

# Congratulations!

Congratulations to the following winners for the "Crazy Story" contest:

Sherrelle McLean, John Field Elementary; Shawn Wilson, John Field Elementary; Juliana Alexander, Sensisyusten; Alexia Mosimann, Sensisyusten; Felicia Wilson, Kispiox; Josh Helin, Kispiox; Chantelle Van Woudenberg, Laurie Middle School; Tristien Mitchell, Moricetown Elementary; Tyler Namox, Moricetown Elementary; Conrad Tugnum, Muheim Elementary; Marlena Pierre, Tsay Key Dene; Dillon Hamelin, Tsay Key Dene



Chantelle Van Woudenberg  
Laurie Middle School



Shawn Wilson, John Field Elementary



Juliana Alexander, Sensisyusten



Marlena Pierre, Tsay Key Dene



Conrad Tugnum, Mulheim Elementary



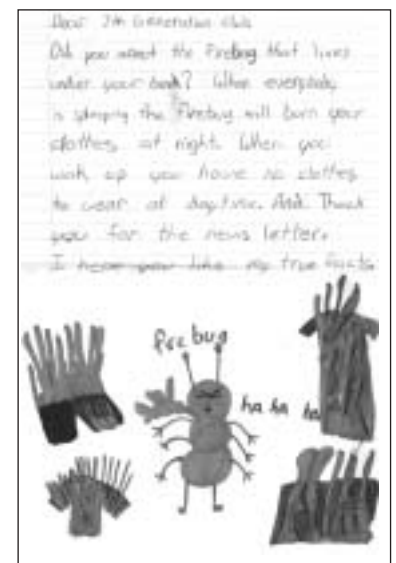
Tristien Mitchell  
Moricetown Elementary



Sherrelle McLean  
John Field Elementary



John Helin, Kispiox



Felicia Wilson, Kispiox



Tyler Namox, Moricetown Elementary



Dillon Hamelin, Tsay Key Dene

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THE POWER IS YOURS



Administration and coordination  
is provided by the  
First Nations Schools Association



# Hello Again Seventh Generation Club Members

Summer is just around the corner, and while I am sad that another year for the Seventh Generation Club is coming to an end, I am also excited about the summer months ahead. The summer is such a great time to relax, hang out with friends, and read a few books you want to enjoy. Summer is also a fantastic time to stay physically fit. Getting exercise is so much easier when you are doing things you enjoy, and there's no better season for playing some games and sports you love.

With that in mind, in this edition of the newsletter we've included some information related to physical fitness. For example, one of the articles you'll find inside shares some important facts about your bones. We've also included a reminder about the need to drink plenty of fluids, as well as recipes for some healthy and delicious summer drinks.

We're also happy to share an update about

a truly inspirational First Nations athlete – Richard Peter. Richard is an example of someone who is committed to sports and exercise ... no matter what!!

Richard Peter is a member of the Cowichan Tribes. Richard has been paraplegic since the age of 4, which means that he cannot use his legs. But has that stopped Richard Peter? No way!

Richard skis, he plays basketball, tennis, racquetball, and ball hockey, and he is a leader in other wheelchair sports, as well. Richard's remarkable accomplishments show that we can all stay physically fit in whatever way works for us.

The Seventh Generation Club is very happy that some of our members got to see Richard in action this winter. Students from McCloskey Elementary, Hawthorne Elementary, and Port Guichon schools attended a wheelchair

basketball game featuring Richard Peter on February 5, 2005. The day also included lunch at the Old Spaghetti Factory before the game.

The students who took part in this wonderful day trip achieved at least 95% school attendance in the 2003/2004 school year. Congratulations to all of those students!



## HIGHLIGHTS:

- Canucks Corner
- Fitness Safety Tip
- Bone Trivia
- Build Better Bones
- The Nook
- Congratulations!



