

THE ADVENTURES OF

Turtle Club Kids



It's time for the Great Global Cleanup!

1970-2020
EARTH DAY
CELEBRATES
50
YEARS

Clean up
your mess!
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to use the recycle box

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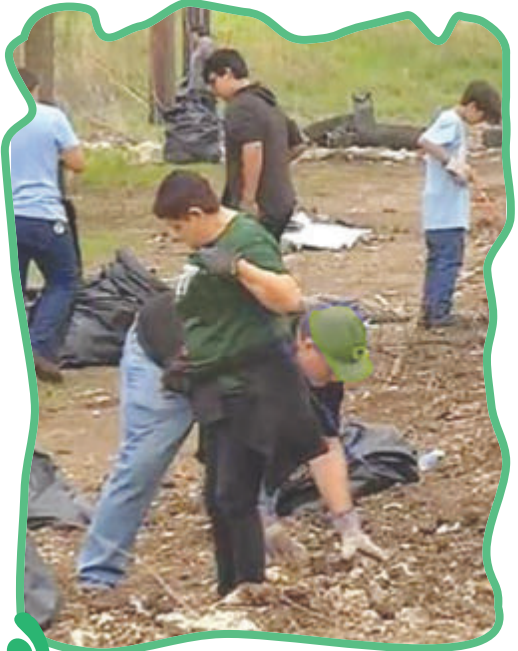
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Volunteers dressed for cleanup and using protective gloves.

Turtle Club Kids is produced by
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Turtle Island News

Earth Day Celebrates 50 Years

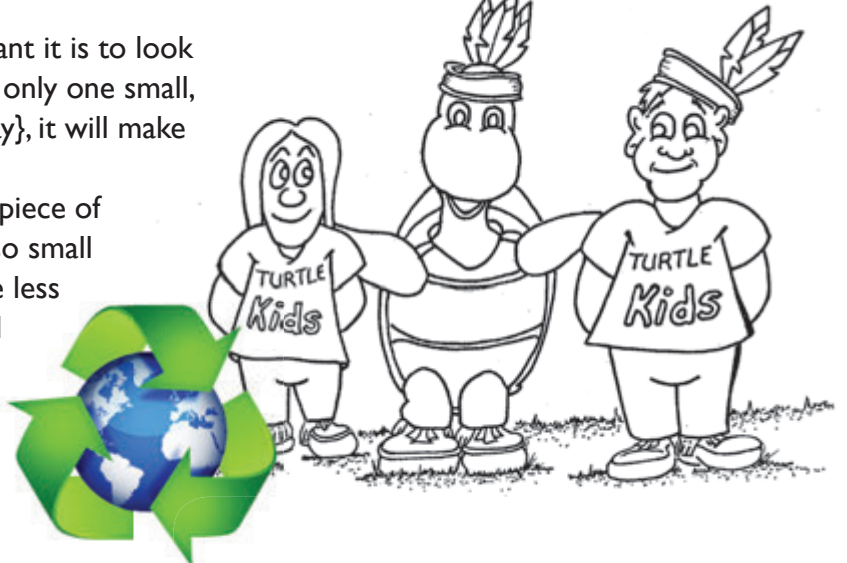
A P R I L 2 2 N D • 1 9 7 0 - 2 0 2 0

Turtle Club Kids recognize how important it is to look after our environment. If everybody did only one small, helpful thing for Earth Day {and everyday}, it will make a huge impact on our world.

The same goes for picking up even one piece of litter left on the ground. It might seem so small and insignificant, but if everyone left one less tiny piece of trash lying around, it would make a big impact.

Let's get busy and take part in the "Great Global Cleanup!"

Every person can make a difference!



Did You Know?

RECYCLING FACTS

- The idea of recycling isn't something new, historical evidence shows that humans have been recycling various materials for thousands of years.

- A wide variety of different materials can be recycled, including paper, plastic, glass, metal, textiles and electronic equipment.

- There are different methods of waste collection. These include drop off centers (*where waste materials are dropped off at a specified location*), buy back centers (*where certain materials are exchanged for money*), and curbside collection (*where recycling vehicles are used to pick up waste material intended for recycling along residential streets*).



SORTING

- Powerful magnets are used to sort through different types of metals.

PLASTIC



- Recycling can be more difficult than other materials and plastics are not typically recycled into the same type of plastic.
- Different types of plastics are labeled by numbers (plastic identification code), for example polyethylene (PET) is number 1 and polyvinyl chloride (PVC) is number 3.

ALUMINUM



- Aluminum can be recycled from cans, bicycles, computers, cookware, wires, cars, planes and other sources.
- Recycling old aluminum uses only 5% of the energy used to make new aluminum.



It's time for a global cleanup!




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It's good to Compost!



Composting is a form of recycling. It helps us reduce the amount of rubbish that we send to landfill sites! And it's an easy way to get some excellent and free fertilizer for the garden.

