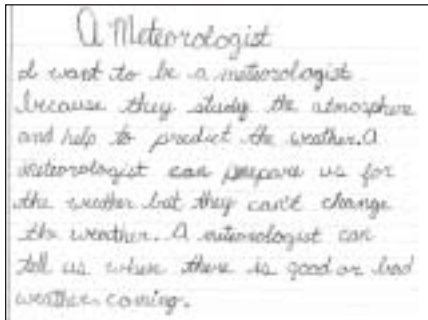


# Congratulations!

Congratulations to the following winners from our September Science Career contest!

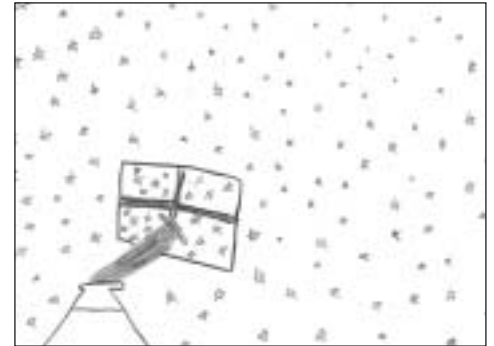
Aimee Badine, Chalo School; Bryan Markin, Chalo School; Brooke Simpson, John Field Elementary; Samantha Johnson, John Field Elementary; Cheyenne Julian, Lau WELNEW Tribal School; Louis, Lau WELNEW Tribal School; C-Jay Alfred, Moricetown Elementary; Janine Naziel, Moricetown Elementary; Lewis Lum, Amy Woodland School; Emily Palmer, Amy Woodland School; Jameson Muldoe, Kispiox; Jamie-Lee Wilson, Kispiox; Zachary Brotchie, Gwa'sala'-'Nakwaxda'xw School



Aimee Badine, Chalo School



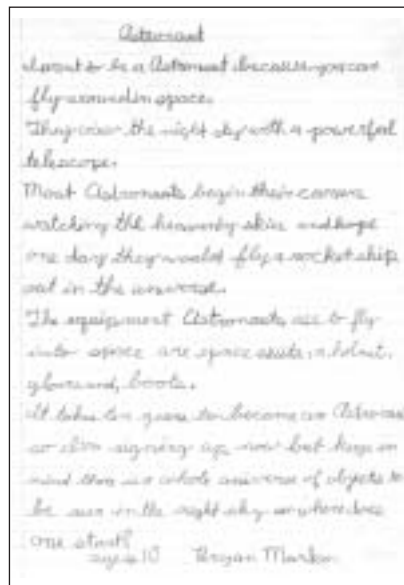
C-Jay Alfred, Moricetown Elementary



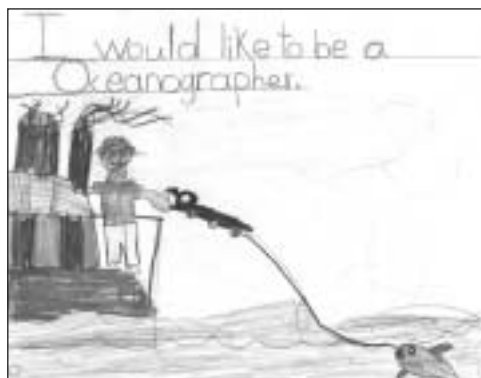
Emily Palmer, Amy Woodland School



Cheyenne Julian, Lau Welnew Tribal School



Bryan Markin, Chalo School



Jameson Muldoe, Kispiox



Brooke Simpson, John Field Elementary

The Seventh Generation Club would like to acknowledge these students for their excellent attendance from the school year 2003 - 2004. Congratulations!

**Chalo School:** Danielle Badine (98%), Nicole Burke (100%), Frank Capot-Blanc (95%), Raven Capot-Blanc (96%), William Capot-Blanc (97%), Arthur Capot-Blanc (98%), Amber Capot-Blanc (100%), Mackenzie Capot-Blanc (100%), Kurtus Dennis (95%), Danielle Dettieh (95%), Chase Dettieh (97%), Nigel Dettieh (98%), Michael Dettieh (98%), Dayna Drouin (100%), Nathan Gairdner (100%), Christopher Handcock (99%), Selena Kotchea (95%), Kevin Kotchea (96%), Brayden McDiarmid (99%), June Michel (98%), Adrian Michel (100%), Chelsea Needlay (99%), Jordan Sassie (98%), Chyanna Sheldon (99%), Kiyera Smith (95%), Timothy Solomon (97%) **Kispiox School:** Alyssa Gunanoot (99%), Jodi Shanoss (99%), Sara Shanoss (99%), Brandon Jackon (99%), Charmaine Williams (98%), John Fowler (98%), Elijah Johnson (98%), Hary Gawa-Johnson (97%), Tiffany Russell (97%), Eric Fowler (97%), Isabella Wilson (96%), Blair Mowatt (95%).

