

Father's Day



Dad's Big Day

Once a year, we gather to honor the fathers in our lives, hosting celebrations both large and small in their honor. Put a well-thought-out strategy in place to make the most of this moment.

FOOD AND DRINKS

The first step is to select all of Dad's favorite dishes and beverages for the event. Be sure to extend invitations to all his dearest friends and family members. If the Sunday of Father's Day doesn't work for everyone's schedule, consider setting the party on the Saturday before the holiday. This approach may increase attendance, making the occasion even more memorable for Dad.

THE GUEST LIST

Make an even bigger impact on Father's Day by sending an invitation to a friend or family member who Dad hasn't seen in a while. Holidays provide an excellent opportunity to reunite with people from our past. You'll have to plan ahead, since coordinating their surprise arrival could be complicated by issues with travel or lodging. You'll also have to make these arrangements discreetly to maintain the element of surprise.



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PICKING A THEME

Once you've settled on food, drinks and the guest list, it's time to decide on the theme for Dad's party. If he's a sports enthusiast, consider a theme with sports trivia and a friendly game or two. Flag football, pickleball, badminton, basketball and croquet are perennial

backyard favorites.

Alternatively, if he's more into music, why not invite his old bandmates to jam together this Father's Day weekend? Reuniting the lineup could add a lot of fun to the celebration, while allowing Dad to reminisce about his musical glory days.

GENERATIONS OF FUN

Begin a new tradition of hosting multiple generations of dads at the same party for Father's Day. Bringing together grandfathers, fathers, sons and grandsons can be challenging, but with proper planning, you can create a memorable event. Father's Day pro-

vides a great opportunity to gather all these special family members in one place, whether it's at your home, a restaurant or at a local park. The main problem will likely be logistics, since you'll have to coordinate their schedules. So, start working on everything as early as possible.

History of this Honor

Two remarkable women helped forge an American tradition in which dads are king for a day.

Of course, fathers have been honored worldwide throughout history, but Father's Day didn't come into existence until the early 1900s in the United States.

GRACE GOLDEN CLAYTON

One of the pioneers behind the first recorded celebration of Father's Day is Grace Golden Clayton. In 1907, a tragic coal-mining disaster claimed the lives of 361 men in West Virginia. Some 250 of them were dads. Clayton suggested to her pastor that a memorial be held the following year to honor fathers. She chose July 5, the Sunday closest to her own father's birthday. Although the event remained local and didn't gain national attention, it marked the beginning of Father's Day in America.



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SONORA SMART DODD

Another influential figure in the establishment of Father's Day was Sonora Smart Dodd. Born in 1882 in Arkansas, Dodd was raised by her father, Civil War veteran William Jackson Smart, after her mother's untimely death during childbirth. Inspired by a sermon about Mother's Day, Dodd believed that fathers deserved recognition too. She

proposed the idea of Father's Day to the Spokane Ministerial Alliance after moving to Washington State. Dodd suggested that dads be celebrated on June 5, her father's birthday, but organizers decided to celebrate it on the third Sunday in June instead. On June 19, 1910, the first Father's Day was celebrated at the YMCA in Spokane.

GROWING TRADITION

The establishment of Father's Day was a gradual process, with various individuals and organizations playing a role in its recognition. In 1916, President Woodrow Wilson acknowledged the Father's Day services in Spokane through a telegraph message. President Calvin Coolidge expressed his

support for a national Father's Day in 1924. Into the 1930s, individuals like Dodd continued their work to establish this as a national holiday.

Their efforts included collaborating with trade groups that would benefit from the holiday, such as manufacturers of traditional men's gifts like ties and tobacco pipes. The Father's Day Council was

founded in 1938 by the New York Associated Men's Wear Retailers to promote the holiday. Finally, in 1966, President Lyndon B. Johnson signed a presidential proclamation designating the third Sunday of June as Father's Day. It was later solidified as an official and permanent national observance by President Richard Nixon in 1972.

If You Can't Be Together

Ideally, we'd get to spend Father's Day with those this day is meant to recognize: dads, granddads and father figures who stepped in to love and support us as kids. Sometimes, however, that simply can't happen.

One survey found that nearly 40 percent of Americans live far away from their hometowns. Americans move more than people from almost any other country. We also work more hours than many others. All of this can make it difficult — if not impossible — to sync up our busy schedules.

