



On Butterfly Wings

Beautiful, Vibrant, Wonderful You



Another Way of Giving Back

Kayleigh Radatus

We hear all the time about volunteering and the benefits of helping others, but there is another way of giving back that is, in my opinion, even more important than volunteering.

Imagine for a moment, that you're walking down the hall at school, and you see one of your friends at her locker. She looks up, sees you and just as you're raising your hand to wave at her, she scowls, turns away and slams her locker shut. You're likely feeling stunned and hurt, and trying to figure out what you may have done to upset her.

Later, you see her in gym class and she acts like nothing happened. You're still upset over the whole thing, and she can see that something is bugging you. She asks what's wrong, and you deny being upset. She presses for an answer and you give in, telling her how upset you are about what she did. She looks surprised and says; "You were there? I didn't even see you! My English Teacher was in the hall and seeing him reminded me that we have a quiz today and I haven't finished my reading."

You're surprised, and relieved. Her reaction had nothing to do with you, and if you hadn't talked with her you would have continued being angry, potentially damaging the friendship.

There are a couple of things going on here that are important. First, the most powerful way we can help others and ourselves is by communicating effectively. So often we hold onto upset feelings, rather than having a conversation with the other person involved. We figure they won't understand, or if they're upset with us, then it's their problem. But really, those feelings need to be dealt with. No matter how distressing the idea of doing that is, not doing it creates even more problems.

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Second, it's important to remember that others have their own lives that have nothing to do with us. Even with our closest friends and family, we are really on the outside of their world, because we aren't inside their heads. We can guess at what's going on with them, even have some pretty solid ideas about what they're thinking or feeling, but unless they come right out and say what they are experiencing, we don't really know.

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Any number of events, circumstances or feelings could be happening in someone else's life. Everyone else is at once the same as and different from you. We are the same in that we all have our "stuff" going on, but it is all different stuff and equally important to each one of us.

This is the key point to remember, that the stuff each one of us has happening is important.

So how do we help others, when we don't know what is going on with them?

By always offering them kindness and respect. By remembering that they have their own life with all of its triumphs and challenges, joys and sadness, moments of strength and those of weakness, and treating them with the same kindness we would like to receive ourselves.

This is how we give back each and every day. This is how we can act with charity and a giving nature every day. This is how we create powerful change in our own world.



"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others."

~ Audrey Hepburn

What Would You Do?

Mother and Daughter answer your questions!

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Question:

Sometimes my friend gets really down about herself and everything seems horrible and pointless to her. She hates herself! After awhile she is fine but I hate to see her like that. Is there anything I can do to help her?

Kat says:

One thing that you could try is to cheer her up with a girl's night or doing something fun that you know she likes. If that doesn't work, she may just need some space - which is okay. If she keeps having these bad days, a good way to try and fix a problem is to talk about it. I know sometimes it may be hard to do, but it can help in the long run. If you're comfortable talking to her in person - go for it! But if you can't do that, maybe write her a letter or send her a text or talk to her family members to see if anything is going on. I know it's hard to see your friends suffer but they may just be going through a rough patch and you being there for them can help them get through it.

Mom says:

When you and your friend are both feeling good, you could write out two lists (doing this together may motivate your friend to actually do it):

1. A list of things you like about yourself. Write down 20 or 30 things that you like about yourself. They don't have to be big - I like the colour or length of my hair, I have a perfect belly button, I have a great smile, I am a good singer - anything that you really like about yourself. You may not like everything about yourself or the way you look but I'm sure you can find 20 small things you like.
2. A list of all the things you are grateful for in your life - like friends, family, pets, sports, school, art, upcoming events or plans with friends, your home, your room, your computer, your phone, your favourite books, TV shows, and computer games - all the things you love about your life. Maybe even do

a collage of all the things you like about your life with pictures cut out from magazines.

Put your lists and collage, if you made one, in a place where you will see them every day. Find a picture of yourself that you LOVE and include it with your lists or collage to remind yourself of how awesome you are when you are feeling good.

When you start to feel down and everything about you feels wrong and horrible, the lists and pictures will remind you of what you like about yourself and your life. They will remind you that even though everything may feel bleak and hopeless right now, this feeling will pass and you will feel good again. They may even make you smile, which will make you feel good sooner.

#GIVINGTUESDAY



Sometimes when we are generous
in small, barely detectable ways
it can change someone else's life
forever.



@MargaretCho

HubSpot

Hooping for Hunger

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Help us end chronic persistent hunger
both locally and globally through



A hula-hoop-a-thon!

A fun event to raise money and build community
Family Friendly Event - Everyone Welcome
No experience necessary

May 23, 2015

Noon to 5:00 p.m.

