



Caring for Ourselves

ACYC Meeting Minutes

November 19, 2020 @ 1PM-3PM

Virtually via Microsoft Teams

Settling-In Time	Anastasia	Time to adjust mics, cameras, introduce yourself and ask for any tech support
Welcome	Penny	
Acknowledgement of unceded territory	Elder Arnold Ritchie	Grounding and welcome (turn mics off for speaker)
Elder from Xyolhemeylh (30min)	Elder Arnold Ritchie	Speaking on self-care focus <u>SEVEN GRANDFATHER TEACHINGS</u> <i>To cherish knowledge is to know WISDOM; To know LOVE is to know peace; To honor all of the Creation is to have RESPECT; BRAVERY is to face the foe with integrity; HONESTY also means “righteousness”, be honest first with yourself – in word and action; HUMILITY is to know yourself as a sacred part of the Creation, TRUTH is to know all of these things</i> Elder Arnold presented some questions to reflect on the Seven Teachings..... Are you the greatest person that you know? Do you love yourself (secrets, treasures, faults)?

*Calendar invites have been sent out, if you did not receive them, please contact cyc@archway.ca

*Minutes will be approved and posted within a week after the meeting



		<p>No one knows you like you know yourself. When you look in the mirror, you are worth smiling at.</p> <p>Do I understand myself within my generations? Do I understand my Elders?</p> <p>Do I need to be baptised? Do you need religion? Or do you need to reflect on spirituality and faith in something? Different faiths are like having different meals but you are still going to be fed.</p> <p>If you take water around the world and ask those to say it in their language, does the water change? No, it is still water.</p> <p>Generosity- it's not about the money we give, it's about time to share to all good people (why we say "all relations" to all living matter, man, plant, animals).</p> <p>Selfcare is different for different people. It's like holding a cup but others can't see than handle, they can't see what helps you carry that cup.</p> <p>We must learn to trust each other. Trust to care for each other and if you fall others will help you.</p> <p><u>Link to Seven Sacred Teachings</u> <u>First Nations Perspective on Health and Wellness</u> <u>Cultural Learning Page</u></p>
Round Table Update	All	<p>Please provide...</p> <ol style="list-style-type: none"><i>1. Your agency updates</i><i>2. How are you celebrating important dates differently this year? (Diwali, Hanukkah, Christmas, Annual Staff Party, etc.)</i> <ul style="list-style-type: none">• Early Years• Middle Years

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		<ul style="list-style-type: none">• Youth Networkers• Special Needs Advisory• Community of Practice <p>CDC (Karen Dickerson)</p> <ul style="list-style-type: none">• Celebrating with virtual games, scavenger hunt, ugly sweater/PJ contest, MH speaker (trauma, community and self-care and with some comedy) <p>Literacy Matters (Sharon Crowley)</p> <ul style="list-style-type: none">• Starbucks children's book drive. Send her an email with any requests! <p>UFV (Kelly Guiaya)</p> <ul style="list-style-type: none">• Looking for practicum placements. Please contact kelly.guiaya@ufv.ca <p>Family Smart (Corinna Landsberger)</p> <ul style="list-style-type: none">• Still available to meet with parents online and by phone. Next online 'In the Know' will be on December 3rd at 6:30 pm. The theme will be, how to do Christmas differently this year for our families. Invitations will go out later this month. <p>Big Brothers Big Sisters (Cheryl Unger)</p> <ul style="list-style-type: none">• Figuring out virtual event for Christmas• 15 matches in a 6-month period. Want to see them grown and develop within Covid guidelines <p>Youth Resource Centre (Simone Maassen)</p> <ul style="list-style-type: none">• Doing a combination of handing out gifts and an engaging virtual event for the youth and their families
Additional Discussion Items....	All	We decided as a group to keep the meeting short so we may reflect on Elder Arnold's impactful words and teachings.
Settling-Out Time	Anastasia	Time to ask questions, share links and chat Next Meeting: Jan. 28, 2020 (updated from Jan. 07)

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