



Liard Aboriginal Women's Society - Box 3 Watson Lake, Yukon YoA 1Co
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Residential School Educational Credits

Eligible former Indian Residential Schools (IRS) students who qualified for the Common Experience Payment (CEP) under the IRS Settlement Agreement may now qualify for a one time IRS Personal Credit (no cash value) for educational programs and services.

The organization appointed to handle the IRS Personal Credits process is Crawford Class Action Services. Eligible IRS students will receive a Personal Credits Acknowledgement Form in the mail from Crawford Class Action Services. All forms must be completed and returned postmarked **no later than October 31, 2014**. All instructions to complete the Personal Credits Acknowledgement Form are included in the mailed package to eligible claimants.

Process:

Step 1: Survivors submit Personal Credits Acknowledgement forms to indicate where funds be used.

Step 2: Survivors will receive an acknowledgement letter once form is received

Step 3: Survivors will receive a decision letter once form is reviewed. The decision letter will provide information on what to do next. If form is approved the decision letter will include a Personal Credits Redemption form that survivors will need to provide to the Education Entity.

Step 4: The Education Entity will need to fill out the Personal Credits Redemption form and send it to the Personal Credits Administrator.

Shannon Payne, Liaison Coordinator, Assembly First Nations will in the following communities to answer your questions:

Good Hope Lake, BC: March 31st – 11:00 am

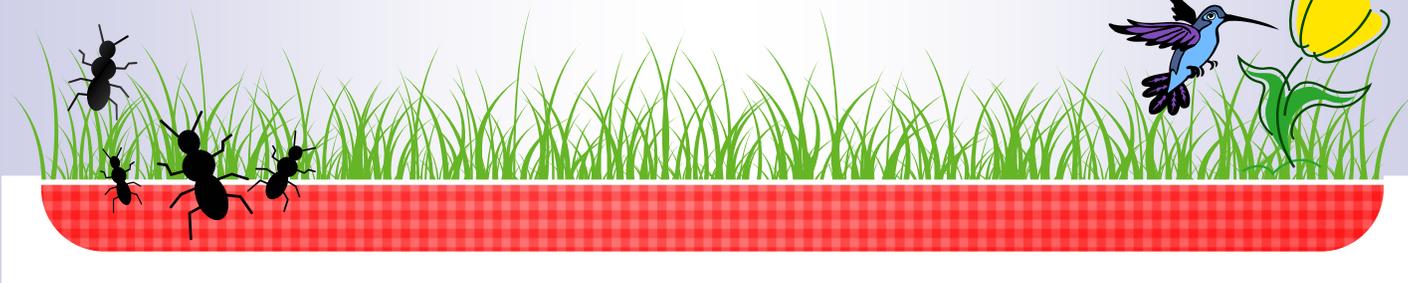
Watson Lake – March 31st – 7:00 pm – 2 mile Hall

Lower Post, BC – April 1st – 10:00 am – Denatia School

More information is available at:

www.residentialschoolsettlement.ca

or by calling 1-866-343-1858





Kaska Language/Cultural Training UBC - Educational Credits

Liard Aboriginal Women’s Society has been in discussions with Pat Moore, University of British Columbia, about transferring the credits to UBC for Kaska Language Training on the land in the summer of 2015.

If you do not have plans to use the credits for yourself or family member you may be interested in transferring the credits to the UBC Kaska Language Training.

You would indicate on Part 3- Education Entity Information.

Name of Education Entity: UBC.



“Three things in life you should never sacrifice: your family, your heart and your dignity.”

Ribbon Shirts Workshop

Many of you have been asking LAWS to offer a course in Ribbon Shirts. We have found these sewing circles gives us an opportunity to connect and support each other in our healing and gives us the space to share food and help each other with our projects.

Date and Time:

April 1st to April 5th at 10:00 – 3:00 pm

Location:

2 mile Hall



Together for Justice

On March 8th, 2013 LAWS and the Watson Lake RCMP detachment signed the Together for Justice Community Safety Protocol. The protocol highlights our shared vision and goals for working together to address violence against women.

