

LOOK TO THE STARS!  
DREAM BIG!

Vol. 6

# CHANGEMAKERS



July 2023



# INTRODUCTION

Hello,

Thank you so much for picking up this edition of our reading magazine!

This is our sixth magazine, and wow, do we have a great issue lined up!

Stories of science, excitement, and making positive changes in the world: Stories of family and friends and everyone in between!

This is an issue about *Changemakers*: The people in our life who make the world a better place. Whether it be at school, in the neighbourhood, or even around the world!

We hope you enjoy this super-special edition, and remember: Keep reading!

Sincerely,

The Editors  
Selina, Grace, and Jennifer



# SPACE DIVE!

Trace your pencil from the start to the finish! As you go, write down each letter that your pencil goes through. Those letters will form a secret word! Can you guess what it is? Write it down below!

START



GOAL

WHAT'S THE HIDDEN WORD?

\_\_\_\_\_

# RIDDLES AND JOKES

WHAT DO YOU CALL A STAR THAT'S REALLY FAMOUS?

Answer: A super-star!

WHAT DID THE COW ON THE MOON SAY?

Answer: It was "am-oo-zing!"

WHAT DO YOU FEED A PLANET?

Answer: Space snacks!

WHY DID THE CHICKEN CROSS THE MOON?

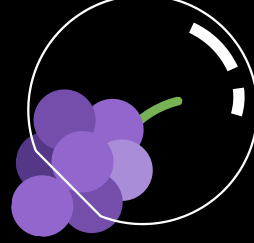
Answer: To see the other side!

HOW DO YOU DO GOOGLE CHATS IN SPACE?

Answer: On Google Meet-oor!



# PLANTS



By Grace Ko, Arctic Reading Circle Volunteer

## Why should I garden?

**First:** It's good for the environment!



Since moving veggies takes carbon, it can help to grow them yourself!

**Second:** You can learn about science! In grade 10 biology, we learn a lot about plant life cycles, plant types, and more! And seeing plants grow for myself, really helped me learn this!

**Third:** You can share them with friends! I know some neighbors who cook really well, so sometimes I give them fresh herbs and veggies from our garden. Delicious!

## How do I make gardening fun?

One way to make gardening more fun is to make stories for them! I used to name my plants, some of them after characters in movies!

Do you have a character that you would name a plant based on?



### QUOTE TIME!

J. R. R. Tolkein, the author of the Hobbit and the Lord of the Rings, said "I am... much in love with plants, and above all trees, and always have been"

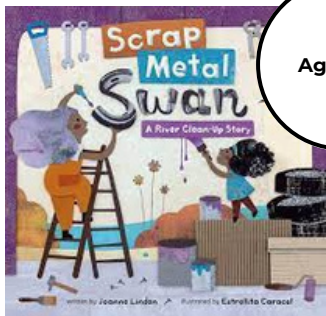


# ECO-BOOKS

By Grace Ko, Arctic Reading Circle Volunteer



## PICTURE BOOKS



Ages 3-5

A charming picture book about turning scrap into art!



Ages 5-6

A book about the importance of collective action, with memorable prose and stunning visuals!

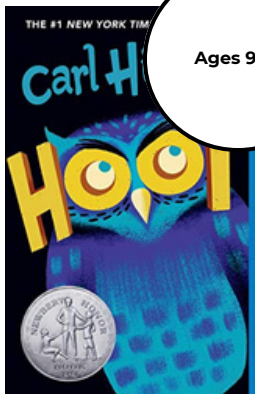


Ages 7-8

A story about helping turtles return to the sea. Will they be able to do it? Read to find out!



## CHAPTER BOOKS



Ages 9-12

A Newbery Honor winner about two friends and a bully teaming up to save a group of burrowing owls from a construction site.



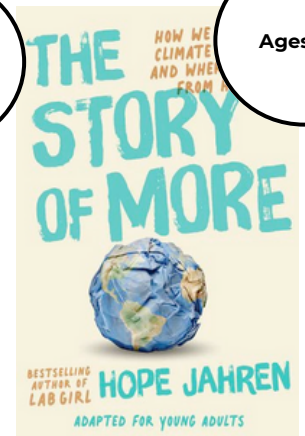
Ages 10+

A non-fiction anthology of stories of different BIPOC climate activists!



Ages 14+

An award-winning story about Indigenous teens in a future ravaged by climate change. It will leave you wondering how it will end until the very last page!