For best results use grass, leaves, flowers, vegetable & fruit scraps, leftover table scraps (not meat), egg shells, coffee grounds and stale bread. Paper, cardboard, sawdust, animal manure and seaweed can also be composted.



A poem by Harry Behn

Trees are the kindest things I know,
They do no harm, they simply grow
And spread a shade for sleepy cows,
And gather birds among their bows.

They give us fruit in leaves above,
And wood to make our houses of,
And leaves to burn on Halloween
And in the Spring new buds of green.

They are first when day's begun
To touch the beams of morning sun,
They are the last to hold the light
When evening changes into night.

And when a moon floats on the sky
They hum a drowsy lullaby
Of sleepy children long ago...
Trees are the kindest things I know.



Plant a Tree and Celebrate Earth Day!



Amazing TREE FACTS!

In one year, the average tree can remove one ton of carbon dioxide from the air.

Through transpiration, a mature tree can pump 100 gallons of water from the ground and expel it into the air.

Hospital patients are said to recover faster when they have a room that looks out onto trees.

A family of four can get all the oxygen they need for a whole year from just one average mature tree.

Trees help cool the earth down by cooling the ground and air around them.



Did you know?

- Over 175 countries throughout the world celebrate Earth Day April 22 of each year.

Did you know?

- Earth Day is the largest, most celebrated environmental event worldwide.



Did you know?

- The passage of the Clean Air Act, Clean Water Act, and the Endangered Species Act are considered to be products associated with the 1970 Earth Day.





Remember,
we don't inherit the planet
from our parents,
we borrow it
from our children.

Six Nations Educators • PSAC Local 00128

Emily C. General School, Jamieson Elementary School, JC Hill School,
I.L. Thomas School and Oliver M. Smith School.

Can someone 'explain' please

WHY IS THERE PLASTIC IN OUR DRINKING WATER...

Plastic pollution is a big problem, it hurts marine life, puts waste in our environment, contributes to climate change, and now it's effecting our water systems.

What is a Microplastic

Plastic that finds it's way in to our rivers, oceans and lakes slowly gets broken down by erosion and sunlight into very tiny particles called **microplastics** which get into everything.

Some things we buy like facial scrubs or household cleaners also contain tiny microplastics that get washed into our watersystems.

What is a Microfiber

Microfiber is the worst form of microplastic. Very small strands of plastic are used to produce some fabrics such as polyester and nylon. When washed, some of the microscopic fibers are shed. Up to 250 thousand fibers can be released within a single wash.

Because of their very tiny size microplastics are able to pass through most filters and simply enter the bloodstreams of any organisms that consumes water.



What can we do?

- Properly dispose of all plastics.
- Do not buy products with microbeads;
- Wash synthetic clothes less frequently;
- Use front loading washing machines (they produce fewer fibers);
- Switch to liquid laundry soap. (Powder soaps loosen more microfibers);
- Use a fiber filter when washing synthetic clothes;
- Dispose of dryer lint into the trash not the sink.
- Purchase items made of natural fibers.
- Avoid using bottled water.
- Look for a filter for home use that eliminates all microfibers and other microplastics from your drinking water.

Plastic is a petroleum-based, man-made material that never fully degrades.

One plastic bottle takes at least 450 years to break down.

(The National Oceanic and Atmospheric Administration)



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Ready to help?

How much single-use plastic do you use? What about single-use paper products?

Reduce

Start by reducing your own waste.

- For plastic waste, you can start by taking steps to reduce your use and waste.

Reuse

- Bring your own reusable shopping and produce bags to markets, and avoid using single-use plastic or paper bags.
- Bring your own reusable coffee cup when going out to get beverages.
- Like sipping through straws? Get a reusable stainless steel, glass, or bamboo one to use instead of wasteful plastic ones.
- Don't buy water in plastic bottles, invest in a water filter and reusable water bottle(s).

- Make your own reusable cloth bags from old t-shirts, using basic sewing skills (or no sewing at all). Find simple instructions online.

- Choose clothing and other personal items made from earth-friendly materials instead of microfibers and other synthetic fibers, which pollute our water. (Even more ways to green your style.)

- Bring a reusable container to a restaurant with you when you expect to have leftovers.

Refuse

- You probably don't really need those single-use products. It's as simple as adding, "No straw, please" when requesting beverages at restaurants or cafes.
- Refuse beverage tops.



Remove

- Pick up trash in your neighborhood and when visiting parks and beaches.

Recycle

- Follow local recycling laws.
- Is your plastic waste going to landfills? Recycle the plastics you use and no longer need or find additional uses for containers.
- Return single-use bags to grocery stores for them to recycle.
- Donate unwanted items of clothing instead of throwing them away.

Rally

- Does your city have bans on single-use plastics? Send a letter or call your local elected council members, urging them to ban plastic bags and other single-use plastic items.

