November 2010

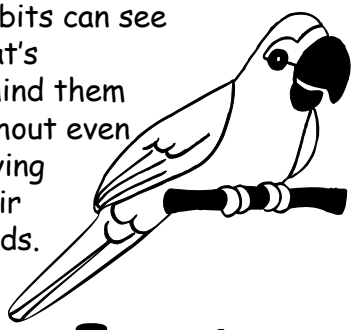
SEVENTH GENERATION

Club Newsletter

The Nook

Did You Know?

Because of the placement of their eyes, parrots and rabbits can see what's behind them without even moving their heads.



Just KIDDING

Little Timmy's teacher: What is the chemical formula for water?

Little Timmy: HIJKLMNO!

The teacher: Timmy, what are you talking about?

Little Timmy: Yesterday you said it was H to O!

Riddle

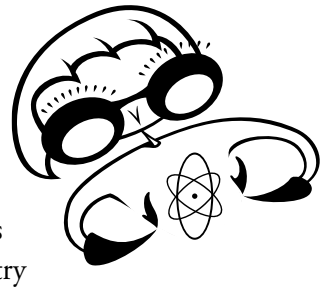
What has a mouth but doesn't speak, has a bed but never sleeps?

A river

THIS ISSUE

- Celebrating Science
- The Nook
- Meet Rudy Reimer
- Canucks Corner
- Balloon Experiment
- Taking the Sting out of Stinging Nettle
- Winter Activities Contest
- The Last Word

Celebrating Science



This month, the Seventh Generation Club is celebrating Science Day, and so this issue of the newsletter is dedicated to the exciting world of science. You don't have to be a scientist to enjoy science – science is about being curious about the world around you, and digging deeper to learn as much as you can about topics that interest you.

On the Seventh Generation Club website www.seventhgenerationclub.com, you can find our Science books, which are full of experiments you might like to try at home or school. We feature one of the experiments, "Balloon Kabob," in this issue.

We hope that you enjoy this issue of the newsletter, and as always, we invite you to send us your Club news, art and photos.

Meet Rudy Reimer – Archaeologist!

Rudy Reimer is from the Squamish Nation and he has been practicing archaeology for the past 15 years in Northwest BC. As an archaeologist, he studies the remains of tools and other items that people left behind hundreds or even thousands of years ago, all in order to learn more about their lives. The Seventh Generation Club had the chance to ask Rudy what it was like being an archaeologist.

Why do you like being an archaeologist?
Archaeology brings together many of my interests: my own First Nations culture, geology, resource management, and a host of scientific techniques that we use to understand the past. The thing I like best about being an archaeologist is that there are thousands of sites and cultural materials to find, record, and study so that we have a better picture of the past. Knowing our past means that we can be better prepared for the future.

What is the coolest thing you have ever found?
I found sites high above the tree line that date as far back as 10,000-8,000 years. These sites confirm the oral history that my elders shared with me when I was young – that our ancestors used these areas to hunt mountain goats.

How do you use science in your work?
Science allows me to determine the ages of the sites I find and also allows me to understand where people in the distant past were getting the stone materials they used to fashion tools.

Any last words of advice?
Learning is important whether you are young or old. Choosing a field that interests you makes school easier, because it is fun and you will be interested in learning.

Canucks Corner

Taking Care of Your Health

Professional athletes like the Vancouver Canucks compete at a high level and to do this, they have to understand their bodies. They must keep track of what they eat and how much they exercise, and understand how each of these things effects their fitness level.

Healthy living isn't just for NHL players; it's for growing students, too! This means that it is just as important for you to understand your body and look after it. Remember, too, that you don't have to be as strong or as fit as the Canucks to be healthy. Here are a few tips from our team to you.

Start The Day Off Right

Begin every day with a healthy breakfast. The Vancouver Canucks don't go anywhere or do anything before eating breakfast, because they understand just how important it is to start the day off right!

Watch What You Eat

Planning a well-balanced, healthy diet is one of the most important choices you can make in life. What you put into your body directly affects almost everything that you do. Frosted treats are great once in a while, but fruits and vegetables make better fuel for your body.

Keep Active

Exercise is the key to maintaining a healthy body. Something as simple as going for a run, playing a game of soccer, or paddling a canoe is enough to keep you healthy if done on a regular basis.

