

ON THE SPOT NEWS

MONTHLY NEWSLETTER FOR THE KLAHOOSE FIRST NATION - MAY 2017

WILLPOWER, 90% ADHERENCE, AS GOOD AS 100%

Crystal Jones, Klahoose Member — This month's article will focus on willpower. [Continue on Page 3]



MESSAGE FROM CHIEF KEVIN PEACEY

I WOULD LIKE TO THANK EVERYONE WHO SUPPORTED ME TO BECOME THE CHIEF AT KLAHOOSE, IT IS A REAL HONOUR TO SERVE THE MEMBERS IN THIS WAY, AND I COMMIT TO MAKE THE POSITIVE CHANGES NEEDED TO TAKE OUR NATION FORWARD. I'D ALSO LIKE TO THANK ALL THE ONES WHO VOTED, NO MATTER WHO YOU SUPPORTED, FOR PARTICIPATING IN OUR ELECTION AND PLEASE KNOW THAT CHIEF AND COUNCIL WILL BE WORKING ON BEHALF OF EVERYONE. [CONTINUE ON PAGE 2]

IN THIS ISSUE — MESSAGE FROM CHIEF KEVIN PEACEY, WILLPOWER - 90% ADHERENCE - AS GOOD AS 100%, LET'S DO THIS! WINTER WELLNESS, COMING SOON! COMMUNITY MEMBER SPOTLIGHT

LET'S DO THIS! WINTER WELLNESS

Barbara Vosper, Klahoose Nurse — Despite the wet weather, here at Klahoose we have been walking our soles off! Our 13 week 'Winter Wellness' is finishing up with many of the "Klahoose Loopers" determined to keep up with their walking program in hopes of maintaining their level of fitness. On Aboriginal Day, June 21st, we are in the process of planning the first ever island-wide Run/Walk -A-Thon! [Page 4]

COMING SOON!

COMMUNITY MEMBER SPOTLIGHT

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MESSAGE FROM CHIEF KEVIN PEACEY

KEVIN PEACEY CHIEF COUNCILOR

I would like to thank everyone who supported me to become the Chief at Klahoose, it is a real honour to serve the members in this way, and I commit to make the positive changes needed to take our nation forward. I'd also like to thank all the ones who voted, no matter who you supported, for participating in our election and please know that Chief and Council will be working on behalf of everyone.

I'd like to thank James Delorme for his efforts over the last six years for being Chief at Klahoose, and also express a big appreciation to Kathy Francis for her dedicated service and commitment to our nation for the last several years.

It is so great to welcome Helen Hanson and Michelle Robinson to the Council team. They each bring different skills and passion to the table. Together with Billy Barnes we will be working hard to fulfill our responsibilities as Chief and Council.

I will be sticking to my campaign platform to bring more transparency, accountability and inclusion of Klahoose business and governance. The members will know more what is going on and will be included in important decision making processes. One

way we will begin this is to have regular community meetings, giving advanced notice and also live streaming so members can tune in from far away if they wish. Before our first community meeting though, Council will be getting acquainted and updated on all Klahoose matters, business ventures and on going projects. This transition time may take a few weeks but we will have a community meeting in the near future.

Meanwhile, one very exciting project at Klahoose is ~ preparing to participate in the canoe journey early August ~ for the first time. Just last week more members in the community made paddles with Sherman Pallen, which is so awesome. There are many ways to get involved, with the songs, making regalia, feasting, practicing paddling, and planning the journey with a support boat and land crew. Culture night on Wednesdays will be focusing on these tasks, come on over and be a big part of this. This is a huge start for years to come, reclaiming our traditions and keeping our culture going. The canoe journey can really bring our families together, something we can be proud of as a nation.

Emote.

Chief Kevin Peacey

WILLPOWER, 90% ADHERENCE, AS GOOD AS 100%

CRYSTAL JONES KLAHOOSE MEMBER

This month's article will focus on willpower.

