

## NEW LOCATION

We moved as of  
January 1, 2018

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We are now located in  
The Orange Hub in the  
city's west end. Please  
check the next page  
for our address and  
telephone number.

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## IN THIS NEWSLETTER

Our Fall programs  
begin

Haudenosaunee  
Thanksgiving

NAAW Sober Walk

Our Annual Round  
Dance

# The **Red** Road Healing Society

Welcome to our Fall Newsletter.



## PROGRAMMING

This fall, our regular programming is back in October. We have Longhouse, Collective Kitchen, AA, Ala-non, Food from the food bank, Sewing, and cultural Creations. Come and register with us to access these programs and more. Please check the calendar for dates and times.

## HAUDENOSAUNEE THANKSGIVING

On November 26<sup>th</sup> we celebrate the Haudenosaunee (also known as the Iroquois Confederacy or Six Nations — Mohawk, Oneida, Cayuga, Onondaga, Seneca, and Tuscarora) Thanksgiving. It reflects their relationship of giving thanks for life and the world around them. We will be celebrating this with homemade soup and bannock.

## Contact Us

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The Red Road Healing Society

The Orange Hub

#332 10045, 156 Street

Edmonton, Alberta

T5P 2P7

Phone: 780 471 3220,

780 471 3221

Fax: 780 471 2750

Email:

[redroadhealingsociety@redroadjourney.ca](mailto:redroadhealingsociety@redroadjourney.ca)

### Sober Walk

On November 15, 2018 The Annual Sober Walk will be held at 1:00 pm starting at the South Entrance of Canada Place to the Legislature The Red Road Healing Society will be taking part in the annual National Addictions Awareness Week Sober Walk. All are welcome to join.

### Veteran Brunch

On November 9, 2018, we will be having brunch to commemorate Remembrance Day. All are welcome to join.

### Annual Round Dance 2018

The Red Road Healing Society's annual Christmas Round Dance will be held on Wednesday December 19, 2018. The location will be at Beverly Heights Community League at 4209 111 Ave NW, Edmonton, Alberta. There will be a feast and refreshments available, as well as Native Santa, and gifts for children on a first come first served basis. If you are interested in volunteering for the round dance, please contact The Red Road Healing Society at 780 471 3221 or 780 471 3220

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***\*ROUND DANCE\****

***Our annual Round Dance will be held on December 19, 2018 at Beverly Heights Community League. All are welcome.***

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## Our Staff

**Clifford Pompana**, Senior Elder & Senior Therapist, Veteran, Reverend,  
Doctor

**Michael McElroy**, Financial

**Joanne Pompana**, Director, Juris Doctor, Mediator

**Martha LeBlanc**, Intake Worker, Trauma Informed Worker

**Cecilia Cragg**, Youth Intervention Worker, Certified Grief Counsellor,  
B.A. Religious Studies

**Tyrann Gregory**, Reception, HF2

**Josephine Beaver**, Family Worker, RSW, BSW



Message from the Director

Waste everyone!

Welcome to our Autumn online newsletter. Such a beautiful time of year! Mother Earth is wearing her glorious colors...and our sadness from the previous year is falling to the ground with the leaves of our sacred trees; going to the Earth for renewal.

As many of you know, one half of my Indigenous background is Celtic; from the Scottish Highlands to be exact. This comes from my Mother's side. Both of her parents (my grandparents) were born in Scotland. My Grandfather in a peat hut on a western island of Scotland with 12 other children; and my Grandmother on the mainland of Scotland with servants and maids. They met in WWI. He was with the Highland regiment and she was a Red Cross ambulance driver. She found him left for dead on the battlefield; and brought him back to life. Thereafter; they were married in Scotland. He then came to Alberta; and built her a beautiful home in the north, whereupon they farmed for many years.

In the summer of 2017, I read *Glencoe*. This was a prequel to *The Highland Clearances* and *Culloden* by the author John Prebble. A month ago, I went to see this hauntingly beautiful glen in the Highlands of Scotland; and sense the crush of my relatives lifestyles by the colonials; in the mist and the rain.

Thankfully today, all the signage in the Highlands is in English and Gaelic. What a treat after what happened to those who lived for *freedom*. Slowly, we are witnessing this healing and renewal with our Indigenous people all over the world. The Maori, now have restorative justice practices built into legislation.