Get a Good Night's Sleep

Getting plenty of sleep is the best way to end a healthy day and it also helps you to start the next day right! Make sure you get to bed at a reasonable time so that you can get a good night's rest. The Vancouver Canucks always get to bed early, especially before a game day or morning practice.

What advice would you give a friend about how to stay healthy? Take a moment and write down 3 health tips.

1. _____

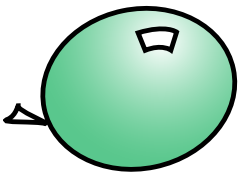
2. _____

3. _____

EXPERIMENT: BALLOON KABOB

WHAT YOU NEED:

Balloon
BBQ skewer or knitting needle
Petroleum jelly or baby oil



WHAT YOU DO:

1. Coat the skewer or knitting needle in petroleum jelly or baby oil.
2. Blow up the balloon until it is round like a ball and soft enough to squeeze gently.
3. Starting at the spot on the balloon where the color is darkest (this should be opposite to where the balloon is tied) slowly twist the skewer in one direction while gently forcing it into the balloon.
4. Slide the skewer until the tip is touching the spot where the balloon is tied off.
5. Slowly twist the skewer while forcing it through the skin of the balloon until it pierces through the balloon.

Did the balloon pop?

WHAT IS GOING ON?

You skewered a balloon! Balloons are made from a thin sheet of rubber called latex. A latex balloon is like a stretchy ball because it is made of polymers, which are like long, thin, tangled chains. These polymers are linked together by bonds called cross-links, which form a web that can be stretched and returned to its original shape. The balloon's latex will stretch a lot, but the dark spots at the areas around the knot and opposite end will not stretch much, if at all. The spots are dark because they're thicker than the rest of the inflated balloon. The balloon does not break when a very sharp skewer is slowly forced through the dark spots, because the polymers are pushed aside and remain bonded by the cross-links. The skewer will slide in easily and seal the hole if it is coated with oil or petroleum jelly. If you give the balloon a sharp poke with the skewer, the strands will break and the balloon will pop!

Find more fun experiments on the Seventh Generation Club website www.seventhgenerationclub.com

Taking the Sting out of Stinging Nettle

A digital story by Waylon Andrews

Ever thought you could make a movie? Waylon Coyote Andrews, age 16, from Nanaimo did!

Waylon created a digital story about stinging nettle as part of the Digital Harvest Project. This project brought together Aboriginal youth and elders to make 23 digital stories that focused on reconnecting to traditional foods and traditional feasting. Waylon and the other youth have shared those stories at the Traditional Foods of Vancouver Island First Nations Conference and on the radio.

Since then, Waylon has gone on to study at the Gulf Island Film and Television School and his secondary school has asked him to take the lead in a film-making project.

The Seventh Generation Club liked Waylon's digital story because it shows such great scientific curiosity and research skills. Below is his story. You can find it as a video at http://mapping.uvic.ca/vicra/VICCIFN.

One bright, sunny day, the two of us, my little brother and two of my friends, Andrew and Carl, went out to harvest stinging nettle. After a few stings, and more than a few groans, we started to get into the swing of it. Walking deeper and deeper into the forest, we found larger patches of nettle. Taking just as much as we needed, we decided to start heading back. After falling and sinking into many mud pits, we were all covered in dirt and grime – my brother most of all.

We finally made our way back home and started researching uses for nettle. We found out that you can use it for surprisingly strong rope, very healthy tea, and you are able to steam it and eat it, use it for an energy drink and help for arthritis. It is a great natural fertilizer and one of the healthiest greens in the world. We also found a way to bring down the sting of the nettle with another plant called plantain.

The nettle plant can vary from 3 to 7 feet high and is covered in very fine, soft hairs, as well as harder stinging hairs topped with a barb that comes off when brushed against. It then injects three different chemicals that have really long names (so they must not be great to have in your body!).

Stinging nettle grows in large quantities in areas that have been disturbed, such as clearings, rich soil areas, and ancient villages.

As a rope, stinging nettle is incredibly strong. First Nations have used it to make fishing nets, snares and tumplines. To treat arthritis with it, they would whip the plant against the areas that hurt. It was said to help, but maybe you just don't notice the arthritis when you are stinging all over!