Various dictionaries defines "diet" as any food that a person, animal, or community habitually eats. Sadly, society has corrupted the word 'diet' and people often associate "diet" with deprivation, starvation, and suffering. I cringe every time I hear someone asking me if I am on a diet or complaining they need go on a diet. My "diet", consists of a balance of the 3 macronutrients – proteins, fats, and carbohydrates. I follow a meal plan to ensure that I can keep up with competitive ball hockey three nights a week and training for a specific event. I'm not going to lie. Every now and then, life gets crazy, and I ended up making bad nutritional choices. That happened to me last week. I played in a weekend ball hockey tournament. I had no time to buy groceries or do meal prep. I had some time after my tournament

but I was too exhausted to shop, prep and cook. So I overindulged in pizza, chocolate, potato chips, pastries, cheese and wine. Did I feel bad about it? A little bit but then I remembered – I can always get back on track with my meal plan, and I shouldn't stress about what I can and cannot have.

I like to believe that we all have willpower but in reality, we have much less control over our behaviour than we want to believe. "Willpower is trying very hard not to do something you want to do very much." - John Ortberg. We often have every good intention to stick to our plan or regime but all of that can be undermined by our emotions – anxiety, stress, sadness and anger. Once our emotional house of cards start coming down, it becomes harder for us to stay focused and stay consistent with our healthy behaviour. It's important to note that it's not always negative emotions to events that drive us to making poor diet choices. Sometimes we celebrate special occasions or life events by

going out for dinner or filling up our plates with delicious treats at these events.

It's also really important to recognize when/where our willpower is most impacted. Along stressful day at home or work can result in our willpower being at its lowest. Being too exhausted in the morning can also have an impact on what nutritional decisions you make for the day. When we are spent or feeling frustrated, we are tempted to make poor life decisions, we eat really bad food and forfeit the notion of going to the gym. And in the end, we end up feeling defeated and guilty like we didn't accomplish anything. Sometimes indulging in a little bit of food, wine or other vices is what we need to do in term of self-care.

If you feel that you need to indulge in your favourite food, do it. And love every moment of it without feeling guilt or regrets. There are many studies that shows those who only adhered to 90% of their diet or fitness goals were just as successful as someone who committed themselves 100%. And certainly don't think that you need to dedicate to your goals 100% because sometimes trying to be perfect only sets you up for failure.

Life is beautiful and unfortunate too short to get stressed about eating too much chocolate or having an extra glass of wine.

Contact Crystal Jones at
jonescrystal@live.ca

LET'S DO THIS!

WINTER WELLNESS

BARBARA VOSPER KLAHOOSE NURSE

Despite the wet weather, here at Klahoose we have been walking our soles off!

Our 13 week 'Winter Wellness' is finishing up with many of the "Klahoose Loopers" determined to keep up with their walking program in hopes of maintaining their level of fitness.

On Aboriginal Day, June 21st, we are in the process of planning the

first ever island-wide Run/Walk -A-Thon! It is a work in progress and details are being sorted and will be shared soon. We are hoping to make this an annual event that brings people from across the island together to raise money for the charity of their choice. Entrance fee will be \$30.00 and each participant will receive a T-shirt and a water bottle!

We look forward to seeing as many people from Klahoose as possible,

to support these worthy causes. If you have any ideas regarding what you would like to see us support, please let me know.

Some of the suggestions:

- Purchase of canoe
- Playground equipment
- Missing women from the "Highway of Tears"

So get ready to put your walking shoes on and "Lets Do This!"

barb.vosper@klahoose.org

COMING SOON!

COMMUNITY MEMBER SPOTLIGHT

PATRICIA MCDUGALL PROJECT COORDINATOR

If you would like to see yourself or someone you want us to know about – an artist, lifelong learner, language and cultural sharing, someone with a unique job – just a few of many potential ideas. Let us know – we would like to talk with them!

patricia@klahoose.org

Klahoose Canoe & Park Upgrade Fundraiser

Raffle Tickets

\$10.00 each – only 200 being sold!

1st prize: *Signed TooToo Jersey*

2nd prize: *Cedar paddle* donated by Randy Louie

3rd prize: *Klahoose ballcap*

Klahoose Sweaters

There are still t-shirts, pull-over and zip-up hoodies in assorted sizes available!

An order is being placed for KIDS sizes!

Contact the front office for information on the Raffle or Sweaters!

(250) 935-6536

All funds will go directly towards purchasing a canoe for the Canoe Journey and the Klahoose park upgrade!

