

# ONE THOUSAND TREES



MAY 2015

**ONE THOUSAND TREES**  
FACILITATING WELLNESS  
THROUGH CONNECTION, CREATIVITY, AND COMMUNITY SERVICE

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# ONE THOUSAND TREES

MAY 2015

THE WORK THAT RECONNECTS



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**Jennifer Annett**  
Volunteer Profile

Jennifer is a graduate of the Honours Bachelor of Outdoor Recreation, Parks and Tourism program at Lakehead University (2001). By day she is a Facilitator of Community & Voluntary Sector Investment with the United Way of Cambridge and North Dumfries' Volunteer Centre. She helps local agencies with volunteer recruitment, recognition, promotion and program funding. By night she is a mother of two; she has a dog named Daisy, loves the outdoors and has been a lifelong volunteer.



**Sherie Cunningham**  
California Dreaming

Sherie is accomplished in many ways. She is an active member of "The Writers Café", "The Write Practice" and "Poets and Writers" groups. When she takes a break from writing, you'll find her working on her own custom designed jewelry, taking long walks along San Diego Bay, or engrossed in photography. She has four children and four grandchildren ... so far. She has made her home in San Diego for forty-five years.



**Teri Degler**  
*Nourishing Your Creative Spirit*

Teri has ten books to her credit including *The Fiery Muse: Creativity and the Spiritual Quest* (Random House of Canada). Teri teaches workshops on creativity and writing in the United States and Canada. For years she has researched yoga philosophy, the divine feminine, and highly creative mystics. Her freelance writing has appeared in *More Magazine*, *Today's Parent*, *The Toronto Star* and many other publications. Her latest book, *The Divine Feminine Fire: Creativity and Your Yearning to Express Your Self*, has been a # 1 Amazon Bestseller in Canada in two of spiritual categories. Visit her at [www.teridegler.com](http://www.teridegler.com)



**Catherine Giroux**  
*The Story Behind the Story*

Catherine is a student, teacher, and aspiring writer. She is currently pursuing her Master of Education degree at Nipissing University where she is researching the Psychosocial and Academic Development of Post-Secondary Students with Ehlers-Danlos Syndrome in Ontario. When not researching or writing for pleasure, Catherine enjoys teaching, swimming, and Stand Up Paddleboarding.



**Alex MacEachern**  
*Book Review*  
**Recipe Box**

Alex's background was inspired by her upbringing on a farm and her love of cooking. A master's degree in Sociology and a catering business followed, bridging her passion for organic food and small farms. Alex is making the most of her transition to the UK, having ventured down a new career path as a certified flower essence and reiki practitioner.



**Wendy McDonnell**  
Family Matters

Wendy is a motivational speaker, writer, parenting and communications coach and mother of four who helps parents be more loving with their children while healing their own childhood pain. She helps parents feel safe and happy as they lead from their values, meet their children's essential needs, communicate effectively and reduce stress. Wendy hosted Family Matters radio on CFRU 93.3FM for more than 4 years.

*Photo Credit: Sarah McDonnell*



## Noah Nogueira

### What I Know

Noah Nogueira is 11 years old and resides in Guelph, Ontario. In his spare time, Noah enjoys video games, archery, drawing, friends, volleyball, and live music.

Noah loves all animals; but, his two favourite animals are cats and chipmunks. He has always felt that he has a special way with cats and develops an instant connection.



## Jessica Sgrignoli

### *The Work That Reconnects - The Spiral*

Jessica graduated from Brock University with a Bachelor of Arts, majoring in Psychology with a focus in Eastern Psychology. She currently has a private practice in the field of Energy Medicine and specializes in Yoga, Ayurvedic Body Work, Reiki and Therapeutic Touch. Jessica's desire is to support others on their healing journey towards wholeness and believes unconditional self-care to be the key component of living a happy and healthy life. For more information visit [www.journeytowholeness.ca](http://www.journeytowholeness.ca)



## Bob Smith

### *Message to the Future*

Like many writers, R.K. (Bob) Smith has worked in widely different settings, accounting for diverse characters, settings, and story lines. He describes his stories as 'character-driven', rather than 'plot-driven'. People face some kind of challenge and face it with creativity and integrity, often connecting with others as part of the process. He has published novels and short stories in online, newspaper, and more traditional printed formats, as well as having written Christmas stories heard on radio.



## James Wells

### *The Work That Reconnects: More Than a Workshop*

James is a full-time tarot consultant and circle process practitioner in Guelph, Ontario. He is the author of *Tarot for Manifestation* and *Tarot Circle Encounters*. James enjoys trees, good food, close friends, reading, writing, and long walks. Please visit his website at [jameswells.wordpress.com](http://jameswells.wordpress.com).

The most remarkable feature of this historical moment on Earth is not that we are on the way to destroying the world; we've actually been on the way for quite a while. It is that we are beginning to wake up, as if from a millennia-long sleep, to a whole new relationship to our world, to ourselves and each other."

**Joanna Macy**





## FROM THE EDITOR

I was first introduced to Joanna Macy's *The Work That Reconnects* at a workshop put on by Transition Guelph, as part of their Resilience Festival. I believe it was in 2014, but it could have been 2013 ... the years go by so quickly! And while I don't profess to know a lot about it, I was struck by the power of the energy in that room, and by the concept that "Experiencing the reality of our inter-existence helps us see with new eyes." The energy in that room was palpable, and I have never forgotten it.

Since I began this magazine in 2010, and have added more branches to the One Thousand Trees family, I have been continually inspired and humbled by the amazing people with whom I have connected. I am **grateful** beyond words.

I have spoken before of the **pain** of my own past, living with an abusive man and losing myself, and my sense of value, as he incessantly chipped away at my self-esteem. Working through that pain was one of the most difficult things I have ever had to do, but certainly one of the most gratifying. For it is only because I had to deal with the pain that I am now able to **see with new eyes**. I am now able to understand my purpose here, and I can **go forth** into the world with these new eyes, and help others, to the best of my ability, in rediscovering their own sense of value and purpose.

*Lisa*





***THE WORK***  
***THAT RECONNECTS:***  
**MORE THAN A WORKSHOP**  
by James Wells

When I first heard about the Work That Reconnects (WTR) a few years ago, my interest was not immediately piqued. However, after several people I knew attended the WTR gatherings hosted by my friend Jeannette spoke about how their perspective had shifted and how they felt empowered by what had transpired, I decided to attend a session to experience it first-hand. The day-long process, rich with council-style conversation, simple ritual, the cherishing of our feelings about these times, and the call to some kind of action moved me.

After reading *Coming Back to Life*, a book of Work That Reconnects activities, and attending a couple of lectures by Joanna Macy, the founder of WTR, I began to employ this elegant model in various ways. I hosted some days of the process for small groups, sometimes as the sole facilitator, sometimes co-leading it with a friend. The WTR spiral of grounding oneself in gratitude, honouring pain, noticing a fresh vision, and going forth with action became a template for many workshops, tele-seminars, and consultations for private clients. I introduced several of the exercises to a spiritual community of which I was a member. Going through this four-part cycle always catalysed, and still catalyses, a noticeable change for the better.