For me, *Glencoe* and Wounded Knee were synonymous. For our Hunkpapa Lakota Sioux, *freedom* is everything. John Preeble wrote in his introduction of *Glencoe*, that what happened there, happened [and is still happening] to our Native Americans. The Highlanders could not wear tartan and could not speak Gaelic under penalty of death.

As Wallace and Highlanders stated in the *Declaration of Arbroath*, 1320:

As long as but a hundred of us remain alive,

Never will we on any conditions be brought under English rule.

It is in truth not for glory, nor riches, nor honours that we are fighting,

But for freedom-for that alone,

Which no honest man gives up but with life itself.

On that note, a salute to our Veterans; especially those that are also Elders, like our Senior Elder, Senior Therapist at The Red Road Healing Society, Clifford George Pompana. We will have a Veterans Brunch on November 9<sup>th</sup> from 11 am to 1 pm for all who care to join us to honour those that have served our country, *for our freedom! Lest we forget!*

My relatives!

Mitakuye Oyasin!

Joanne Lethbridge Pompana

THE RED ROAD HEALING SOCIETY

## **EMERGENCY SERVICES**

**Emergency Social Services – 780 644 5135**

**Kids Help phone – 1 800 668 6868 or TEXT “CONNECT” to 686868**

**211 – Information Edmonton Services**

**311 – Information Alberta – Programs and services Alberta**

**Mental Health Crisis Unit – Adult – 780 482 0222**

**Children – 780 413 4733**

**Medical Emergency – 911**

**Edmonton Police: Non-Emergency line – 780 423 4567**

**or call #377 from mobile device**

**Emergency line – 911**





# The Red Road Healing Society










ORANGE HUB, 332, 10045-156 Street  
Edmonton, Alberta T5P 2P7

Telephone: 780 471 3220 Fax: 780 471 2750

**November 2018**

9 AM-4 PM Mon, Wed & Thurs, 9 AM-3 PM Tuesday, 9 AM – 1 PM Friday



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Emergency Social Services 780 644 5135 Mental Health Support Line 1 877 303 2642 Child Intervention Crisis 1800 638 0715 Dial 211 Information Edmonton Dial 911 Emergency Services <a href="http://www.redroadjourney.ca">www.redroadjourney.ca</a></p>	<p>5 <b>Walking The Good Red Road</b> <b>NOONER @ ORANGE HUB</b> 332 F Friends of Bill W <b>FOOD 1-3 PM Room 105</b></p>	<p>6 <b>LONGHOUSE FAMILY NIGHT @</b> BrightView School 15425-106 Avenue, Edmonton, AB T5P0W3 5:00-7:00</p>	<p>7 <b>Walking The Good Red Road - NOONER @</b> <b>ORANG16E HUB 332 F</b> Friends of Lois - School of Indigenous Teachings 1 pm Lunch <b>GRANDMOTHERS</b></p>	<p>1 Family Violence Proclamation Day City Hall 11 am <b>SILENT NO MORE</b></p>	<p>2 <b>COFFEE AND CINNAMON BUNS PM</b></p>	<p>3 <b>COURAGE</b></p>
<p>4 <b>FALL BACK</b> </p>	<p>12 <b>OFFICE CLOSED</b> </p>	<p>13 <b>LONGHOUSE CANCELLED</b> <b>INDIGENOUS FILMS &amp; DISCUSSION PM</b></p>	<p>14 <b>Walking The Good Red Road</b> <b>NOONER @ ORANGE HUB</b> 332 F School of Indigenous Teachings 1 pm Lunch</p>	<p>15 <b>POUNDMAKERS SOBER WALK</b> Collective Kitchen Brightview School PM</p>	<p>16  <b>Koffee Korner AM</b></p>	<p>17 <b>POUNDMAKERS NAAW ROUND DANCE</b></p>
<p>18 </p>	<p>19 <b>Walking The Good Red Road</b> <b>NOONER @ ORANGE HUB</b> 332 F Friends of Bill W <b>FOOD 1-3 PM Room 105</b></p>	<p>20 <b>LONGHOUSE FAMILY NIGHT @</b> BrightView School 15425-106 Avenue, Edmonton, AB T5P0W3 5:00-7:00</p>	<p>21 <b>Walking The Good Red Road</b> <b>NOONER @ ORANGE HUB</b> 332 F Friends of Lois W School of Indigenous Teachings 1 pm Lunch</p>	<p>22 <b>HAUDONASAUJNEE CORN BEANS AND SQUASH FESTIVAL</b> </p>	<p>23 Grandmothers Circle 11 am </p>	<p>24 </p>
<p>18 </p>	<p>26 <b>Walking The Good Red Road</b> <b>NOONER @ ORANGE HUB</b> 332 F Friends of Bill W <b>FOOD 1-3 PM Room 105</b></p>	<p>27 <b>LONGHOUSE FAMILY NIGHT @</b> BrightView School 15425-106 Avenue, Edmonton, AB T5P0W3 5:00-7:00</p>	<p>28 <b>Walking The Good Red Road</b> <b>NOONER @ ORANGE HUB</b> 332 F Friends of Lois W School of Indigenous Teachings 1 pm Lunch</p>	<p>29 <b>Health For Two</b> </p>	<p>30 <b>DROP IN</b></p>	<p>RED ROAD MITAKUYE OYASIN MEMORIAL ROUND DANCE DECEMBER 19, 2018</p>

