

NOTICE
PMAST's new
phone number
403 808-6043

Quarterly Newsletter 2nd Quarter 2019



Peer Mediation And Skills Training (PMAST) sees a world where everyone has the skills to positively deal with conflict in their lives.

It's here again folks!

Our annual Birdies for Kids Campaign And the Shaw Charity Golf Classic AND... BFK adds another 50% to your donation See Page 4 for details

Win Calgary Stampeder Tickets to the Labour Day Classic See Page 6 for details

Meet PMAST People:

John Jardine - Vice President

John grew up in Cape Breton, Nova Scotia and attended St. Francis Xavier University where he graduated with a Bachelor of Science in Kinesiology. Since moving to Calgary in 2009 he had been searching for a meaningful way to connect with and give back to the community. He joined PMAST as a board member in 2018 and now serves as Vice President.

John manages construction for Brookwright Developments and is co-founder of Builders & Brews, a community of 100+ members to gather at local breweries to hold educational lectures and share knowledge.

John enjoys volunteer work and in his youth was one of 12 delegates selected to represent Canada at a Peacechild International Conference held in Hawaii. He was chosen for running a local recycling depot. John has volunteered since with most of his time spent visiting L'Arche (a community started by Jean Vanier for people with developmental disabilities), and visits during his trips home to Nova Scotia.

John is eager and excited to help PMAST reach those in need of conflict resolution skills.

Whew—What a Busy Quarter!

We have accomplished so much thus far in 2019, thanks to a hard working Board. We could use a few more people to dig in and help us with these tasks.

We have made great headway in producing governance documentation to serve PMAST now and for years to come. This is an excruciatingly boring and labour intensive task, but thanks to James Murray for lighting the fire.

At the request of Nelson Mandela High School in northeast Calgary, and with funding from an anonymous benefactor, a program was developed and piloted to assist students new to Canada, in their transition into our society.

This program was then revamped for junior high school students at Airdrie's Good Shepherd School.

We moved outside of our regular realm of working with youth through the school system, to provide a community program at the Airdrie Library. This pilot was successfully completed although we learned that we need to get the word out better for future programs.

PMAST partnered with Good Shepherd School to present the Wellness Symposium, focusing on mental and emotional health and wellness.

We manned an information booth at the Airdrie Pride Parade and enjoyed many citizens who were interested in what PMAST offers in their fair city.

PMAST assisted our partners, Community Mediation Calgary Society, at their casino. It takes 40 volunteers to man a casino, so it is important to help our partners who reciprocate, to ensure we all benefit from these fund raising events.

In May we hosted our annual FUNdraiser Comedy Night with 10 brave would-be stand-up comedians at the Blackfoot Hotel's Laugh Shop, which was hilarious as usual.

We have a raffle in progress for a pair of tickets to the Calgary Stampeder's Labour Day Classic. The draw will be on August 24th at our annual barbecue. See page 6 for details, or call 587 333-1353 for tickets. All funds from these events go towards our Birdies for Kids Campaign, held in conjunction with the Shaw Charity Classic Golf Tournament.

Speaking of our barbecue on August 24th, see page 7 for more information. **You are all invited, just RSVP.**

We are in the process of finalizing the details of our 2019 Wine Survivor Draw, which will be drawn at our Annual General Meeting on October 28th. The details should be up on our website at pmast.org soon or contact us at the above number to buy-in.

PMAST Pilots a New Program in Calgary

PMAST developed and piloted a new program at the request of Nelson Mandela High School for their English Language Learning Students. The result was "Youth Empowerment Skills (YES)", an eight-week program designed for the beginner class with minimal English comprehension, requiring the skills taught to be very basic with the use of many visual aids. Twenty-five students participated in the class and learned awareness of bullying and conflict, acceptability of a number of issues without judgement, including gender issues, perceptions and intentions and recognizing their own needs and values.

This school has a very diverse ethnic population with many immigrants and refugees requiring a number of ELL classes. There are actually 42 languages spoken in this school. Besides the language barrier, these students face many challenges in trying to adjust to life in Calgary, finding their place and their voice and being accepted into Canadian society.