The Work That Reconnects is not only a workshop, it can also be integrated into one's life. How do I employ it outside of a formal WTR setting? The quadripartite pattern inspires my journal writing. I can ask myself questions such as, "For what am I grateful this week?", "What pains me deeply at this time?", "To what new vision do my gratitude and pain lead



me?", and "What can I do about all of this over the next few days, weeks, and months?" and respond with a free flow of bone-honest writing to be re-read and put into operation. Sometimes I post one WTR-style question or idea per day for four days on Facebook and have the privilege to read people's heartfelt comments as they emerge on my timeline. Even though it's online, a richer sense of kinship is woven. One summer evening, a group of us had enjoyed a barbecue and were chatting over wine afterwards. A woman in the group said, "I would really like our conversation to be about something deeper. What can we do to make that happen?" I started us off with, "What does each of us most love about being alive on Earth at this time?" and allowed that round of conversation to run a natural course. Then I asked, "What's been difficult for each of us to hear about in the news this week?" And so forth. By the time we all helped wash the dishes and headed out the door, we all felt as though we were better friends and that we had a common purpose that would benefit our local community. I know a couple of therapists who employ the Work That Reconnects with their patients and I have designed spreads/maps based on it to use with tarot counselling clients.

An important thing to bear in mind about the Work That Reconnects is that we need to apply it to three dimensions. First, to create holding actions, activities that buy time, that slow down damage to Earth and its/her beings. This can be lobbying, protesting, blockading, holding a vigil, creating a petition, or "blowing the whistle". Second, we're invited to analyse structures that aren't working and come up with new structures that are more life-affirming. This can include forms of government, business models, types of currency, and education systems in order to understand them so we can begin to change what no longer works. Third, a shift in consciousness is required. Beliefs, philosophies, religions, spiritual practices, ethics, and values need to be assessed and adjusted as necessary to ensure a biophilic mindset. All of that journalling, social media posting, post-barbecue conversing, consulting, counselling, teleseminar hosting, and workshopping our way through the WTR spiral makes a healthy difference when applied to, and embodied in, these three dimensions.

What, if anything, might you do with the Work That Reconnects? Read something by Joanna Macy and her associates? Host or attend a WTR day, weekend, or week? Use the processes

and templates in your daily life somehow? With whom? On your own? With friends, classmates, or colleagues? When? Next week? Next month? Three months from now? The adaptability of this model is part of its beauty. As Joanna Macy once said to me, "Go out there and make it your own." Whatever you do with it, and however you do it, your compassion for self, others, and the web of life will be augmented.

Praise be!



## IMPROVING THE MIDDLE GRAND by Janet Baine

A new group has grown to over 125 members during the last year — all passionately working to improve the middle section of the Grand River. This area includes the Grand River between Cambridge and Brantford, as well as all the tributaries.

"We are not a social club, we are not a fishing club. We do this to see the river improve," explains Larry Halyk, a retired stewardship coordinator from the Ministry of Natural Resources. He says he is one of the "three grey-haired founding fathers" of the club, now doing for free what he used to be paid for. The other two are Warren Yerex, the GRCA's retired supervisor of aquatic resources, and Larry Mellors, a retired tax assessor who has been working on river restoration for 40 years.

"There is a latent demand out there, a lot of people who love the river who want to get to the river, but these slow-growing fish are once again disappearing in some areas, such as below the Kitchener wastewater treatment plant at Doon.

While the area is heavily populated and the rivers face many challenges, the best asset is the physiography and the abundant groundwater that gushes into the rivers, renewing them.

Despite all the challenges, some tributaries are cold enough to support trout, a coldwater species, and these offer lots of opportunities for improvement. "We have many young people who are in their 30s and we're having trouble keeping up with these folks. They tell us they enjoy our experience, but we are getting so much from them and their enthusiasm," Halyk says. The executive members share the responsibilities, since looking after the river is "not a sprint but a marathon" and they want to keep it for a long time.

Halyk grew up on a farm in Norfolk County and so the Middle Grand is the area he fished as a boy. He retired from the Ministry of Natural Resources and is now president of the Middle Grand Chapter of TUC. They have set out terms of reference and a work plan. They are also collecting data about the rivers. A communications team led by Andy Dietrich is harnessing social media to let people know about the work days and other chapter activities.

"We can't do it all, and we can't do it overnight. So we are carefully planning this," Halyk says.

Everyone is invited to keep an eye on the website and social media for events and to help the members make improvements. All three of the founding members of this chapter are also founding members of the committee that created the Grand River Fisheries Management Plan that was first published in 1998. They used the "best bets" that were recommended in the Fisheries Management Plan as the basis for developing their workplan for the Middle Grand restoration and monitoring program.

In 2009, this plan's implementation committee received a National Recreational Fisheries Award from Fisheries and Oceans Canada. This was a proud moment, because it is the top award in Canada that a recreational fishing organization can receive.

In addition to interested members of the public, Halyk says the new chapter of TUC would welcome partnerships with groups. They also plan to work with landowners and municipalities.

Information is available at [www.tucmiddlegrand.org](http://www.tucmiddlegrand.org) or [www.twitter.com/TUCMiddleGrand](https://www.twitter.com/TUCMiddleGrand).

*Reprinted with permission from The Grand River Conservation Authority.*







***When you stand and share your story in an empowering way,  
your story will heal you and your story will heal somebody else.***

Iyanla Vanzant

Authors from ***SHARING: our stories, our selves, our success***, anthologies of empowerment stories published in Guelph by One Thousand Trees, are coming together to offer a series of four “**Sharing Evenings**” on topics covered in the books.

Held at Harcourt Memorial United Church from 7 to 9pm, each evening will include authors reading excerpts from their stories and speaking about the process of writing those stories. Open discussion and a facilitated Question & Answer time will follow.

**Dates and topics are as follows:**

May 12: Physical or Mental/Emotional Challenges

May 26: Childhood Trauma

June 9: Addictions

June 23: Telling Our Story, Speaking Our Truth

**There is no charge for these evenings, but space is limited.  
To register, please email [lisa@onethousandtrees.com](mailto:lisa@onethousandtrees.com).**

**For more information on the SHARING anthologies,  
visit [www.sharinganthologies.com](http://www.sharinganthologies.com).**

## THE WORK THAT RECONNECTS: THE SPIRAL by Jessica Sgrignoli

The Work that Reconnects (WTR) was developed by Joanna Macy and her colleagues. Joanna Macy, now 86 years old, is an Eco-philosopher, Buddhist Scholar and Living Systems Theorist. WTR is a set of experiential group processes that allows people to speak their truth about what they see, know and feel is happening to our world.

WTR first began as a way for people to talk about nuclear war without depressing each other to pieces or turning other people off. WTR is not only for social and environmental activists and concern about climate change; it is much bigger than this.

Something larger is forcing us to look at the way we all live our lives. And pointing out how bad things are just isn't enough! Baked, waterless land, dirty air - this is a historical moment. Something is alive and delivering us a message - and not just that we are sinners! We have a chance to make things right. If the problems of the world are human made, they can be un-made. WTR offers its participants a tangible way to access inner truth and wisdom. WTR has the ability to free up once suppressed energy; transmuting it into a strong sense of power and agency to act for the benefit of all. The WTR contains 4 stages of a spiral-Coming from Gratitude, Honouring

our Pain, Seeing with New Eyes, Going Forth.

The first step is Coming From Gratitude. All wisdom traditions start with gratitude. Being awake, feeling alive and comfortable in your own skin is one of the most subversive acts you can do! It is our birth rate to feel happy and whole in our own skin, and this is exactly what the industrial growth society (igs) wants us NOT to do. Taken from Joanna Macy's book, Active Hope, "corporations thrive on creating self-pity, making us feel like we are not enough." Showing ourselves and daring to inhabit our life is a most radical act.

The greatest alchemical moment in the work is, Honouring our Pain for the World, which is pathologized in society. The message that we receive from the igs, "don't get in touch with your anger, stay low and quiet" encourages buying into the system and turning to external, material objects for comfort. Not to mention, the spell-binding medications and cultural additions to numb our discomforts.

