

Healthy Streams, Healthy Fish

Hi! My name is Kenny the Kokanee. I started life as a tiny **EGG** with two black dots that are my eyes! I lived in the stream beneath the gravel in a nest called a redd. Life as an egg was scary, I was almost squished by a mountain bike driving through the stream!

When I hatched into an **ALEVIN**, I had a big belly to feed me. Someone cut all the trees down next to the creek so there weren't any roots to hold onto the stream bank and dirt piled up on my redd - it was hard to breathe.

Once my belly was gone I looked like a tiny fish with dark stripes and people called me a **FRY**. That's when I swam to my new home in Okanagan Lake. Along the way I had to swim by lots of garbage in the stream which made me feel sick.

I became an **ADULT** in Okanagan Lake. After 3 years, I started to turn into a red **SPAWNER** and it was time to leave the lake and return to the stream I came from. WOW! It really changed! A group of children planted lots of trees on the stream bank and someone cleaned up all the garbage. The trees help keep the water cool and provide hiding spots from bears and birds. It was a great place to **SPAWN** and start the life cycle all over again.

Use the story to match each word to the picture it describes.

	EGG	
	ALEVIN	
	FRY	
	ADULT	
	SPAWNER	

Terasen Gas



Living Greener Challenge



The Environmental Mind Grind organizers challenge everyone in your school to become good stewards of our environment and make a difference by taking the Living Greener Challenge! To participate, students must pledge to do **THREE** things that will either help conserve water, reduce waste, clean up our streams and parks, improve air quality, or reduce traffic congestion.

All pledges will be entered into a draw for a 'Family Night at the Movies' pass and the school with the highest percentage of participants will win an ice cream party for the entire school. So tell your friends, classmates, and teachers to get their pledges in and let's make a difference!

INSTRUCTIONS:

- Complete the activities in this booklet, then choose three things that you will do to help the environment and write them on the pledge form.
- Fill in your contact information.
- Take the pledge form home and have a parent or guardian sign it.
- Cut out the pledge and send it individually, as a class, or as a school, to the address listed by April 19, 2008.
- All students who make a pledge will be entered into a draw for a chance to win a 'Family Night at the Movies' prize courtesy of the EECO Heroes.
- The school with the most pledges per capita will win an Ice Cream Party for the entire school courtesy of the EECO Heroes.
- The winners of the 'Family Night at the Movies' prize and Ice Cream Party will be announced at the Terasen Environmental Mind Grind Competition.

Pledge Form Inside

My Natural Community

Exploring my natural community

Become a Nature Explorer

EECO in Mission Creek Regional Park

What lives near me?

Where do I live?

How does my community change?


What's it like in other places?

There are living things all around you. With some detective work, you'll be able to find signs of things that you can't see directly. Become a nature explorer by completing the activities below. Bring along some nature detective materials: binoculars, field guides to plants and animals, a notebook, your eyes, ears, and nose!

Bug hunt:

Arthropods are animals with an exoskeleton (they wear their bones on the outside), jointed body, and limbs. Included are:

- Insects like ants, beetles, and butterflies.
- Crustaceans like shrimp.
- Arachnids like scorpions, spiders, and ticks.



Arthropods are the most successful animals on earth and we could not survive without the more than 1 million in our world. And that is only the number that have been identified, scientists think there are actually 6 - 9 million out there!


Find a bug, draw it, then answer these questions:

Does it have wings?


How does it move?

Describe the mouth parts:


Find a fallen leaf or cone on the ground. Match it to discover what kind of tree it belongs to. If your leaf or cone is not one of the ones below, then draw a picture of it and look it up when you get home.




Ponderosa Pine



Douglas Fir cone



Douglas Maple




Black Cottonwood

Create a wild garden:

Choose plants that have nectar and pollen. Release some ladybugs into your garden. Avoid using pesticides so not to kill the pollinators/predator garden friends (bees, dragonflies, ladybugs etc.).

Your native plant garden will become a kind of refuge, a place for creatures such as birds and butterflies to find food, water, and shelter.



Check out the Water Exhibit at the EECO Centre! For more information, call 469-6140 or email eeco_centre@telus.net.

