie on the ground to achieve this – it is much less literal than that. It is more of a state of being.

In our modern society, we constantly deal with the pressure of daily life and its inevitable obligations and to-do lists. The stress and lack of feeling grounded and centred stems from spending so much time indoors, behind desks, and staring at computer screens. It's so important that we all take time to step away, step outside, and get back to our roots . . . literally!

Nature is an endless and gracious teacher. To get grounded, we must immerse ourselves in nature and observe the ways in which we can draw inspiration from its calm and grounding energy.

Get out in nature to get grounded with these 5 tips:

1. Take a Nature Walk

This sounds simple, but it's actually quite spectacular. Just take a walk! Throw on your walking shoes or go barefoot and joyfully immerse yourself in nature. As you walk, observe the beauty around – the swish of the wind in the trees, the different colours of plants, the soft dirt or crunch of leaves, and sounds of birds singing. Allow your mind to take a break as you mindfully bring your awareness to all your senses – the green that attracts your eyes, the smell of plants, the warm sun, or the cool breeze on your skin. Breathe in the beauty and you'll soon feel all your modern-day stresses slip right off your shoulders.

2. Meditate Under a Tree

When we take the time to slow down and connect with nature, we invite nature to connect with us. Find a tree to meditate under and breathe consciously or try a pranayama practice. Begin to notice the way the tree moves with the wind, the bugs crawling on it, and the firm roots. As you focus on the movements and behaviour of the tree or plant, also keep your focus on your breath – and open your heart and mind to absorb the peace and wisdom of nature. This is an excellent meditation in nature, but can also be done if you're stuck inside – all you need is a little imagination. New to Pranayama or Conscious Breathwork?

3. Get Dirty

Connecting with the earth can be a very beneficial therapy technique. Touching soil with your bare feet and hands transfers healing microbes to your body – and helps boost your immune system, ease stress and tension, and promote happiness and a sense of well-being. Studies have shown that *Mycobacterium vaccae* can improve the gut-brain connection as the microbes are transferred from the earth to your body. Why do you think people enjoy gardening so much (#5 below)?! It is not only a calming and meditative activity, but you can literally become happier and healthier from touching the earth.

4. Do Yoga in Nature

Yoga on its own is a life-changing practice, but when combined with nature, it can be truly transformational. When practicing yoga in nature, you get to experience a sense of calm and a deep connection with nature that just doesn't happen (usually) at your local studio. Most of the time in our practice, we are working to train our minds and bodies to be calm and move with ease. When applying this framework in a beautiful and serene backdrop, it is hard to go wrong. While you move, breathe in the air, observe the colours, and experience the calm of your environment to get grounded. Deepen your roots while practicing yoga in nature!

5. Grow a Garden

Gardening is another extremely therapeutic practice and you can incorporate tools #1, #2, and #3 into your gardening as well! Tending to a garden is a very rewarding experience. It takes time and energy but the health benefits are overwhelming. Gardening is a great way of exercising both the body and mind. The act of taking care of something outside of yourself can have a positive effect on your mood and overall feelings about your life. Not to mention the benefits of harvesting your own food. Plant your seeds and watch them grow along with your roots. These tips can help you emulate the plants, animals, and forces that surround us. When we are grounded and cultivate inner peace in our lives, we inspire others to turn to nature (and themselves) for guidance, inspiration, and all the lessons we could possibly need to make it through life. Go to nature and revel in the beauty!

Mindfulness

Skills of Mindfulness

Mindfulness is made up of a number of skills, all of which require practice. These skills are briefly described below:

Awareness

One skill of mindfulness is learning how to focus your attention on one thing at a time. This includes being aware of and able to recognize all the things that are going on around you (for example, sights and sounds), as well as all the things that are going on inside you (for example, thoughts and feelings).

Nonjudgmental/Nonevaluative Observation

This skill is focused on looking at your experiences in a nonjudgmental way. That is, simply looking at things in an objective way as opposed to labeling them as either "good" or "bad." An important part of this skill is self-compassion.

Being in the Present Moment

Part of mindfulness is being in touch with the present moment as opposed to being caught up in thoughts about the past (also called ruminating) or the future (or worry). An aspect of this skill is being an active participant in experiences instead of just "going through the motions" or "being stuck on auto-pilot."