According to Joanna Macy, it is not possible for us to numb selectively. The whole body and person shut down when there is a disassociated response. When we numb ourselves from fear, we also suppress pleasure and the innate ability to respond to signals from our environment that something just isn't right. Responding to feedback from the environment is a survival

tool, and when things come to us we need to metabolize it and send it through, otherwise we just remain stuck and out of balance with our larger body.

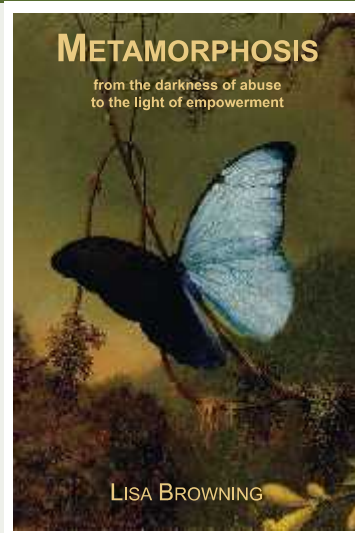
Joanna believes that fear and love are two sides of the same coin, and when we suppress one, we suppress the other. When we allow ourselves to touch the bottom of our fear, it loses its effect, and frees us as it transmutes into its opposite which is love.

When we See With New Eyes, we gain insight into the radical interconnectedness of the entire web of life, and our place in it; not as its weaver but merely a strand. Seeing With New Eyes, allows us to break free of our present experience of time, of being on a conveyer belt that just doesn't seem to let up. Participants have the opportunity to liberate themselves from the model of self as separate and reducible. Seeing With New Eyes reverses this thinking, turns us on and tunes us in to the right channel.

Going Forth with the insight of our radical interconnectedness (we are earth, earth is us) and the compassion to act for the benefit of all, are two of the necessary tools for action and creating change, according to Buddhist teacher, Choegyal Rinpoche. When we have the support of these two tools, our power is manifold.

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***Metamorphosis:  
from the darkness of abuse  
to the light of empowerment***

**Have you been, or are you being, emotionally abused?**

Beverly Engels defines emotional abuse as *“any nonphysical behavior that is designed to control, intimidate, subjugate, demean, punish, or isolate another person through the use of degradation, humiliation, or fear.”*

Through the use of anecdotes, artwork, poetry, quotes, and factual information, **Metamorphosis** will take the reader on a journey from darkness to light, from disempowerment to empowerment and a true sense of self.

*When you stand and share your story in an empowering way,  
your story will heal you and your story will heal somebody else.*

Iyanla Vanzant

**We are looking for contributors ...**

This is your chance to be part of a life-changing project! All contributions will be published anonymously.

**For more information on how you can participate in this project,  
please email [lisa@onethousandtrees.com](mailto:lisa@onethousandtrees.com).**





**Chipmunk**  
**Small, fast**  
**Hiding, hoarding, speeding**  
**Striped, “camoed,” cute**  
**Searching, burying, sniffing**  
**Furry, soft**  
**Squirrel**



## NOURISHING THE CREATIVE SPIRIT by Teri Degler

When I headed to the Creativity Art Retreat last July to lead a workshop with the extraordinarily talented singer/songwriter Pam Gerrand I had no idea what to expect. All I knew was that I needed to be taking a retreat more than I needed to be leading one. Life had gotten to me! Stress was zinging along every neural pathway in my brain; every nerve in my body – keeping me tired and wired at the same time. And there I was – supposed to be leading a retreat on expressive art, creative writing, visualization, and deep, relaxing breath work. Ha!



Thankfully, I was co-leading the retreat, and I was about to discover that one of the great joys of being a co-presenter is that it gives you an opportunity to take a workshop along with leading it. I had not, however, discovered this quite yet. When I pulled up to the funky old barn-board building that had been a general store and post-office in back in Simcoe County’s early days, all I wanted to do was soak up the atmosphere, breathe in the soft summer air, and rest. Putting off unloading and preparing for the workshop, I walked around to the back of building. I’d seen pictures of the retreat grounds and knew it was located on the Noisy River. Noisy? A river? I’m from Toronto; I know noise. This I had to see – or, better, hear. And there it was. This had to be the original babbling brook! It prattled; it chattered; it tinkled. But, most



importantly, it spoke to me. “Sit here,” it said, “sit beside me, beneath my willows, for three days. Soak your hot, sore feet in my cold water. Splash me on your tired face. Breathe. But do not move.”

Alas this was not to be. Pamela Jane Gerrand had arrived! A ball of light, sound, and energy, Pam is not only an incredibly talented vocalist, she is one of the most gifted lyricists I have ever known. The lyrics to her songs sing themselves; they are pure poetry. With four CDs to her credit, Pam has opened conference for the likes of Deepak Chopra and Byron Katie. She is also a sound healer, and over the next few days the other participants in the workshop and I were able to let that healing sound wash, like the music of the Noisy River, over us.



This three-and-a-half day workshop was a departure and a bit of an experiment for the organizers. The Creativity Art Retreat was founded in 1996 by well-known artist and social activist Lynn Connell as place where artists and some of the most exciting art instructors in the U.S. and Canada could come together. It has been

hugely successful at this, with internationally known teachers filling sold-out workshops. The retreats have featured not just classes in all forms of artistic expression, but gourmet lunches and snacks, daily yoga and meditation, and even the availability of on-site massage.

While our workshop – billed as *Ignite Your Creativity: with sound & colour, pen & drum* – would include working with art materials, it was the first one the Retreat had offered that focused more on writing and included sound and sound healing. Fortunately, it was a great success. Aimed at artists and writers, beginners and professionals, men and women, it attracted – with the exception, sadly, of men! – all these categories and brought together a group of women whose energy and emotional honesty created a cocoon. When I think of a cocoon I imagine a space that is soft, warm, and secure, yet vibrates with potential. And this is exactly what we all, Pam and I included, experienced. We made art; we wrote; we drummed; we danced beside the Noisy River and made a joyous noise of our own.

We experienced the creative force and felt it moving through us. Ancient sacred texts from the tradition of hatha yoga and Tantra call this force Shakti, or kundalini-shakti. Shakti is the cosmic divine feminine, and although she is not more important than the divine masculine, she has a special role to play in creativity: She is not only the creator of the universe; she is the creative force within each and every one of us.



This is, I believe, is what we mean when we talk about being moved by the creative spirit. I find it both comforting and empowering to think that this spirit it within us. It – or she, if you will – is *embodied* within us. This means that the creative spirit is not something you have to look for or long for. You have it already it. It is *accessible*. And yet, over the years, I have discovered that there are places that make it a little easier to get in touch with this powerful source of creative inspiration; places where it flourishes, places where it is nourished. Without any doubt, the Creativity Art Retreat is one....

Pamela Jane Gerrand and I wouldn't miss a chance to be there. We will once again be leading – and happily participating – in *Ignite Your Creativity: with sound & colour, pen & drum*, from Sunday, August 2nd to Wednesday, August 5th.



### The Heart of Mexico Silent Auction

Heather Embree is asking for donations for The Heart of Mexico Silent Auction for her pre-book launch fundraiser on August 16th. She is looking for Mexican-themed pieces that either you have created or that you have brought back from your travels. This money will go towards publishing her children's book, *The Stellar Queen of Oaxaca*, a sweet and cultural story about the power of one woman's heart to change her community, which will be published through Saplings.