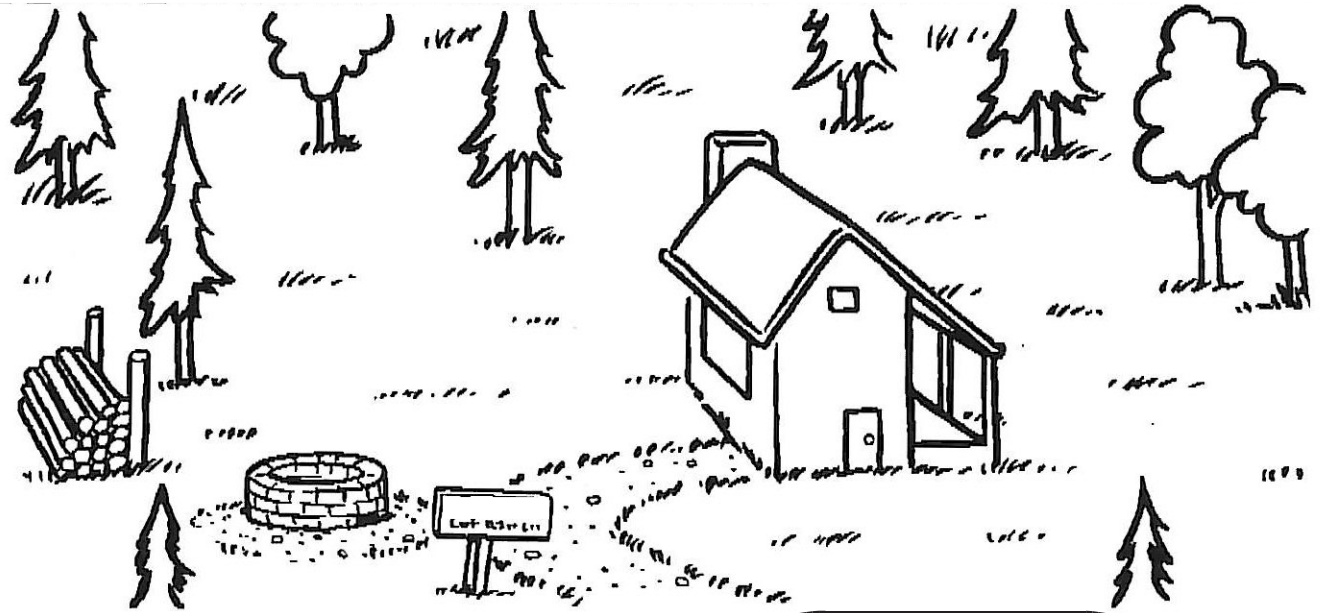


Is your home
FireSmart?

FireSmart Tips:

When living near a forested area, it is important to protect your home from wildfire. Look at the two pictures below and see if you can find the differences between them.

Which yard do you think is FireSmart?



FireSmart Tips:

Fill in the blanks to finish these FireSmart tips:

- Thin _____ around the house.
- Mow and water the _____.
- Keep the _____ clean of pine needles and leaves.
- Store _____ well away from the house.
- Use a grate over the _____ pit.

Did you know
wildfires burn more
rapidly up hill?



To report a wildfire, call 1-800-663-5555.

I Go Transportation Search

There are many ways to get to school, the park, the local store, and work that are good for the environment because they create less air pollution.

Circle all of the environmentally friendly ways to get around in this picture.

Here are some hints:

- Walking
- Cycling
- Running
- Carpooling
- Riding transit
- Rollerblading
- Skateboarding
- Scotering



The Three R Scramble

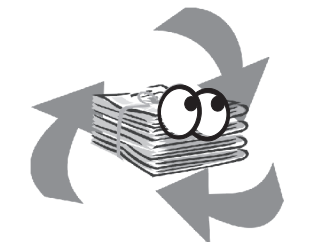
REDUCE the amount of waste you create. Remember, if you don't buy it, you won't have to throw it away.

RECYCLING is a way in which paper, metal, glass, plastic, and other materials can be made into the same or new products and used again. Recycling is a great way to save natural resources, to save energy, to save money, and to save landfill space.



The mixed up words below are things that can be reduced, reused, or recycled. Unscramble the words, then fill in the boxes to discover one of the easiest things to recycle.

- UNMULAIM
- BREGAGA
- TAWSE
- SLAGS
- POCTOMS
- NACS
- SLAPICT
- RESTI
- DRABOCRAD



One of the easiest things to recycle is:
