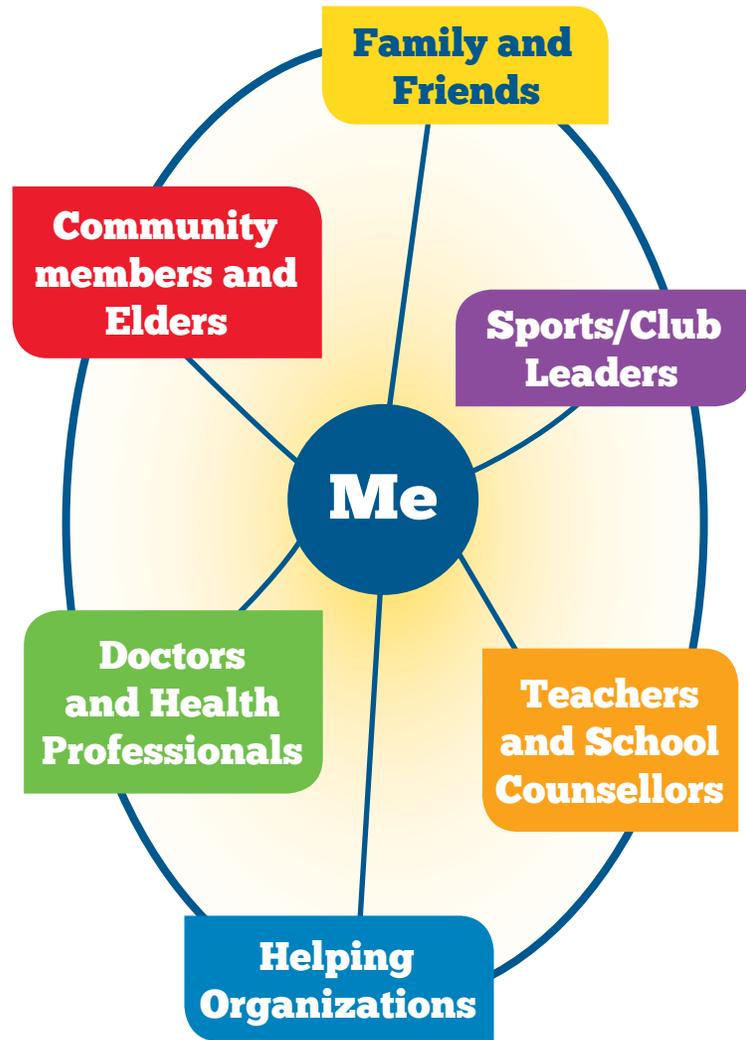




SEVENTH
GENERATION

club NEWSLETTER

SENIOR EDITION



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Shout outs

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

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
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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 Sheets

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 struggled in science class have gone on to science-related fields like health care, forestry and fisheries.

Here's what to do...

1. Ask for help from your teachers, family and friends. Keep an open mind to their suggestions
2. Put in some extra time and effort – learning isn't a rush
3. Try a different way– you might need to change how you study and the strategies you use to learn.

Someday you'll look back on the progress you made and you'll be proud that you didn't quit!



The Roots of Identity

Have you ever thought of all of the different parts of your identity? The things that make you who you are?

One of the First Peoples Principles of Learning is that learning requires exploration of one's identity.

By learning about ourselves can become more firmly rooted in our cultures and have a sense of our place in the world. It also helps us to appreciate that no two people are the same – because identity is complex and has so many different pieces.

Your identity includes...

- Your age, your grade in school, your place in time
- Your First Nations culture, other cultures that are part your background, the place you live...
- Your interests, your likes and dislikes, your talents, your passions, your goals, and fears...
- Your history and experiences, your family story, the challenges you've faced, and the success...
- Your body – what it can do, what it looks like, how others see you, what you like about it, what you don't...

And much more...

You can explore about your identity in many ways. For instance, if you get to spend time doing cultural activities like canning salmon, pow-wow dancing, talking with Elders and volunteering at First Nations community celebrations, you are learning more about your First Nations identity. Reading books, researching online and your studies in school are another way to learn about your identity.

How are you exploring your own identity?

