

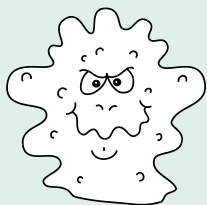


SEVENTH
GENERATION

Club Newsletter

The Nook

Why did the
germ cross the
microscope?



To get to the other side.

Why was 6 afraid of 7?

Because 7 ate 9!

Q: What is the world's tallest
building?

most stories.

A: The library because it has the



What is a pirate's
favorite school
subject?

Algebra

THIS ISSUE

- Have a Scientific November!
- Youth "Super Conference"
- The Nook
- Canucks Corner
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- Cool Careers
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- Heart Contest

Have a Scientific November!

Maybe National Aboriginal Role Model, Cara Ann Wehkamp, said it best when she said simply that "Science is all around us." Science is a way of looking at the world to understand how it works and what processes make it the way it is.

To celebrate science, the club makes November its Science Month and celebrates a club-wide science day on November 25th. We hope that you'll be taking part!

Send us photos, drawings and stories of you and your fellow student-scientists at work, and we may share them in the Seventh Generation newsletter or in next year's daytimer.



Youth "Super Conference" Happening in Nanaimo



Della Preston,
Conference Coordinator

Gathering Our Voices 2012 is a huge conference for Aboriginal youth, ages 14 and up. This year, it is happening in Nanaimo, BC, from March 20-23, 2012. It offers workshops, cultural activities, an interactive career and education fair, and recreation activities.

We asked conference coordinator, Della Preston, about what it is like to organize a conference for over 1000 youth...

"Organizing this conference is a huge job and it requires you to be very organized. It is a dream job too, and I wouldn't be in this position unless I set the goals to work for my community and be a role model for youth."

"Youth who come to this conference are excited, because they get to travel, learn and have fun with their friends. Youth also learn about career choices and meet with people from colleges and universities. I remember going to a youth conference like this one as a teen, and it inspired me to get a certificate and a diploma from Camosun College, and now I'm only four courses away from completing a BA in Child and Youth Care at the University of Victoria."

Find out more about Gathering Our Voices 2012!

Contact: gatheringourvoices@bcaafc.com

Did you know that the Canucks are Bookworms?

Because the players, coaches, trainers and management of the Canucks spend so much time on the road, many have become avid readers to help pass the time. Some players will read 2 dozen novels or more in a single hockey season!

Last season, Ryan Kesler's favourite book was 'The Lone Survivor.' "It was a book about one Navy Seal and it was really interesting to find about what he had to endure to survive," explained Ryan. "I find that reading is very relaxing and my favorite place to read is either on the plane or back home on my dock in Michigan."



Many Canucks players, like Sami Salo and Daniel Sedin, have young children of their own so they spend a lot of time reading to their kids as well. Sami Salo's favourite books to read to his kids are anything in the Clifford series or the Brady Brady hockey series.

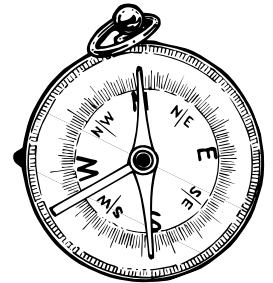
The Vancouver Canucks are so dedicated to reading that they opened a literacy centre in East Vancouver to teach people of all ages how to read.

So as you go through school, remember that the enjoyment of books can be a lifelong passion!

November is Science Month for the Seventh Generation Club and here is an experiment from the Club to get you started...

Build a Compass

No matter where you stand on Earth, you can hold a compass in your hand and the needle on the compass will point north. A compass has a small, light magnet balanced on a pivot point.



What you need:

1. Shallow dish (i.e., a pie plate)
2. Needle (or some other wire-like piece of steel, such as a straightened paper clip)
3. Something small that floats (for instance, a piece of cork or the bottom of a Styrofoam coffee cup...)
4. Magnet
5. Water

What you do:

1. Fill the pie plate so that there is 2.5 centimetres of water in it.
 2. Stroke the magnet along your needle 20 times.
 3. Test the magnetized needle by placing it near an iron or steel surface to see if there is an attractive force.
 4. Place your float in the middle of the dish of water.
 5. Centre your magnetic needle on the float. It very slowly will point toward north.
- You have just created a compass!

“Take responsibility for the direction of your life and don’t rely on others to take you there.
Ayaangwaamizin! (Be Determined!)”