The Seventh Generation Club is created in partnership with:



Indian and Northern Affairs Canada

Affaires indiennes et du Nord Canada



THE POWER IS YOURS



Administration and coordination is provided by the First Nations Schools Association



## How is the School Year Going?

Hi again Seventh Generation Club members! We certainly hope that you have been enjoying another successful school year and a fun-filled fall. At the Seventh Generation Club office, we've been having an exciting time looking through all of the wonderful contest entries and letters you've been sending us!

Over the past few weeks, we have been thinking quite a bit about how we can all be nice to one another. That topic seems especially relevant this month, as November 13 has been designated **World Kindness Day**. Of course, being kind should not be limited to only one day each year, but it is nice to have a special day set aside for us to think about how we can make kindness a part of our lives.

When we hear the word kindness, most of us probably think about being kind to our family and friends. You can do that just by sharing your smile, which is sure to make other people feel happy. Other ways you can be kind include writing a thank you note to someone who has done something

for you, helping your parents around the house or in the yard, or assisting a friend with an assignment or a chore they are finding difficult.

Another important form of kindness involves your community. Contributing to your community in a positive way is important for

many reasons. You can make a difference in the lives of people around you, and volunteering will also make you feel great. So why not say hello and start a conversation with someone who seems lonely, or listen to someone who seems to be having a bad day? You could also do something nice for an Elder, or you could give some of your time to help support a good cause. Learning about your culture and practicing your language are also very important ways that you can make a contribution to your community, because preserving that crucial knowledge is everyone's responsibility.

Kindness to the Earth is also critical. You can put the name of this Club into practice by thinking about the impact of your actions on seven generations to come. Doing your part to protect the environment involves recycling, remembering to turn off the lights and use water wisely, making sure you don't litter, and reminding other people how they can look after the world around them.

And something else is just as important – kindness to yourself. You must always remember to look after your own well being. Only by doing that will you be able to share your good feelings with others. You can look after your health by eating nutritious foods, getting plenty of sleep, and exercising regularly. You can also remember to balance your hard work in school with time spent doing things you like.

We hope this article has given you a few ideas. We're sure that if you do your best to integrate kindness into your life, your efforts will be returned by the people around you.

K.G. Coyote



### HIGHLIGHTS:

- Canuck Corner
- Creative Colour Challenge
- Just for Fun
- The Nook
- Kindness Contest
- 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



## Vancouver Canucks' farm team - the Manitoba Moose

Due to the National Hockey League lock-out, the Vancouver Canucks' farm-team has been given extra attention this season. Vancouver's farm team is called the Manitoba Moose. They are part of the American Hockey League, and they play out of Winnipeg, Manitoba. Canucks General Manager Dave Nonis and Assistant General Manager Steve Tambellini have been making frequent visits to Manitoba to watch the Canucks' developmental team play.

Last season, while the Canucks were playing very well, the Manitoba Moose had some struggles. The Moose finished the 2003-04 season near the bottom of their division and did not qualify for the playoffs. This season, however, the Manitoba Moose are currently in first place in the North Division Standings and tied for second place in the whole American Hockey League! Also, Moose forwards Jason King and Peter Sarno are tied for first place in AHL scoring with 17 points each.

The success of the Moose can be attributed to their hard work and perseverance during the off-season. What is perseverance? People are said to have perseverance when they are determined to be successful and they do not give up, even if they stumble along the way. The Manitoba Moose players worked during the summer to get in better shape and build their hockey skills so they would come back a stronger team.

Just as the Manitoba Moose players showed perseverance, you can show a similar commitment to success. If you get a bad mark on an assignment, talk to your teacher to find out how you can do better next time. If you find spelling difficult, take a few extra minutes each day to practice. If you show that kind of perseverance, great success will surely come your way!



## Creative Colour Challenge

create a colourful display using only markers and some simple coffee supplies.

### What You Will Need To Accomplish the Trick

- black non-permanent markers
- white paper cone shaped coffee filters
- a coffee mug
- scissors
- water

### How To Do It

Using a black marker, draw a line about 5 cm above the bottom of the cone shaped coffee filter. Then fill the coffee mug with water to about 1 - 2 cm deep, and place the coffee filter inside the mug with the tip in the water.

As the water flows up the coffee filter and moves through the black line, different colours will emerge. Leave the paper in the water until the colours go all the way to the top edge. You can try this trick using different markers, because not all black markers are the same.

### Why Did It Happen?

Your experiment showed some interesting science facts. One thing you saw was that black ink is actually made up of different colours. Inks vary in colour because of the ways they reflect the many colours of light that make up white light. For example, blue ink reflects blue light and absorbs the others. That's why it looks blue. Black markers are made by combining several different coloured inks.