Ages 14+

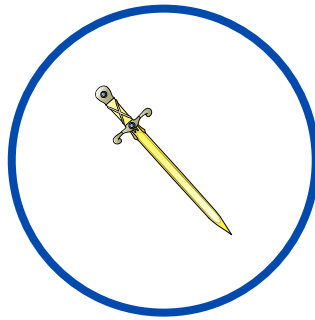
A non-fiction about the importance of using less to help save the planet. Full of interesting quotes, anecdotes, and more!

# RECYCLING

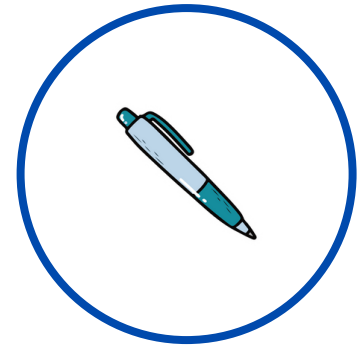
Do These Fictional Items Go in the Recycling?



**Eddie's Journal:** A journal chock-full of information about gods and folklore. A must-have for adventuring!



**Percy Jackson's Sword (Riptide):** A legendary sword of Celestial Bronze that can harness the power of the sea..



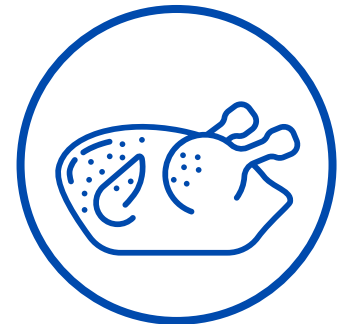
**Percy Jackson's Sword:** Riptide has the ability to morph into a pen in order to disguise itself!



**Aru's Lightning Bolt (Vajra):** A powerful bolt of lightning and a versatile weapon! Javelin, sword, you name it!



**Gandalf's wood staff:** The Istari (or wizards) all have these as weapons. No, it's not just a stick... Or is it?



**Chicken:** Sal summoned this raw chicken to get back at the bully tormenting him. Needs seasoning.

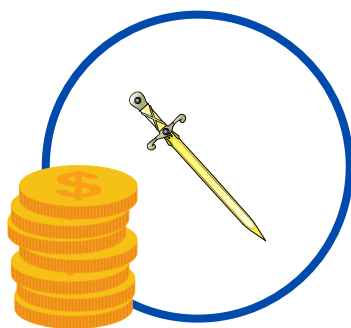


# RECYCLING

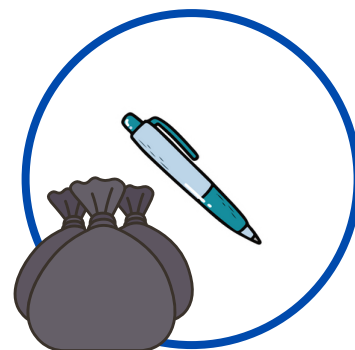
Do These Fictional Items Go in the Recycling?



**Eddie's Journal:** If you want to go into your magical adventure and die because you don't know anything, go ahead. Recycle this. But try to remove the non-paper parts first, and put those in the garbage.



**Percy Jackson's Sword (Riptide):** Celestial Bronze should be like regular bronze. There are places where you can sell metal to in order to recycle them. But don't put it in the normal recycling! Not only is that dangerous, it might not be the right type. Take it to a professional first.



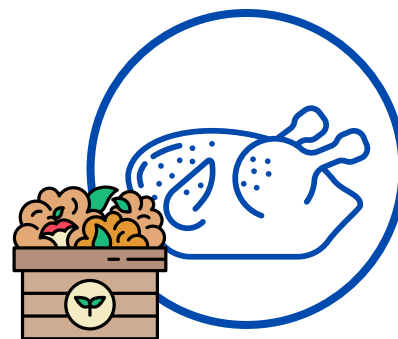
**Percy Jackson's Sword:** As a standard plastic pen, that would go in the garbage. Sorry, Riptide!



**Aru's Lightning Bolt (Vajra):** All electronics are tricky cases: Talk to an adult about this! Different cities have different rules. Usually, stores like Best Buy will accept your used electronics, and you might be able to get money for them!