RECYCLE MAN

DEFENDER OF THE MOTHER EARTH



ATTACKS TRASH
ANYWHERE HE FINDS IT

RECYCLES TRASH FASTER THAN
A SPEEDING BULLET

ABLE TO SPOT TRASH
KILOMETRES AWAY

LIKE A SOLAR BATTERY
HE GENERATES
SUPERHUMAN
POWERS FROM THE SUN



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Visit our display
on Earth Day at
Turtle Island News



Activity



You will need: empty egg shells (try to just break off the top to empty them, so you have a good size shell left to use), felt pens, stick-on wobbly eyes (optional), cotton wool, cress seeds, an empty egg box.

Egg heads with Cress hair

How to make them:

1. Wash out the egg shells and sit them in the egg carton to keep them steady (on a cotton wool cushion to raise them up a bit if you need to).
2. Draw on some crazy faces, using the googly eyes if you've got some. You could do self-portraits or funny faces (or maybe that's one and the same thing?)
3. Put some cotton wool inside the shells and dampen them with some water.
4. Sprinkle cress seeds all over the cotton wool

– good coverage will give you a full head of hair.

5. Place them on a windowsill and wait for the hair to sprout. It'll only take a couple of days.

6. Add a little bit of water if the cotton wool dries out, but not too much.

You can also use grass seeds for this craft. This allows you to give the eggheads a haircut which will grow back ready for a restyle. However you can't put the grass on your sandwiches!

RECYCLE MAN IS TRYING TO HELP YOU SORT IT OUT

BLUE BOX

- Rinse your bottles, cans and jars.
- Be sure to take the lids off.
- No motor oil, anti-freeze or transmission fluid containers in blue boxes.



GREEN BOX

- Paper that has food on it does not go in your box.
- Neither does carbon paper, paper (with tape, glue or staples), diapers or hard covers from books (pages are ok).
- Always remove plastic windows from envelopes and tissue boxes.



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DIY

Peanut butter bird feeders



Next, generously slather each cone with peanut butter from top to bottom, getting it up under the scales. Sprinkle a few handfuls of bird seed onto waxed paper. Roll the pine cone into the bird seed, covering it completely. Once coated they are ready to hang.

When thinking of where to hang the pine cones, you might want to consider that most birds won't land on the pine cone itself. Place your pine cone so there are a couple convenient spots for birds to land next to it.

Go back inside and enjoy the excitement the pine cones generate. Birds love them and little furry friends do too. Small birds, such as chickadees, can feed from a few pine cones for days. Larger birds, such as blue jays, can polish off a



Peanut Butter Cone Feeders

If you've collected your own pine cones, they may be slightly sticky with sap. Line a cookie sheet with tin foil, and layer with pinecones. Put them in a 200 degree oven for 20 minutes. The sap will dry and harden, and you'll get a great pine smell in your house at the same time. **Don't forget to let them cool well.**

Cut six to eight inches of string, ribbon or craft wire. Twist about two inches of it around the top of the pine cone, creating a noose that slides under the top layer of scales. It doesn't have to be too tight. You want the pine cone to dangle from six or so inches of the wire/ribbon.

few pine cones in hours.

Peanut butter pine cone bird feeders are an especially nice treat for birds. Making them is also a fun activity. With a little help twisting the craft wire, even the smallest fingers can create a yummy treat for birds.

No pine cones?

Try ice cream cones. Punch two holes through the lower area of the cone and thread string through for hanging. Cover a portion of the cone with peanut butter and roll or sprinkle on seeds.

Virtual sessions available - day time and evening appointments. We see all ages and we treat many mental illnesses.