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

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: [fnesc@fnesc.bc.ca](mailto:fnesc@fnesc.bc.ca)



# CANUCKS CORNER



## How the Vancouver Canucks Stay Physically Fit and Healthy

The Vancouver Canucks have to be in top-notch physical condition in order to play in the National Hockey League. All their lives, these players have worked very hard to maintain great health and terrific physical fitness.

There are two major habits people must learn in order to be healthy and in great shape. First, we must eat right. Canuck players have learned

that eating a proper balance of fruits and vegetables, carbohydrates, such as pasta, and proteins, such as meat, will make them feel great, stay healthy, and play better hockey. The second important

habit is staying physically active. For Canuck players, this not only means playing hockey on a regular basis; it also means working out in the gym between hockey games.

To help the players stay in shape, the Vancouver Canucks have their own Strength and Conditioning Coach. His name is Roger Takahashi. His role is to help the players on both the Vancouver Canucks and on the farm team, the Manitoba Moose. Because some injuries are unavoidable, Roger also works with the team's medical staff to help players recover when they are hurt. Roger also educates the players on proper nutrition. One of Roger's strategies for a strong and healthy team is to develop a unique fitness program for each player. He does that because all players are different – they have different body types, they play a different amount of

time in each game, they have different roles on the team, and they play different positions.

Do you ever watch a Canucks game on TV and see the players riding on stationary bikes after the game is over? Why would Roger have the players riding on bikes after a tiring game? It's because when athletes work really hard, a fluid called *lactic acid* builds up in the muscles. Lactic acid is what causes your muscles to feel sore the day after you have a ton of exercise. To prevent soreness, it is important to flush lactic acid out of your muscles before you stop exercising that day. One way to do that is to let your muscles cool down by lightly riding on a stationary bike after the rigorous activity. That is why you often see Canuck player on the bikes anywhere from 8 to 18 minutes after a game.



### Fitness Safety Tip

When it's hot outside and you've been sweating, you get thirsty. Pay attention, because thirst is your body's way of warning you about dehydration. Dehydration means that your body needs water, and if you don't replace the water you lose, you will start feeling sick. In fact, if you go too long without the water you need, you can become seriously ill.

Sometimes when we are having fun we can forget to stop and have a drink. Try not to let that happen to you.

Keep a bottle of water on hand when you are active, and make sure you and your friends take a break once in awhile to fill yourselves up with liquid.



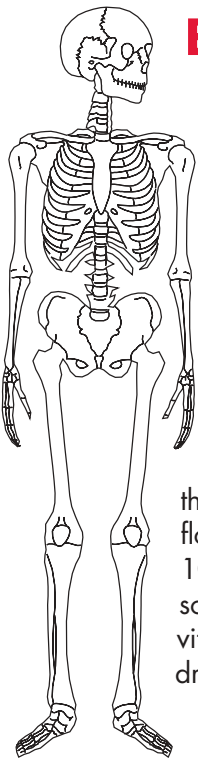
### Bone Trivia

Have you ever heard the expression "make no bones about it?" If you make no bones about something, you're speaking plainly and telling the truth. For example, if you are honest and admit that you didn't do your homework, you're making no bones about it. Some people think that fun expression dates back to the 1500s. They think it was first used to refer to soup with no bones, which a person could swallow without fear of choking. Over time, the expression evolved to mean that when you make no bones about something, people can feel confident "swallowing" what you are saying.

The best drink when you're exercising is water. Milk is a good choice when you are inside near the refrigerator. Juice is OK, but choose it less often than water and milk. Sports drinks are fine once in a while, but water works just as well. Try to avoid picking soda and other drinks that contain sugar that your body doesn't need. You especially need to avoid drinks with caffeine, like colas. Caffeine actually tells your body to get rid of fluids – the opposite of what you need!



So drink up and make sure that dehydration doesn't stop your summer fun.



## Build Better Bones

Are people always reminding you to drink your milk? What's the big deal about milk anyway? Aren't other drinks just as good?