Beginner's Mind

This skill of mindfulness focuses on being open to new possibilities. It also refers to observing or looking at things as they truly are, as opposed to what we think they are or evaluate them to be. For example, going into a situation with a preconceived notion of how things will turn out can color your experience. This can prevent you from getting in touch with the true experience.

Mindfulness Exercise

So often in our lives, we are stuck in our heads, caught up in the anxiety and worries of daily life. This exercise will introduce you to mindfulness and may be helpful getting you "out of your head" and in touch with the present moment.

- Find a comfortable position either lying on your back or sitting. If you are sitting down, make sure that you keep your back straight and release the tension in your shoulders. Let them drop.
- Close your eyes.
- Focus your attention on your breathing. Simply pay attention to what it feels like in your body to slowly breathe in and out.



- Now bring your attention to your belly. Feel your belly rise and expand every time you breathe in. Feel your belly fall every time you breathe out.
- Continue to focus your attention on the full experience of breathing. Immerse yourself completely in this experience. Imagine you are "riding the waves" of your own breathing.
- Anytime that you notice your mind has wandered away from your breath (it likely will and this is completely normal!), simply notice what it was that took your attention away and then gently bring your attention back to the present moment—your breathing.
- Continue as long as you would like!

Tips

1. Before you try this exercise, it may be useful to first simply practice breathing. This may sound silly, but many people breathe too quickly and from the chest, rather than breathing deeply from the diaphragm.
2. Make this a habit. Practice this exercise at least once a day.
3. At first, it may be important to practice this exercise at times when you are not overly stressed-out or anxious. When you were first learning to drive a car, you likely didn't start out on the highway during a thunderstorm. The same goes for mindfulness.
4. Remember, it is normal for your mind to wander during this exercise. That's what it does. Don't get discouraged. Instead, at times like this, it may be useful to think of mindfulness in this way: If your mind wanders away from the breath a thousand times, mindfulness is about bringing your attention back to the present moment a thousand and one times.

Relaxation

Relaxing the mind

- Take slow, deep breaths. Or try other breathing exercises for relaxation.
 - [Stress Management: Breathing Exercises for Relaxation](#)
- Soak in a warm bath.
- Listen to soothing music.
- Practice mindful meditation. The goal of mindful meditation is to focus your attention on things that are happening right now in the present moment. For example, listen to your body. Is your breathing fast, slow, deep, or shallow? Do you hear noises, such as traffic, or do you hear only silence? The idea is just to note what is happening without trying to change it.
 - [Stress Management: Doing Meditation](#)
- Write. Some people feel more relaxed after they write about their feelings. One way is to keep a journal.
- Use guided imagery. With guided imagery, you imagine yourself in a certain setting that helps you feel calm and relaxed. You can use audiotapes, scripts, or a teacher to guide you through the process.
 - [Stress Management: Doing Guided Imagery to Relax](#)