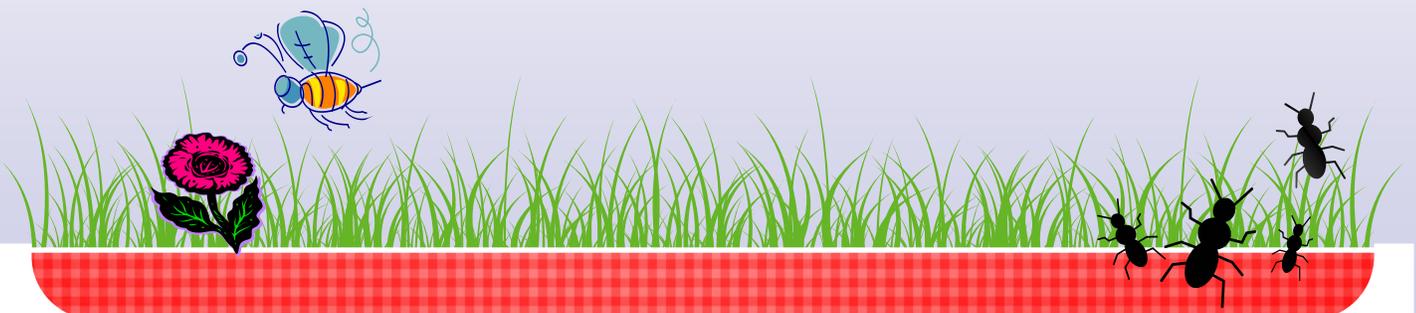
Some of our shared objectives:

To foster a secure, and resilient and sustainable relationship, we will:

- Commit to maintaining an active, relevant and culturally appropriate protocol
- Enhance understanding and appreciation of our respective roles and responsibilities.
- Continue to share information and engage in culturally appropriate communication
- Maximize collaboration and shared decision-making opportunities
- Work together to identify annual RCMP priorities
- Increase RCMP participation and communication to inform the public and build trust
- Inform each other of any communications, news releases or bulletins that relate to this protocol
- To increase inter-cultural awareness, understanding and respect, we will:
 - incorporate culture as the foundation of our action
 - Involve our Elders to guide us
 - Invest in inter-cultural learning and training to deepen our understanding of each other
 - Respond to racism and violent behavior

If you are interested in having a full copy of the protocol please come to the LAWS office.

We are pleased to announce that Hammond Dick has been hired as the Together for Justice Implementation Coordinator. LAWS in collaboration with the RCMP and other community partners have formed a Together for Justice working group. The working group, guided by Hammond, meets on a monthly basis to discuss addressing violence against women in our communities. The group intends to develop an action plan that addresses violence against women and have a public meeting with community members with the RCMP in the near future. If you are interested in being a part of this dynamic group please call Hammond at 867-536-2097 for the next meeting date.



Announcing Robert Beaulieu—Healer

Robert Beaulieu will be in Watson Lake from April 7th to the 12th to do healing work and ceremonies. If you would like to book an appointment to see him then please call LAWS office at 867-536-2097



Medicinal Uses of Black and White Spruce

Spruce buds, and tender new shoots, can be gathered in early spring and made into brisk herbal tea. The early needles have a somewhat pleasant lemon citrus taste. The needles contain shikimic acid, the starting point for the production of Tamiflu, a pharmaceutical anti-flu drug.

Spruce cones are used to make a tea that relieve colds and helps maintain good health. Of all the parts of the spruce tree, some Elders believe the cones make the best medicine. Cones are picked year round from the tops of young trees. Usually five to 15 cones are gently boiled for 10 – 15 minutes in a pot of water. The longer they boil, the stronger the medicine becomes. Branches are sometimes put into the pot with the spruce cones. Some people prefer straining the liquid before drinking it. Spruce tea relieves coughing and sore throats and chests. Those who are sick with colds can take it three or four times a day for about five days. Some Gwich'in drink between one-quarter cup and one cup of spruce tea every day to stay healthy. You can drink this medicine when it is hot or after it is cooled, though it should never be gulped. Many people keep the medicine in a jar in the fridge for later use.

Spruce gum can also be boiled, strained and cooled to make a tea. Like spruce cone tea, this tea is used to relieve colds and maintain good health. It tends to be very concentrated though, so only small amounts are sipped.

The black and white spruce trees are used in the same way. The cones, boughs, inner bark, and the gum of the spruce trees are made into teas, salves, and poultices to treat many internal and external ailments. The outer bark is used as a splint.