Please drop in for coffee, read a newspaper, go through our referral binders, visit, use the telephone. All programs and services are free at Red Road, and transportation is provided for those attending programs. Counseling, specific referrals, resumes and home visitation is also available through appointments and usually on a 'first come first serve' basis. Red Road programs of culture, self esteem, literacy, tutoring, 'Baby, Think It Over', Tobacco and Drug prevention are going on throughout the year at various centers; as well as in the society's meeting rooms. Our 10-12 week formal programs run from September to December in the fall and January to April in the winter. In the summer we have 1-2 day workshops rather than weekly programs. CALL AHEAD OF TIME FOR EVENTS; IF IT IS RAINING, COLD OR TOO WARM -20 C, OR +30 C, AN EVENT MAY BE CANCELLED AND/OR WE MAY BE CLOSED!

**GIVE US A BLESSING CREATOR, SO THAT OUR WORDS AND ACTIONS BE ONE IN UNITY, AND THAT WE WILL BE ABLE TO LISTEN TO EACH OTHER. AND IN DOING SO, WE SHALL WITH GOOD HEART WALK HAND AND HAND TO FACE THE FUTURE**  
FRANK FOOLS CROW 1975 IN PRAYER BEFORE THE UNITED STATES SENATE



## Details

Please join us at the Longhouse series for supper, refreshments and an evening. We will have activities for the whole family including:

- Nature walks
- Crafts
- Rhyming
- Story time
- Parenting information
- Cultural learnings
  
- Resource sharing
- Music and so much more!

**The Red Road Healing Society**  
332, 10045-156 Street  
ORANGE HUB, Edmonton, AB  
(780)471-3220



*sage*

## Dates:

Tuesday evening's  
Nov 6<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, 2018

## Location:

Brightview School  
15425-106 Avenue  
Edmonton, Alberta

## Time:

5:00pm – 7:00pm



**Brightview**  
SCHOOL



**Norwood**  
CHILD • FAMILY RESOURCE CENTRE





## 5 Steps for Managing Your Emotional Triggers

By Marcia Reynolds Psy.D.

**The 1st step is to accept responsibility for your reactions.**

Accept yourself as powerful instead of as victim to remove the veil of self-deception. When you seek to identify what is triggering how you feel in the moment, you give yourself the chance to feel differently if you want to. You will also have more clarity on what you need to do or what you need to ask for to change your circumstances.

What would your life look like if you were in control of your reactions? How free would you feel if you lived your life by choice? If these questions inspire you to diligently practice the steps for emotional freedom, read on.

**The 2nd step is to recognize that you are having an emotional reaction as soon as it begins to appear in your body.**

According to neuroscientist Antonio Damasio, author of *Looking for Spinoza: Joy, Sorrow and the Feeling Brain*, at any moment, your rate of breathing, blood flow, tension in your muscles and constriction in your gut represents a pattern you can identify as a feeling. The sooner you recognize that you are breathing quickly or not at all, that certain muscles in your body tightened, or that you feel pressure in your gut or heart, stop and ask yourself what you are feeling and why. You can download a list of emotional states and an exercise to increase your awareness of emotions on this page.

