

TRIP AROUND THE WORLD: NORTH AMERICAN CONTINENT EDITION

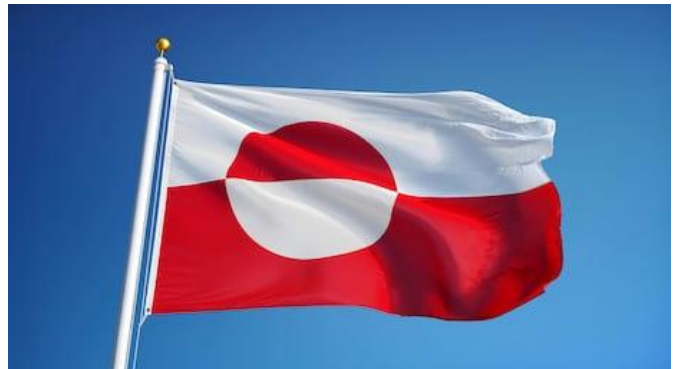


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BORED**

BY ANA NEVE

GREENLAND

Greenland, the world's largest island, lying in the North Atlantic Ocean. Greenland is noted for its vast tundra and immense glaciers. Although Greenland remains a part of the Kingdom of Denmark, the island's home-rule government is responsible for most domestic affairs. Greenland's major physical feature is its massive ice sheet, which is second only to Antarctica's in size.



The Greenland Ice Sheet has an average thickness of 5,000 feet (1,500 metres), reaches a maximum thickness of about 10,000 feet (3,000 metres), and covers more than 700,000 square miles (1,800,000 square km)—over four-fifths of Greenland's total land area. Layers of snow falling on its barren, windswept surface become compressed into ice layers, which constantly move outward to



the peripheral glaciers; the Jakobshavn Glacier, often moving 100 feet (30 metres) a day, is among the world's fastest glaciers. Along many parts of the coast, the ice sheet fronts directly on the sea, with large chunks breaking off the glaciers and sliding into the water as icebergs. The remaining ice-free land area occupies the country's coastal areas and consists largely of highlands. Large areas of the island can be classified as Arctic deserts because of their limited rain.

Despite the Western influence exerted by the Danish presence in Greenland and, more recently, by increased access to international mass media, the practice of traditional Inuit (Eskimo) cultural activities is still of importance. Folk arts such as soapstone carving and drum dancing remain popular, as do kayak building and sailing. The island features a number of museums, including the Greenland National Museum and Archives in Nuuk.