**Gandalf's wood staff:** Sorry, Gandalf, but that's basically just a tree branch, so it goes in yard waste.

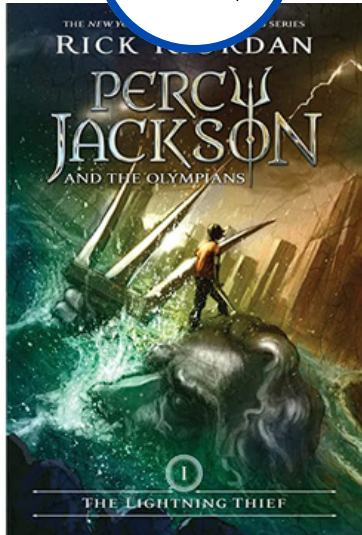


**Chicken:** For all food projects, compost! Just maybe test it for contamination after it hopped dimensions.

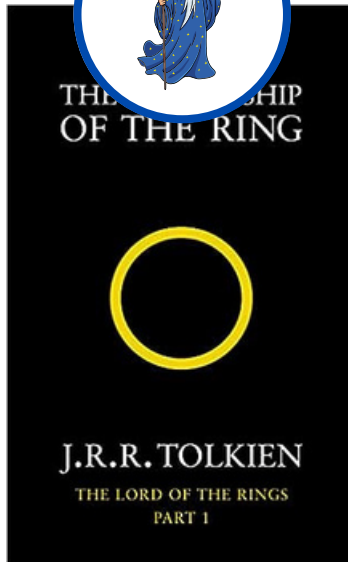


# RECYCLING

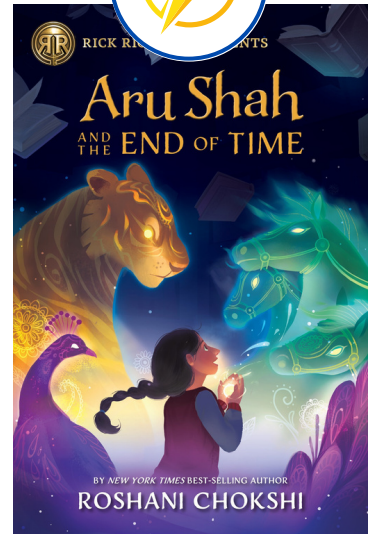
By Grace Ko, Arctic Reading Circle Volunteer



A modern-day Greek mythology story full of action, friendship, and falafel!



A classic tale of wizards, magic, and heroism.



A creative fantasy romp through Hindu mythology!



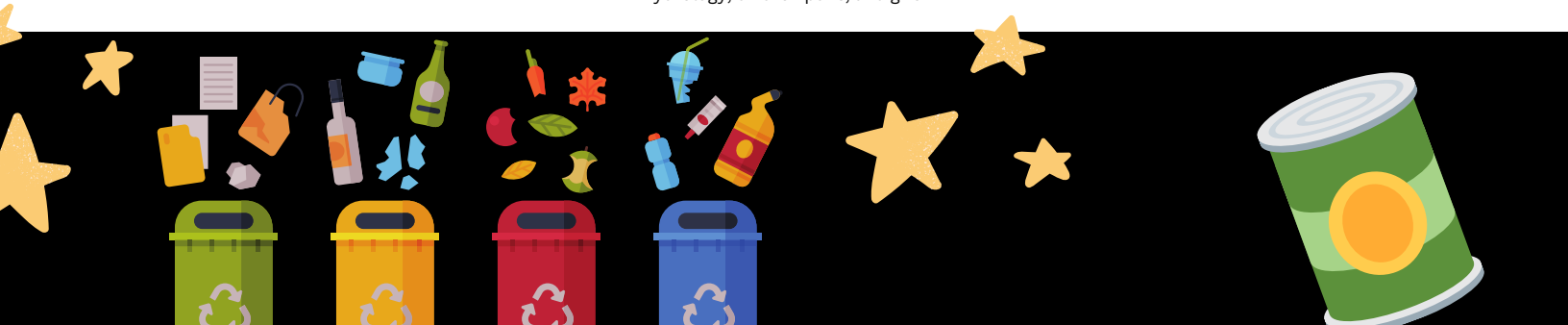
Psst... Want to read the books these came from?



A hilarious romp exploring alternative universes, Cuban mythology, chicken puns, and grief!



A fun, action-packed adventure through West African folklore and gods!



# VIOLA

A real-life changemaker!



Viola Desmond was a civil rights and women's rights activist. Based in Nova Scotia, Viola was an astute and successful business woman who started her own beauty school, the Desmond School of Beauty Culture.

In 1946, Viola Desmond was arrested for sitting in the segregated Whites-only section of a theatre. She was thrown into jail, as a successful businesswoman and member of society.

Her courageous act of challenging racial discrimination made her a hero to many.

But what you may not know is that Viola Desmond was already doing important work before her famous stand.

Viola opened a shop called Vi's Studio of Beauty Culture, which served the Black community, in a time where racial segregation was even more blatant.



She also opened the Desmond School of Beauty Culture in order to provide employment for Black women across the community.

She even made formulas and created her own line of beauty products to be sold in the shops her students opened!

