

# THE NEW BAMFIELDER

*Happy Holidays! Please consider donating to keep this paper running!*

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A beautiful November rainbow over the mouth of the inlets. Photography by Chelsea Heartman.

## Winter Wellbeing

Winter is coming. It's cold, dark, rainy. Mental health can be a nebulous thing to look after. This is not medical advice, but a practical guide of tips, tools and local resources to support your mental wellbeing.

One of the most relevant quotes on mental health is:

"I believe depression is legitimate. But I also believe that if you don't exercise, eat nutritious food, get sunlight, get enough sleep, consume positive material, surround yourself with support, then you aren't giving yourself a fighting chance."

— Jim Carrey

So give yourself a fighting chance. There are foundational pillars to wellness: exercise, social connection, sleep, eating well. Our scaffolding can look different, for some people a pillar includes medication. In this series I deep dive into a pillar of mental wellbeing, speaking to mental health practitioners and offering local resources so you can support yourself and your loved ones this winter.

## The Body & Movement

Plan time outdoors and to move your body. BCSA has rotating community sports on Monday nights, yoga on Tuesdays, dance workouts on Wednesdays, Sofie Dufresne teaches free yoga at the Rix on Thursdays. The House of HUU-ay-aht hosts basketball on Tuesdays and ball hockey on Thursdays.

Team or community sports not your thing? Yoga with Adrienne on YouTube is a great resource for yoga at home. Find movement you like and make a routine. Invite a friend to the beach for company and accountability. A Swedish proverb says "There is no such thing as bad weather, only bad clothing." Rain or shine, get some fresh air and movement that is accessible to you.

Trades and the body; a lot of people here have very physical jobs in addition to being active with yard and building projects. Heavy duty lifting, pulling and repetitive motions. At the end of the day your body is all you have, so implement proper ergonomic forms when lifting, pulling and moving. Be kind to your joints and dress warmly. At a desk? Lift your computer to eye height to look after your back health and take regular movement breaks.

Light stretching, weight lifting and hot baths with epsom salts can be tools to look after that meat suit.

Managing pain; chronic illness, pain and restricted movement. I spoke with Occupational Therapist Natasha Rawji and she recommended: *The Way Out: The Revolutionary, Scientifically Proven Approach to Heal Chronic* by Alan Gordon with Alon Ziv.

Take vitamin D for mood (under supervision of a healthcare professional). Have regular physicals to assess any underlying medical conditions that can be affecting mental health. For exam-

ple, if you menstruate, check for low iron which can cause anemia, low mood and energy. Bamfield Health Clinic: 250 728 3312

Distraction and numbing behaviours (drinking, drug use, doomscrolling, binge eating) are some of the many ways people cope with trauma, stress and winter blues. Get support with managing and building healthier coping mechanisms by reaching out to your community, counselling services and tending to your pillars of wellness. There are several programs listed in the resource section that can be a starting point to help explore addiction and mental health support options.

Stay tuned for next month's topic in mental health with Bamfield's very own Kyle Lindsay, working in Port Alberni as a Mental Health Clinician. Happy holidays and be well,

**Amaya**

### Resources:

MindSpace : Online cognitive behavioural therapy programs for ADHD, Anxiety & Depression, Raising Resilient Kids (Referral from health care provider required, but free and accessible) Port Alberni Mental Health & Substance Use: 250-731-1311 Kids Help Phone: 1-800-668-6868 Suicide Crisis Helpline: 988 Vancouver Island Crisis Line: 1-888-494-3888 KUU-US Crisis Line: 1-800-588-8717 Adults/Elders 250-723-4050 Child/Youth 250-723-2040



Mistaya wearing the winning Halloween costume at the BVFD dance.

### Spooky Season Celebration

As we rapidly veer into the winter holiday season with its festive spirits, and cozy fires and delicious treats, let us first honour the tricks that came before. There was an incredible amount of creative crafting and costuming that went into our most recent big holiday - Halloween! Between the Mercantile and Marine pumpkin carving contest, BCSA Monster Mash, Lower Anacla fireworks display, and annual BVFD Halloween Dance, there was something for every kind of ghastly ghoul and creature crawling about Bamfield and devouring candy that night. Truly notable, this year's costume contest prizes were awarded to the Suzuki outboard engine (Mistaya Duhamel), the Bamfield road crew (Céline Dujardin and Brodie Robinson) and the Dolly Partons (Alessandra Gentile, Abi Andiel, and Anna Parsons). The carving contest was a close race with two pumpkin carvers awarded pizzas for their carvings of the seaside cottage (Leni Zacharias) and the cyclops (Skye Butler). Honourable mention to the Bamfield bear who also got in on the pumpkin carving action, submitting at least six entries this year!