Still, there are several ways to continue this time-honored tradition of honoring dads, even when they are a great distance away:

VIRTUAL GATHERING

Pandemic-era quarantines normalized virtual gatherings for many people who may have never tried this technology. For a while, it was the only option for those who wanted to connect with family, friends and coworkers. With the help of modern technology, we were able to stay connected with our families through a very difficult period. Take advantage of that



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familiarity with video-calling platforms to arrange a virtual dinner or chat session with Dad.

If a meal is on the agenda, consider ordering his favorite dish from a local restaurant and have it delivered in time for this special virtual gathering. Or gather things to make the perfect care package for

his special day. Ensure the call takes place in a quiet setting so you can enjoy quality time together. If you live very far away, you may also have to consider time zone variations and adjust your schedule accordingly.

ALTERNATIVE DATES

If possible, schedule a per-

sonal get-together on the closest day when you both can be together. You'll give your dad something to look forward to, lessening the disappointment of having missed the traditional day. Schedule an activity that he's fond of like golf and plan an exciting day around the event. Try something different by visiting a

new location he wants to experience, or go on a fishing trip with expert guides to reveal the sweet spots on the lake. Key gift choices to his personal interests. Buy tickets to a sporting event to see his favorite team, or fill a theme box with gear for his favorite hobbies or DVDs of his favorite shows or movies.

Personal Gift Ideas

A wealth of gift-giving ideas can be found online and in stores, but nothing more fully expresses your love for Dad than a handmade, personalized present.

Incorporate special elements that simply can't be replicated in any store-bought option, while making timeless new memories:

PHOTOGRAPHIC MEMORIES

Your best memories with Dad deserve to be preserved and cherished forever. Capture those special moments in a photo book that he can flip through to relive some of his favorite times. Gather photos that hold meaning for both of you, building a meaningful keepsake that he will treasure forever.

EVERYDAY INSPIRATION

Personalize his office space with a personalized twist on the classic photo calendar. Collect meaningful quotes, inside jokes or heartfelt messages to create a calendar that resonates with your father all year long. These thoughtful words can provide motivation whether he's facing a tough day at work or gearing up for a new project. Everyday inspiration can also be found from buying a simple whiteboard. Encourage family members to



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leave notes or drawings. The first message is a simple yet meaningful one: Happy Father's Day!

WALK THROUGH THE PAST

Combine photos, memorabilia and written passages in an album that tells your father's personal story. You can complete the book by collecting things like news clip-

pings, handwritten letters and other sentimental items from friends and family. The results will pay tribute to his accomplishments and the impact he has had on the lives of so many people.

FAMILY MOMENTS

Surprise your father this year with a gift that involves the whole family. Create a series of framed prints featur-

ing a photo chosen by everyone in your family. Matching frames create a more cohesive look, but you can mix and match for a more creative gallery wall. Either way, you'll fashion a unique celebration of his life and the memories you've shared together.

STORYTELLING TIME

A storybook for little ones featuring the story of dad's life

will make the perfect gift for fathers, grandfathers and uncles with young children, while strengthening the bond between child and father. You can even craft an exciting adventure story starring the entire family. Take advantage of a variety of ready-made themes to build this book, or design a custom book that captures your unique family dynamic.



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Try Something New

It's easy to get in a rut when buying gifts for Dad. Try something new this year by planning something different — whether inside or out.

FAMILY PICNIC

If the weather is nice on Father's Day, consider spending time outdoors. Create lasting memories while acknowledging all the things that Dad does for the family by organizing a family picnic. Visit a farmer's market then head to a nearby park or beach

for a day of family bonding. Don't forget to bring along lawn games, Frisbees or other fun activities.

FUN AND GAMES

For dads who enjoy golf, a day spent on the green can be a wonderful way to mark Father's Day. You could even turn it into a family affair by inviting everyone to join in. If that's not feasible, consider going for a round of miniature golf. Another idea is to plan a scavenger hunt. Make it more challenging by hiding clues and having the family work together to solve them. Consider going on a fishing trip on Father's Day. Perhaps you'll even catch something that you can cook for dinner.

GREAT OUTDOORS

Birdwatching is another option. Grab some binoculars and head to the local park to observe. Prepare a list in advance of the bird species native to the area that you are likely to spot. Flying a kite is a timeless activity that can be enjoyed by family members of all ages. Purchase kites for everyone and head to a park or meadow.