At this point in history, racism was not considered "official," in Canada, but any nonwhite resident would tell you otherwise. There were a series of unspoken rules, such as "whites" and "nonwhites" sections in movie theatres, schools, and many other parts of life.



# DESMOND



At this point, Canadians were almost resolved that this inequality would be the status quo from now on.

The NSAACP (Nova Scotia Association for the Advancement of Coloured People), raised money for her case, and continued to advocate even after the Canadian government refused to recompense her. Nova Scotia's second Black-owned newspaper, *The Clarion* also helped to cover the case. Founded by Carrie Best, the newspaper was able to help publicize the story.

She was one of the highest-profile cases in the country, and shows the discontent of being treated as a second-class citizen.

After an era of legalized racism, Nova Scotia legally ended segregation in 1954. The NSAACP fought for changes such as this.

However, this story did not end well for Viola herself. After, and perhaps because of, the legal system's battles against her, her marriage fell apart. She moved to Montreal afterwards, abandoning her successful business.

She was left to be forgotten.



That is, until 2003, when her sister, Wanda Robson, enrolled in a course on race relations at the age of 73, at the University College of Cape Breton. The instructor, Graham Reynolds, had taught Viola's story as part of the course, and encouraged Wanda to speak out.

With this, she started her quest to have her sister's story remembered. This includes the publication of a book, *Sister to Courage* (2010), about her experiences.

On April 15th 2010, Viola Desmond was posthumously granted a pardon and received an apology.

In 2016, she became the first Canadian woman to appear on a Canadian banknote.

Was she a tragic example of a successful life derailed by the insidiousness of racism and the silence of bystanders? Was she an activist who fearlessly knew what the risks were of her action?

It's hard to tell. Both can be true.

While the recognition she now has cannot compensate for the irreparable damage done to her future, it's still important to tell her story, in order to help give us guidance for how to deal with the inequalities of the present.

# COLORING PAGE

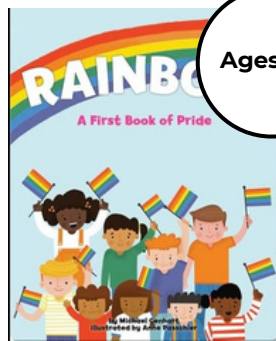


# SOCIAL JUSTICE

Books about making change and fighting against injustice

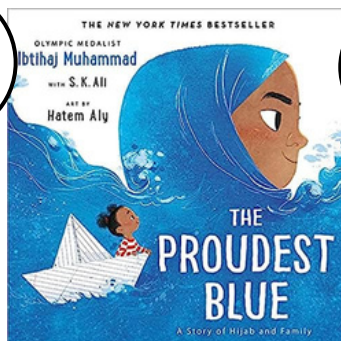
## PICTURE BOOKS

Selected by our volunteers!



Ages 3-5

Learn about the colors of the rainbow in this short and sweet book!



Ages 4-8

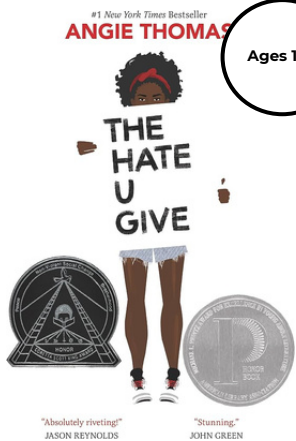
A picture book about two sisters navigating the first day of school. With fun illustrations and an important message, this book is one to remember!



Ages 8-12

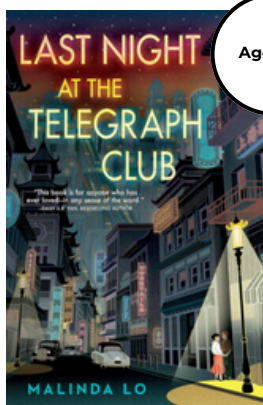
A picture book adaptation about four Black women during the Space Race, a time where the US was racing against other countries to get on the moon first. It talks about issues such as the sexism and racism they faced while helping to get the Apollo 13 on the moon.

## CHAPTER BOOKS



Ages 14+

A must-read and vital book about how one teen reacts to the murder of a young Black man by a White police officer.



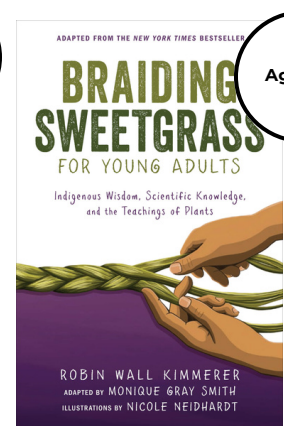
Ages 14+

A high-school read set in Chinatown, San Francisco, about a young lesbian girl falling in love amidst homophobia and anti-Asian racism.