For more info or to contact Heather, email: [heather@blossomingheart.ca](mailto:heather@blossomingheart.ca)



### FAMILY MATTERS by Wendy McDonnell

#### The Work That Reconnects For Families

*"Living within a society that denies the pain it causes engenders deep conflict within us, but the taboos against speaking of it, or even seeing it, are subtle, strong and complex....Yet we do ourselves and the larger world real damage when we go along with the taboos and deny the truth of our inner knowing, as I did for so long.... This is not who we really are: self-centered, arrogant, greedy, contemptuous of other humans and life-forms. No! We have been hijacked by an insane, alien culture of our own foolish making. Let's reclaim our true humanity: loving, generous, caring, connected and joyful, heroic, persevering, willing to endure suffering as part of life, heart-centered, creative and wise."*

Molly Young Brown, *Coming Back to Life: The Updated Guide To The Work That Reconnects*.





What does it mean to reclaim our true humanity - accepting our part in the world as mammals, consumers and creators?

Joanna Macy says that these things deaden our hearts and minds:

- fear of pain and despair
- wanting to transcend obstacles by separating ourselves from worldly concerns
- fear of not fitting in, guilt, distressing others, powerlessness
- distrust in our own intelligence and our capacity to engage in conversations and healthy debates
- shame and fear of speaking up
- time and attention pressures and suggestions of the media



The effects of separation, seeing ourselves as either better than or lesser than any other is something that causes a lot of suffering for parents and children. When parents exercise their power over their children, children fight back to be heard or simply walk away, hopeless that they can win the fight. Power struggles ensue and threaten to tear apart the family. Conversely, when parents allow their children to run the show, resentment builds with every concession triggering hurt, overwhelm, and hopelessness. Self-sacrifice seems noble on the surface but it's just as damaging as stepping on others to meet our own needs. Separation leads to depression and anger. Both are exhausting and fruitless.

Joanna Macy and her colleagues propose, as so many progressives do, a

middle way. Not power-over. Not power-under. Power-with is joining together, considering everyone's needs (even if we can't find a way to meet our needs in the moment) for the sake of our life on Earth.

What I am seeing emerge from the fear, mistrust and shame, is courage - a willingness to live fully and respecting others' rights to do the same. In many systems (ie., educational, economic, medical, legal, and the human services) we are seeing a shift from following top-down authorities to recognizing our capacities to meet our needs in the best way that we know how. Parents are naming their pain without, or even while, blaming their own ancestors. The pain of our parents and grandparents is our own - a result of deadening our hearts and minds for generations. Many of us grew up in families where it was shameful to have human feelings and needs. In those families, our loved ones taught us to numb out being human with all sorts of addictions. In progressive families, parents open up and respect differences of opinions, conversations, and kind treatment for all, especially the children - even while managing their own addictions.

What does it take for a family to come back to life?

Joanna Macy and her colleagues suggest simple ways from *Coming Back to Life: The Updated Guide To The Work That Reconnects*:

- Take joy in life with your children, especially in nature
- Know and honor your own feelings
- Invite your children to share their feelings and knowledge
- Give your complete attention
- Listen deeply without intervention
- Help children affirm and define their feelings
- Acknowledge what you don't know

- Support your children in taking action in their own right
- Show them you care by your own actions

Perhaps, it's not a habit yet but this is do-able. Right?

Reclaiming our true humanity and accepting our part in the world as mammals, consumers and creators seems a daunting task given our time and attention pressures. However, it is deceptively simple. Each one of us is driven by the same human needs - survival, relationships, love, self-esteem, purpose, interdependence, and sharing our talents. How we choose to spend our resources and the 24 hours we have in every day is up to each and every one of us. Each one of us is 100% responsible for our choices. There are many folks speaking up now, advocating for a better life for our families and generations we will never meet. We are not alone!



## ALEX MACEachern's



### Spring Smoothie

*Okay you may balk a bit at the use of turmeric in this smoothie but trust me, it is delish! The vibrant colour from the turmeric makes you feel full of sunshine and this amazing ingredient is well known for its anti-inflammatory properties. Depending on how smooth you like your smoothies will determine whether or not you include the hemp seeds; however, they are a great addition of protein and a small amount of oil in your smoothies increases your body's nutrient uptake. Take this with you in a jar for a filling morning snack.*



## Ingredients

1 navel orange  
1.5 cups of berries (use frozen until the local fresh are available)  
½ tsp of cinnamon  
1 ¼ tbsp. of turmeric  
Cold water  
Honey or maple syrup, optional  
3 tbsp of hemp seeds, optional  
Blender or immersion blender

Cut a small amount of the top and bottom off of your orange being careful not to cut into the flesh. Run your knife along the outer skin of your orange, leaving the white pith intact, there is a lot of goodness in there you don't want to waste.

Cut the orange into chunks and add to your blender.

Add all the remaining ingredients, except the honey, add this at the end once you know how sweet your smoothie already is.

Add water until the ingredients are just covered and blend until smooth. If the mixture is too thick, add a little bit more water.

Now is the time for honey or maple syrup, but only add it if you need it!

Enjoy!



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As I began to contemplate this month's topic for our article, I realized there were many avenues I could travel and still arrive at a point of conception. However, my point of "Aha-ness" began when I realized I was just about to examine the deception brought on by "loved ones". A massive betrayal, and "unconnection" had taken place in my life over the previous year.

From this I no longer had anything to hold on to. I had no place to live, no resources, no personal possessions. All I had was my car and myself. But God provided friends to help me. At times I couldn't even think or write, my mind was so depleted. I had to figure out how to pull myself out of the deepest pit I'd ever been in.

I still do not have all the answers or the pieces of this puzzle. But healing is taking place and I have hope once again. Let me try to explain where all this began.

Four years prior to this the woman I rented a beautiful little one bedroom from had fallen ill and needed to be moved to an assisted living home. My only choice at the time came down to moving in with my eighty year old Mother. That was just until I could find another place to rent. Shortly thereafter I became her caregiver, as her health began to slowly fail. To say the least, it was a difficult transition for both of us. We still had a massive amount of unresolved "history" between us, from the time I was eight

years old! It was my intention to be there for a short while until I could find another place. The sooner the better.

At the time, I needed a place to live and she now depended upon me to run the house, which included all the grocery shopping and preparing healthy meals. I managed her meds, scheduled her doctor's appointments, drove her to and from each one and stayed by her side during the three-hour tilt table test. She also had a five-day stay at the hospital, and I spent as much time there as they allowed. I'd stay late into the evening and drive back the next morning.

Of course her sixty-year-old home started falling apart at the seams at the same time. I was contending with not one but several disasters that simultaneously occurred at her house.

The main water pipe in the master bedroom burst and flooded a good portion of the upstairs. It also managed to run through the floor, flooding the whole downstairs, including the expensive new carpet that the tenants bought and installed at their own expense. We encountered an infestation of mice that had to be treated for several weeks, and the termites started falling out of the wood beamed ceilings and needed several treatments in order to contain the mess they were creating.

Then there was the "tenant from hell" that occupied the "Court-Yard" studio apartment. We found out that she had her 12 year old son living in this very small space with her, and that she was a drug addict. We had to call the police twice in one night, and I phoned Social Services, who came to take the boy to a safe house. Of course the rent had not been paid for three months by then, which made it hard for Mom, as she depended on this money to make her house payment. Finally, we served the tenant with court orders to get her out, but even so it was three months before



she left. By this time the place was demolished and filthy, and all we could do was gut it and start over.

And ... all this chaos in a neighbourhood of elegant homes two blocks from the San Diego Bay, worth \$2,000,000 to upwards of \$10,000,000. To say the least, the neighbours were less than tolerant of the whole situation. We became the ghetto house with a gorgeous view of the Bay, the Coronado Bridge and the backdrop of the entire city.

During this time my mother began to seclude herself in her bedroom. Her bed had now become her desk, her dining area and the landing strip for everything else ... she was going to get to later. The problem was that she'd grab the mail, open it and put it in a stack never to be seen again. The results ended up with the water being turned off, yet again! And concluded with my running downtown and getting a check to the main office at five minutes till five ...closing time! This was the drill, with the phone, our cell phones, the water and gas and electric company.

