



*A Great Living Choice for Seniors*

**EVENTS AROUND TOWN**

**Canada Day**  
**George Lane Park**  
 July 1, 1-4:00 PM  
**Fire works at Emerson Lake**  
 July 1, 11:00 PM

**The First Europeans**

The Vikings from Iceland who colonized Greenland 1,000 years ago also reached Labrador and the island of Newfoundland. The remains of their settlement, l'Anse aux Meadows, are a World Heritage site.



European exploration began in earnest in 1497 with there expedition. John Cabot, who was an Italian immigrant from England was the first to map Canada's Atlantic shore, setting foot on Newfoundland or Cape Breton Island in 1497 and claiming the *New Founde Land* for England. English settlement did not begin until 1610.

Jacques Cartier was the first European to explore the St. Lawrence River and to set eyes on present-day Québec City and Montreal



**CANADA**

**Aboriginal Peoples**

When Europeans explored Canada they found all regions occupied by native peoples they called Indians, because the first explorers thought they had reached the East Indies. The native people lived off the land, some by hunting and gathering, others by raising crops. The Huron-Wendat of the Great Lakes region, like the Iroquois, were farmers and hunters. The Cree and Dene of the Northwest were hunter-gatherers. The Sioux were nomadic, following the bison (buffalo) herd. The Inuit lived off Arctic wildlife. West Coast natives preserved fish by drying and smoking. Warfare was common among Aboriginal groups as they competed for land, resources and prestige.

The arrival of European traders, missionaries, soldiers and colonists changed the native way of life forever. Large numbers of Aboriginals died of European diseases to which they lacked immunity. However, Aboriginals and Europeans formed strong economic, religious and military bonds in the first 200 years of coexistence which laid the foundations of Canada.



Indian encampment, fur trade era

**Exploring a River, Naming Canada**

Between 1534 and 1542, Jacques Cartier made three voyages across the Atlantic, claiming the land for King Francis I of France. Cartier heard two captured guides speak the Iroquoian word *kanata*, meaning "village." By the 1550s, the name of *Canada* began appearing on maps.

# Abbeyfield House

## CHUCKLE CORNER

Jokes Only Canadians Will Appreciate

A Québécois guest in an Edmonton hotel phoned room service for some pepper.

*“Black pepper or white pepper?”  
asked the concierge.*

**“Toilette pepper!”**

How did they name Canada?

A. They threw all the letters of the alphabet in a jar and called them out as they got them out: “C, eh? N, eh? D, eh”

How many Canadians does it take to change a light bulb?

A. None, they don’t change light bulbs. They accept them the way they are.

How do you get 50 Canadians out of a swimming pool?

A. “Please get out of the swimming pool.”

What are the two seasons in Canada?

A. Winter and July.

I went to a fight and an hockey game broke out.

The official emblem of Canada 150, a stylized maple leaf with 13 diamonds representing Canada’s provinces and territories. The 4 red diamonds represent Canada’s initial provinces at confederation.



**CANADA 150**

## READING BODY LANGUAGE

Continued

### 1. Eyes that lie

Most of us probably grew up hearing, “Look me in the eye when you talk to me!” Our parents were operating under the assumption that it’s tough to hold someone’s gaze when you’re lying to them, and they were right to an extent. But that’s such common knowledge that people will often deliberately hold eye contact in an attempt to cover up the fact that they’re lying. The problem is that most of them overcompensate and hold eye contact to the point that it feels uncomfortable. On average, Americans hold eye contact for seven to ten seconds, longer when we’re listening than when we’re talking. If you’re talking with someone whose stare is making you squirm—especially if they’re very still and unblinking—something is up and they might be lying you.

### 2. Exaggerated nodding signals anxiety about approval.

When you’re telling someone something and they nod excessively, this means that they are worried about what you think of them or that you doubt their ability to follow your instructions.

### 3. A clenched jaw signals stress.

A clenched jaw, a tightened neck, or a furrowed brow are all signs of stress. Regardless of what the person is saying, these are signs of considerable discomfort. The conversation might be delving into something they’re anxious about, or their mind might be elsewhere and they’re focusing on the thing that’s stressing them out. The key is to watch for that mismatch between what the person says and what their tense body language is telling you.



### Bringing It All Together

The bottom line is that even if you can’t read a person’s exact thoughts, you can learn a lot from their body language, and that’s especially true when words and body language don’t match.

Dr. Travis Bradberry

#### FUN FACTS

- On a Canadian two dollar bill, the flag flying over the Parliament Building looks like an American flag, but is actually the flag that flew over to Dominion of Canada before the Maple Leaf.
- Canada is an Indian word meaning "Big Village."
- Pamela Anderson Lee is Canada's Centennial Baby, being the first baby born on the centennial anniversary of Canada's independence.