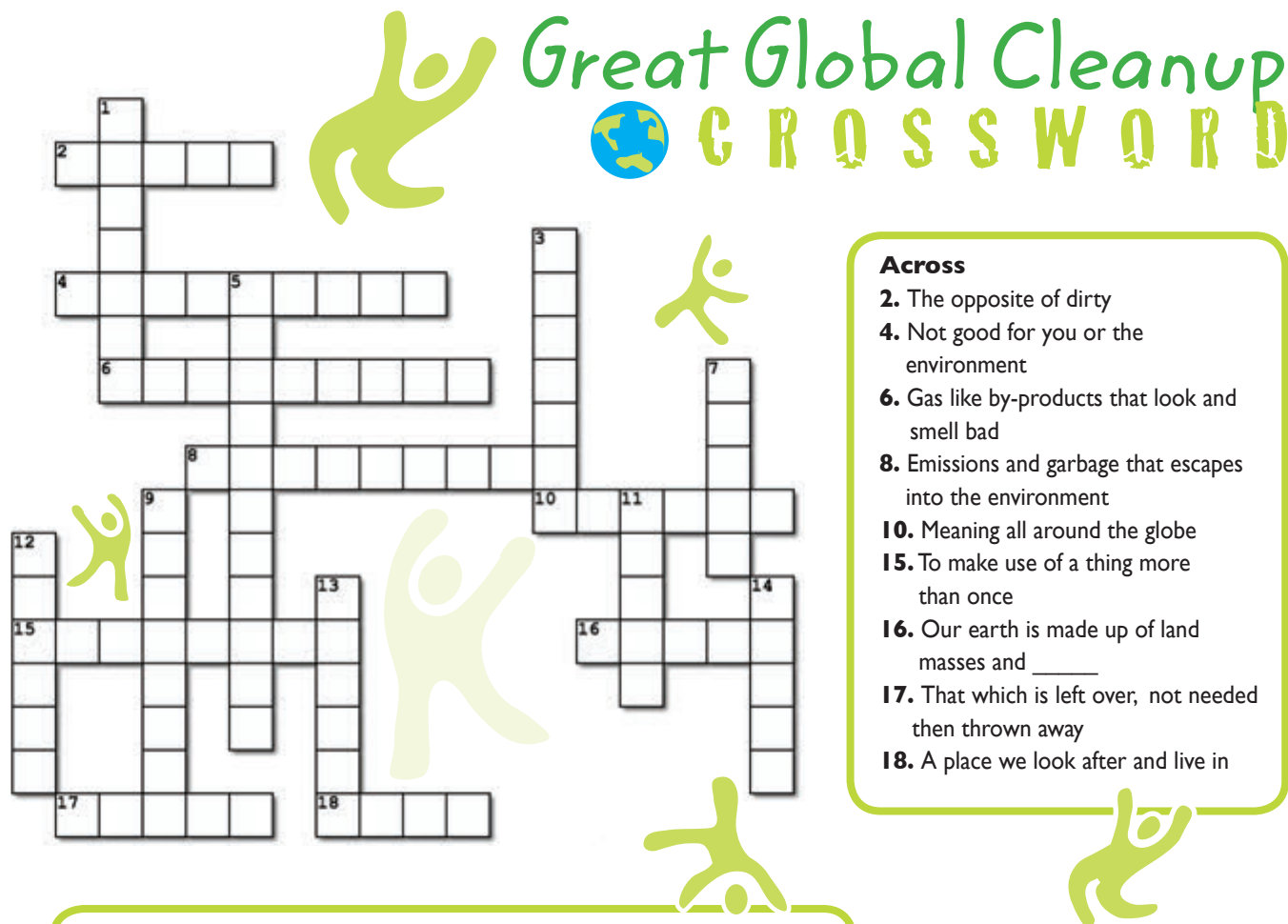


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**Across**

- 2.** The opposite of dirty
4. Not good for you or the environment
6. Gas like by-products that look and smell bad
8. Emissions and garbage that escapes into the environment
10. Meaning all around the globe
15. To make use of a thing more than once
16. Our earth is made up of land masses and _____
17. That which is left over, not needed then thrown away
18. A place we look after and live in

Down

- 1.** a word that describes the weather activity during the seasons
3. Take away from your home and toss it elsewhere
5. Show you can do the right thing
7. Green slimy growth on water that can effect health
9. Made of oil base materials that take many decades to decay
11. A large body of salt water
12. A gas that is released into the environment
13. Doctors help you look after it
14. These are either coniferous or deciduous

10. Global
 4. Hazardous
 14. Trees
 16. Water
 17. Waste
 3. Dumping
 5. Responsible
 12. Carbon
 7. Algae
 2. Clean
 18. Homes
 1. Climate
 13. Health
 15. Reusable
 6. Emissions
 8. Pollution
 11. Ocean
 9. Plastics

LET'S LOOK AFTER EACH OTHER AND THIS PLANET WE SHARE

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Painting Rocks

a meditative art activity for both children and adults.

What you need:

- Smooth round unfinished river stones
- Rock paint - water-based acrylic
- Water-based acrylic top coat sealer, outdoor acrylic sealer, or acrylic spray varnish