Ages 11+

A book full of interactive activities about identity, anti-racism, and activism!



Ages 12+

A book about Indigenous perspectives related to ecology and activism.



# MAAYAN ZIV

Real-Life Changemakers



Maayan Ziv is a current photographer whose focus is advocating for disability in the arts.

She has Muscular Dystrophy. She has done photography that includes the 28th Lieutenant Governor of Canada, as well as fashion photography, street photography, and more.

She sits on the Toronto Arts Council, the Centre for Independent Living in Toronto, and is the CEO of AccessNow.

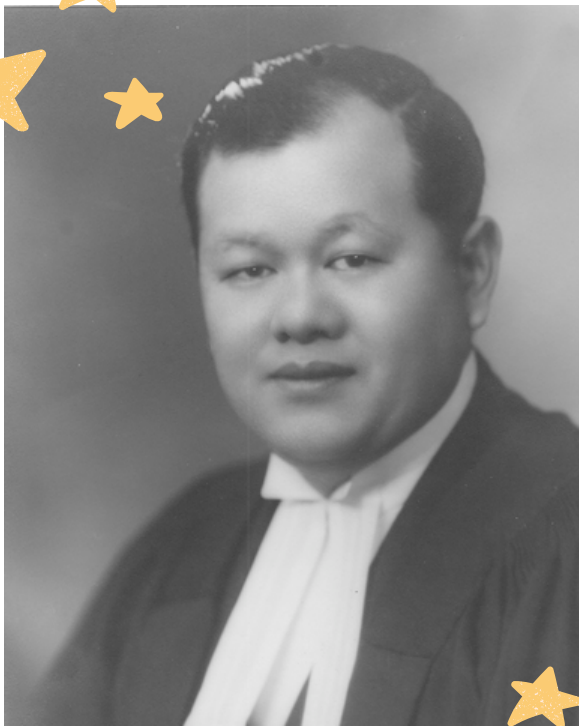
Maayan is a recipient of the Queen's Diamond Jubilee medal.

She is also a recipient of the City of Toronto Access Award (2016) and the David C. Onley Leadership in Accessibility Award.



# KEW DOCK YIP

Real-Life Changemakers



Kew Dock Yip was born in Vancouver, 1906. He graduated from law school in 1945, making him the first lawyer of Chinese descent the country. He was also a film actor, school trustee, soccer player, and more.

In 1947, he was one of the key people to help repeal the Chinese Exclusion Act, which was an act that made almost all Chinese immigration into the country illegal.

After helping to defeat this act, he continued to work as a lawyer and fight for immigration reform to remove more barriers for Chinese immigrants to immigrate to Canada. Kew Dock Yip is a recipient of the Law Society Medal by the Law Society of Upper Canada.

The soccer team he played on in 1933 was inducted into the BC Sport's Hall of Fame.



# HELEN KELLER

Real-Life Changemakers



You may know some of Helen Keller's life: But do you know all of it?

Helen Keller was born in 1880, and her story became famous after she, both deaf and blind, was able to graduate university.

But what else is there?

Apart from her work to fight for the rights of deaf and blind people, she also was an early supporter of the NAACP, and co-founded the American Civil Liberties Union in 1920.

She wrote over half a dozen books, including *Story of My Life* (1903), *Optimism* (1903)!

Not only that, her teacher was also visually impaired and partially blind, too. So it wasn't someone who wasn't disabled "saving" someone who was.

I wonder what else was left out of her story?



