Elder's Meditation

"I am particularly fond of the little groves of oak trees. I love to look at them, because they endure the wintry storm and the summer's heat, and, not unlike ourselves, seem to flourish by them." – Sitting Bull, SIOUX

Every season, Spring, Summer, Fall and Winter, has gifts that it gives to all creatures. The animals will develop thicker furs just before Winter and will shed this fur in the Spring. Squirrels will store their food in the Fall; other animals build up fat so they can hibernate during the Winter. We can watch all forms of nature and see all creatures work in harmony with the seasons. The secret for us is to learn by observing nature. Watch the trees. Learn from them. We human beings need to learn the gifts and blessings of the seasons.

Grandfather, Grandmother, teach me to live in harmony with the seasons.

Reflect on this
Now that summer is upon us, how will you celebrate this season? What gifts does summer bring for you? How do you live in harmony with the seasons? How do you change and adapt each season?

Fill in the Blanks
Journal Prompt

I am successful because...
I am loved by...
In 5 years, I will...
I am grateful for...
I can do....
People enjoy me because...
I enjoy...
My favorite personality trait of mine is...
I am grateful because...
Today's goal is to...
Boundaries

Everyone has their own personal space. This may include our physical body, the area immediately around it, our personal living space, and our personal belongings.

Each of us is the ‘owner’ of our body and our personal space, and we each need to understand what that means.

As owners, we are responsible for our own thoughts, feelings, and behaviours. We are in charge of our personal space and get to make choices for ourselves. We have both the rights and the responsibilities to recognize and value our own space and that of others.

Some of the basic personal rights that everyone has, as ‘owner’ of their personal being and space, include the following:

- The right to have and express your own feelings, values, and beliefs, in harmless ways
- The right to have personal boundaries (the right to decide what you will or won’t tolerate from others) and to protect yourself
- The right to consider your own needs and to ask for what you want
- The right to set your own priorities and make your own decisions
- The right to be imperfect and to have shortcomings without feeling guilty
- The right to make mistakes...and take responsibility for them
- The right to set your own pace and to be at the exact place that you are in life, regardless of what others think
- The right to say no without feeling guilty or selfish
- The right to be listened to and taken seriously
- The right to decide what or how much you want to share about yourself with others
- The right to be treated with respect and dignity
- The right to be free from discrimination, harassment, and sexual harassment (unwelcome behaviour, remarks, jokes, or actions which demean you or deny your dignity and respect)
- The right to stand up for your rights
- The right to love and respect yourself.

As ‘owner’ of our personal space, we have responsibilities for taking care of that space and ourselves. It’s our job to nurture and protect ourselves, our self-concept, and our self-esteem. We do this by setting personal boundaries.

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Values

Everyone’s boundaries are different, depending on what each person needs and values. The first step to forming boundaries is self-awareness: What do you value / What is important to you?

Your values are the beliefs that define what is most important to you. They guide each of your choices in life. For example, someone who values family might try to spend extra time at home, while someone who values success in their career may do just the opposite.

Understanding your values will help you recognize areas of your life need more attention, and what to prioritize in the future.

Select the 10 most important items from the following list. Rank them from 1-10 with “1" being the most important item.

- Love
- Wealth
- Family
- Morals
- Success
- Knowledge
- Power
- Friends
- Free Time
- Adventure
- Variety
- Calmness
- Freedom
- Fun
- Creativity
- Relaxation
- Safety
- Recognition
- Nature
- Popularity
- Responsibility
- Honesty
- Humor
- Loyalty
- Reason
- Independence
- Achievement
- Beauty
- Spirituality
- Respect
- Peace
- Stability
- Wisdom
- Fairness
Think about a person, or a group of people, with whom you struggle to set healthy boundaries. This could mean that your boundaries are too rigid (you keep this person at a distance), too porous (you open up too much), or there’s some other problem that isn’t so easily labeled.

Who do you struggle to set healthy boundaries with? (e.g. "my husband" or "coworkers")

In the table below, write one value in each boundary category and one corresponding boundary for that value.
(e.g. a value for the physical boundary category could be safety, and the corresponding boundary could be "I won’t allow people to hug me without my consent")

<table>
<thead>
<tr>
<th>Physical Boundaries</th>
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<tbody>
<tr>
<td>Intellectual Boundaries</td>
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<td>Emotional Boundaries</td>
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<td>Sexual Boundaries</td>
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<td>Material Boundaries</td>
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<td>Time Boundaries</td>
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Take a moment to imagine what it will be like when you begin to establish healthy boundaries with this person. If your boundaries are too rigid, that might mean opening up. If they’re porous, it might mean setting limits and saying "no" when you don’t want to do something.

**Consider and reflect on the following questions:**

What are some specific actions you can take to improve your boundaries?

How do you think the other person will respond to these changes?

How do you think your life will be different once you’ve established healthy boundaries?
Instructions:
1. Prep your stuffing. In a bowl, combine the lavender and rice; this is your sachet filling. If you’re using oils, 5-10 drops should be enough, but it’s up to you! If you’re using dried lavender, use two parts lavender with one part rice. The rice offsets the sometimes too-strong smell of the lavender and gives your sachets a little heft.

2. Prepare squares. Cut two 3 1/2-inch squares of fabric and align them with the sides you like facing inward. (You'll be sewing the sachets inside out before finishing.)

3. Hand sew the squares. You can use any simple stitch to hand sew around three of the four sides of your sachet square, about 1/4-inch in from the edge of the fabric. You can even sew most of the fourth side, but remember to leave a few inches open so you can put your lavender mixture in.