Rock Paint Supply Options

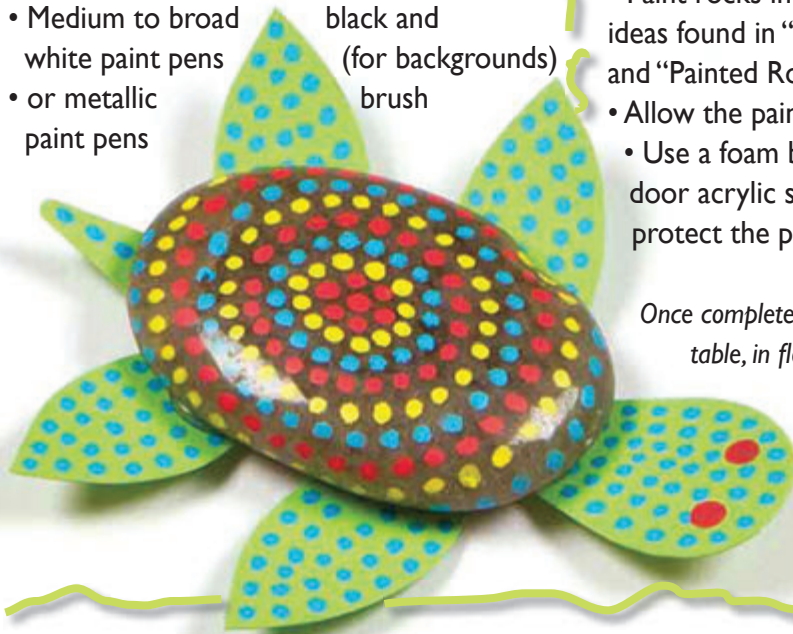
- Patio paint or acrylic paint & paintbrush set and /or fine detail paintbrushes
- Extra fine tip paint pens various colours
- Medium to broad black and white paint pens (for backgrounds)
- or metallic brush paint pens

How to Paint Rocks

- Collect, or purchase, smooth rocks or stones to paint.
- Wash rocks and allow them to dry in the sun.
- Set up an area to paint rocks. Put down newspaper or a piece of white poster board to protect the surface that you will be working on.
- Paint a single color acrylic base layer on each rock and allow it to dry.
This step is recommended for most painted rocks.
- Paint rocks in any way you like, or, use any of the easy ideas found in "Rock Painting Tips," "Rock Painting Ideas," and "Painted Rock Crafts" in the sections below.
- Allow the painted rocks to dry overnight.
- Use a foam brush to paint a layer of acrylic sealant, outdoor acrylic sealant, or use an acrylic spray varnish to help protect the paint. (optional)

Once completed your painted rocks can be displayed on your nature table, in flower beds, in the garden, or wherever else you wish.

See rock ideas at www.rhythmsofplay.com





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Spot the difference



Earth Day Jokes

Why did the leaf go to the doctor? - *It was feeling green.*

Why are people always tired on Earth Day? - *Because they just finished a March.*

How can you tell the ocean is friendly? - *It waves.*

Why is grass so dangerous? - *Because it's full of blades.*

Why did the sun go to school? - *To get brighter.*

How do you cut a wave in half? - *Use a sea saw.*

What did the tree wear to the pool party? - *Swimming trunks.*



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See if you can locate all 20 words which we associate with Global Clean-up.

Good Luck!

Word Search

Great Global Cleanup



Dumping
Waste
Water
Trees

World
Hazardous
Global
Climate

Homes
Clean
Algae
Gas

Carbon
Responsible
Plastics
Ocean

Pollution
Emissions
Reusable
Health



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KEEP THE EARTH CLEAN & GREEN

~ Your first cleanup?

What to know and expect: 15 Tips for first time volunteers You can participate in the global cleanup at home

Hi Kids want to help with the Great Global Cleanup!

Remember helping in a clean-up helps your home, community and the Earth!

Some tips from Earth Day Network to help first time volunteers or just cleaning up your own yard.

Clothing: Wear closed toe shoes (not sandals or flip flops) socks, long pants and shirts to avoid contact with anything unsafe or contaminated. Wear a glove on the hand you are using to pick up trash.

Safety: Don't pick up anything that you are not comfortable with. If it looks dangerous or heavy, safety first. Note its location and inform your site leader so that they can decide the best course of action for removal.

Hazardous items: Leave items like needles, syringes and medical waste alone. Tell your site leader what you found and where. Biohazards need to be disposed of according to special rules.

Hats and Sunblock: Protect yourself from over-exposure by applying reef-safe sunblock before a cleanup and wearing a hat.

Hydrate and Stay Cool: Bring and drink water. Avoid over-exertion, sunburn, heat exhaustion and dehydration. You can always return to the site's check-in station for a break.

Dead Animals: Don't touch or pick up dead animals or attempt to move injured animals. Instead, notify the Site Captain and tell them what you found. Make them aware of the animals and their location. The site leader will contact the

responsible authorities.

Live Animals: When encountering birds or animals on your cleanup, respect their space and avoid the temptation to feed them your snacks.

Hazardous Waste: Items like oil drums, batteries and canisters are not safe to touch or pick up. Leave them and notify your site leader.

Recyclables Versus Non-recyclables: Not every item can be recycled. In fact, including 'dirty' recyclable items can contaminate 'clean' recyclables. To prevent this, use a better-safe-than-sorry approach. If a recyclable item is not relatively clean, put it in the non-recyclable pile.

Work in Teams: Stay with at least one other person while you clean up.

Watch the Tide: If you're cleaning up on a beach, be aware of the rising or ebbing tide and keep your distance, especially in wavy conditions.

Got Kids? Bring them along but keep them safe. All children under the age of 14 should be supervised by an adult or guardian at all times.