# BIOGRAPHY

## The amazing Helen Keller

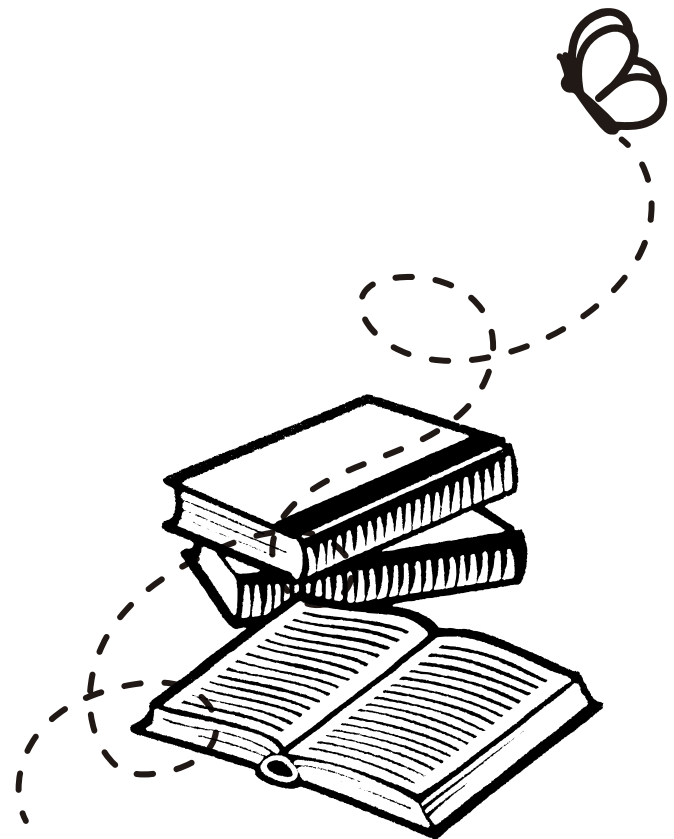


What do you think of Helen Keller's life? It would be very scared to live in a dark world and feel alone. Helen Keller was born in Alabama in the United States.

She was born on June 27th, 1880s. When Helen was 19 months old, she had a very high fever and her mother and father did everything they could do. But one day her fever was gone. But she became deaf and blind.

Luckily she met a great teacher named Annie, who helped Helen by teaching sign language and braille. After she learned she went to college and did a speech to everyone who is deaf and blind.

I think that she is brave and awesome. I would love to be smart and courage as she did. I will be always thankful that I am a person can try everything, because I can do many things without any difficulties.



### ABOUT THE AUTHOR

Hello, This is SueA. I am in G3 now and I love to go out with my friends.



# BIOGRAPHY



## MY DAD IS A HERO AND VOLUNTEER IN OUR COMMUNITY

While I was a small child, I regarded the firemen and policemen as the hero in our community. Later, I saw some movie. Such as Iron Man, I regarded as hero as well. When I made more friends in our own community I started to look my Dad as a hero. He helped some of our neighbors, donated and make some parties for our kids, moved the garbage from our nearby park because of we always played over there. In the summer time, he brought me to the soccer club as possible as he could. I liked to play soccer and tried to improve in the play games. Every weekend, he always drove me to those games. I should say "thank you" to him, however, he always said "I am a Dad. That is what I need to do". As my mother told me, he worked as a full time before. However, he chose to work from home most of time recently and stay with us. My friends, the neighbor kids, they loved my Dad as well. He always make some parties and surprises for us. As one of my classmate's father told me, my Dad donated and asked those fathers to build a community home for all of us. Every father worked some days over there. So far, some toys, study tools, and a lot of interesting books. My friend, Alex, he loved the book of "Terrible Science". After he bought and read those books, he put them in our study room as well. All of us can read them now. My Dad put a lot of stuff over there, I do not know how much it is worth, anyway, my friends and I liked them. Specially the summer time, we can play and studied over there together. When I grow up, I probably will have more hero around me. However, I believe my Dad is a hero so far. He did some much things for me, my friends- neighbors, and even their parents. As I known, he always helped that old man. He always said that old man could not do something and bought the food himself. The below is the picture of what I made for him on the father's day. I just heard so many people said thank you to him around our neighbors. I want to say thank you to him as well. I want to say "you did so many things for our friends and me, thank you".

## MY MOM-MY HERO

There are lots of family members. Today, I, Kate Chen will be talking about one of the most important ones. The mother. I chose her because she is my hero. Now you might think, how? Humans have superpowers? Well yes, every human has a superpower. My mom, in my opinion, has the biggest superpower. Her power is kindness and love. Your power can be a talent or kindness too. My mom is the person who taught me how to write the A B C's. If she didn't teach me, I wouldn't be able to write right now. Every day until I turned 4, I would always practice writing A B C's with my mom. When I completed, I would practice how to write neatly and not big and messy writing. My mother taught me multiple things. For example, she taught me how to walk and how to talk. My mom taught me how to tie my shoelaces on my shoes. She taught me how to tie a ponytail on my hair with an elastic. I live with my mom, dad, and my grandma. I am very thankful for my mother, my beloved hero who never gives up on me. "Family can come with different sizes and shapes".

**"IF YOU NEVER GIVE UP ON WHAT YOU LOVE, YOU WILL BE LED TO SUCCESS."  
-DHAR MAN**

## ABOUT THE AUTHOR

Kate Chen created this mini essay to thank her mother for encouraging her every single day. This whole essay is a true story of Kate's life. Talking about her adventures. She also had other people encouraging her but Kate chose her mom because Kate's mother is the person who gave her life. Kate is very very thankful for her mom and made many stories, essays, about her mother.

# ACROSTIC

Guest poems by Arctic Reading Circle members!