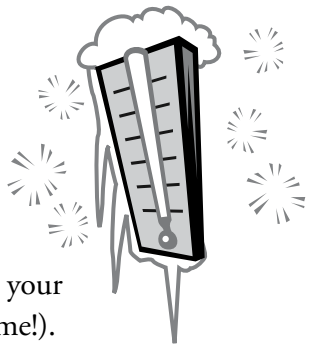
The flavour of the nettle is similar to spinach and eaten almost the same way; the boiling or steaming of the plant softens the stinging of the hairs to the point that they are ineffective. Elders would use the water from boiling stinging nettles as a weak but very healthy tea.

Nettle today is a valuable herbal remedy – it can treat anything from excessive bleeding to breaking down kidney stones. This is a plant that we'll all want around for a long time.

Winter Activities Contest

How do you stay healthy and active in the winter-time? Tell us with a picture or in words and send in your entries by **December 17th**.

Important note: you need to include your full name on your entry and the name of your school (not just your first name!).



Learning is embedded in memory, history, and story.
First Peoples Principles of Learning

Congratulations Contest Winners!!

We asked you to pick a word in a First Nations language and draw a picture or write a paragraph about it. There were some fantastic entries for this contest and thank you to everyone who participated! Find a list of the winners online at www.seventhgenerationclub.com.

Spi7uy

Chale Boyce

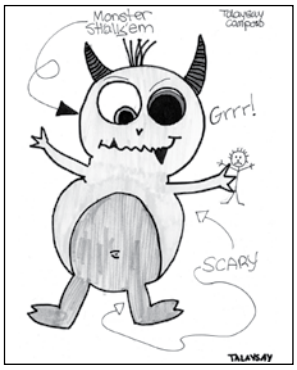
Neqweyqwelsten School

Spi7uy is a Golden Eagle. It has a golden head, unlike the Bald Eagle, which has a white head. Spi7uy is a brother to the Bald Eagle. Native people rely on the Spi7uy for its feathers. They use them for smudging and ceremonies. Spi7uy is a very sacred animal that has been around for hundreds of years. Spi7uy is one of the biggest birds in the world. I picture the Spi7uy as a leader of all the other birds. Spi7uy is my favorite bird.

Chale Boyce
Neqweyqwelsten School

Mercades Brown
Muheim Elementary

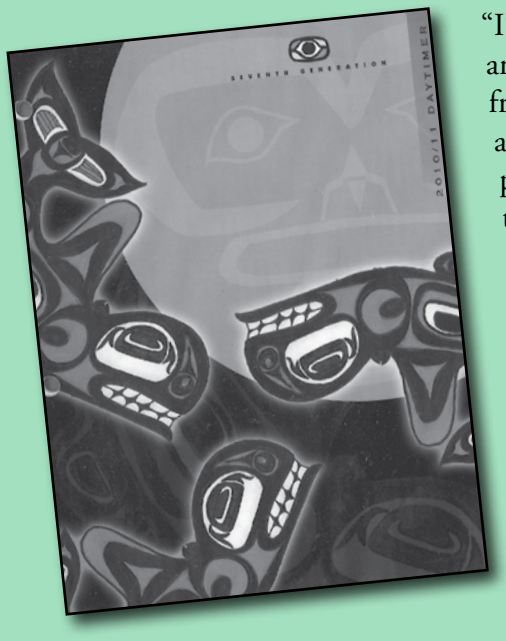
Natasha George
Seabird Island School



Talasay Campo
Norgate Elementary

The last word...

This month, the Last Word goes to Natalie Johnny, who created the picture of a killer whale that is featured on the cover of the senior Seventh Generation Club daytimer.



"I've always enjoyed painting, drawing, sketching, and scrapbooking. My artistic ideas don't come from any one place. I just draw what comes to mind and keep adding what I think looks good in an art piece. I try to think of who the piece is for (parents, teacher, shown in public…) and what is the most appropriate for that audience.

I've begun the Bachelors of Business Administration program at Vancouver Island University and in the future I plan to carry on towards a Masters. I'll continue to do art and maybe learn how to sell it within my own business."

Natalie Johnny, Student, 18 years
Cowichan Tribe Member,
Ladysmith, Vancouver Island

The Seventh Generation Club is created in partnership with:

VANCOUVER

First Nations Health Council

Administration and coordination is provided by the First Nations Schools Association

SEVENTH GENERATION

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**