Use our Earth Challenge 2020 App: Want to have your cleanup be a part of the world's largest citizen science initiative? Download the app Earth Challenge 2020 app (available in early 2020) to map, track, and submit cleanup data. You'll be contributing to solutions to global waste problems.

Have fun!

When appropriate, take to social media to post pictures of your cleanup in action to not only recognize your event, but inspire others to take part! Be sure to tag us @Earth-DayNetwork and use the hashtag #GreatGlobalCleanup.

Let's keep our environment clean!



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Colour
me clean...



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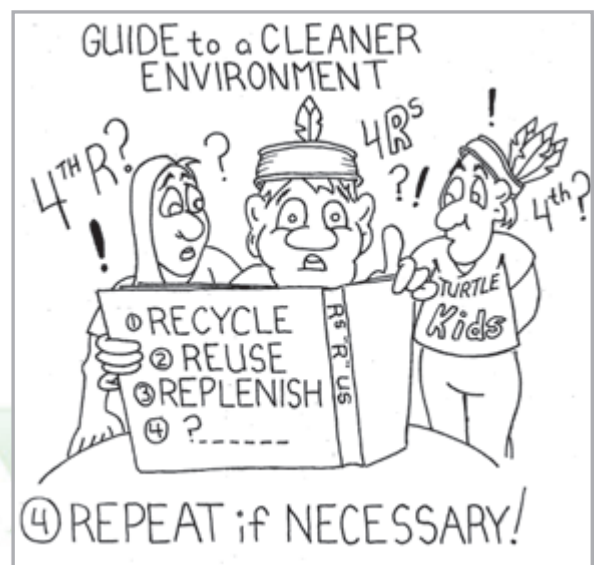
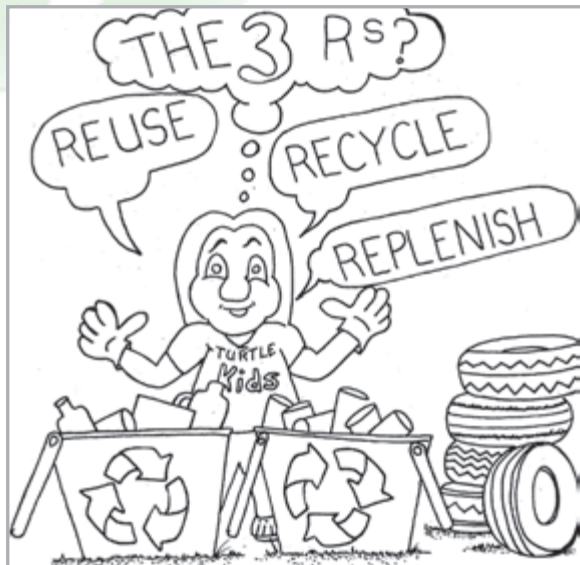
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Being a Turtle Club Kid... By Ron Johnson

By Ron Johnson



Things to make with your Gourds



Gourds have become a favourite for making all kinds of crafts.

But what most people don't know is our Haudenosaunee ancestors used ornamental gourds for carving eating utensils and bowls. Sometimes they are called

siphon or dipping gourds.

Gourds were also used by our ancestors for creating homes for the Purple Martin Swallows. This relationship formed because it gave the Purple Martins protected homes and these beautiful aubergine birds became our sentry when raiding animals and or tribes were close to our villages, these wonderful Purple Martins would sound the alarm.

Today you can use these gourds to make all sorts of crafts from gnomes, animals to birdhouses.



Below a Gourd bowl



Piggy bank gourd

Have fun!