## AUTHOR: REYNA LADSARIYA

**M**uslim  
**A**ctivist  
**L**oves fighting for women's rights  
**A**ward received Nobel Prize  
**L**ife of service  
**A**mazing woman



## AUTHOR: SEBASTIAN

**T**erry Fox  
**E**ven ran across Canada  
**R**an 5,000 miles  
**R**an for 143 days  
**Y**es, he ran 5,000 miles  
  
**F**or cancer he ran  
**O**nward he ran  
**X**traordinary runner he was

## AUTHOR: GENEVA SHARIF

**H**arriet Tubman,  
**A**n amazing woman  
**R**esolved segregation and slavery  
**R**an to help others, freeing them from slavery  
**I**deas for change which she had  
**E**xtraordinary work she did, indeed  
**T**ook off to make a change, helped stop slavery



# ACROSTIC

Real-Life Changemakers

## AUTHOR: SIYEON PARK

**T**erry Fox is awesome  
**E**ncouraging people cheer him  
**R**eally daring  
**R**esting after mission  
**Y**es! He is cool

**F**ollowing people  
**O**n he goes  
**X**traordinary job



## AUTHOR: SEBASTIAN

**E**arth is amazing  
**A**lways help it  
**R**ide a bike  
**T**he animals need it  
**H**ow can you help

**D**o a clean-up  
**A**lways do your part  
**Y**ou can help the world



## AUTHOR: IRENA CHEN

**H**ide Hyodo Shimizu  
**I**deally brave  
**D**ied in August 22, 1999  
**E**ducator for students

**H**er quotes was strong  
**Y**es, she was Japanese!  
**O**h, how amazing!  
**D**ied on August 22, 1999  
**O**ath to see how cool she is!

**S**he's a supportive teacher  
**H**ave to agree, she's amazing!  
**I**'ve got to say I'm proud  
**M**y, how wonderful!  
**I**'d say she's caring!  
**Z**ag around her!  
**U**npredictable



# WORD SEARCH

How many revolutionary science inventions can you find?

## Famous Science Inventions

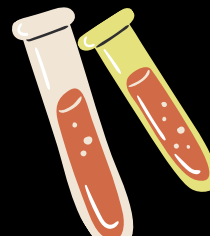
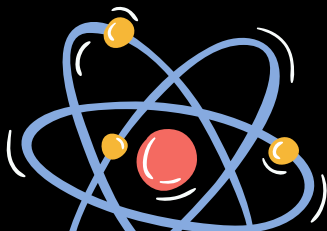


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| T | I | E | E | H | T | I | T | B | P | T | I | T | I |
| L | H | C | A | U | T | O | M | O | B | I | L | E | C |
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| T | R | A | B | A | N | U | E | I | H | N | E | L | C |
| N | N | T | E | N | O | H | P | E | L | E | T | N | E |

- LIGHT BULB
- WHEELS
- MICROWAVE OVEN
- AUTOMOBILE
- COMPUTER
- TELEPHONE
- INTERNET
- AIRPLANE
- ELECTRICITY



Answers on page



# WOMEN IN SCIENCE

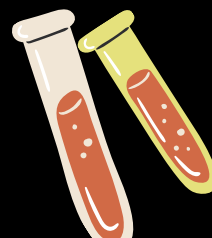
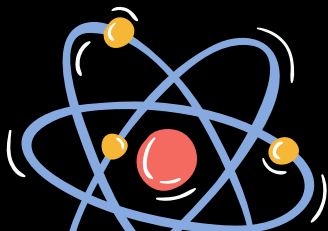


## Harriet Brooks

Harriet Brooks Pitcher was Canada's first ever female nuclear physicist. Brooks was born on July 2, 1876 in Exeter, Ontario. She then enrolled at McGill University in 1894 and graduated in 1898 with a BA in Mathematics and Philosophy. She also became the first woman to receive a master's degree from McGill and to graduate with a degree in electromagnetism.