Then there was the "Changing of the Will" three times in three months. Family members fell out of favour as fast as they were inducted in the first place.

The first thought that comes to mind is ... deception! I had no choice but to trust my son and his wife; I took them at their word while believing their

intentions were coming from a loving place. However, the truth of the situation proved to be less than honourable, as unbeknownst to me they had an agenda from the very beginning.

I was lied to and deceived into believing my mother was at a point in her life that demanded more intensive care than I could provide for her at home.

The intensity of the situation had blown way out of proportion. I never expected the outcome would include the loss of the relationships with half of my family, including my mother. Pretentious and selfish behaviour destroyed and ripped our family apart. I began spending more time alone, feeling disconnected, and the word "trust" resided somewhere in my distant past!

Writing has always provided a safe place to share my deepest feelings and repair the broken connections within myself. Having the courage to voice my deepest truth, a healing process begins. Working through these challenging times has taught me to access new opening within and realize my own strength. A stronger more confident me has emerged as a result.

*"Faith is better than belief. With belief, someone else is doing the thinking. Faith comes from within. "*  
Buckminster Fuller



## **ASK AND IT IS GIVEN: LEARNING TO MANIFEST YOUR DESIRES** by Esther and Jerry Hicks

Well sometimes it just happens doesn't it? Everything aligns perfectly in your favour and you are handed a beautiful tiny secret that will change your life forever. I was fortunate enough to be on the receiving end of one such fortuitous event! I was back home visiting my family in Canada for the Christmas holidays (I live in the UK) and my sister kindly bought me a Reiki session as a present. As a Reiki practitioner I am always happy to be on the table for a treatment and the timing couldn't have been better. I was in the middle of my Reiki Master energetic detox and there was A LOT coming up. I had been told that old insecurities, fears, beliefs and habits that were no longer serving me were going to surface for one last look and acknowledgement and then shift. I was feeling quite desperate, flailing amongst these old familiar yet unwelcome fears; terrified that they were, once again, here to stay and I was going to find myself in another state of chronic anxiety. After a spell of being completely free from anxiety, this resurfacing was more than I wanted to face.

After an amazing Reiki session, I received an email from the practitioner suggesting a book that had come to mind after the session. It was called *Ask and It is Given: Learning to Manifest the Law of Attraction* and she said it really shifted her perspective and her thinking. Being one who puts a lot of stock in fortuitous meetings

and suggestions, I immediately purchased the book and let me tell you the first page had me laughing, crying and lifting my eyes to the heavens with an audible thank-you! I knew that this book was going to change my life and so it did. The book is written through a woman called Esther Hicks, and I say through, because the words are coming to her directly from “Source”; a cluster of non-physical beings she refers to as Abraham. Okay if I am about to lose you and you are slightly less interested in the teachings of metaphysical beings, please just imagine the words are coming from an enlightened woman named Esther; whomever the words are from, the teachings are worth reading.

The book carefully walks the reader through our connection to “Source” and how we can tap into this to shift patterns of behavior and manifest what our souls truly are here to do, free from insecurities, fears and old stories. The book carefully explains how every thought, feeling and desire (good and bad) we have will be manifested but we find a million different ways of blocking and limiting the good from actualizing in our lives. The work happens through the Law of Attraction which, because it is a universal law, cannot choose what happens for you or doesn’t, the results of our desires manifesting reflects how much interference we run in our lives. This hands-on book gives the reader their power back, enabling us to understand why things take longer than we want to manifest (our own proximity or distance from what we want and where we currently are) and how to take steps towards achieving our big goals with other lovely smaller successes along the way.

One tangible example they give is of a road trip from point A to point B. For this journey, we need a map and a plan and no road blocks along the way to interrupt our journey. It is a funny analogy imagining driving along,

expecting to get to point B but half way along turning around in the other direction and being surprised to be back at point A. This simple example illustrates how, when we are out of vibrational alignment with our desired outcome, there is simply no way we can achieve it, no matter how hard we try or how many car snacks we pack.

After years of engaging in energy work as a client and more recently my Reiki Master training, I think there is an important place for energetic therapies and clearing within this philosophy. Some people may have the ability to switch their mental and vibrational frequencies simple by being aware, but many of us have deep seated fears, stories and histories that make this process a bit trickier. Engaging in energy therapies (Reiki, EFT, Z-point, acupuncture) help to shift some of the blockages so aligning with your heart’s true desire becomes much easier.

The book ends with 25 different ways that you can shift your pattern of thinking whether you are already feeling pretty darned good or if you are in the depths of depression. These practical exercises clearly lay out what is needed at each stage to help you shift towards an ever-higher point of vibrational frequency and alignment with what it is your soul truly desires. I would give this book a whole-hearted 5 stars.

Happy aligning, everyone!



## FIGHT LIKE A ZEBRA by Catherine Giroux

The idea for the children’s book *Fight Like A Zebra* was born as a result of an assignment for a university class on educational psychology and special education. The task was to create a children’s book that could be used to educate children (and/or parents and teachers) about an exceptionality that would present in an educational setting.

In this context, an exceptionality refers to a situation or circumstance experienced by the student that would differentiate them educationally, psychosocially, or medically from their peers (e.g., dyslexia, autism, epilepsy, etc.). Since I had been clinically diagnosed with Ehlers-Danlos Syndrome (EDS), a relatively unknown connective tissue disorder, earlier that year, the topic for this story came to me easily. I also knew that I wanted to do more than just complete the assignment; I wanted to create something that could raise awareness about the struggles that students with EDS face on a daily basis.

*Fight Like A Zebra* is about an elementary school girl, Charlotte, who has been diagnosed with a genetic condition, Ehlers-Danlos Syndrome. Being relatively new to the school, she hasn’t yet found her place and made friends in her class and she is nervous that her diagnosis is what is keeping her classmates from reaching out to



her. A secondary plot line is weaved throughout the story in the character of Josh. He is Charlotte's friend from the neighbourhood and both seem to click on the grounds that they are the "misfits" of their respective classes. Throughout the story, the pair support and encourage each other to overcome their obstacles and stand up to those who bully them. The final message of the story is that everybody has a story to tell if only you take the time to listen. A positive and heartwarming story, I wrote this for children with the secondary purpose of being a tool that can educate parents and teachers about the realities of daily life for students with complex chronic conditions like EDS.

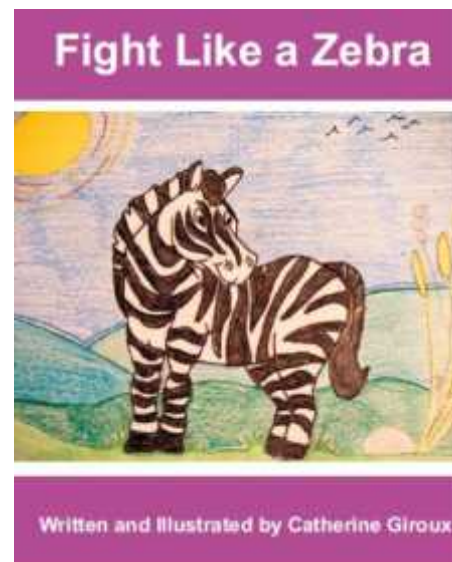
It would be easy to say that the character of Charlotte was based on me. After all, writers write about what they know, right? Actually, my diagnosis is very different than the one Charlotte's character portrays. That is pretty typical for connective tissue disorders; they can exist on a spectrum of severity and symptoms. I have a personal connection with vascular connective tissue disorders since my family has a history of aneurysms. I also know that there is an underwhelming focus on aneurysm and genetic research. This is why I'm incredibly grateful that *Fight Like A Zebra* can help to raise modest funds for research and further awareness, even in a small way.