The answer to that question is yes and no. Water and juice are great drinks. They keep you hydrated, they keep your blood flowing smoothly, and 100% juice is a great source of many crucial vitamins. But even if you drink plenty of water and fruit juice, people will continue to push the importance of milk, as

well. That's because milk is such a great source of calcium. And what does calcium do for you?

Calcium is critical for the health of your bones. Can you even imagine what your life would be like without strong bones to keep you going? Your body also needs calcium for healthy teeth, to help your muscles and nerves work the way they should, and to help your blood clot.

Your body gets the calcium it needs in two ways. One is by eating foods that contain calcium. The other is by pulling calcium from your bones. This happens when the amount of calcium in your blood is too low, such as when you haven't eaten a meal containing calcium in a long time. Ideally, the calcium that is "borrowed" from the bones will be replaced later on.

Here is a small trick you can do to see the importance of calcium.

- The next time you are eating chicken, save a small bone from the chicken wing. Clean the bone well, and then place it in a jar.
- Cover the bone with vinegar, put on the lid, and leave the jar at room temperature. Refill the jar with fresh vinegar after three days.

- Each day after that, start checking the flexibility of the bone. By about the end of one week, the bone will be much softer and easy to bend.

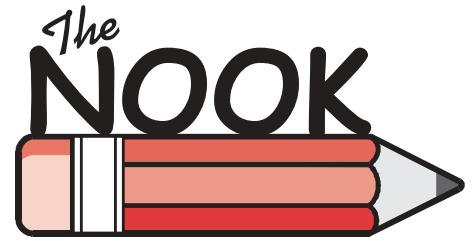
Why did that happen? Vinegar contains acid, which dissolved the calcium contained within the bone. Therefore, your experiment showed what happens to bones that do not have enough calcium. We bet you really don't want your bones to be like the one in your jar.

Here are a few other things you might want to think about.

- It is never too early to start thinking about the health of your bones. Your bones are forming and growing **most** when you are young.
- Exercise is another critical component of bone health. In fact, the bones in the right arms of right-handed people are larger and stronger because they are used more regularly. The opposite is true for left-handed people. That's because physical activity puts stress on your bones. Cells within your bones can sense that stress, and they respond by making the bones stronger and denser. Walking, dancing, stair-climbing, skipping, and hiking are all great exercises for bone-building.
- Milk is one of the best sources of calcium, but if you don't like milk you can include calcium in your diet with cheese or yogurt. And if you are allergic to milk products ... never fear. Calcium is also contained in canned salmon, baked beans, broccoli, spinach, almonds, and calcium fortified orange juice.



*(The information in this article was borrowed from a number of sources, including Family Fun Magazine (May 2005), [www.calciuminfo.com](http://www.calciuminfo.com), and [www.hsph.harvard.edu](http://www.hsph.harvard.edu).)*



## Get Your Calcium Here!

This newsletter told you all about the importance of calcium. One of the most delicious ways you can include calcium in your diet is to blend up a smoothie. Here are some ideas.

Ask an adult to help you blend together some of the following sets of ingredients.

### Super Strawberry Smoothie

- 2 ice cubes
- 1 cup milk
- 1/3 cup cottage cheese
- 2/3 cup strawberries (fresh or frozen)
- 1 1/2 tsp. sugar
- 1 tsp. vanilla extract

### Banana Nut Smoothie

- 1 cup milk
- 1 cup vanilla yogurt
- 1 large banana
- 1/4 cup pistachio nuts or walnuts

### Strawberry Delight Smoothie

- 1 cup milk
- 1 cup vanilla yogurt
- 4 large strawberries (or 1 cup frozen)
- 1 small banana cut up

### Peaches and Cream Smoothie

- 1 cup evaporated milk
- 1 tbsp sugar
- 1 cup vanilla yogurt
- 2 fresh peaches, washed and sliced

### Non-Milk Smoothie

- 1/2 cup vanilla soy yogurt
- 1/2 cup strawberries
- 2 ice cubes
- 2 tsp. vanilla extract

