



Elephant Thoughts

Into the Wind

Summer 2006

We have lots of exciting developments since our last issue!

The year is flying along with lots of wonderful things happening and many more in the works. With summer here, one of ET's busiest seasons is in full swing, including the CAYSI summer camp program, local summer camps, and this year's first annual Aboriginal Children's Festival. Read on for all the exciting details, and don't forget to visit us often at www.elephantthoughts.com. Don't forget to check out this month's tasty science activity – homemade ice cream – perfect for beating the summer heat! Also, flip to the end of each newsletter for contact information, and drop us a line if you have any ideas or suggestions, or any ET news to share. We can't wait to hear from you!

Food For Thought

The beautiful thing about learning is that no one can take it away from you.

~ B.B. King

"Into the Wind"

Our newsletter's new name comes from a beautiful Buddhist tradition we were told about on our trip to India. All over Mirik (the area we are currently working in), you see brightly coloured flags of many different shapes and sizes flying over homes,

shops and around temples. We learned that these are prayer flags, and each one is printed with Buddhist prayers, mantras and symbols. When we asked about them, we were told that people believe that by putting up the flags, they are releasing their prayers and hopes into the wind, to be carried to where they are needed, or



received. Since this newsletter carries all of our ET information, hopes, and all that good stuff to you, we thought it suited perfectly, as well as being a wonderful reminder of all our friends and families in Mirik. As well, one of the things young Aboriginal hunters are taught is to always move into the wind. This meant that the wind would carry your scent away from your prey, improving the chances of a successful hunt. Since we want to always move forward with our programming, being the best at what we do, we thought that this was fitting also. So "Into the Wind" it is - enjoy!

New Programs!

We also have new programs in the works. "Muscle Heads" (in conjunction with Todd Brooker and the Ontario Trillium Fund) which will include Fitness and Science programming, and a new program called "Zoo Guts", which well, (we can't give away too much), promises to be awesome!

Inspired Education Everywhere

Canadian Aboriginal Children's Festival

With all the hustle and bustle of the end of the school year consuming most teachers, here at Elephant Thoughts people were working even harder than usual! On the June 21st & 22nd, local students from Duntroon Central Public School, along with First Nations students from Cape Croker, Owen Sound Friendship Centre, Barrie Friendship Centre and Alderville First Nations, came together at Nordic Highlands for two days of learning and sharing together. These students made



bannock, slept in tents, went canoeing and even did a tour of the Aboriginal history of the local Scenic Caves at Blue Mountain. Then on the weekend, we put them to work! The students, along with tons of other Elephant Thoughts volunteers, took over the Village at Blue Mountain for two days of amazing, inspiring program. Visitors to the festival were



treated to displays of Native dancing and drumming, real teepees, and displays by aboriginal artists and artisans. Michelle Fleming of the Bay School of Art in Collingwood was on hand, doing incredible Aboriginal art projects with the kids, there were canoe trips on the lake in a real war canoe, and of

course, there were lots of great Elephant Thoughts science activities! In case that wasn't enough, there were also Aboriginal film screenings, star stories in the ET planetarium, Native storytellers and a very

special performance on Sunday afternoon by Canada's own Susan Aglukark. Plans are already underway to make next year's festival even bigger and better, so if you missed it this time, plan to attend!



Don't forget our ET School!

If you missed it in the last newsletter or are new to Elephant Thoughts, listen up! Plans are underway for our first ever ET school in the village of Bunkalung, India, in the Himalayan region of Darjeeling. We are going to need lots of help to make this school wonderful for the students of the area, so if you haven't made a donation yet, you still have time!

All donations over \$50 will receive a charitable tax receipt which you can apply to reduce your personal taxes, but we would like to give you the chance to be a part of this school for a lifetime. For a donation of \$250 we will put your name on a tile and it will become part of the wall of the school. For a donation of \$1000+ you will get your name on a brass plaque with the other major donors and be a part of Elephant Thoughts history forever.



Bunkalung, West Bengal, India

Donations can be sent to: Elephant Thoughts, 179 Marsh St., Unit 2, Clarksburg, ON, NOH 1J0. Cheques should be made to Elephant Thoughts.

Please remember to include your return address so we can send the tax-deductible receipt. Also, don't forget we also have a fundraising program for area schools that would like to help out. Details of the school program will re-published in the fall newsletter.

If you have any questions, please email Lisa Farano at lisa@elephantthoughts.com or Jeremy at jeremy@elephantthoughts.com.

