

When you're having fun at this year's Seventh Generation Club Science Day, remember that science is an important part of your everyday life. Gravity (physics) keeps your feet on the ground, friction allows you to walk down the halls of your school, and your heart keeps beating without you making any effort (biology). Science is all around us, and it helps us even when we aren't thinking about it.

This accidental invention is just one example of that fact.

Over 100 years ago, eleven-year old Frank Epperson was outside mixing up some soda powder and water. That is how people made soda long ago. Frank got distracted, put down his drink, and forgot about it. He left his soda mixture on the back porch overnight with the stirring stick still in it.

That night, the temperature dropped to a record low, and the next day Frank found his soda water with the stir stick frozen in it. Physics had worked all on its own, and Frank thought the new creation tasted yummy.

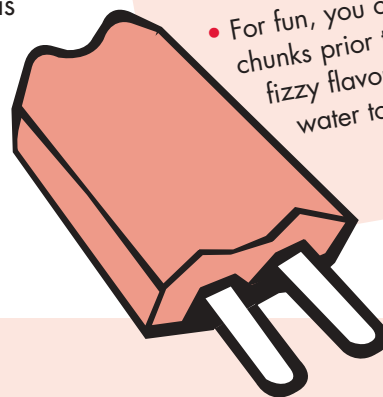
Eighteen years later, in 1923, Frank Epperson remembered his frozen soda water mixture and began a business producing Epsicles in seven fruit flavors. Do you know what Epsicles were later called? Popsicles, of course.

Do you know why the tasty treat is now called Popsicles instead of Epsicles? It's because Frank's children called them "pop's sicles," and the name stuck!

One estimate is that three million Popsicles are sold each year. There are more than thirty different flavours, but Popsicle Industries says the favourite has always been "taste-tingling orange."

Make Your Own Fun Popsicles

- Fill plastic Popsicle containers with a mixture of pineapple juice and orange juice. Put a Popsicle stick in each container and freeze for several hours.
- For fun, you can add pineapple chunks prior to freezing. For a fizzy flavour, add carbonated water to the fruit juice.



Congratulations!!

The Seventh Generation Club wants to congratulate the following Club members who were chosen to receive this year's BC Hydro Scholarships.

Graduating Scholarship of \$1700

- **Deanne Hole**, Mission Secondary School, Mission

Student entering Grade 12 \$500 each

- **Casey Marie Steele Solis**, Fraser Heights Secondary School, Surrey
- **Greg Moore**, Nisga'a Secondary School, Greenville, BC

Student entering Grade 11 \$250 each

- **Jillian Eunson**, Mount Baker Secondary School, Cranbrook
- **Dawn-Amber Roll**, Tumbler Ridge Secondary School, Tumbler Ridge

Student entering Grade 10 \$250

- **Marissa Lyndsay Squakin**, Similkameen Elementary-Secondary School, Hedley, BC

Keep up the good work Seventh Generation Club members!

The Seventh Generation Club is created in partnership with:



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BC Hydro THE POWER IS YOURS



HISTORICA



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Are You Ready for a Successful School Year?



Hi Club Members! Did you have a great summer holiday? We hope you are all feeling excited about the year ahead, because KG Coyote and the Seventh Generation Club are sure happy to see another September come around. The summer is an awesome break, but being back together with friends at school is really cool, too.

The Seventh Generation Club has planned a bunch of fun activities for the months ahead, and of course we are ready to send out some fabulous prizes to Club members who participate in the upcoming contests. Inside this newsletter you'll find some information about the first contest of the year, so don't miss out on this opportunity to win something great!



We also hope that you have received your Seventh Generation Club Daytimer. It is meant to help you stay organized this year, so don't forget to use it to keep track of your homework, tests, and assignments.

One thing you can already write down in your Daytimer is the date of the fourth annual **Seventh Generation Club Science Day**. Read this newsletter for more information about that event. Also, this year's Seventh Generation Club Sports Day will be happening on June 9, 2006. Remember ... it's never too early to start getting in shape so that you're in top form by the time Sports Day arrives.

In the meantime, with another school year just beginning, we thought it might be a good time to share some information about showing good character. Trying to be the very best person you can be is so important if you want to have success in all aspects of your life.

We hope that you are ready to make this the best year ever, and remember that the Seventh Generation Club and the Vancouver Canucks are with you all the way.

KG Coyote

HIGHLIGHTS:

- Canucks Corner
- How to Show Good Character
- Contest
- The Nook
- Congratulations!



The Seventh Generation Club Office is located at:
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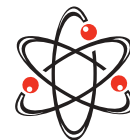
Phone: (604) 925-6087
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If you have any questions, or would like to see something included in upcoming newsletters, write to the Editor at the address above, or send an e-mail to: fnesc@fnesc.bc.ca

Calling All Scientists

It's official! **November 10** will mark this year's Seventh Generation Club Science Day. To support Science Day, the Seventh Generation Club will be sending out some wacky science experiments for you and your friends to try, so if your school will be participating in the event join in and have some fun learning neat things about how the world works.

We'd also love to receive pictures or stories about your Science Day activities. Send them to the Seventh Generation Club office and you may become a star on the Seventh Generation Club web site!





Canucks Go Back To Training Camp

This September, when kids are all returning to school after their summer break, the Vancouver Canucks will be going back to training camp. For the players, going back to training camp is a lot like going back to school. After a long break, it is time to start working again and it is also an opportunity to get together with friends that you haven't seen for a long time.

