



newsletter

Liard Aboriginal Women's Society

LIARD ABORIGINAL WOMEN'S SOCIETY - BOX 3 WATSON
LAKE, YUKON Y0A1C0 LAWS@NORTHWESTEL.NET 867-
536-2097

RECONNECTING WELLNESS - KASKA LANGUAGE PROJECT



Liard Aboriginal Women's Society is pleased to announce that we will be offering a Kaska Language Project at Frances Lake:

Dates: August 12th to September 13th

Where: Frances Lake

We all recognize the decline in our language and the need to encourage the use of our language.

We are blessed to have among us a lot of elders and

others who are very fluent in using our language.

The project aims to encourage only the usage of our language while at camp.

Our plans are to have three days a week of class-room settings with instructors and two days a week with the instructors teaching the hands-on skills of sewing, medicine gathering, drying meat etc., in our Kaska language.

If you are Interest-

ed in attending this valuable gathering please contact our office at 867-536-2097.

Please note that although accommodations are limited there is a lot of room for tenting. We will be providing meals during the gathering.

We welcome all members from Ross River, Good Hope Lake and Ross River.

Please bring a foamy, blanket, utensils, cups and plates.

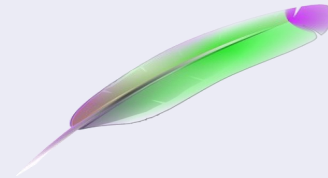
ONE ON ONE HEALING SESSIONS WITH AN ELDER

At the request of several elders we would like to invite Robert Beaulieu who is a healer from Ft. Resolution to Watson Lake. Robert is well known for his gift of helping people on the path to healing in many parts of Canada.

When: July 29th to August 2nd, 2013

Where: TBA

If you are interested in booking a session with Robert, please call Travis at 536-2097.



TOGETHER FOR JUSTICE

Liard Aboriginal Women's Society and the Watson Lake RCMP detachment celebrated the signing of the Community Safety Protocol.

The intent of the protocol is for both parties to collaborate with community agencies, grass-roots citizens and Kaska women on addressing violence against women.

Our plans are to form a working group consisting of agencies and individuals interested in working together to end violence against women.

If you are interested in taking part in the working group, please call our office at 867-536-2097 or send us an email at laws@northwestel.net



WOLF CLAN POTLATCH FOR THE LATE LENA CHARLIE

There will be a Wolf Clan potlatch and headstone placement for the late Lena Charlie on August 10th at 5:00 pm at the Watson Lake Recreation Centre. The headstone will be unveiled August 10th at 2:00pm at Upper Liard Cemetery.

This potlatch is held by the Wolf clan to show appreciation to the Crow Clan members for their help with the burial of our cherished Kaska elder and Wolf Clan member.

We would kindly ask, if possible, Wolf Clan members bring a plate of food or gifts to the potlatch to be gifted to Crow Clan members.



Wolf Prayer

**Follow me down the path, I will walk beside you
Guiding you and showing you the way
I will not leave you, I will be standing on the path watching you
If you ever feel alone, close your eyes
You will see 6 sets of footprints
2 belonging to you, 4 to me
Then you will know, I have not left you.**

EASY FIX SUMMER MEAL & DESERT IDEAS



As the days get longer and the temperature starts to rise, the last thing you want to be doing is standing over a hot stove and oven for hours preparing dinner for the family. The summer months are meant to be spent outdoors, enjoying the warm weather. Select meal ideas that require little cooking or that are easy to put together so that you can spend more time outside of the kitchen with your family.

G R I L L E D S A L A D

Grilled salad may seem a bit strange, but its the perfect way to throw together a delicious summer meal. Marinate chicken in your favorite salad dressing. Italian, raspberry vinaigrette or honey mustard are all delicious options. Throw the chicken on the grill and cook thoroughly and evenly. Add to a bed of romaine lettuce or spinach with your favorite cut veggies.

Vegetarians and veggie friendly eaters can get that delicious smokey taste into their salad by throwing some seasonal produce on the grill. Cut eggplant, zucchini, summer squash or other comparable vegetables into medium sized slices (not too small that they will fall apart on the grill and not so big that they don't cook evenly). Grill until vegetables are tender and juicy; then add to a bed of your chosen lettuce with other cold veggies.

For an extra grilled treat, soak un-shucked ears of corn in water for about an hour. Then place directly on the grill, turning until cooked evenly. Enjoy the fresh, crisp taste of grilled corn straight from the cob or cut up into your salad. Enjoy!!

STRAWBERRIES WITH CREAM CHEESE FILLING

Ingredients:

- 32 fresh whole strawberries, large
- 11 to 12 ounces cream cheese, softened
- 1/2 cup confectioners' sugar
- 1/4 teaspoon almond extract
- 2 tablespoons semi-sweet or milk chocolate, grated



Preparation:

Cut a thin slice from the stem end of each strawberry, allowing the berries to stand upright on flattened end. Place berries, cut side down, on a serving platter. Cut each berry carefully into 4 wedges, cutting almost to, but not through, bottoms. Fan wedges just slightly, taking care not to break; set berries aside.

In a mixing bowl, beat together the cream cheese, confectioners' sugar, and almond extract until light and fluffy. Gently fold in grated chocolate. Using a teaspoon or decorating bag with decorative tip, fill the strawberries. If desired, sprinkle with a little more grated chocolate. Cover and chill until ready to serve.