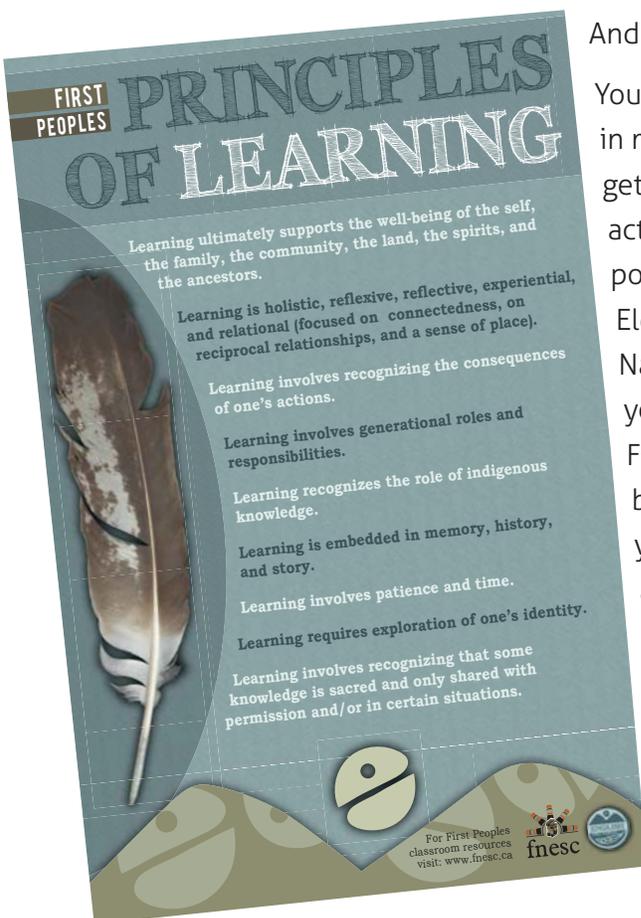


For me it's really about identity, it's really about sense of belonging, it's really about a sense of community.

**- Khelsilem Dustin Rivers,
on the importance of the
Skwxwú7mesh snichim
Language**

Be a smart studier!

- ✓ Pay attention in class.
- ✓ Take good notes.
- ✓ Plan ahead for tests and projects.
- ✓ Break it down. (If you have a bunch of stuff to learn, break it into smaller chunks.)
- ✓ Ask for help if you get stuck.
- ✓ Get a good night's sleep!



S H O U T O U T S

Inspiration from Indspire Award Winners

For 25 years, the Indspire Awards have honoured 350 First Nations, Inuit, and Métis individuals who demonstrate outstanding achievement. The show is a nationally broadcast celebration of culture showcasing the diversity of Indigenous peoples in Canada including performances by Canada's biggest names in Indigenous entertainment.



"U'mista in Kwak'wala means the return of something important. The return of the potlatch collection was a kind of U'mista. What I hope today is that the young people will continue their own U'mista, their return to the old ways."

Dr. Gloria Cranmer Webster,
Indspire Award Winner Lifetime Achievement
'Namgis First Nation, BC



"We should all love and live fearlessly."

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



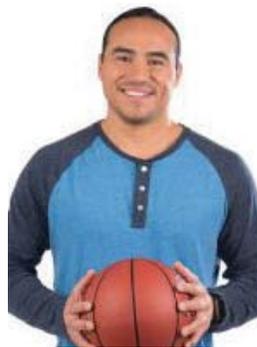
"We know the power of education, its power to destroy and its power to heal and thrive."

Dr. Lorna Wanosts'a7 Williams,
University Professor, Elder and Indspire Award Winner
Lil'wat Nation, BC



"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
Secwepemc Nation, BC



"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
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
Musgamagw Dzawada'enuxw, BC



"Pursue education to bring your dreams into focus."

Dr. Donna May Kimmaliardjuk,
Indspire Award Winner Youth – Inuit
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 Authority and the Vancouver Canucks.



The Seventh Generation Club Office is located at: Suite 113, 100 Park Royal South, West Vancouver, BC V7T 1A2.
Phone: (604) 925-6087 **Fax:** (604) 925-6097 **Website:** www.seventhgenerationclub.com If you have any questions, or would like to see something included in upcoming newsletters, write to the Editor at the address above, or send an e-mail to: seventhgen@fnesc.ca