



## Pssst! Want to make a million dollars?

You could buy a lottery ticket, but the most sure-fire way is to get a university education. According to BC Stats, the wage gap between workers with university degrees and those who never

## BRAIN SCRAMBLE

Un-mix these mixed up words for some good back to school advice.

*Logas rae sdeamr hitw ddlinseae*

graduated high school has reached a record \$23,000 a year, or about \$1,000,000 over a career lifetime!

*Source: Finding Your Path: A Guide to Career and Education Planning*

## The last word...

If you could travel back in time to elementary or high school...  
What would you do differently? Why?



"I would have insisted that I learn my mother's language, which is Dogrib or Tlicho. I'm 38 now and it's very difficult to learn your language when you're older. Learn your language when you're young. It is your inheritance and the perfect bridge between you, your ancestors and your future!"

*Richard Van Camp, Author and Educator. Dogrib Nation, Fort Smith, NWT*

"I loved my time at high school - I did my studies, was on student council, played all the sports I could and had fun! Eventually I went to university. Perhaps my only regret is that I did not appreciate at the time just how important and determinative high school really is. Also I regret that I did not keep in touch with as many of my old school friends as I would have liked. Having moved home, I now hope to look some of them up."

*Regional Chief Jody Wilson-Raybould, BC Assembly of First Nations, Musgamagw Tsawataineuk and Laich-Kwil-Tach Nations*



The Seventh Generation Club is created in partnership with:



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](http://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](mailto:seventhgen@fnesc.ca)

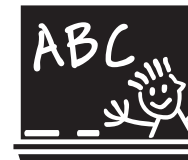


SEVENTH  
GENERATION

# Club Newsletter

## The Nook

### Fun facts



### What is the largest school in the world?

According to the Guinness Book of World Records, it is City Montessori School in Lucknow, India, with 32,114 students!

### Just for laughs



How do bees get to school?

*By school buzz!*

**Teacher:** Can anyone tell me how many seconds there are in a year?

**Student:** There are twelve! January 2nd, February, 2nd...

## Welcome to Your Future!

The front cover of a past Seventh Generation Club daytimer included the saying "The future is unwritten." As you head back to class this year, this is a great idea to take to heart.

Our best advice? Get organized and make school a top priority in the months ahead. The time you spend on your education now will pay off over and over again in the future.

In this issue of the newsletter, you will find some tips that can help you start the year in a positive way, including ideas for how to use your new club daytimer, words of advice from some successful people, and

suggestions from our Club Captain, the Vancouver Canucks.

Remember, as well, that you are doing something important by participating in the Seventh Generation Club. Across BC, about 7,500 students attending

more than 140 schools are members just like you. Watch for the club newsletter every second month, because it will feature handy articles and news about our club contests. Also, we invite you to send us your school and club news to share in the newsletter and on the website.

So welcome back to school! We hope that you have a great year.



## What's in a Name?

The name Seventh Generation Club refers to an Indigenous teaching about how our choices today have an impact far into the future – even seven generations ahead!

This idea is a bit like the idea of the "butterfly effect," described by the scientist Edward Lorenz. He believed that

even something as small as the flapping of a butterfly's wings has the power to create tiny changes in the atmosphere that could even change the path of a tornado!

So, as you make choices about school and your future, remember that you are powerful! Each one of us can make changes in our lives and a difference in the world.

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# Canucks Corner

September is here and, just like you, the Vancouver Canucks are coming back from their summer vacation. After a successful win as Division Champions last season, the players are ready to step back on the ice in their quest for the Stanley Cup.

The Canucks are always trying to improve their game by setting goals and working hard to achieve them. With the help of the coaches, the players set a routine that helps them to be at their best each and every day. They begin early with a healthy breakfast, before going to practice where they find new ways to boost their hockey skills. Then they sit down and come up with goals that will help them to become better players. Just like the Canucks, you can benefit from setting

goals and creating a healthy daily routine to complete them.

The team could not be as great as they are without the help of coaches, trainers and team staff. These people make sure that the players have all of the tools that they need to be great. In the classroom, your teachers can do the same for you. They will teach you the skills that you need to go far in life. Take the time to listen to your teachers and you will be surprised at what you can learn!

This season, the Canucks are training hard and working as a team on the road to the ultimate prize – the Stanley Cup. We hope that you will set goals and use the advice that we have given you so that you, too, can have the opportunity to be champions!

*“Shoot for the moon. Even if you miss, you’ll land among the stars.”*

Les Brown, Motivational Speaker and Author

## Krista Alec - One inspiring youth!

You might see her face on a role model poster this year, alongside these three words that have become her motto – “Resilient, energetic and positive.” And she is!