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Earth Day Jokes

What did the ground say to the earthquake? - *You crack me up!*

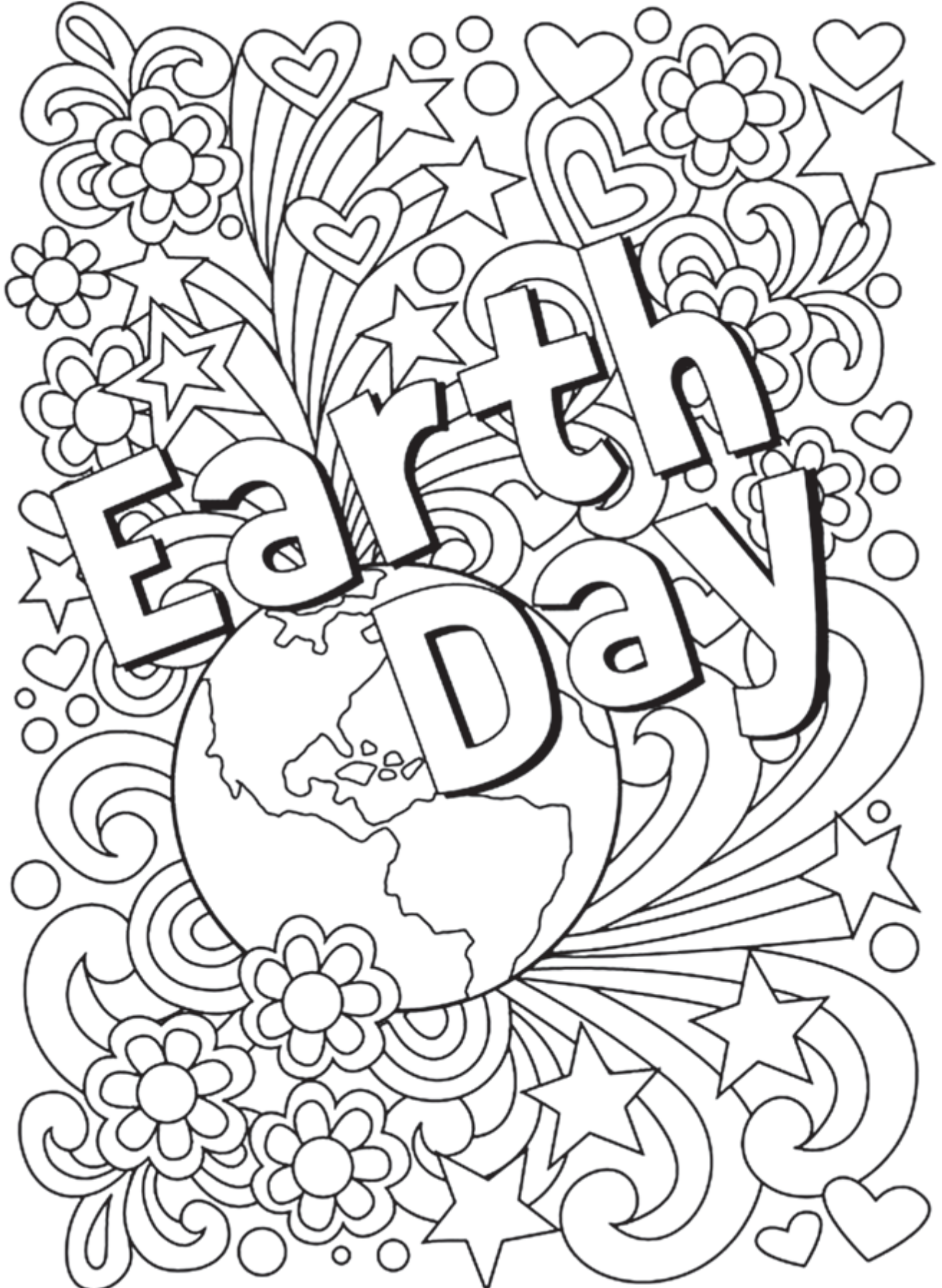
What kind of shorts to clouds wear? - *Thunderwear!*

What kind of plant grows on your hand? - *Palm tree.*

Why do tornadoes zigzag?
- *They're dizzy.*

What happens when it rains cats and dogs? - *You have to been careful not to step in a poodle.*

What is a tree's least favorite month? - *Sep-timber!*



TURTLE CLUB KIDS - HAVE FUN COLOURING!



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Let's put litter in it's place!