As a teacher myself, I understand the difficulties inherent in accommodating a wide variety of student needs in a classroom environment. As a Graduate Student studying the psychosocial and academic effects of chronic illnesses on students, I realize that there is currently little attention paid to medical issues as a form of exceptionality in the special education field or school systems more generally. It is my hope that this book can serve as a valuable tool that allows for understanding and communication

between parents and teachers regarding students facing the educational challenges associated with EDS. I hope that it can help start to fill some of the current gaps.

I hope that *Fight Like A Zebra* is well received by those in the EDS community. I hope that it can be taken as the story that it is: as one example of day-to-day life for one student with EDS. As mentioned previously, EDS exists on a spectrum. Every experience is different. There are many different levels of severity. Charlotte represents but one example. I've heard a quote before and I'm afraid I do not know who to attribute it to but it goes like this, "If you've seen a person with EDS, that's just it. You've seen A person with EDS". Everybody is unique. All of this is to say that my book is fairly generalized but it has to be that way to represent a population. My aim is to raise awareness and I sincerely hope that I have achieved that goal.

Thank you everybody for your interest and support.



**Now available in the  
OTT bookstore at  
[www.ottbookstore.com!](http://www.ottbookstore.com!)**



## **MESSAGE TO THE FUTURE** by Bob Smith

Manny listened to Alison Readner, the guest speaker, and mentally snorted. The Enviro-Cafe was a monthly drop-in gathering of those concerned with issues such as pollution, disappearing species, climate change, and other environmental challenges. The fifth time she used the phrase, 'Knowing our pain' was once too many.

Manny held up his prosthetic arm and said, "The right leg's not real either. But the phantom pain in those missing limbs is. I know it all too well."

The other regulars knew his story, how a land mine in Afghanistan had nearly taken his life. They knew about his pain too, realized that's why he occasionally missed meetings. Once, he had had to leave in the middle of a presentation on the potential health risks of depleted uranium, something he knew from his military background was used in armor-piercing projectiles. The brass had said it was harmless except to the target. He wasn't so sure. He had been looking forward to that meeting, something he had vocalized to others, so they realized it must be serious when he left part way through. "Sorry," he managed to grate out when he stood. "Sometimes the pain is overwhelming." Everyone could see his disabilities since he used practical artificial limbs, not the cosmetic ones whose primary function was to mask the missing.

Needing to leave like that was unlikely to happen now. When he had asked Dr. Singh after that episode for different pain killers, he had refused to prescribe them.

"Those perceptions of pain will always continue but stronger meds are highly addictive; I wouldn't want you to become dependent." Then he gave Manny a brochure. "This is a course for people who have to deal with

chronic pain because of a back injury or some similar problem. It should work for you too. I highly recommend it."

The pamphlet was for a meditation course, one specifically targeted to coping with pain. Manny never had had leanings in that direction but felt desperate so he signed up. Meditating didn't actually reduce the pain but he learned strategies so it was not overwhelming; in particular, he learned to feel it, not simply think about it so it consumed his consciousness. Pushing it away simply made it scream louder but he found if he didn't try to deny it, he could slide it aside so that other thought- paths became possible.

Since then, he had become an avid gardener. He had transformed the yard around the house he had purchased with the insurance pay-out into a colourful and fragrant paradise of roses, lavender, and lilies. Fortunately, he had continued the policy his parents had taken out on him when he was a teenaged hockey star. At first, the insurance company had balked at paying since it was a military injury, but when he asked if they needed the negative publicity a refusal would bring, they succumbed. Now the yard was an oasis. Producing a haven of blossoms for birds and bees provided mental stimulation which didn't take away the pain, but let him focus away from it.

"My apologies," the guest speaker said. "Sometimes I get so caught up in the topic, I forget others haven't had the time I have had to think about it and they might have different understandings of the terms I use. When I say the words 'our pain', I'm referring to the feelings of hopelessness and gloom people often have when they think about the state of the planet. I heard David Suzuki once say that every victory seemed temporary but every defeat felt permanent. I don't know whether he

was the first to voice that sentiment but many of us can certainly get despondent when we realize that seems to be the case. I wasn't using the term to deny or belittle the very real pain people can feel. You obviously are someone with physical challenges and I'm not trying to downplay that. Those of us without such issues should consider ourselves fortunate. My apologies again."

Manny lowered his arm. Now that he knew what she meant when she used the term, he was curious to hear more.

She said, "'Knowing our pain' means acknowledging those feelings." Manny nodded as he recognized the parallel to what he had learned in the meditation course, but he still wondered what it had to do with the environment.

She continued. "I'm a long-term optimist. If I focus on the next several decades, even centuries, I can be a pessimist, anticipating how environmental degradation seems unstoppable. However, I believe humankind will survive the challenges of that time and a new civilization will emerge. I want it to have environmental respect as one of its core values, along with things like fundamental human rights and economic justice. I meet with groups like this knowing many people will then commit to specific projects."

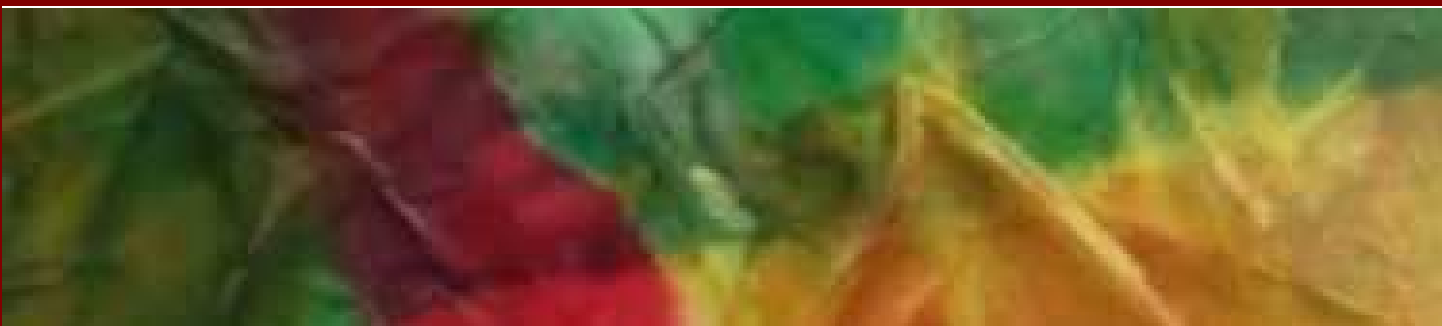
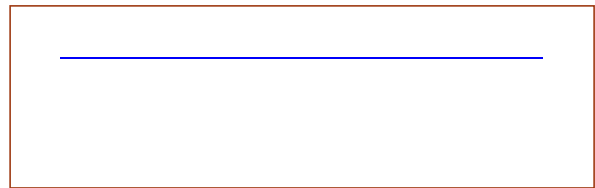
Manny still didn't see the connection between 'knowing our pain' and her long-term vision. He raised his prosthetic arm again and when she acknowledged him, said, "So now I see what you mean by 'our pain'. Sometimes, I get so caught up in the sensations my missing limbs cause, I forget others can feel just as much agony from non-physical things. But I don't see the connection to the future. I've learned to cope with my pain by actually feeling it, not trying to deny or repress it. What do you do?"