CAYSI Summer 2006

Every year, Elephant Thoughts sends out teams of volunteer teachers to take one-week science camps



to Native reserves across Canada. These enthusiastic, dedicated teachers trek all over our huge country,

delivering amazing science programming to kids as far west as BC, and as far east as Nova Scotia, and even to some fly-in communities. Every year is a new adventure, and this year is no exception! This year's team gathered for their training week at Highlands Nordic the first week of July, eager to get started, but a little nervous about what was ahead. Designing and building rockets, working the telescopes and mapping the stars, and dozens of little science tricks had to be mastered all in one week, but our amazing new team rose to the challenge. By the end of the week, the rockets flew, the stars stayed put a little more, and everyone was feeling ready, despite the mess the training room had turned into! Luckily, everyone managed to pack everything up into their vans, and off they went. By now, they are spread out all over, from N'Quatqua, BC to Buctouche, Nb, and a few places

in between. We know they will have an amazing time, and be incredible representatives for Elephant Thoughts wherever they go!



Time for T.O.

Our Toronto office, run by Kristen and Chris Caughill, is doing well, with several summer camps running and After-School Programs ready to "hit the streets" in September! Kristen and Chris are now looking for staff for these programs, so if you are interested or have anyone good to refer, please send along a message to kristen@elephantthoughts.com. Also, if your school is in the GTA and would like to try an after-school program, please get in touch. Your school gets a free science show assembly to kick-off the program, and it's an extremely stress-free operation for schools. For more information or a brochure, please contact Kristen asap!

Jeremy Wins a "Me to We" Award!

Those of you who know our Executive Director well know that Jeremy would much rather be in the spotlight as Dr. Germ than as himself! However, thanks to the nomination by Lisa Butcher, our Fundraising and International Development gal, Jeremy is finally getting some big-time recognition for all his work in founding and running Elephant Thoughts, in the form of a 2006 Me To We award!

Me to We is a social action organization founded by Craig & Marc Kielburger. Every year, in conjunction with Canadian Living magazine, they present awards to people who have taken action to create change in their workplaces, communities and around the world. This year, Jeremy is being honoured in the Workplace category, for founding

Elephant Thoughts and all the amazing work he does to bring education to children in Canada and around the world. As a winner, Jeremy will be honoured at the 2006 awards gala in Toronto in the fall, a photo shoot with Canadian Living, and \$5000 for Elephant Thoughts!

We are all amazingly proud of Jeremy, and of course, the publicity won't hurt the organization, either! Watch for more information about the gala, the photo shoot (woo hoo!), and news coverage to come in the fall. Congratulations, Jeremy!!!

Science You Can Use NOW!

Each issue, we include a fun science activity that teachers put to use. Got a great lesson plan you think other teachers might like? Go to our website (www.elephantthoughts.com) and submit it. Lesson plans will be reviewed and archived for members to use, and your lesson could be featured in our next issue!



Home-Made Ice Cream

Background: The basic principle is that the salt lowers the freezing temperature of the ice, just like on our roads in the winter! When we add salt to the ice, it makes to ice work hard to melt. The ice starts absorbing heat from the things around it, trying to melt – in this case, the ice cream ingredients. The ice means the ice has to get to a much lower temperature to melt, making it cold enough to make the ice cream!

Supplies:

- ~ 1 cup of cream or 2% milk
- ~ 2 tbs of sugar
- ~ 1 tsp of vanilla
- ~ food colouring (if desired)
- ~ 2 small Ziploc bags

- ~ 1 large Ziploc bag
- ~ 5 or 6 cups of ice cubes
- ~ 3 tbs of coarse salt
- ~ a towel or heavy gloves

Directions:

- 1) In one small Ziploc bag, put the sugar, milk or cream, vanilla and food colouring.
- 2) Seal the Ziploc carefully, with as little air as possible inside. Then place it inside the other small Ziploc, and again, seal, leaving as little air as possible. This is to prevent any leakage of the salt mixture into the ice cream!
- 3) Place the whole ingredient package inside the large Ziploc bag, and add the ice, surrounding the small bag.
- 4) Sprinkle the salt all over the ice mixture, and then seal the large Ziploc, again, leaving little air.
- 5) Wrap the whole thing in a towel, or put on the gloves, and shake continuously for 5-7 minutes or until frozen.
- 6) When it's ready, discard the ice and outer bags, and eat the ice cream with a spoon, right out of the inner baggie! Enjoy!

Tips: For a chocolate ice cream, make with chocolate milk! Always use real Ziploc bags – not the cheap ones – they WILL leak and you will regret it! (Salty ice cream-ewww!) Don't forget the gloves or towel – the reaction is VERY cold!

Contact Information

Elephant Thoughts
179 Marsh St., Unit 2
Clarksburg, ON,
NOH 1J0
Phone: 519-599-5472
Fax: 519-599-7836
www.elephantthoughts.com



Newsletter Editor
Emily Hastings-Speck
emily@elephantthoughts.com