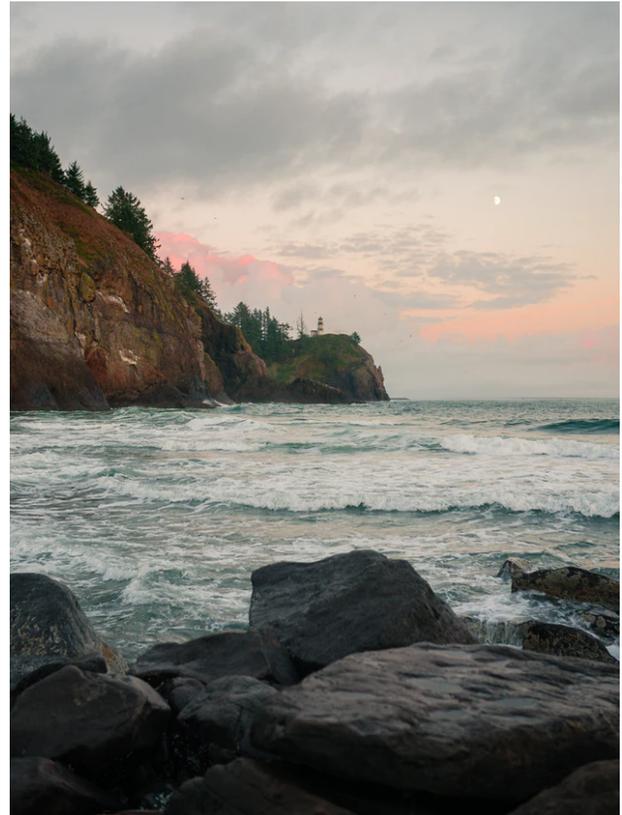
Relaxing the body

- Do yoga. You can get books and videos to do at home or take a yoga class.
 - [Stress Management: Practicing Yoga to Relax](#)
- Try progressive muscle relaxation. This process involves tensing and relaxing each muscle group. Progressive muscle relaxation can reduce anxiety and muscle tension. If you have trouble falling asleep, this method may also help with your sleep problems. When you relax your muscles, your body gets the signal that it is okay to fall asleep.
 - [Stress Management: Doing Progressive Muscle Relaxation](#)
- Take a walk or do some other activity. Making time to do things you enjoy can also help you relax.
- Get a massage or have someone give you a back rub.
- Have a warm drink that doesn't have alcohol or caffeine in it, such as herbal tea or warm milk.

Self-soothing

Why Are Self-Soothing Skills Important?

Coping strategies are diverse, just like the people who rely on them. When stress and anxiety hit, it's a good idea to have a few skills ready to help you find relief.



For example, seeking out social support can be an excellent way of improving your mood. However, symptoms of PTSD, such as unpleasant memories or thoughts about a past traumatic event, can sometimes occur unexpectedly. It is times like these when social support may not be readily available.

Therefore, it is important to learn coping strategies that you can do on your own.

The Soothing Aspects of Touch

Your skin is the largest organ in your body and it is very sensitive to external stimulus. This makes it a powerful tool in your ability to relax, unwind, and find relief from the stress that you're feeling.

Water is one of the ways that you can feel instant relief. That can come from soaking in a warm bath or going for a swim. Likewise, you can give your skin a warm touch by simply sitting in the warmth of the sun or changing into your most comfortable clothes.

Among other things, you might try taking a few minutes to stretch your muscles—possibly through a few simple yoga poses or tai chi movements—or getting a massage. Even taking a few minutes to play with and pet an animal can be amazingly beneficial to your mood.

The Tastes That Can Soothe

While it's best to try not to turn to food for comfort all the time, there is something to be said about its effects on mood. Many of us have learned that hunger can lead to irritability and this can impact stress levels as well.

Rather than turning to junk food to make yourself feel better, try sucking on hard candy or sipping a cup of soothing herbal tea. You may also find ease in a comforting meal. Try to include healthy foods so you maintain a healthy body as well as a healthy mind.

The Refreshing Power of Smell

A number of research studies have looked into the positive benefits of aromatherapy. It is often one of the recommended natural treatments for people dealing with stress, anxiety, depression, and problems with sleep.

For instance, one study found that intensive care patients with anxiety slept better after inhaling lavender essential oil. In a meta-analysis of various clinical studies, researchers found that aromas can play a positive role in stress management.

There are many ways you can take advantage of soothing scents. Browsing a flower shop or spending time literally "smelling the roses" in a garden can brighten your mood. Likewise, simply stepping outside and taking a deep breath of fresh air can provide instant stress relief.

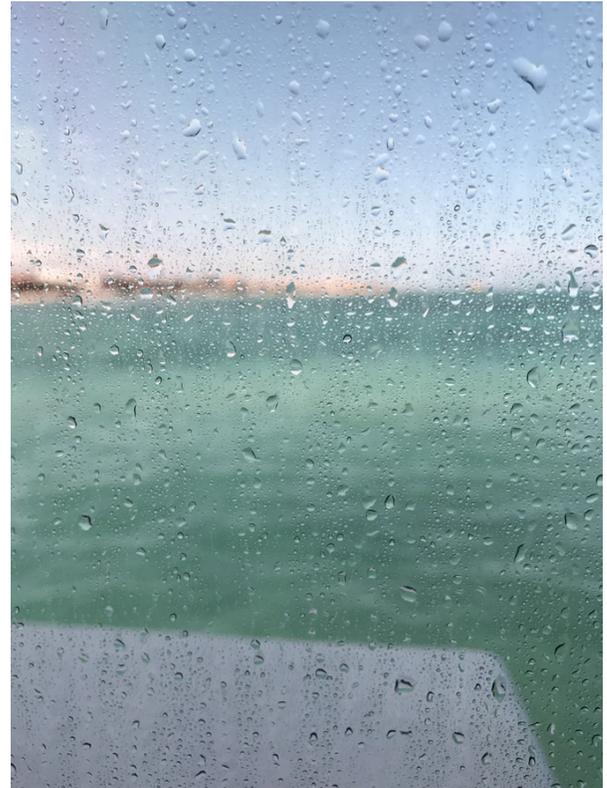
Lavender, vanilla, bergamot, and a number of other fragrances have proven to reduce stress as well. You can get these through scented candles, aromatherapy diffusers with essential oils, or a variety of other products.

