



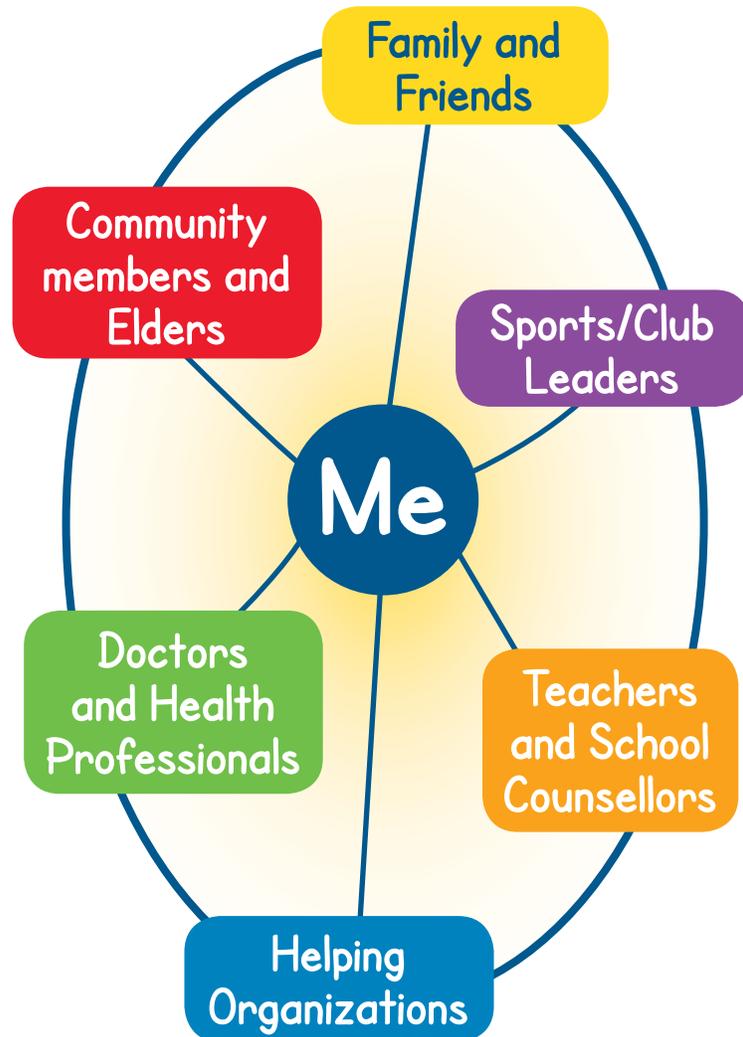
SEVENTH  
GENERATION

MARCH 2018

## THIS ISSUE

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# Junior club NEWSLETTER



## A web of relationships

We are not alone - we live in a web of relationships. Those relationships include people you can ask for help, people you can go to when you have questions, and people you can learn from.

Who is in your support circle? Are you a part of someone else's support circle?



# Traditional Foods Wordsearch

If you are interested in trying traditional foods with your family, talk to Wisdom Keepers and Elders in your community. They will know about plants and animals that are safe to eat, and those that are not safe. They will know the protocols for hunting, gathering, etc., and how to prepare the food safely.

Can you find each of these traditional foods in the word search?

**Salmon** can be wind dried on racks, smoked, canned or frozen to store for a long time.

**Eulachon** and their grease are an excellent source of Vitamin A.

**Mussels, clams** and **oysters** have been an important part of the diet of many First Nations communities for thousands of years.

**Deer** meat can be smoked so it keeps a long time.

Traditionally, many kinds of birds, including **ducks** and **grouse**, were hunted with arrows and nets.

Rich in protein, calcium and iron, **seaweed** is very nutritious.

**Roots** from yellow glacier lilies and camas have been an important staple in our communities

For thousands of years, over 30 types of **berries** have been harvested in our traditional territories from early summer

**Stinging nettle** leaves can be eaten fresh or dried and used to make tea

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S	S	E	L	O	S	F	M	K	O	X	Z	I	S
E	L	T	T	E	N	G	N	I	G	N	I	T	S
P	E	Q	N	X	A	T	L	U	X	O	P	L	E
U	S	G	X	E	Z	H	C	Z	Y	H	V	S	H
R	S	T	N	C	L	A	M	S	G	C	E	C	S
L	U	S	O	K	Q	B	T	Q	A	A	X	K	T
E	M	D	X	O	L	E	B	S	W	L	C	S	L
Y	Q	N	B	E	R	R	I	E	S	U	M	T	D
B	K	Q	A	S	X	R	E	E	D	E	Q	O	Y
N	L	D	K	U	S	D	M	H	J	U	R	Y	N
W	Z	C	S	O	S	H	C	L	X	V	G	Y	O
U	Z	C	N	R	T	S	C	W	V	E	X	G	M
B	B	O	I	G	P	T	Y	G	B	Y	X	X	O
B	X	H	G	N	A	R	N	B	T	P	O	T	M