The Vancouver Canucks hold three different training camps. The first camp is called **Rookie Camp**, which is for young players who are trying out for the Canucks for the first time. These players haven't been through training camp before, so this is a new experience for them. They are eager to impress the coaches with their strength, skills, and determination. Because they are still developing as players, these guys will often be chosen to play for the Manitoba Moose, the Vancouver Canucks' farm team.

The second camp is called the **Prospects Camp**. This is for more experienced players who have been to camp before. Some of them may play for the Manitoba Moose and are hoping to play for the Canucks full time. These guys know what is expected at camp and they are trying extra hard because they know they have a pretty good shot at making it to the NHL.

The third, main training camp is for **veteran players** like Markus Naslund, Ed Jovanovski, and Trevor Linden. Even though these guys have been to training camp many times, it can still be hard to start playing again after a summer off. Although they try to stay in shape during the break, training camp is very physically demanding. The first day can be quite stressful as the players go through several fitness tests. They need to prove that they are still fit enough to survive all of the tough NHL games that lie ahead!

Although camp can be hard work for the players, it is also a lot of fun. They have their photos taken, they are given brand new equipment, and they get to spend some quality time together in the afternoons when camp is finished for the day. Some players might go off together for a game of golf and others might head out to play paint ball. So, while their mornings might be tough, there is definitely time to relax and have some fun away from the rink.

When you think about it, the kids who are going back to school and the players who are returning to training camp have a lot in common! It is a time to set goals, get back into a routine, and work towards making the upcoming school year or hockey season a successful one. It's a time to learn from a coach or a teacher and it's also time meet up with your old friends and make some new ones. Hopefully you're just as excited about returning to school this fall as we are about returning to hockey!



Ed Jovanovski

How to Show Good Character



With another school year starting, this might be a good time to think about how you can show “strong character” in the months ahead. What does that mean?

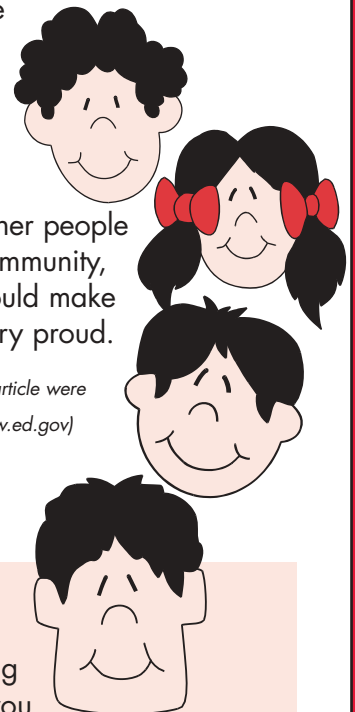
Our “character” is the set of qualities that guide us in our lives. They are the values that shape our thoughts, actions, and feelings. People with “strong character” usually do the following things.

- **People with strong character show compassion.** That means caring about other people’s feelings and needs. It means being understanding and tolerant of different points of view. People who show compassion feel badly if other people are sad or upset, and they feel happy when other people are successful and doing well.
- **People with strong character are honest and fair.** Honesty means being truthful with ourselves and with others. It means facing our mistakes, even when we have to admit them to others or when they may get us into trouble. Fairness means acting in a just way and making decisions – especially important ones – based on evidence rather than prejudice. It means “playing by the rules.”
- **People with strong character show self-discipline.** Self-discipline is the ability to set a realistic goal or make a plan—then stick with it. It is the ability to resist doing things that can hurt others or ourselves. It means keeping promises and following through on commitments.
- **People with strong character show good judgment.** That means thinking about what is right or wrong, good or bad. Sometimes we get into trouble because we “just didn’t think.” We let our emotions lead us to actions that we regret later. Making good judgments means thinking about the consequences of our actions before doing something.
- **People with strong character respect others, and they show that respect in many ways.** They don’t insult people or make cruel remarks. They are considerate of others, including family members and friends. They treat others fairly and they accept that we all have different beliefs and likes.
- **People with strong character respect themselves.** Self-respect means being proud of your good behaviour and your accomplishments. People who respect themselves have inner strength and do not let other people manipulate them. People with self-respect also accept that mistakes are a part of life that we can learn from.

- **People with strong character have courage.** Courage is the ability to overcome fear in order to do what is right, even if it is difficult or risky. Courage can mean making hard decisions that are not always popular. But courage does not mean never being afraid. It is all right to be frightened sometimes and to run away from danger.
- **People with strong character are responsible.** Being responsible means being dependable, keeping promises, and honouring commitments. People who are responsible set goals and do their best to achieve them.
- **People with strong character are good citizens.** Being a good citizen means doing our share for our community, caring about other community members, and helping to make things better.

If you do your best to show good character this year – in school and in the rest of your life – it is sure to help you be more successful in everything you do. You will also be doing great things for other people and your community, and that should make you very, very proud.

(The ideas in this article were adapted from www.ed.gov)



Contest

For this month’s contest, we would like you to think a little bit about your goals for showing good character this year. Write an essay or a story, or draw us a picture showing what you will do for yourself, your family, your friends, or your community. We can’t wait to hear your ideas.

Send in your entries to the Seventh Generation Club office and you may win a great prize.

Deadline: October 7, 2005