Of Dakelh (Carrier) descent, Krista went to Prince George Secondary School from grades 8 through 11 and then graduated from Esquimalt High School in Victoria. Now, at 22, she has just been chosen as one of a dozen young Aboriginal role models across Canada through the National Aboriginal Role Model Program.

The Seventh Generation Club caught up with Krista for an interview at the Carrier Sekani Tribal Council where she was finishing work with their Natural Resources Department and getting ready to return to school in Vancouver in the fall.

*You are really athletic - a boxer, softball player and runner. What have sports taught you?*

Sports have always taught me about team building and communication skills, and back in high school P.E was my favourite subject. Right now I’m training for a half marathon in Victoria and basically whenever I’m having a bad day, sports are the answer!

*As a national role model you’ll be speaking to students across Canada. If you could tell them just one thing, what would it be?*

I always tell youth that with a good education you can go anywhere in the world and have any job you want. It is also important to remember to always

be yourself - go for your dreams! My extra piece of advice to students? Don’t procrastinate with your homework; it makes life so much easier if you do it right away!

*You danced at the opening ceremonies at the 2010 Olympics. What was that like?*

Dancing in front of a worldwide audience of 4 billion people and having 80,000 people there cheering me on was one of the most phenomenal experiences of my life! Canada did so well in the medals and I like to say it is because this is the first Olympics where the Indigenous people were full partners; it was a great way to showcase our cultures to the world.

*You are heading to school this fall for Tourism and Hospitality Management at Vancouver Community College. What attracted you to that field?*

I like the adventure and I like that every single day is different. You meet a variety of people, and some of them have been travelling for 24 hours and it is your job to try to accommodate their needs. It really requires strong time management and leadership skills. When I was a child, my dream was always to go to Australia, and as part of my Tourism and Hospitality studies I got to spend a year at La Trobe University



in Melbourne Australia. It was a great experience, and I even saw someone get drop-kicked by a kangaroo!

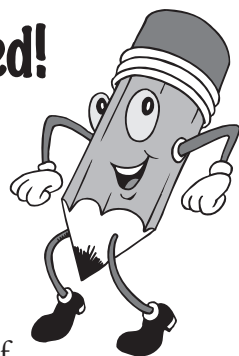
*Who inspires you and why?*

There are a lot of people who have inspired me, including my cousin, Charmagne Moise, who nominated me to be a role model and came down for the ceremony. We always support each other and when either of us is having a rough day we remind each other to do the best we can.

*Ask if a National Aboriginal Role Model can visit your school or community, or nominate a role model! Learn more about Lead Your Way! National Aboriginal Role Model Program at [www.naho.ca/rolemodel/english/index.php](http://www.naho.ca/rolemodel/english/index.php)*

*“The best angle from which to approach any problem is the try-angle.”* Author Unknown

## Plan to Get Organized!



Think fast – you have a math test on Monday, two projects due on Tuesday, basketball practice on Wednesday, and babysitting on Friday. How’s a person to keep it all straight?

The answer? Using your new daytimer, of course! Your Seventh Generation Club daytimer is a great tool to help you keep track of your school and after-school activities. It also has other handy resources at the back like maps and health tips.

Follow these steps to get the most out of your daytimer this year.

- ✓ **Keep it handy.** In order to use it, you have to be able to find it. Store your daytimer where you are most likely to see it and use it, such as in your backpack or at your desk.
- ✓ **Put a sticky note on the main calendar of the current month.** It will let you flip to that page in a flash.
- ✓ **Highlight important dates.** It is hard to forget a project due date or test if it is marked with bright yellow highlighter or written with red marker.
- ✓ **Glitz up the cover!** Add some stickers, metallic marker and pictures of your own. Your classmates won’t be likely to confuse your daytimer with theirs and you’ll be more inspired to use it because it is fun and expresses who you are.

## calling all scientists



**It’s official! November 12, 2010 is the date for this year’s Seventh Generation Club Science Day.**

You can find some wacky science experiments for you and your friends to try on our website [www.seventhgenerationclub.com/current\\_events.html](http://www.seventhgenerationclub.com/current_events.html). Send us pictures or stories about your Science Day activities and you may become a star on the Seventh Generation Club website!

## Make Your Own 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.



## First Contest of the Year!

Pick one word in a First Nations language and draw a picture or write a paragraph about it! It could be a place, animal, activity or just about anything. Send us your entries by **Thursday, October 14, 2010** to be entered in a contest for some great prizes!