– Anna Nelson, National Aboriginal Role Model 2007, Roseau River Anishinaabe First Nation, Manitoba

Cool Careers

Nicola Campbell, Children’s Book Author *“Learn how to be inspired...”*

Have you ever wondered what it would be like to be an author? We asked Nicola Campbell who has written two award-winning children’s books, *Shi-shi-etko* and *Shin-chi’s Canoe*, and who just released a third, called *Grandpa’s Girl*.

Nicola grew up in BC’s Nicola Valley and she is of Nlél7kepmx, Nsilx and Métis ancestry. Nicola wanted to be a writer when she was only 7 years old...and was inspired by her aunt, Maria Campbell, who is also a well-respected author too...

The Seventh Generation Club asked Nicola what it is like being an author...

Being an author, I love that I can rewrite things a hundred times until I get them right. I love using my native language in my poetry and my stories. Every day I write with the hope that my stories inspire courage in all native youth to achieve their dreams as well.

The best advice I was ever given? Write every day and read every day. Read great big thick novels, skinny books, poetry, comic books, chapter books, magazines and cereal boxes top to bottom. Always keep a journal: write memories, dreams, lists of things like birds or different kinds of rain or wind, colors, smells, sensations and sounds and especially funny or gross stuff like squishy bugs. Learn how to be inspired, and then find something that inspires you.

I struggled all through my high school years but I decided that I didn’t want to give up on school. I applied for the Native Teacher Education program at the University of British Columbia and was accepted.

*The year my younger brother died, I failed almost everything except Creative Writing for Children. My very first draft of *Shi-shi-etko*, my first book, was a class assignment. It was the worst year of my life, but it held its blessings too, it just took me awhile to realize it.*

So even if you have self-doubt and even if you struggle for a C, it doesn’t mean you can’t achieve your dreams. It means you are completely normal. Dreaming is the first step in achieving something amazing.

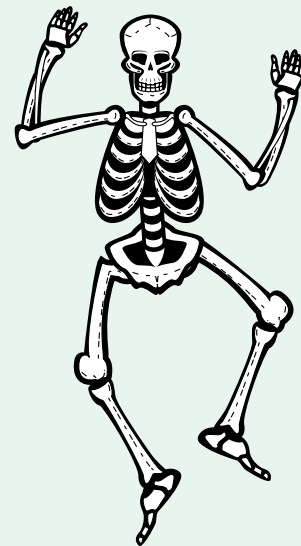


QUIZ TIME

How many bones are in your body?

- A) 600
- B) 250
- C) 130
- D) 206

Answer: 250. You were born with 250 bones, but some of your bones fused together. By the time you reach your parents’ age, you will only have 200!



Thank you for all of your entries for the Club's first contest of the year!

We asked you to tell us some tips for success in school this year. You had some excellent ideas that you told us about with pictures and in writing.

Here are two excellent entries that we'd like to share. Contest winners will also receive excellent club prizes!

Shining Bright

By Club Member, Shaina Richelle-Stephens, Alvin A. McKay Elementary, Greenville, BC

"Each subject in your school's curriculum is like a star! They can help you when you're lost, teach you new things, or they can be a great inspiration in many

different ways. When you try your best, your star will shine even brighter."

Tips for School Success

By Club Member, Glen Smoker-Peters, GW Graham Middle Secondary School

1. While doing your homework, turn off the television because the sound and picture will distract your attention from what's more important.
2. Set up a study area. It will help you be organized.
3. Turn off your radio or iPod. The music draws your attention away.
4. Review your notes and old homework to familiarize yourself with the homework you're doing now.
5. Ask a friend who is doing the same work questions, make each other problems, or read things out loud together.
6. Always ask questions if you are unsure of anything. It won't hurt to ask for help when you need it. That's why teachers are there.
7. Cheating will not get you anywhere. You won't understand the homework and you won't be prepared for tests and quizzes.
8. Read questions slowly to ensure you are doing them correctly.
9. Do the best you can. Finish all homework to the best of your ability.

These are a few ways to be successful in school, and in life!

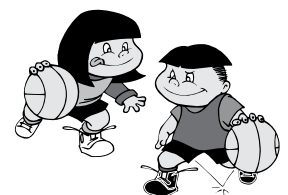


For our next contest, we would like you to tell us something that you do to look after your heart's health. Send it to us by **December 13, 2011.**

For example, do you play a special sport that keeps you physically fit? Do you walk to school or ride your bike to get regular exercise? Do you make a special effort to eat fruits and vegetables?

Do you avoid smoking so that your lungs and heart can perform their best?

Just draw us a picture or write an essay letting us know what you are doing to help your heart and you may win a great prize that will make your heart soar. (Remember to include your full name, school and grade on the back of your entry!)



The Seventh Generation Club is created in partnership with:



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