Take Your Mind off It With Sight

Distractions can be a good thing, particularly when your mind is stuck on your stress triggers. Sometimes it's best to just find something amusing or interesting to look at.

Some of the techniques you might use include reading a good book or simply watching the clouds pass by. You can also entertain yourself by watching a funny movie or television show.

Many people also find it beneficial to reflect on happy times or hopes and dreams. You might want to look through pictures of your loved ones or a past vacation that was filled with fun and joy.



Of course, you can also daydream about places you want to visit. Look for things around you that make you smile and it's likely the stress will dissipate.

Relax With Sound

Your sense of sound is just as effective as the rest in setting you up for a positive emotional state. Music therapy has become a recommended treatment for people with depression, anxiety, and stress. No matter where you are, you can feel these effects by listening to relaxing music or singing to yourself.

You might even try saying positive statements to yourself as a verbal form of self-encouragement. Some people have also found that playing a musical instrument or learning how to play one has helped them reduce their stress.

Putting These Strategies to Work

When engaging in these strategies, make sure to focus completely on the task at hand. That is, be mindful of your senses and what you are experiencing. Anytime you are distracted, simply bring your attention back to what you are doing.

Come up with your own self-soothing strategies that you can do when you are upset. Try to list as many as you can. The more you have at your disposal, the better off you will be in improving your mood when you are experiencing distress.

ON THE BRIGHT SIDE

June 3rd, 2021 a Orange Rainbow captured by The Quinsam Shell Gas Station

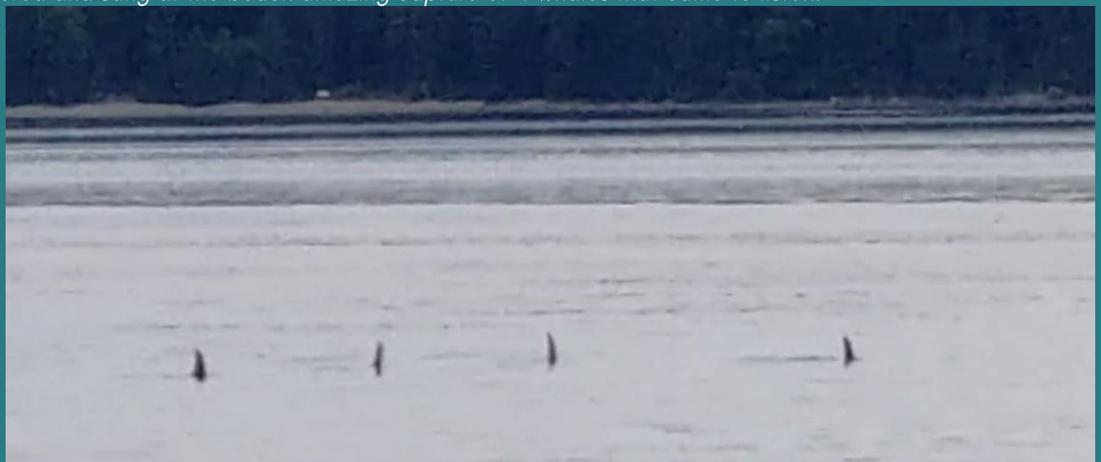


Orange represents creativity, joy, vibrancy, happiness, playfulness and youth. At the same time it is also a power color. Being a combination of red and yellow it shares attributes with those colors of the rainbow, usually displaying a more balanced intensity. Orange can be found in nature in the changing leaves of fall, the setting sun, and the skin and meat of citrus fruit.

