

Sisters writer to teach at trauma conference

Post traumatic stress is a world-wide problem affecting people of all ages. Many go through life not understanding why they feel overwhelming emotions like fear, anger, anxiety and a wide variety of physical effects. They begin to believe it's just how they are.

On May 18, The Healing Trauma Conference will offer insights and a deeper understanding for both those who are suffering from past traumas and caregivers and professionals who spend time with them. The conference will provide tools for healing and methods to forge a path to resiliency.

Sisters writer Katy Yoder will present on writing for healing at the conference. Her workshop session is titled, "Telling Your Story – From Victimhood to Resiliency."

Katy has always been a storyteller. Journaling helped

her navigate the challenges of a seemingly charmed childhood that included sex abuse. As she works on healing and reframing her story; what she wrote years before has become breadcrumbs left behind for her to follow. Stories from her childhood are healing her today, and she in turn is healing her inner child. That process has brought a deeper understanding of her past and how it still affects her.

After 11 years in the non-profit sector, she left to dedicate her time to writing both as a journalist and an author of a literary non-fiction book. Her book takes her back to her abuse and abusers. She'll confront them and by sharing how they hurt her, will eventually be ready to hear their stories. Part magical thinking, part memoir, her book takes readers to a place where rewriting your

story is both possible and a venture worth undertaking. She hopes her writing will inspire others to consider another way to frame their past stories and focus more on the hero within than the victim.

When it comes to adverse childhood experiences (ACEs), the story we continue to tell ourselves and others defines us, Yoder believes. It either makes us stronger or leaves us feeling like helpless children at the mercy of outside forces. Participants who begin and continue the journey of self-discovery by writing and then rewriting their stories can change and feel stronger.

The May 18 conference will be held at Mountain View High School. Preregistration is encouraged to sign up for classes that cover modalities from meditation, integrative

nutrition, cranial sacral therapy and cognitive behavioral therapy. To see a list of over 30 presenters and their classes, visit the HTC website: <http://thehealingtraumaconference.com>.

The day will begin with keynote addresses by local experts Barbara Largent, M.D.; Katie McClure; and Elizabeth Fitzgerald. The

event will have food trucks on site, resources about options for healing and a safe room with professionals on hand to help anyone experiencing triggers during the event. The day will focus on healing and positive ways to overcome trauma and live a happier life free from the aftermath of past memories.

CIVIL WAR: Event recreates era of 1860s conflict

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of the federal government. Additional topics from the 1860s that are relevant to today's issues include social change, civil rights, citizenship, regional rivalries, liberty, and free-labor entrepreneurial capitalism.

Fully period-correct military equipment, tack, tents, housewares and supplies will be used and displayed during the weekend. Visitors are welcome to tour the camps that are set up just as they were during the Civil War.

President Abraham Lincoln will speak Saturday at 1 p.m. and will be available for questions. This reenactor is so similar to Lincoln that visitors leave with the impression that perhaps they were momentarily transported to 1864.

The reenactors also donate

their time Friday, May 17, for a School Day, when the camps of the Blue and Gray are open just for students on school field trips. Nearly 1,000 students will participate this year.

The mountain meadow setting offers over five acres of living history with campsites, stores, medical practices, music, war reporting, yarn spinning, fashion and other activities of the era. Civil War artillery, infantry and cavalry are represented.

Mock battles with cannons and muskets firing black powder are scheduled for 11 a.m. and 3 p.m. each day. General admission is \$8; seniors and students, \$5. Children under six, free. Parking, \$5 per vehicle to help the Boy Scouts.

House On Metolius (www.metolius.com) is off Highway 20 two miles north of Camp Sherman, off road 1420.

The Northwest Civil War Council (www.nwcwc.net) is a nonprofit, living-history

organization dedicated to educating the public and members about the American Civil War. Through educational drama at reenactments, participants discover and learn about history and the people who lived in the 1860s.

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CIVIL WAR
Reenactment & Living History
SATURDAY & SUNDAY
May 18-19 | 9 a.m.-4 p.m.
At House on Metolius in Camp Sherman

**Blue & Grey battle with
CANNONS AND MUSKETS**
11 a.m. & 3 p.m. both days

Learn about Infantry, Cavalry, Artillery, Medicine, Fashion, Music and Civilian Life of the 1860s.

**Hear Abraham
Lincoln speak,
Saturday only, 1 p.m.**

Adults \$8, seniors/students \$5,
Kids under 6 free
Parking \$5 to the Boy Scouts



PHOTO PROVIDED

Civil War reenactors create a portal in time at House on Metolius in Camp Sherman.



www.NWCWC.net

View video from 2018 event at bit.ly/NuggetCivilWar

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