GREENLAND ARCHITECTURE

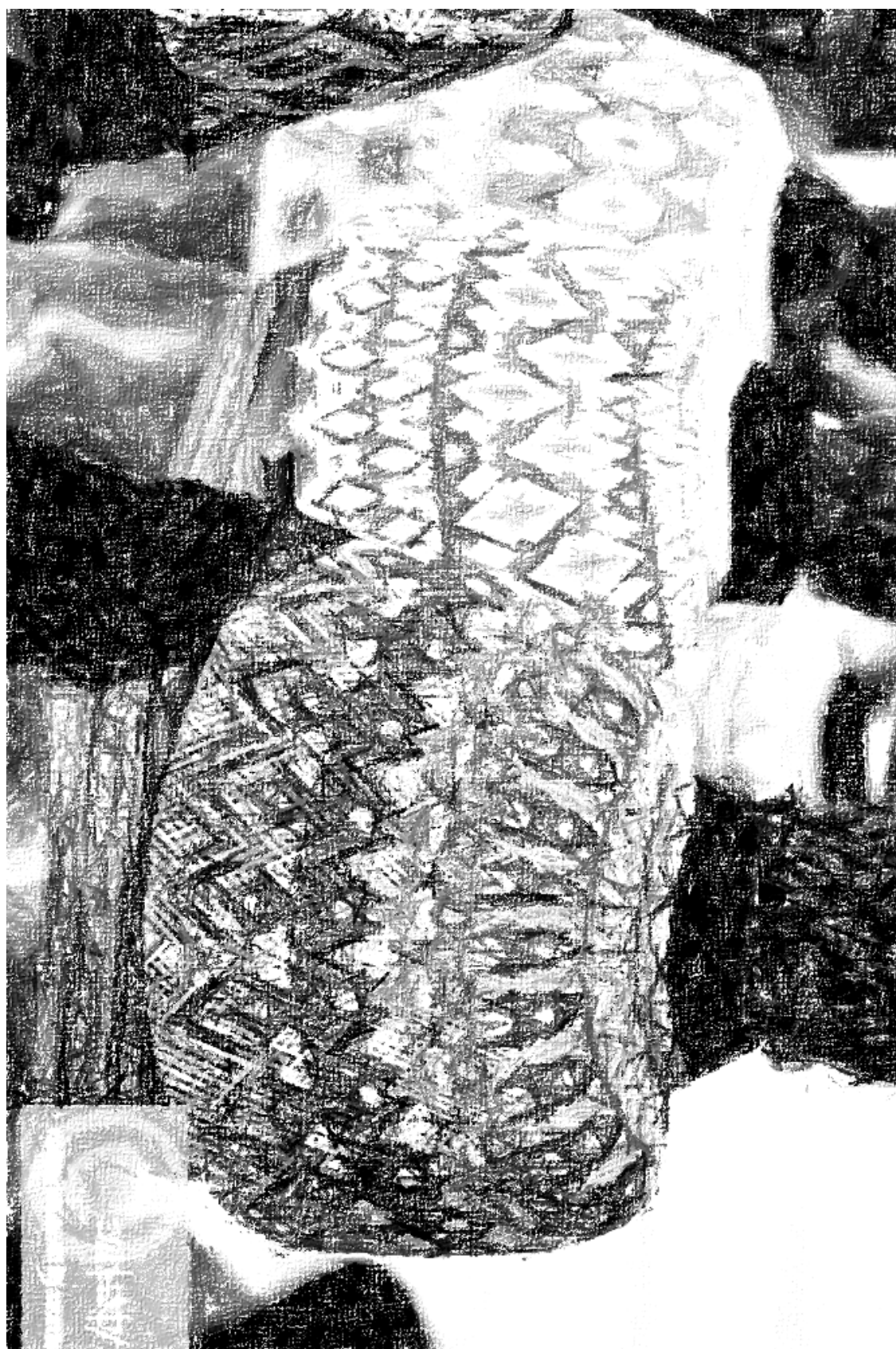
The colourful tradition of the characteristic, brightly coloured houses began here. The colours were practical and indicated the function of the building: Commercial houses were red; hospitals were yellow; police stations were black; the telephone company was green and fish factories were blue.



Inuits of Greenland have used beads to decorate themselves and their clothes as well as amulets for good fortune and protection against evil spirits for thousands of years. The earliest known beads were made of natural material as soft stone, bones, mussels, teeth and parts of the fish vertebrae and skeleton. Tiny beads of fish vertebrae coloured with blood, juice from berries and herbs and then mixed with the natural off white, were strung up to get different patterns for adornment long before the arrival of whaling ships and missionaries, who were responsible for bringing European glass beads to trade in the early 18th century.



Colour the collars by following the example or creating your own colourful design



CANADA

- In 2012 the population of Canada was around 35 million.
- The capital city of Canada is Ottawa.
- Major cities include Toronto, Montreal, Vancouver, Edmonton and Calgary.
- The 2 main languages spoken in Canada are English and French.
- Canada is the second largest country in the world by total area (Russia is the largest).
- Canada is made up of 10 provinces and 3 territories.
- Canada features the longest coastline in the world, stretching 202080 kilometres (125570 miles).
- Canada shares the longest land border in the world with the United States, totaling 8891 kilometres (5525 miles).
- The name Canada comes from the word 'kanata' which means 'settlement' or 'village' in the language of the indigenous St Lawrence Iroquoians.
- Canada has over 30000 lakes.
- Winters can be very cold in Canada with temperatures dropping below -40°C (-40°F) in some parts of the country.
- Canada is rich in resources such as zinc, nickel, lead and gold.
- The most popular sport in Canada is ice hockey.
- Calgary hosted the 1988 Winter Olympics, Vancouver the 2010 Winter Olympics and Montreal the 1976 Summer Olympics.
- The maple leaf is a Canadian symbol and features prominently on the national flag.
- Licence plates in the Canadian Northwest Territories are shaped like polar bears.