These issues can create risk factors, making it difficult for these students to adapt to our society. It is critical that we provide programs to reduce these risk factors and assist the students in their transition into their new society as confident, emotionally healthy young adults, while honouring their own cultures.

The program ended with the class graduation on June 5th and the students stating they learned: to show respect, to respect others' opinions, how to deal with everyone and how to find a solution to bullying. Nelson Mandela School and PMAST are hoping to continue with this class in the fall and provide the skills building section of the program, which allows them to learn and practice active listening, finding their voice and gaining the confidence to use it.



Thank you to Teresa Martin, school Principal, and to Tina Merali, the school's Wellness Learning Leader, for recognizing the need for this program for their students. Thanks also to Florence Lye, PMAST's Program Director for developing the program and making revisions on the fly and to Rose Simard-Bachand, PMAST's trainer, for her skills in interacting with the students and for her patience through the many changes required.

We are endeavoring to raise funds to include the parents in this project in the fall, as requested by the school. PMAST has learned from experience that when parents get involved and can understand and support these changes at home, the long-term success of the program goes beyond the individual to their family and the community as a whole.

The developing and piloting of this program was made possible by an anonymous donor – our heartfelt thanks to them for seeing the need with these students and believing in PMAST to find the solution.

Youth Empowerment Skills in Airdrie

PMAST presented a version of our Youth Empowerment Skills (YES) program to 25 Grade 7 students at Good Shepherd School in Airdrie throughout May, with the class graduation on June 5th. This program included conflict and bullying awareness, being non-judgemental, recognizing their own needs and values and the value of confidence and self-esteem, which is not related to physical appearance, contrary to media perceptions.

According to the students, they learned: how to deal with bullying, cell phone dangers, respecting boundaries, how to be a better friend, how aggressive responses differ with genders and to accept yourself for who you are.

Thank you to Elizabeth Bennett, Principal, for bringing this program to her students and to our trainer, Rose Simard-Bachand, for her great interactive training with the students.

PMAST especially wishes to thank the Calgary Northmount Kiwanis for funding this program. Elizabeth Bennett made a presentation to the Kiwanis outlining the program results and expressing the school's appreciation for their ongoing support.



Some time
E mef hugs.

Conflict Skills & Healthy Relationships Workshop

PMAST Program at Airdrie Public Library

May and June 2019

PMAST offered six three-hour sessions to deliver conflict management and healthy relationship training to the Airdrie community, sponsored by the Airdrie and District Community Foundation. The sessions were designed for youth and adults and included basic conflict management training, where participants learned about conflict styles, the difference between empathy and sympathy and how to separate the person from the problem.

The Red Cross Respected Healthy Relationships portion of the program helps participants to understand the concepts of boundaries, assertive communication, consent, defining aspects of unhealthy relationships and developing a personal safety plan.

Sixteen people attended the workshop with ages ranging from early 20's to late 60's and from their positive feedback, the program was deemed successful. Thanks to PMAST trainer Don Schapira. PMAST will be looking for funding to provide this program again and again.

PMAST Wellness Symposium 2019

Trust in the Journey – A Pathway to Resiliency

Good Shepherd School in Airdrie partnered with PMAST to present this student led event on April 10th. This one-day school-wide event is similar to our previous Blue Fridays which dealt with issues of bullying and self esteem, while this new event is focused on the mental and emotional wellness of youth.

The mental and emotional wellness of our community has become a great concern for all of us. The impact of these issues has become internationally recognized and the best way to impact student health behaviours is through a comprehensive school health (CSH) approach. CSH is an internationally recognized approach for supporting student learning while addressing school health in a planned, integrated and holistic manner. We need to ensure our youth develop the knowledge, skills and attitudes to deal with all root causes of emotional, social and spiritual wellness.