4. Fill them up. Once you’re finished sewing, turn the pouch inside out so you’re left with an empty, nearly fully sewn sachet, and then use a spoon or your hand to stuff the sachet with filling.

5. Sew them up. Finish sewing the open edge to keep everything inside and enjoy! You can keep a satchet in your pillow case, closet, purse, or gift one to a friend!

Brene got it right! This reminds me of someone who said that their feet and their butt got them well! Their feet (or wheels as the case may be) got them to places where they could put their butt in a chair and heal... in community, together, in circle, with people who are also working on themselves and who also understand.

Til next week,

chris

DIY Lavendar Satchets

You can find lavender at most health food stores, bulk barn, or on amazon!

Lavender is said to be one of the most relaxing and calming herbs around. If you have a hard time falling asleep, adding some to your pillow or your room can help you feel calm and relaxed. Consider making these simple little sachets to keep around the house. You could even tuck them under your pillowcase.

What you’ll need:
- Lavender (dried or lavender oil)
- Rice (uncooked)
- Fabric of your choice (anything breathable)
- Needle and thread
- Scissors

Instructions:
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The term “Three Sisters” originated from the Iroquois creation story. It was said that the earth began when “Sky Woman” who lived in the upper world peered through a hole in the sky and fell through to an endless sea. The animals saw her coming, so they took the soil from the bottom of the sea and spread it onto the back of a giant turtle to provide a safe place for her to land. This “Turtle Island” became what is now known as North America.

Sky woman had become pregnant before she fell. When she landed, she gave birth to a daughter. When the daughter grew into a young woman, she also became pregnant (by the West wind). She died while giving birth to twin boys. Sky Woman buried her daughter in the “new earth.” From her grave grew three sacred plants—corn, beans, and squash. These plants provided food for her sons, and later, for all of humanity. These special gifts ensured the survival of the Iroquois people.

Corn, Bean & Squash Nutrition

A Three Sisters Garden is a method that Indigenous peoples used and taught to settlers. The three sisters, corn, bean and squash, were planted together and the combination of plants helps each of them to produce fully. Beans produce a high amount of nitrogen which corn needs in order to grow. Bean plants also climb up the stalks of the corn to grow tall to reach the sun. Squash plants spread on the ground and provide a natural weed cover.

The three plants are also a nutrition powerhouse when combined. Corn contains carbohydrates, providing a rich source of energy while beans provide protein and fibre to help balance the release of sugar into the bloodstream, keeping us fuller for longer. The squash is full of nutrients, such as vitamin A that helps to maintain good eye health. Fibre helps keep us regular, lowers bad cholesterol and prevents overeating due to its role in helping us to feel full.

Bright and Fresh 3 Sisters Salad

Get your veggies with this bright and crisp salad – this would make an ideal side dish for a summer picnic or BBQ!

Ingredients:
- 1 12-ounce can of corn, drained
- 1 12-ounce can thin green beans, black beans, or cannellini beans (whichever you prefer), drained
- 1/2 a red onion, thinly sliced
- 4 cups sliced summer squash and zucchini
- 2 tablespoons olive oil
- 1/3 cup sweetened rice vinegar
- 3 sprigs parsley, finely chopped
- Salt and Pepper

Directions:
Step 1: Lightly sautée summer squash and/or zucchini in a pan, for just a minute. Set aside to cool.
Step 2: In a large salad bowl, combine corn, beans, sliced red onion, and parsley.
Step 3: Mix the rice vinegar and olive oil to make the dressing.
Step 4: Add the sautéed squash, and drizzle the salad with the dressing. Add salt and pepper to taste and serve.

Tips:
You can also make this a heartier salad by adding in some quinoa or couscous
Top with avocado, chopped tomato, feta or anything else you enjoy!
Overdose Prevention Line
Grenfell Ministries Overdose Prevention Line is a number people can call if they are about to use drugs and are located in Ontario. The operator will stay on the phone line during drug use, in the event that they receive no response after administration of narcotics, the operator will call 911 and alert them to a possible overdose at the location provided. The number may also be used for those in need of harm reduction supplies or assistance with home detoxing.

Overdose Prevention Line: 1-888-853-8542
7 days per week: Mon-Fri 12 PM-10 PM
Sat-Sun 12 PM-12 AM

Crisis Resources
When in need of someone to talk to. Open 24 hours a day (unless otherwise indicated):
- First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310
- Toronto Distress Centres: 416 408-4357 or 408-HELP
- Gerstein Crisis Centre: 416 929-5200
- Assaulted Women’s Helpline: 416 863-0511; Toll-free: 1 866 863-0511
- Kids Help Phone: 1 800 668-6868; Languages: English and French
- Community Crisis Line Scarborough and Rouge Hospital: 416 495-2891 for 24/7 telephone crisis support. Service borders: south to the lake, north to Steeles Avenue, east to Port Union Road, and west to Victoria Park

Women’s College Hospital - Indigenous Well-being in the Times of COVID
Four Directions Virtual Support Hub:


St. Michael’s Family Health Team
A great place to find information about benefits and resources related to CERB, OW/ODSP, child benefits, legal support, and food:


Indigenous Climate Action
Indigenous specific resources such as entertainment and activities for children, teens and adults, information on medicines and holistic practices at home, mental health supports, and more!

https://www.indigenousclimateaction.com/post/covid19-resources-for-indigenous-peoples

Ask Auntie!
Between 4:00pm - 9:00pm every day, the Indigenous COVID Pathways Hotline will be available to answer any COVID question you have: 437-703-8703

https://www.indigenousclimateaction.com/post/covid19-resources-for-indigenous-peoples