Also, a big thank you to all the volunteers and sponsors who made this haunted holiday such a huge success and memorable time for all who participated. **Hannah**

### Oysters, Authors, & Ale

The 13th annual Oysters, Authors, and Ale fundraiser was a huge success! Nine talented local authors shared



Oysters, Authors, and Ale silent auction tables. Photo taken by Anna Parsons.

readings including poems, short stories, memoirs, and even a bedtime story to end the evening. Keynote speaker David Giblin also read an excerpt from his book *Gilly the Ghillie*, a book of stories based on his experiences as a fishing guide on Stuart Island. Alongside the readings, there were delicious snacks from the Wreckage, oysters from Nova Harvest, and beer from Twin City Brewing. There was also some fierce competition at the silent auction to raise funds for the BCSA, which will go towards programming in the community. **Caitlin**

### The Weathered Verse

#### Christmas Musings

Is it sparkly lights  
the family fights  
the endless laughter  
the cheeky smatter  
Is it beautiful songs  
that brings spirit along  
singing to prophets and joy  
friends hope or toys  
Is it the snowball fights  
the game filled nights  
the crazy travel  
sweaters unravelled  
Is it the endless eating  
that keeps hearts beating  
probably not that  
worried we'll all get fat  
Is it the presents  
does she really want a pheasant  
must be the crazy  
it all seems hazy  
Boxing Day  
we still don't know  
except next year  
We'll show  
**Melanie Bergman**

### Community Events

- Dec 7:** Holiday Craft Fair at the BMSC Rix building
- Dec 13:** Dodgeball Tournament at the school.
- Dec 17:** Community Lunch & Caroling at the school.

### News

**The School's Winter Break** is from Dec. 22 - Jan. 4th!

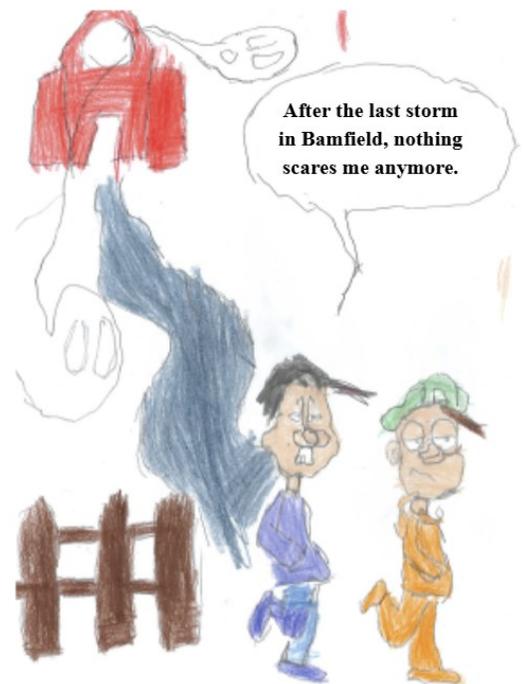
### Raspberry Sauce Recipe

This is a recipe my grandma makes to use up raspberries from her garden. It's amazing on cake and ice cream!

#### Ingredients:

- 1 ½ cups raspberries
- ½ cup + 2 tbsp water
- ¾ cup white sugar
- 2 tsp cornstarch

Add raspberries, sugar, and ½ cup of water to a saucepan and bring to a boil over medium-low heat. Make sure all of the sugar is dissolved. Mix the cornstarch with 2 tbsp of water, and pour into the boiling raspberry mixture. Boil for 4 minutes or until the mixture starts to thicken. **Caitlin**



Comic featured in *The Anchor* by Deegan Nookemis.

**Submissions are welcome. Please send them with the author's name to [thenewbamfielder@gmail.com](mailto:thenewbamfielder@gmail.com).** *The New Bamfielder* is funded by donations. We appreciate anything you can contribute. Any extra funds will be donated to the Bamfield Community School Association's youth programs. **Editors: Caitlin, Taylor, Amaya, Hannah**