Approximately 300 students attended the sessions from 19 motivational and inspirational speakers, who volunteered their time and expertise to present the following:

Conrad Brodeur – “Seeing Conflict in a New Light”

Jason Carriere – “I am Doing It”

Lone Chu – “You Too Can Learn to Play the Guitar” *in 30 minutes*

Francesca Clarke – “Using Curiosity in Conflict”

Community Links – “Body Image”

Community Links – “Budgeting”

Scott Gullion – “Breakthrough to Diamonds”

RCMP – “Cyberbullying”

Tina Thrussell – “Joy of Movement”

Tiernan (Volunteer Airdrie) – “Volunteerism”

Oranj – “Mindful Stretching”

Claude Pellerin – “Meet My Friend – The Cell Phone”

Jay Raymundo – “Sports Performance Boot Camp”

Aime Hutton – “Sally Called me Names Cause I’m Different”

Aaron Johnson – “Short/Long Term Goals”

Mike Loughman – “Unmask Mental Health”

Erin Luong – “Developing a Personal Recipe to Manage Stress and Anxiety”

Plenary Speaker – Jessica Janzen Olstad who has turned personal tragedy into a cause to find a cure for a rare genetic disease – Spinal Muscular Atrophy. Her daily focus is to “Run Towards The Roar”

Keynote Speaker Michael Chiasson is one of the top communicators for students across Canada and the USA. His presentation dealt with issues of mental health and bullying. He has dedicated his life to helping the 3,200,000 teens he believes are at risk of developing depression.

Testimonials from the students:

Mental wellness is very important to me now

Taught me how to believe in myself and set goals

Very helpful – the examples really helped me understand bullying and the right things to do

How to deal with some of my mental problems and ask for help

I am not alone with ADHD

How to cope with stress and anxiety

That leaders and champions work as hard as they can

How to be a leader and believe in yourself

I am unique and should love myself for who I am, not how people want me to be

How to turn off the inner critic

What’s holding me back is just a thought

When you are curious you don’t have to get defensive, you can solve it a different way

How to listen and de-escalate situations by asking questions

What cyberbullying really is and to be more aware of it and careful with your cell phone

I learned lots and it has inspired me to want to volunteer

An amazing and inspiring experience - I would take this class again and recommend it to others

Fun while learning good life lessons

It was great and I learned about mental health – it changed my point of view and gives me hope

It was cool learning how much drinking or making bad decisions can impact your life

We can relate to diamonds in some way, in how we start and how we finish

Very good experience with the police officer. Very funny and helped us understand cyberbullying

Made me aware that people are bullied almost every day

This taught me courage and hope

It was cool learning new things about drugs

70% of students rated it as excellent and applicable to life, while another 25% rated as Good and applicable

75% claimed they have changed their attitude toward mental health and/or bullying

We received many thank yous for an amazing and inspiring day.



We thank the speakers for the generous giving of their time and talents. We thank Elizabeth Bennett, Principal, the students, the school staff and PMAST’s Program Director, Florence Lye, for all their hard work to make this event happen. We also thank the volunteers who assisted with the logistics of directing traffic, feeding the presenters and providing refreshments for the students. It really does take a village...

To see the program booklet for this event, go to PMAST.org, or to this url: <https://pmast.org/wellness-symposium-2019/>

THIS EVENT WAS ALSO MADE POSSIBLE BY THE CALGARY NORTHMOUNT KIWANIS – again we thank them for their ongoing support.

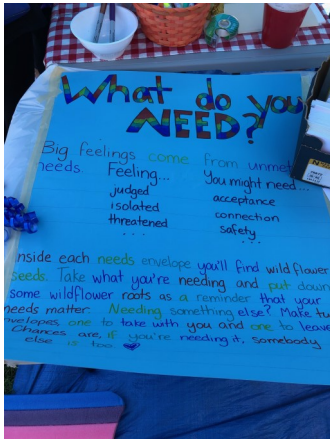
PMAS^T at Airdrie Pride Parade



PMAS^T hosted an information booth at the Airdrie Pride Parade. Since we have been active in that city both at the Good Shepherd School, the programs at the Airdrie Community Library, previous programs at the W. H. Croxford High School and receiving

funding from the Airdrie and District Community Foundation.

Through our Conflict Skills and Healthy Relationships Program at the library we learned a number of people wished they had heard of us sooner. Lesson learned folks—we will have information booths at a number of Airdrie events to get the word out.



Thanks to Florence Lye, Francesca Clarke and John Jardine for showing Airdrie community who we are and what we do.