The mixture of inks absorbs many colours of light, so less light is reflected back. That's why we see black.

Your experiment also showed that the molecules in coloured inks have different characteristics. For example, the molecules vary in size and in how much they are attracted to paper. When water flows through ink it carries the molecules with it, but the molecules of some colours move faster and further than the others, causing a rainbow effect. That's actually an example of something called *chromatography*, which means analyzing mixtures by separating them into their different parts. Chromatography is used to separate and identify all sorts of substances in police work.

If your experiment failed, remember that you were to use **non-permanent markers**, which are made from inks that can be broken down by water. Permanent inks can't be broken down by water; they require a different liquid, such as rubbing alcohol.

You can find this and other interesting ideas at [www.kidwizard.com](http://www.kidwizard.com).

## Just for Fun

Who sings "Love me tender" and makes Christmas toys?

*Santa's little Elvis*

What do snowmen eat for breakfast?

*Frosted Flakes*

What colour of candle burns longer - a red or a green one?

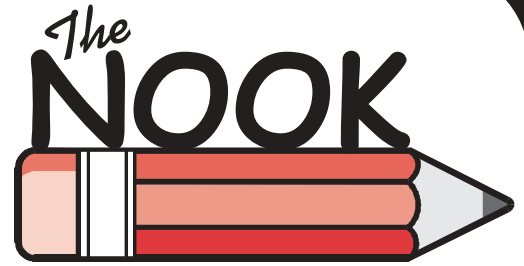
*Neither ... all candles get shorter when they burn.*

What Christmas carol is your parents' favourite?

*Silent Night*

What do you get if you deep-fry Santa Clause?

*Crisp Kringle*



With the holiday season coming quickly, it is a good time to remember that homemade gifts are often the best kind.

Here is one idea for a great gift you can make for your mom and dad.

Get a new notebook and write a letter of the alphabet on the corner of each page. Then under each letter, write a word or draw a picture that tells your mom or dad something nice about them.

For example ...

A ... I like your **apple pie**

B ... Thanks for playing **baseball** with me

C ... It's fun to watch the **Canucks** with you

D ... **Dancing** with you is the best

## Tongue Twisters

How fast can you say the following phrases?

- Seven Santas sang silly songs.
- Santa's sleigh slides on slick snow.
- Running reindeer romp 'round red wreaths.
- Tiny Timmy trims the tall tree with tinsel.
- Chilly chipper children cheerfully chant

## Winter word scramble

Can you rearrange the following letters to discover the winter words below?

1. On a snowy day, I love to go gabotogingn.
2. Let's go outside and build a wonamns.
3. Brrrr ... let's have some oth ocahecolt.
4. If you're going outside, don't forget your aht and sttmien.

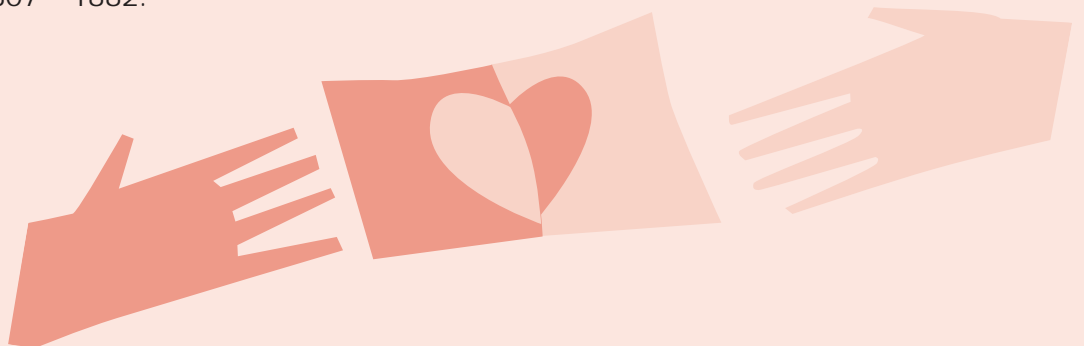
Answers: 1. Tobogganing 2. snowman 3. hot chocolate 4. hat, mittens

## Kindness Contest

This month we'd like to continue with the kindness theme by sponsoring a special contest focused on kindness. We'd like you to write a poem or a story, or draw us a picture that shares your thoughts about kindness. If you'd like, you could even write a thank you letter to someone who has been kind to you, and share a copy of that letter with us.

For some inspiration, here is a poem about kindness that was written by Henry Wadsworth Longfellow, a famous American poet who lived from 1807 - 1882.

"Kind hearts are the gardens,  
Kind thoughts are the roots,  
Kind words are the flowers,  
Kind deeds are the fruits.  
Take care of your garden  
And keep out the weeds,  
Fill it with sunshine  
Kind words and kind deeds."



Please submit your creations to the Seventh Generation Club office by December 17th. We are looking forward to hearing from you.