Don't judge or fear your emotions. No matter what you learned about the evils of emotions, if you don't recognize your feelings, you can't change them, negatively impacting your relationships, job performance, and overall happiness.

**If the emotion is related to fear, anger, or sadness, the 3rd step is to determine what triggered the emotion.**

What do you think you lost or what did you not get that you expected or desired to have?

The strengths that have helped in life are also your greatest emotional triggers when you feel someone is not honoring one of them. When your brain perceives that someone has taken or plans to take one of these important things away from you, your emotions are triggered.

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The quicker you notice an emotion is triggered, the sooner you can discover if the threat is real or not.

The following list includes some of the most common emotional triggers, meaning you react when you feel as though you aren't getting or will not get one of these needs met.

acceptance	respect	be liked
be understood	be needed	be valued
be in control	be right	be treated fairly
attention	comfort	freedom
peacefulness	balance	consistency
order	predictability	love
safety	feel included	autonomy
fun	new challenges	independence

Choose three items from the list that most often set off your emotions when you don't get these needs met. Be honest with yourself. Which three needs, when not met, will likely trigger a reaction in you? Identify the needs that you hold most dear.

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Some of these needs will be important to you. Others will hold no emotional charge for you. Some seem to overlap; choose the words you feel strongly about and begin to notice when your reactions are tied to an unmet needs.

Needs are not bad. You have these needs because at some point in your life, the need served you. For example, your experiences may have taught you that success in life depends on maintaining control, establishing a safe environment, and having people around you who appreciate your intelligence. However, the more you are attached to having control, safety and being seen as smart, the more your brain will be on the lookout for circumstances that deny you your needs. The unmet need or threat becomes an emotional trigger.

**The 4th step is to choose what you want to feel and what you want to do.**

With practice, the reaction to your emotional triggers could subside, but they may never go away. The best you can do is to quickly identify when an emotion is triggered and then choose what to say or do next.

Ask yourself: Are you really losing this need or not? Is the person actively denying your need or are you taking the situation too personally? If it's true that someone is ignoring your need or blocking you from achieving it, can you either ask for what you need or, if it doesn't really matter, can you let the need go for now?

Choose to ask for what you need, let it go if you honestly feel that asking for what you need will have no value, or do something else to get your need met.

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**The 5th step is to actively shift your emotional state.**

You can practice this step at any time, even when you first notice a reaction to help you think through your triggers and responses. When you determine what you want to do next, shift into the emotion that will help you get the best results.

*Relax* – breathe and release the tension in your body.

*Detach* – clear your mind of all thoughts.

*Center* – drop your awareness to the center of your body just below your navel.

*Focus* – choose one keyword that represents how you want to feel in this moment. Breathe in the word and allow yourself to feel the shift.

Stop trying to manage your emotions. Instead, choose to feel something different when an emotion arises. This is how you gain emotional freedom.

## **THE TWELVE STEPS OF INSANITY**

- 1. We admitted we powerless over nothing – that we could manage our lives perfectly and those of anyone who would allow us.**
- 2. Came to believe that there was no power greater than ourselves and the rest of the world was insane.**
- 3. Made the decision to have our loved ones turn their wills and their lives over to our care even though they couldn't understand us at all.**
- 4. Made a searching and fearless moral inventory of everyone we knew.**
- 5. Admitted to the whole world the exact nature of everyone else's wrongs.**
- 6. We're entirely ready to make others give us the respect we thought we deserved.**
- 7. Demanded others do our will because we were always enlightened.**
- 8. Made a list of all persons who had harmed us and became willing to go to any lengths to get even with them all.**
- 9. Got direct revenge on such people wherever possible except when to do so would cost us our lives or at the very least a jail sentence.**
- 10. Continued to take inventory of others and when they were wrong promptly told them about it.**
- 11. Sought through complaining and medication to improve our relations with others as we could not understand them at all, asking only that they do things our way.**
- 12. Having had a complete physical, emotional and spiritual breakdown, as a result of these steps, we tried to blame it on others and to get sympathy and pity in all our affairs.**

**AUTHOR UNKNOWN**

## The 12 Steps Alcoholics Anonymous

1. We admitted we are powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of Character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and become willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all of our affairs.