Canada's official phone number is 1-800-O-CANADA

Canada consumes the most doughnuts and has the most doughnut shops per capita of any country in the world

DIY CLAY DONUT ACCESSORIES TUTORIAL

Supplies:

Polymer clay in beige, pink, white and mint, regular oven, small knife, something to make the donut hole with (e.g. brush shaft or awl) and a metal loop. If you want to make other accessories than a necklace you also need a keyring, hair clip and strong glue.

How to:

Make a small ball with beige clay.

Flatten the ball a bit.

Make a hole in the center of the donut.

Use a piece of white, pink or mint clay for frosting, flatten it and try to make the edges uneven (because then it looks like the frosting is dripping).

Put the frosting on top of the donut and fold down the edges. Carefully squeeze the parts together.

Make a hole in the center.

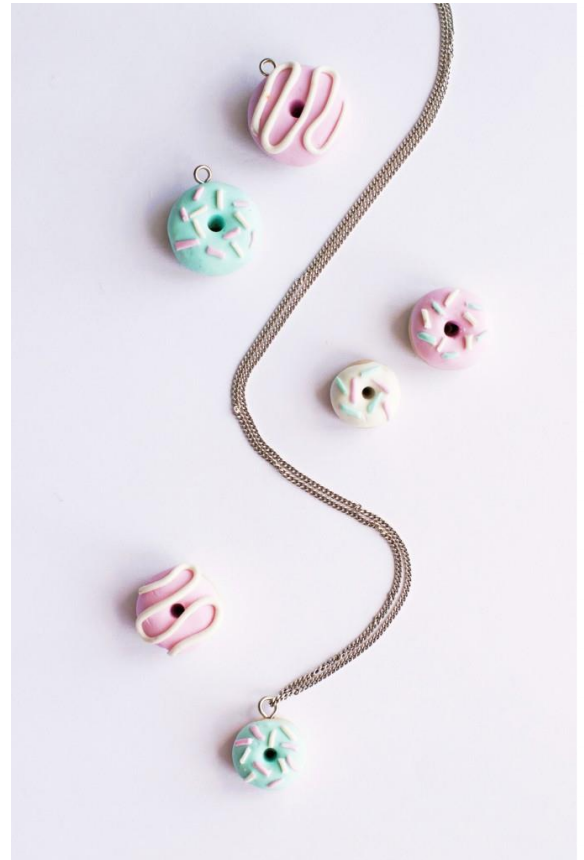
Roll really tiny strings of clay to make sprinkles or glaze.

For glaze: put a string in zigzag on top of the donut. For sprinkles: cut small pieces of a clay string and put on top of the donut.

If you're making a necklace or keychain: insert the metal loop on the side of the donut according to the picture.

Dry the donut in the oven according to instructions on the clay package.

If you're making a hair clip: glue donuts on the hair clip with strong glue.



MAC AND CHEESE

Canada consumes more macaroni and cheese than any other nation in the world.

Make your own Mac and Cheese with this simple recipe!

Ingredients

- ☐ 1 (8 ounce) box elbow macaroni
- ☐ ¼ cup butter
- ☐ ¼ cup all-purpose flour
- ☐ ½ teaspoon salt
- ☐ ground black pepper to taste
- ☐ 2 cups milk
- ☐ 2 cups shredded Cheddar cheese

Directions

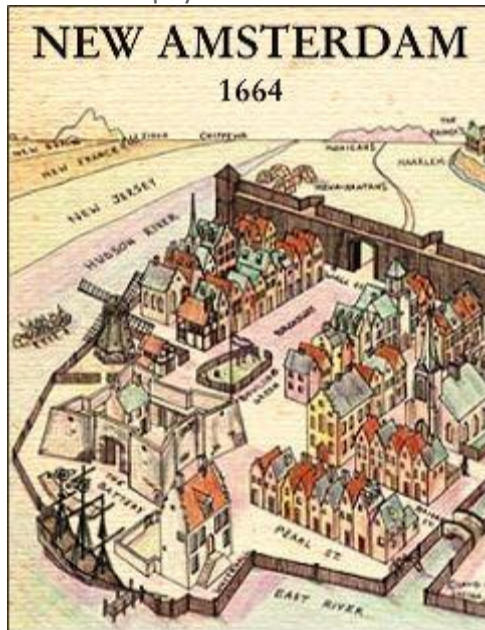
Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes. Drain.