She was nodding as he spoke. "It's a good parallel." To the others, she said with a smile, "I didn't plant him here so I could make my point, but it sure helps." Then, focussing on Manny again, she explained, "When I use the phrase, 'knowing our pain', that's exactly what I mean, not denying reality or pretending things are different just because I think they should be better. Accepting allows us to move forward. We can connect to future generations by role-modelling the behaviours we want to see and living the values we want to form the basis of that new society. Preaching accomplishes nothing except alienating those who might already be inclined to move in our direction and forcing those who might not agree anyway to dig in their heels. So when you feel depressed, let yourself experience those feelings but you can then move them into the background and focus on doing the things that spread your ideals in a non-confrontational way. That is more likely to have an impact on a future civilization than stridency and ferocious proselytization."

Manny pictured his garden. He had never imagined it as a message to the future.

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## FOCUS ON VOLUNTEERING by Jennifer Annett

### Pride Stables volunteers make a difference in the lives of people with special needs

In Ontario an estimated 97,000 to 235,000 children and youth have special needs resulting in activity limitations. Many people with special needs want to actively participate in our community and look to programs and services that are inclusive and accommodating to their range of abilities. Therapeutic riding centers came to North America in the 1960s, but the concept of therapeutic horse aids dates back to ancient times. Therapeutic riding programs are used by many people to improve physical and cognitive abilities and self-esteem.

Pride Stables has been providing therapeutic riding for people with disabilities for over 40 years. It takes over 300 volunteers for the Pride Stables program to run safely and smoothly each year.



Each volunteer grooms and tacks up program horses before each lesson and then aids riders during their hour long ride, whether they are there for physical support or just a little extra encouragement. Pride Stables is fortunate enough to have volunteers who spend many hours and often multiple days within a week helping with programs.

Deb, a Pride Stables volunteer, says "I have had the privilege of being one of the volunteers at Pride Stables for the past year. It is the most uplifting and heartwarming experience I have ever had. Working with the extremely well behaved horses and ponies, being surrounded by experienced and knowledgeable pride employees, and above all seeing the joy these animals bring to the young and old who come to visit us...You leave the barn, each time, with a smile in your heart." We would like to say a BIG THANK YOU to all of the dedicated volunteers without whom the services at Pride Stables would not be possible.

*To find volunteer opportunities in support of people with special needs in Cambridge and North Dumfries visit [www.uwcambridge.on.ca/volunteer-centre.php](http://www.uwcambridge.on.ca/volunteer-centre.php), then click "Search the Online Database" or call 519-621-1030.*



## VOLUNTEER OPPORTUNITIES IN GUELPH

**The Elliott Community** requires Tuck Shop Volunteers to provide customer service in their small variety store, allowing residents and visitors to purchase snacks, cards, small gifts, toiletries and stamps. Duties include greeting people and basic point of sale interactions on the computerized system. Shifts are available 9:30 - 11:30am on Tuesday, Wednesday and Fri-day and 1:30 - 4:00pm on Wednesday. For more information contact Laura Hofer by phone at 519-822-0491 Ext 2240 or by email at [lhofer@elliottcommunity.org](mailto:lhofer@elliottcommunity.org).

**Concerned Residents Coalition (CRC)** requires a Board Administrator to join the CRC Board meetings. The CRC is a 700 person community group formed to ensure a proper assessment of the Hidden Quarry risks. In this position the volunteer will record minutes, track motions and actions, and distribute the minutes by email. Help manage documents and share your "know how" at capturing and organizing issues. Meetings will be in or nearby Rockwood and take place Thursday evening 7 - 9:30pm. For more information, email Alix Mabee at [amabee@crockwood.org](mailto:amabee@crockwood.org).

**Canadian Cancer Society, Wellington County Unit** requires Luminary Set-up & Sales Volunteers for the Guelph Relay for Life. Luminaries are candles that are placed in special bags that bear the names of cancer survivors and loved ones who have lost their battle with cancer. Luminary set-up and sales volunteers support the luminary decorating table and assist with placing the bags around the track. Volunteers who are selling Luminaries must be comfortable with handling cash and using debit/credit card machines. Students are welcome to apply. For more information, contact Sara Orrell at 519-824-4261 or email [sorrel@ontario.cancer.ca](mailto:sorrel@ontario.cancer.ca).

**Guelph Community Health Centre, Ontario Early Years Centre** requires W.E. (Women Everywhere) Breastfeeding Café Assistants. The program matches trained and experienced volunteers with mothers who are nursing and need support, and mothers who are pregnant and want to learn about breastfeeding. Café Assistance will assist with preparing the refreshments station, greeting mothers and children on arrival and engaging with children during the café by reading stories, doing puzzles or playing. This position is ideal for candidates who are highly motivated and energetic. Students are welcome to apply. For more information, contact

Hannah Senitt at 519-821-6638 Ext 326 or email [volunteer@guelphchc.ca](mailto:volunteer@guelphchc.ca).

**Scouts Canada, Wellington Area** requires Cub Leaders in various communities throughout Wellington County. Cub Leaders are part of a leadership team who are responsible for planning weekly activities, trips and camping experiences throughout the year. Leaders will also interact with youth and parents/guardians, recruiting new members and adhering to the standards of Scouts Canada's mission and principles. This is a wonderful opportunity to enjoy the outdoors, mentor youth and learn new skills. For more information, contact Shawn Jones, Area Commissioner at Scouts Canada at 519-766-346 or email [ac@w.scouters.ca](mailto:ac@w.scouters.ca).



## VOLUNTEER OPPORTUNITIES IN KITCHENER-WATERLOO

**Habitat for Humanity Waterloo Region's volunteers ROCK!** The 2015 Build Season has begun and we are looking for energetic individuals who are ready to join us as Build Volunteers! No skill? No worries! We will train you! If you give us a day, we will give you lunch, a t-shirt, and a feeling that you have done something great by building into your community! There are a wide range of building tasks including: preparing the foundations, framing, roofing, installing drywall, painting, flooring, and finishing work. Safety boots and hardhats are required; we have a variety on site to borrow if required. To sign up for a build day, check out [www.hfhwr.ca/volunteer](http://www.hfhwr.ca/volunteer). Questions? Call Janine at 519-747-0664 x 223.

Need to get your highschool community service hours? Want to do it in a fun and meaningful way? Join **KidsAbility** in running an **I Can Bike Camp** July 13 to 17, 8:00-4:15pm. You can commit to Monday to Friday – mornings, afternoons or full days. You will be assisting, supervising, running, and encouraging children seven to 18 years of age in finally achieving independence in riding their own bikes. How much more fun can it be to volunteer and get such rewards?! Contact KidsAbility Volunteer Services by email at [volunteerservices@kidsability.ca](mailto:volunteerservices@kidsability.ca) to sign up and learn more about this great opportunity.

**oneROOF Youth Services** is seeking volunteers for our drop-in centre. We service youth between the ages of 12 and 25 who are at risk or experiencing homelessness. Volunteers engage in relationship building, supportive listening, and help young people access the resources they need to stay alive, to stay in school, to find housing, and to find work. Volunteers must be supportive, assertive, motivated, eager to learn, patient, and have a sincere concern for the wellbeing of young people. One shift (5-6 hours) per week for a minimum of 8 months is required. If interested, please contact Jess at [volcoordinator@oneroof.org](mailto:volcoordinator@oneroof.org) or 519-742-2788 ext. 211.

Volunteers needed for this year's **Minds In Motion K-W Walking Classic**. On May 9, Expo Day, volunteers needed to hand out t-shirts and race kits at the Delta Hotel in Waterloo. On May 10, Race Day, volunteers needed to help with early race set up at Waterloo Square, work at the food station, hand out water, hand out medals or be a marshal out on the race-course cheering on participants. If you sign up to be a marshal, a 30 minute training session is on Thursday, May 7 at 6:30 p.m. or Saturday, May 9 at 12:30 p.m. This event proceeds rain or shine. Timing of volunteer shifts will vary. To volunteer go to:

[www.mimiwalks.com](http://www.mimiwalks.com) and click on the volunteer button. Deadline: May 1, 2015.

