

Good morning my walking friends! Well, we are progressing north and starting to head inland British Columbia as we head for Whitehorse, Yukon. If you were present to hear Dr. Cheryl Bear on Tuesday, you may have an idea of the complexity of the land in BC - so many nations intertwined and displaced. Because we heard from Cheryl this week, learned about her home on the land of Nadleh, about the work of First United... In the meantime, please read more about Dr. Bear, [and listen to her music, here](#). We will not have another speaker until next week after we reach Whitehorse. To learn more about the West Coast Indigenous people, Bob Root has suggested the following links to peruse...

- *Opening of the Big House in Bella Bella, BC*
October 2019: <https://www.aptnnews.ca/national-news/ceremony/>
- *Building the Big House:* <https://youtu.be/jH8vxFxHGLI>
- *The Whale and the Raven – Trailer (90 seconds):* <https://vimeo.com/312745889>
- *Movie (1 hr 41 mins):* <https://www.nfb.ca/film/whale-and-the-raven/>
- *Article about the opening of the Big House in Bella bella, BC. -*
<https://thenarwhal.ca/the-heartbeat-of-our-community-heiltsuk-open-historic-big-house/> <https://thenarwhal.ca/the-heartbeat-of-our-community-heiltsuk-open-historic-big-house/>

Here is this week's map - once again i need to point out the obvious, that our numbers don't always make sense. That is because we are "converting" exercise of all types into time and distances of walkers... not really apples to apples, but giving us an opportunity to move, to land, and to learn. When the pandemic is long over, i intend to do this walk for real. Perhaps you would consider joining me, even if a small portion near your home?

May you be blessed by the one who walks on wounded feet, and calls us to Galilee
Wanda