PMAS^T's Annual FUNdraiser Comedy Night May 6th

This annual event was held on May 6th at The Laugh Shop, Blackfoot Hotel. We thank the following wannabee stand-up comedians for their commitment, their support and for their bravery:

Aaron Smit	Matt Youens
Russell Snyder	Nick Kuhn
Barrie Marshall	Pete Desrochers
Jason Carriere	Bob Warren

And our Goddess Judith Snell

We thank the organizations who support us in this event: Community Mediation Calgary, Calgary Northmount Kiwanis and ADR Institute of Alberta. We also thank the many donors for items for silent auction and door prizes, including the Calgary Flames for the signed jersey. All funds raised go towards and Birdies for Kids campaign held in conjunction with the Shaw Charity Golf Classic.

Last but not least, we thank Derek Wilken, Comedian and Comedic Trainer and Florence Lye from Arrow Comedy Training. In addition to training and performing, Flo also recruits the would-be comedians and organizes the entire event. Anyone wishing to sign up for our FUNdraiser 2020, please contact Flo at florence.lye@pmast.org.



To the Airdrie and District Community Foundation

for funding PMAS^T's Conflict Management and Healthy Relationships Program at the Airdrie Library.



Calgary Northmount Kiwanis

For your ongoing support of PMAS^T programs



Kiwanis
Calgary Northmount

You Can Help!

PMAS^T is always looking for supporters and volunteers to help coordinate events, sell tickets, prepare press releases, etc.; and to assist in finding financial support for our programs.

For more information go to pmast.org

A huge thank you to all PMAS^T Supporters—You Make it Happen!

MDRT
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Kiwanis



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www.albertaspromise.org





Peer Mediation And Skills Training (PMAST) & Shaw Birdies for Kids Presented by AltaLink

Well Alberta, once again we have shattered all records by raising over \$12.3 million for Alberta charities at the 2018 Shaw Charity Classic which is more than any other PGA Tour Champions event has ever raised; and all this with Alberta's struggling economy. Just goes to show how amazingly strong and generous Albertans are! This brings our five year total to over \$32 Million, all benefitting Alberta children and youth.

Now it's 2019 and Canyon Meadows Golf and Country Club is once again hosting the Shaw Charity Classic, one of the largest and most successful events held in the city of Calgary. The Shaw Charity Classic is a PGA Tour Champions event featuring professional golfers including Golf Hall of Famers Tom Watson, Fred Couples, Colin Montgomerie and 2018 winner Scott McCarron. Once again, AltaLink is presenting the Birdies for Kids charitable foundation, a non-profit program run under the Calgary Shaw Charity Classic Foundation. The motto for the tournament's charitable efforts is 'Helping Kids. Changing Lives' which mirrors Peer Mediation And Skills Training's goals and objectives.

Funds raised for PMAST through BFK help us to provide life skills in conflict management and communications to more Calgary and area youth, families and communities, helping to build better relationships in all aspects of their lives and address issues affecting their wellness.

Did you know that bullying and conflict are two of the most important issues facing youth today and social media has increased that risk factor exponentially, seriously affecting the wellness of our youth. 87 percent of today's youth have witnessed cyberbullying and 34 percent acknowledge they have experienced cyberbullying. 24% of those who have experienced cyberbullying have suicidal thoughts. Kids who are involved as both victims and perpetrators of bullying are at the highest risk for suicide (Holt et al 2015 Suicide Prevention Resource Center)

While PMAST agrees that counselling and bullying awareness programs are important - they are not enough. To really create change for today and tomorrow and reduce the risk factors affecting the wellness of our youth, we need to be **pro-active** and teach our youth how to successfully deal with the conflict in their lives, whether face-to-face or on-line. We need to change the dynamics of these youth, their families and those around them for this and future generations.

We need your support! In order to provide this service to Calgary and area youth we need funds for program delivery. You can help provide these services to our youth.

MAKE YOUR DOLLARS COUNT—all donations through BFK are matched up to 50%.

Go to <http://pmast.org/> and click on the button to donate
Be sure to earmark your donation to Peer Mediation And Skills Training (PMAST).