Make a difference in a child's life! **KW Habilitation** has volunteer opportunities with our Early Learning, Child Care and Family Resources program. Volunteers provide support to a child or small group of children in child care programs in Waterloo Region. Early Learning Enrichment volunteers help children build skills in all areas of development. Volunteers gain hands on experience working with children with developmental and mental health concerns. For more information, please contact Selena at 519-744-6307 ext. 1205 or [volunteer@kwhab.ca](mailto:volunteer@kwhab.ca). Visit us at [www.kwhab.ca](http://www.kwhab.ca).

**Hospice of Waterloo Region** is a volunteer organization whose specially trained volunteers help people affected by life-threatening illness by providing compassionate presence and practical support. Client Support Volunteers with day time availability are needed in Wa-terloo Region, in particular in Cambridge, to provide support. Ability to speak Portugese or Mandarin is an asset. In order to become a volunteer, candidates must complete our 33 hour Hospice Volunteer Training course (provided free of charge). The next training course takes place this fall, running September-November. Following the training, volunteers are asked to commit to a year of service, 2-4 hours each week. Please contact the Coordinator of Volunteers (Alex) if you are interested in this rewarding position. Call 519-743-4114 ext. 113 or email [alex@hospicewaterloo.ca](mailto:alex@hospicewaterloo.ca).



# What's Happening at Fergus Natural Choice ~ The Wellbeing Centre?

Reiki and Aromatherapy massage available on Mondays. Prebook your session. Every Wednesday: Create your own blend from our Aura Cacia Essential oil kit! (excluding May 27)

Thursday May 6 - Aromatherapy Eve: Expanding Your Journey Curious about Essential Oils, or a specific scent? This is an informal evening for 5 people to explore some essential oils, create a blend and also experience them with a foot or hand massage. Facilitated by Betty Young, Certified Aromatherapist and Reiki Master. 6:30-8:30 (or 9) Pre-registration required. \$15

Friday May 8 - Join Dick Haas for an informative and fun evening exploring your dreams. Have you ever wondered what they mean? Have you had repetitive dreams or dreams that carry on like chapters in a book? Do you dream in color? or black and white? Have your dreams come true?...and what is Deja Vu? Bring your questions, thoughts and ideas to explore this fascinating subject. \$20 - all proceeds go to Groves Foundation.

Saturday May 9 - Reflexology with Beryl Rosewarne 10:30 to 5pm call 226-376-4150 to book. Reflexology is a therapeutic method of relieving pain by stimulating predefined pressure points on the feet and hands. This controlled pressure alleviates the source of the discomfort. In the absence of any particular malady or abnormality, reflexology may be as effective for promoting good health and for preventing illness as it may be for relieving symptoms of stress, injury, and illness. (referenced from <http://medical-dictionary.thefreedictionary.com/reflexology>)

Saturday May 9 - Deep Song Soul Wisdom with Sacred Sound Alchemist Pamela Jane Gerrand. Fergus Natural Choice/the WellBeing Centre welcomes Pam Gerrand and her beautiful music. Heart opening original music and poetry to energize and inspire your deepest creativity and intuition...and a sacred sacred sound journey with crystal singing bowls, buffalo drum, and healing voice. Reserve your space in advance with Betty Young 519-787-5256 or [natural.choice@hotmail.com](mailto:natural.choice@hotmail.com). Prepare to be shifted! 6-9pm. Please bring a journal and pen. \$40. Pre-registration required.

Wednesday May 13 - Activator Chiropractic Care-What is it? with Dr. George Seim D.C. Join Dr. George Seim as he shares the value of using the Activator method of chiropractic care. Why and how is the Activator method unique., and What is The Activator method? He will share why he chooses to use this technique with his clients, and the value of other tools he uses in his practice. 7-8 pm. \$10 Pre-registration is suggested.

Wednesday May 20 - Over My Head Channeling Services, featuring Dan from over My Head Channeling Services. Dan is a channel to your Spirit Guides. Spirit Guides are incorporeal beings that are assigned to you before you are born that help nudge and guide you through life. Just as a medium would contact your passed on relatives, Dan accesses your Spirit Guides. This is a 2-way conversation between you and them, so please bring your questions. 10:30am-9pm. \$30 for 20 min.

Friday May 22 - The Olive Readers Meditation - Join Mark for his meditation he uses in his teaching. Many of his clients have requested this meditation so he is offering this as a group event. 6-7pm. Free for previous attendees, \$10 for new. Pre-registration required.

Saturday May 23 - Henna and Card Readings with David Rankine. Join Dave as he weaves his magic with readings and art. Dave will be available for card readings, henna or a combo of both. Pre booking is the best idea, especially if you have a design in mind, and there are times when we have groups walk in. If you book a time, you are guaranteed. 10am-5pm. \$15 and up. Children welcome as Dave makes his own henna..no chemicals, no dye, all natural.





# *Deep Song* **SOUL WISDOM** *WORKSHOP* THE ALCHEMY OF LOVE

An evening of self care with sound to awaken  
**YOUR UNDEFENDED HEART**



With Singer/Songwriter/Sacred Sound Alchemist  
**PAMELA JANE GERRAND**

*Weaving her original songs and poetry with heart-opening sonic transmissions, Pamela takes you on a journey to your undefended heart where the gifts of the divine feminine await - courage, clarity, compassion and deep creative insights.*

*"Befriending our pain and shame is the gateway to liberating the love that changes everything!" PJG*

**Saturday, May 9th**

**6 - 9 pm @ Natural Choice  
105 Queen St. W. Unit 1, Fergus, ON**

**\$40 Space is limited  
Please reserve in advance with  
Betty: 519-787-5256 or  
natural.choice@hotmail.com**

**~ Please bring a journal/pen ~**

[www.pamelajane Gerrand.com](http://www.pamelajane Gerrand.com)

[www.pamgerrand.com](http://www.pamgerrand.com)

*"Pamela Gerrand has the rare gift of being able to embody with her voice a deep connection to the kind of beauty and spirit that feeds our souls."*

*~ Oriah Mountain Dreamer  
Author of 'The Invitation'*

**MAY  
9TH  
6 - 9  
PM**





**NEXT MONTH ....  
IN ONE THOUSAND TREES**

Our focus for June is **Our Global Community**.

*“Grace happens when we act with  
others on behalf of our world.”*  
Joanna Macy

Do you have an inspiring story you’d like to share?

If you know of any community wellness events taking place in June, please complete and send me the Event Listing form found on the magazine page of my website.

Articles are always welcome for any of our “regular” departments ...

A Sense of Community  
Creativity and the Arts  
Environmental Awareness  
Food and Nutrition  
Giving Back  
Health and Wellbeing  
The Library

**Deadline for submissions is May 20.**

As always, I look forward to hearing from you with any feedback or article ideas!

**[lisa@onethousandtrees.com](mailto:lisa@onethousandtrees.com)**





*The Grand River flows 300 kilometres through southwestern Ontario from the highlands of Dufferin County to Port Maitland on Lake Erie.*

*The Grand River Conservation Authority manages water and other natural resources on behalf of 39 municipalities and close to one million residents.*

*One Thousand Trees' target market is defined by the borders of the Grand River Watershed. Department Editors are responsible for promoting practitioners, events and volunteer opportunities in the cities of Brantford, Cambridge, Guelph, Kitchener, and Waterloo.*

*Visit the Grand River Conservation Authority at [www.grandriver.ca](http://www.grandriver.ca).*