Be kind to our environment!
LOOK! Reduce • Reuse • Recycle

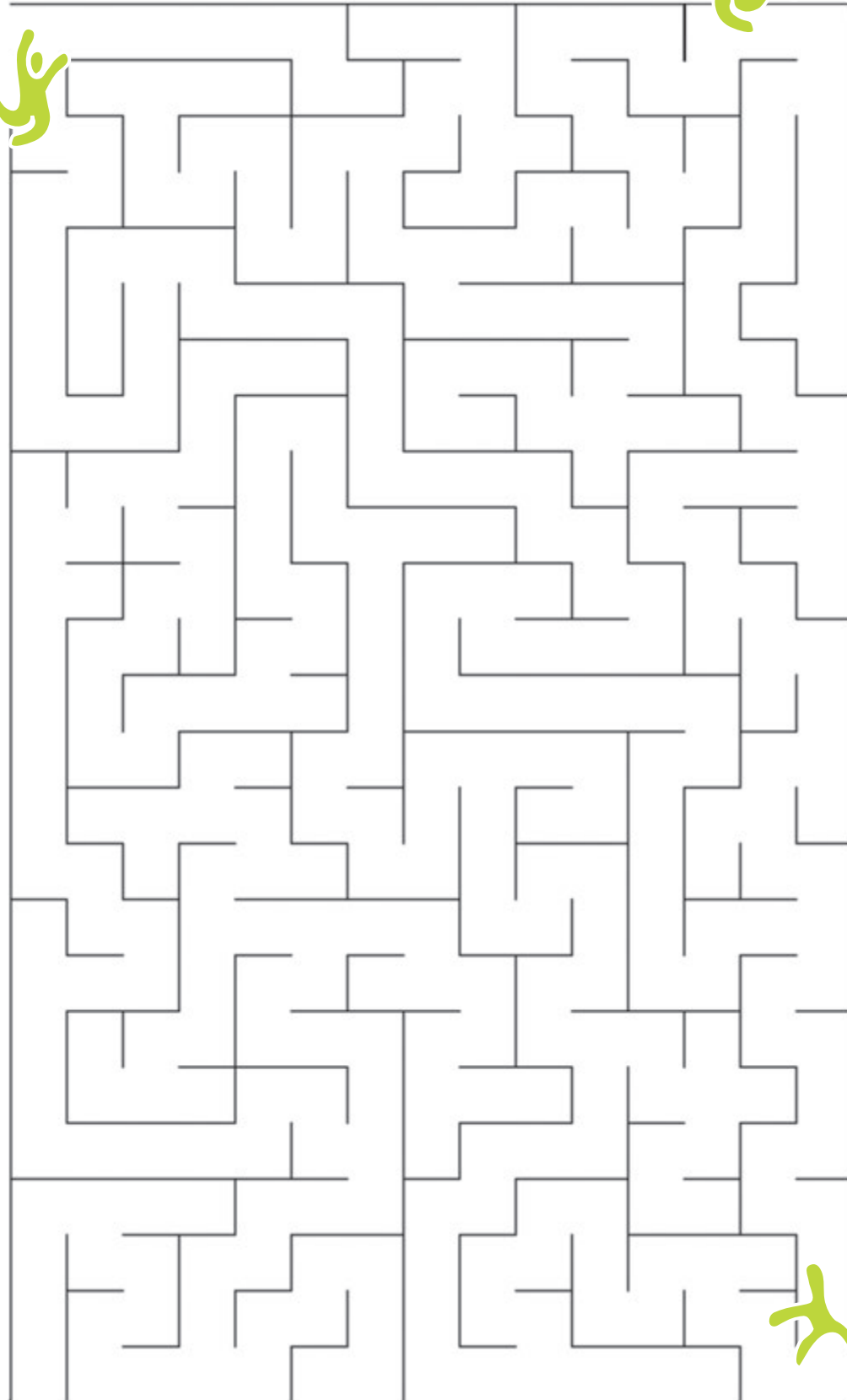
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Maze Craze

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TURTLE CLUB KIDS - CAN FIND THEIR WAY!

What am I... Riddles

What Am I?

I provide light but I'm
not a candle
I'm hot but I'm not a bonfire
I have rays but I'm not
an aquarium
I'm a star but I'm not
a celebrity
I rise in the morning but
I'm not someone getting
out of bed

I AM THE SUN

What Am I?

I fall but I don't get hurt
I pour but I'm not a jug
I come before the word
bow but I'm not hair
I help plants grow but
I'm not the sun
I can make you wet but
I'm not a bath

I AM RAIN

What Am I?

I have a spout but I'm not
a teapot
I can destroy buildings but
I'm not dynamite
I have an eye but I can't see
I rotate but I'm not the earth
I'm in the Wizard Of Oz
but I'm not a witch

I AM A TORNADO

What Am I?

I can't be seen but
I'm not a ghost
I can crack but I don't break
I can clap but I don't have
any hands
I happen after a flash but
I'm not a photo
I'm loud but I'm not music
I happen during a storm
but I'm not lightning

I AM THUNDER

• Reduce • Reuse • Refuse • Remove • Recycle • Return •

REDUCE

By doing some of the following you can reduce your own plastic waste.

REUSE

Bring your own reusable shopping and produce bags to markets, and avoid using single-use plastic bags.

Bring your own reusable coffee cup when going out to get beverages.

Buy yourself a reusable stainless steel, glass, or bam-

boo straw to use instead of wasteful plastic ones.

Instead of buying water in plastic bottles, invest in a water filter and reusable water bottle(s). Bonus: it's cheaper in the long run.

Bring a reusable container to a restaurant with you when you expect to have leftovers.

REFUSE

It's as simple as adding, "No lid or no straw, please"

when requesting beverages at restaurants or cafes.

REMOVE

Pick up trash in your neighborhood and when visiting parks and beaches and dispose of it properly.

RECYCLE

Recycle the plastics you use and no longer need.

RETURN

Single-use bags can be returned to grocery stores for them to recycle.



be relevant...
be part of

Turtle Club Kids

Whether it's **advertising space** that would benefit you or your organization, contributing **interesting stories** or even **kids activities**, don't miss out!

Our next magazine will be coming along shortly with tips and inspiration and lots of cool information.

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Without Gas Fill Up;

- \$8 Basic Wash
- \$10 Deluxe
- \$12 Ultimate

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...to protect our environment
and health!

- clothing
- groceries
- toys
- candles
- jewelry
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