June 3rd, 2021 a Orange Rainbow captured by Hilcam Trophies Ltd / Discovery Specialty Advertising



June 3rd, 2021 people gathered and sang at the beach amazing capture of 4 whales that came to listen. Captured by Beverly Nelson



20 MEANINGFUL WAYS TO CELEBRATE FATHER'S DAY

Father's Day is that one special day every year to celebrate the fathers in your life. It can look different for everyone, whether you're celebrating your father, spouse, step-father, brother, or a role model.

Finding things to do for Father's Day can be difficult. If you're having a hard time thinking of something, try some of the ideas below. Or, use them to get started as you look for ways to honor and celebrate the men in your life!

1. Learn about his family tree.

Tracing your father's family tree can help you learn more about his family's past and cultural heritage. It can be a meaningful way to feel more connected to your family, past and present.

2. Prepare a scavenger hunt.

Scavenger hunts can be a fun family activity, and it's a great way to hide gifts as well. Try this father's day scavenger hunt to get you started.

3. Do a puzzle together.

Combine a gift with an activity, and get a new puzzle as a gift for Father's Day. To make it extra special, order a custom puzzle made with family photos.

4. Share your favorite memories of your father.

Sharing and saving your favorite memories of your dad or a father-figure in your life will keep your favorite memories fresh in your mind. It can also help him feel loved and appreciated.

5. Host a friendly family competition.

Come up with a series of games to compete as a whole family. You could play minute-to-win-it games or look for easy festival games. Bonus if there are prizes involved!

6. Make a home-made gift.

Taking the time to come up with a thoughtful gift you can make at a home will make the gift all the more meaningful. Or, if he enjoys doing crafts, make it a family activity.

7. Take a minivacation.

You could take a weekend road trip somewhere new or even just explore new sites in your own city. Have you ever considered heritage tourism? Whatever you do, it'll be a great way to experience new things together. Or, if you can't get out of the house, try one of these virtual tours.



8. Play games.

Playing board games, card games, or even video games is the perfect way to bond as a family. Find a favorite game, and play it together to get in some good quality time.

9. Explore ancestral locations.

If you're connected to the FamilySearch Family Tree, Map My Ancestors allows you to find sites that are significant to your father's family. It could help you find birth and burial sites, hometowns, and more places to visit.

10. Put on a show.

Put on a show just for your dad. It could be a skit, song, stand-up comedy, or talent show. This is especially fun if you have kids.

11. Bake a Father's Day treat or dinner.

Making something delicious that you can enjoy as a family is a wonderful way to show your love for someone. For an extra special treat, try new recipes from around the world, particularly if you can find recipes that reflect your cultural heritage.

12. Participate in his favorite hobby.

If your dad loves cooking, working with his hands, or gardening, dedicate time during the day to doing it with him. He'll enjoy doing what he loves, and he'll love it even more because you're doing it with him.

13. Do some crazy science experiments.

If there's something everyone loves, it's watching fascinating chemical reactions. Try making a baking-soda volcano, dropping mentos in coke, or doing other fun and easy science experiments at home.

14. Play in the water.

Father's Day just happens to be in June, the prime time to play in the water! Swimming, kayaking, rafting, and tubing are just some of the ways you can take advantage of that.

15. Discover memories.

Reading family memories can help foster a sense of nostalgia or a feeling of belonging. Discover memories that can help you feel closer as a family.

16. Enjoy an outing to the park.

Take the whole family to the park to enjoy some quality time together. Here are a few ideas to make your time at the park memorable:

- Have a picnic.
- Fly a kite.
- Play tag.
- Play hide-and-go-seek.
- Play catch.
- Hold a relay race.
- Ride your bikes.
- Barbecue.

17. Watch a movie.

Make popcorn, turn out the lights, and settle in for a favorite movie. Alternatively, make it a night out to the movie theater or drive-in theater.

18. Enjoy the great outdoors.

What does your dad enjoy doing outdoors? Hiking? Fishing? Camping? Boating? Whatever it is, get the whole family to join in for a memorable day together.

19. Do an act of service.

Service is one of the 5 love languages. If your father really appreciates acts of service, then there's no better way to show him that you care. Try finishing that one project he never gets around to, or maybe clean out his car.

20. Learn about your family name.

Your last name can say a lot about your family's story. Try learning about your name and the meaning behind it to see what you can find.

In the end, you're the one who knows your dad best. You'll know what he will appreciate more than anyone. Whether or not this list of things to do for Father's Day provided you with a plan to celebrate, we hope it gave you the needed inspiration to get you started!