Melt butter in a saucepan over medium heat; stir in flour, salt, and pepper until smooth, about 5 minutes. Slowly pour milk into butter-flour mixture while continuously stirring until mixture is smooth and bubbling, about 5 minutes. Add Cheddar cheese to milk mixture and stir until cheese is melted, 2 to 4 minutes.

Fold macaroni into cheese sauce until coated.

UNITED STATES OF AMERICA

New York is one of the most famous cities in the United States, and it was once called New Amsterdam. It was a settlement by the Dutch that chose to settle in Manhattan. The Name, New York only came into being later in the 17th Century when the English captured it. The Name, New York was to pay tribute to Duke of York who helped in capturing it.



A lot of US cities started out as settlements when being colonised mostly by England. Before the English established themselves in America, Native American tribes ruled the land. There are many different tribes and they spread around the country. There are a few famous Native American characters, and below is a short story of one of them:

Pocahontas

Pocahontas was a Native American woman born around 1595. She was the daughter of the powerful Chief Powhatan, the ruler of the Powhatan tribal nation, which at its strongest included around 30 Algonquian communities located in the Tidewater region of Virginia. Pocahontas was named Amonute at birth and went by the name Matoaka. She supposedly earned the nickname Pocahontas, which means "playful one," because of her happy, inquisitive nature.

As the daughter of Chief Powhatan, Pocahontas may have had more luxuries than many of her peers, but she still had to learn so-called women's work such as farming, cooking, collecting herbs, building a house, making clothes, butchering meat and tanning hides.

The first English settlers arrived in Jamestown colony in May 1607. That winter, Pocahontas' brother kidnapped colonist Captain John Smith and made a spectacle of him in front of several Powhatan tribes before taking him to meet Chief Powhatan.

According to Smith, his head was placed on two stones and a warrior prepared to smash his head and kill him. But before the warrior could strike, Pocahontas rushed to Smith's side and placed her head on his, preventing the attack. Chief Powhatan then bartered with Smith, referred to him as his son and sent him on his way.

Smith's account of Pocahontas' lifesaving efforts is hotly debated, partly because he wrote different versions of this initial meeting with Chief Powhatan. Many historians believe Smith was never in peril and the placement of his head on the stones was ceremonial.

Even so, if Smith's explanation of the incident is true, he had no way of knowing about Powhatan ceremonial customs and from his terrified point of view, Pocahontas was undoubtedly his benevolent rescuer.

It's thought that Pocahontas married an Indian named Kocoum in 1610. Afterwards, she avoided the English until 1613 when she was lured onto the English ship of Captain Samuel Argall and kidnapped during the First Anglo-Powhatan War.

Argall informed Chief Powhatan that he wouldn't return Pocahontas unless he released English prisoners, returned stolen weapons and sent the colonists food. Much to Pocahontas' dismay, her father only sent half the ransom and left her imprisoned.

While in captivity, Pocahontas lived in the settlement of Henricus under the care of a minister named Alexander Whitaker where she learned about Christianity, English culture and how to speak English. Pocahontas converted to Christianity, was baptized and given the name "Rebecca."

During her imprisonment, Pocahontas met widower and tobacco planter John Rolfe. The couple decided to marry, likely for both love and political purposes.

They sent word to Chief Powhatan that they wanted to marry; he consented as did the Virginia governor, Sir Thomas Dale. It's unclear what happened to Pocahontas' first husband, but divorce was allowed in Powhatan culture.

Pocahontas married Rolfe in April 1614. The match was considered an important step towards re-establishing positive relations between the colonists and the Indians. Indeed, the marriage brought a season of peace to the region.

She was instrumental to maintaining relations between her father and the Jamestown colonists and is believed to be the first Powhatan Indian to convert to Christianity. She is remembered as a courageous, strong woman who left an indelible impression on colonial America.



Watch Pocahontas and Pocahontas II, the Disney films to watch the story, while it is not 100% historically accurate, it shows the general storyline, and has an excellent soundtrack.

Pocahontas: https://www.youtube.com/playlist?list=PLXYiwH_pwviLDVFULRIPUrDyuid7NacuZ



Find Colours of the Wind here: <https://www.youtube.com/watch?v=O9MvdMqKvpU>



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Powhatan Chief



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