@ Centennial C.V.I school grounds, Guelph

To register your team and group:
www.raiseathon.ca/h4h

More info email h4h@flowofficewisdom.com

To Support:

Created by:





Who We Are



Emily Savage

Managing Editor

Emily is a university graduate still looking for her place in the universe. She is also apparently a fan of dating cliches and romantic turns of phrase. She's been writing for longer than she'd like to count. You can follow her on Twitter (@esavage3) where she mostly posts about her love affair with books.

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Heather is a metaphysical healer and soul intuitive practitioner in Guelph, Ontario. She has been a regular writer and editor of various genres over the past 15 years, as well as a human and earth rights activist. For more information visit www.blossomingheart.ca.



Lisa Browning

Publisher

Lisa is the publisher of One Thousand Trees, a monthly online magazine devoted to facilitating wellness through connection, creativity and community service. She also offers writing, editing, and publishing/pre-press services, and has recently launched a children's book division called Saplings. She is inspired to make a difference in this world, and to help others realize their passion and their gifts. For more information visit www.onethousandtrees.com.



Lisa Ivaldi

Q&A: What Would You Do?

Lisa Ivaldi is a writer and the mother of a teenage girl. You can follow her blog at www.InsightClarityGrowth.com. Kat is her teenage daughter.

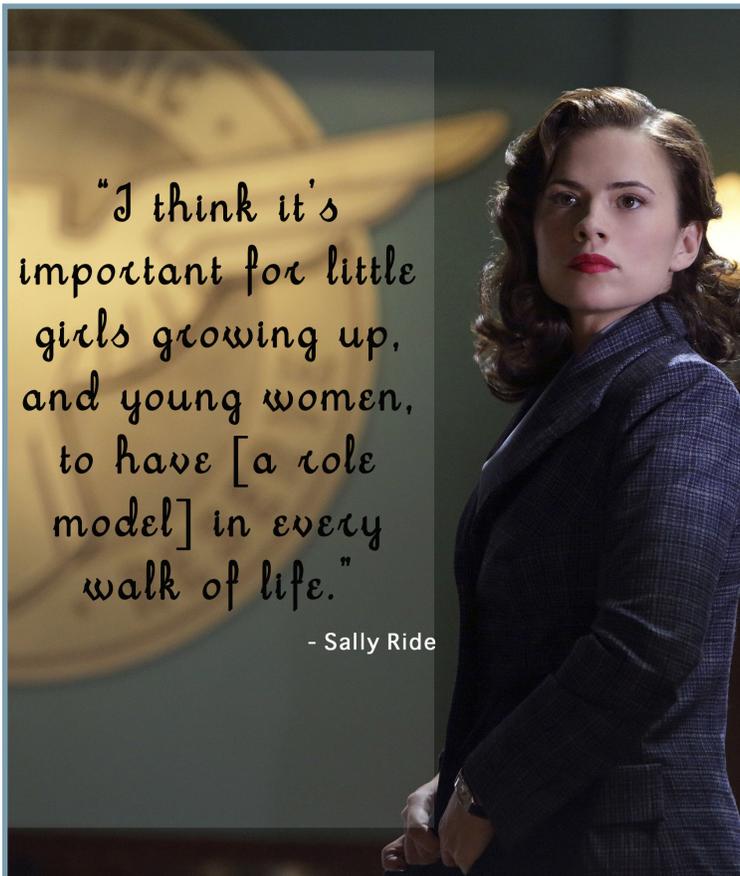


Kayleigh Radatus

On Being Amazing

Kayleigh knows from personal experience that you can bring the happiness and strength found in your favourite music into everyday life, and has helped many people do exactly that. She is a Personal Empowerment Mentor, specializing in helping you increase your self-esteem, self-confidence and self-compassion while empowering you to discover and create your ideal life.





"I think it's important for little girls growing up, and young women, to have [a role model] in every walk of life."

- Sally Ride

What Would You Do?

Is there something in your life that's been nagging you for a while but you're not quite sure who to talk to?

In each issue we'll be submitting your questions to our mother/daughter team to answer.

Submit your questions to:
butterflies@onethousandtrees.com

Next Issue

Heroes and Role Models

Who is the person in your life that influences you the most? Is it a teacher? A parent? Is there a celebrity you really admire, or a literary character you relate to?

We want to know! It doesn't even have to be an article, just a sentence or two about the people in your life you look up to.

Submit your stories!



Submission Guidelines

Are you Artistic?

Do you have an interest in writing?

Do you want to make the most of your life?

"On Butterfly Wings" is a newsletter for girls. We are always looking for artistic submissions our audience expressing the issues that girls go through. Our vision is to empower girls to become strong and confident, and to create a safe place where they feel free to express themselves.

Submit your art, your poetry, your writing by emailing your work to butterflies@onethousandtrees.com

*On Butterfly Wings is a monthly publication of One Thousand Trees.
Access your copy at www.ottbookstore.com.*