*Adapted from First Nations Health Authority Traditional Foods Fact*

# Don't give up!

## Great things take time

Just because you find a school subject hard now, doesn't mean you will always find it hard. For instance, lots of people who at one point didn't like science class have gone on to love it and to go on to great careers in science-related fields like health care, forestry and fisheries.

Here's what to do...

1. Ask for help from your teachers, family and friends.
2. Put in some extra time and effort.
3. Try different ways to learn – maybe a different strategy will help.



Hang in there! One day you'll look back on the progress you made and you'll be proud that you didn't quit!

## Smart Riddles for Smart Kids

**Q.** If there are 3 apples and you take away 2, how many do you have?

*A. If you take 2 apples, than you have 2 apples, of course!*

**Q.** Which weighs more, a pound of feathers or a pound of bricks?

*A. Neither, they both weigh one pound.*

**Q.** Name four days of the week that start with the letter "t"?

*A. Tuesday, Thursday, today, and tomorrow.*

## Look in the mirror... What do you see?

I like my legs because with them I can dance and jump.

I like my eyes because I can see beautiful sunsets and read mystery books.

I like my nose because it is cute and reminds me of my sister's nose.

### Your turn!

I like my \_\_\_\_\_ because \_\_\_\_\_.

I like my \_\_\_\_\_ because \_\_\_\_\_.

I like my \_\_\_\_\_ because \_\_\_\_\_.

Don't be shy – say something nice to yourself now and then. It is good to be grateful for our bodies and what they can do, and to practice looking at ourselves in a positive way.

# SHOUT OUTS

## Inspiration from Indspire Award Winners

For 25 years the Indspire Awards have honoured First Nations, Inuit and Metis people for their accomplishments. The Seventh Generation Club congratulates Indspire Award Winners – we admire you!



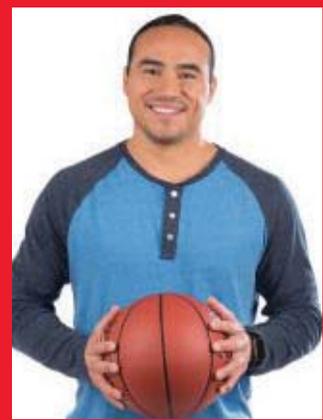
*“To our Indigenous youth:  
Always remember that you have  
only one arrow left. It’s education.  
Use it wisely. We, your elders,  
sacrificed a lot to ensure that you  
have this arrow.”*

Kye7e Cecilia Dick DeRose,  
Language Champion, Elder,  
and Indspire Award Winner  
(2017), Secwepemc Nation, BC



*“We should all love and live  
fearlessly.”*

Ashley Callingbull, Indspire  
Award Winner, Youth – First  
Nation (2018)  
Enoch Cree Nation, Alberta



*“Our culture and spirituality  
provides us with the foundation  
needed to project ourselves into  
the world and become the best  
people we can be – in all aspects  
of life.”*

Michael Linklater, Indspire  
Award Winner, Sports (2018)  
Thunderchild First Nation,  
Saskatchewan



*“Walk and live the path of  
traditional knowledge and you  
will have a healthy, balanced life  
to the end.”*

Dr. Evelyn Voyageur, Indspire  
Award Winner, Health (2018)  
Musgamagw Dzawada’enuxw,  
BC



*“We know the power of education,  
its power to destroy and its power  
to heal and thrive.”*

Dr. Lorna Wanosts’a7 Williams,  
University Professor, Elder and  
Indspire Award Winner (2018)  
Lil’wat Nation, BC



*“Pursue education to bring your  
dreams into focus.”*

Dr. Donna May  
Kimmaliardjuk, Indspire  
Award Winner Youth – Inuit  
(2018)  
Igluligaarjuk, Nunavut

The Seventh Generation Club is coordinated by the First Nations Education Steering Committee and First Nations Schools Association, in partnership with the First Nations Health Council and the Vancouver Canucks.



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