MOVIE MARATHON

Looking for some creative ways to celebrate indoors? Consider a movie marathon or game day. Treat your dad to a series of movies featuring his favorite actors. Pop some popcorn, grab some pillows and cozy blankets, then spend the day enjoying quality time together.

HOST A FAMILY GAME NIGHT

Bring out the playing cards, video games or board games and have a fun-filled game day. You can organize a tournament or simply let your dad choose his favorite games to play on his special day.

DINNER IS SERVED

If your dad enjoys cooking, why not schedule a cooking class for Father's Day? You can even join him as a family and learn some new culinary skills together. Or indulge your dad's sweet tooth by taking him on a dessert-tasting adventure. Visit local bakeries or pastry shops and sample delicious treats together.

Honoring the Departed

Even in his absence, Father's Day can be a meaningful occasion.

Use this opportunity to reflect on lessons learned and to honor a legacy that continues to influence the family he left behind. At the same time, prioritize self-care.

REFLECTIONS ON DAD

Father's Day takes on a poignant atmosphere when Dad is no longer around. Celebrating his memory is a constructive way to navigate through this grief and may lead to a growing sense of acceptance. Seek support from loved ones during this challenging period. Remember, there is no right or wrong way to grieve. Everyone copes differently.

TAKING CARE

It's important to take care of yourself. Begin by acknowledging your emotions and how you have responded to this loss. Share thoughts about your father's passing with people you trust. It's particularly important on this significant day. Connect with others who are also mourning a similar loss, since a sense of community can help in your healing journey. Taking care of your family and yourself is another way in which your late father's legacy continues to live on.

LOOKING BACK

There are many ways to



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honor your father's life, love and achievements. You can return to old photographs, letters and yearbooks and then share memories associated with each image and the stories behind them with friends and family. Discuss significant events and milestones that have occurred since his pass-

ing, and how he might have reacted to them. Consider establishing your own smaller new traditions. For instance, you could write a heartfelt letter to your father, expressing your emotions and the impact of his death. You may also choose to simply sit in quiet memory for a while.

HELPING HANDS

If handling Father's Day still feels overwhelming, seek out support from a mental health professional. They are trained to assist people who are trying to cope with grief and loss, addressing the anxiety, guilt or sadness that can follow the passing of a loved

one like your father. Open family discussions, since they may be of help, too. Educate your children about their grandfather by sharing stories and family history. By doing so, you are preserving valuable memories and honoring everything your dad meant to you.

Other Global Traditions

Father's Day isn't just a special day in the United States. The important role that dads play within their family is honored in unique and important ways all around the globe.

While the dates and customs may differ, all of them help show our appreciation for the dads, grandfathers and father figures in our lives.

BRAZIL

In Brazil, Father's Day is known as "Dia do Pais," and falls on the second Sunday of August. This date was selected in tribute to St. Joachim. He was the father of Mary, mother of Jesus, and serves as the patron saint of fathers and grandfathers. Brazil's first Father's Day celebration took place in 1953 in Rio de Janeiro, and is still marked by a large family barbecue.

GERMANY

In Germany, Father's Day is referred to as "Vatertag." Observed on Ascension Day (the 39th day after Easter), this national holiday always falls on a Thursday, with many people also having Friday off. The day originated in the Middle Ages as a religious observance honoring "God, the father." Into the 19th Century, Father's Day evolved into a new kind of



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celebration. Groups of men now embark on a traditional countryside hike with a wagon filled with beer and snacks.

ITALY

Italy celebrates Father's Day on March 19 to coincide with the feast day of Saint Joseph, the patron saint of fathers. A popular Italian tradition involves giving fathers small

gifts like pastries and bouquets of flowers. Children also express their love for dad by creating special drawings and cards, often accompanied by poetry.

JAPAN

In Japan, Father's Day is observed on the third Sunday in June. This tradition involves the gifting of flowers, sake,

Japanese sweets and gourmet chocolates. A traditional Father's Day meal in Japan typically features dishes like prawns or crab. Children often present their fathers with handmade beer glasses, showcasing their creativity and affection.

THAILAND

In Thailand, Father's Day is

celebrated on December 5, which coincides with the birthday of the late King Bhumibol Adulyadej. People traditionally wear yellow shirts on the day, known as "Wan Por," and present their fathers and grandfathers with the yellow canna flower.

King Bhumibol is referred to in Thailand as "The Father of the Nation."