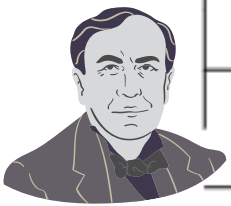
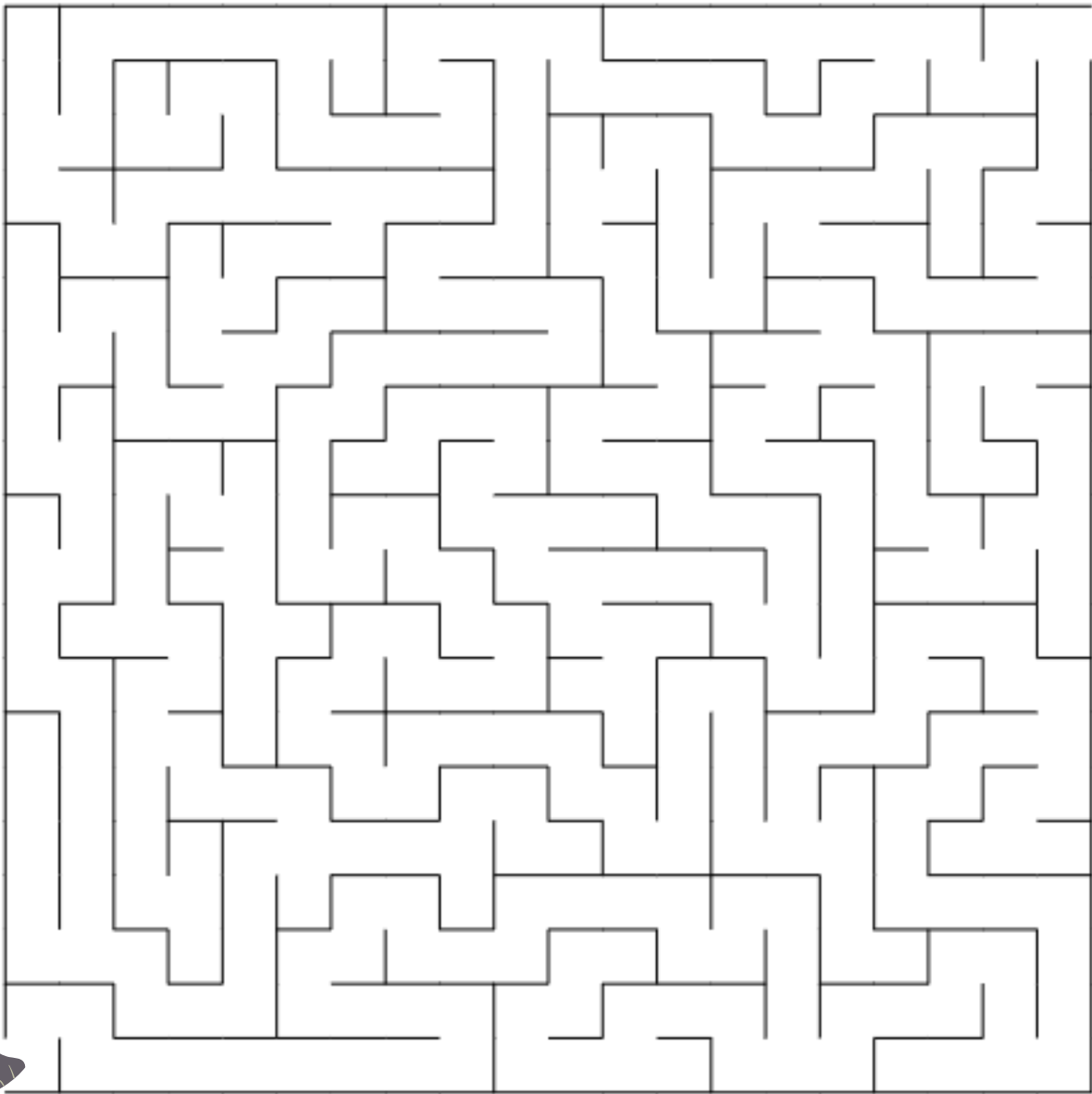
Harriet Brooks has made significant contributions to nuclear transmutations and radioactivity. One of her main achievements is discovering the recoil of radioactive atoms. She has worked with many renowned scientists including Marie Curie, J.J. Thomson, and Ernest Rutherford. Her discoveries, research and work have paved a steady way for modern fields of chemistry and nuclear physics as well as breaking gender barriers in the science fields.

Harriet Brooks passed away on April 17, 1933 of a blood disorder which many suggest was due to radiation exposure. Since her death at age 56, Brooks had been inducted into the Canadian Science Engineering Hall of Fame.

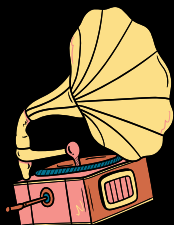


# THOMAS EDISON'S MAZE

Help Thomas Edison collect his most famous invention!



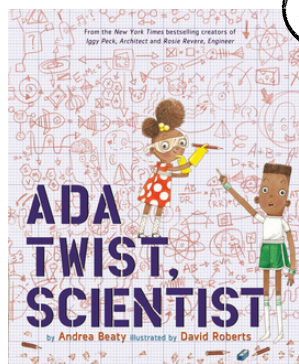
Answer on page



# STEM BOOKS

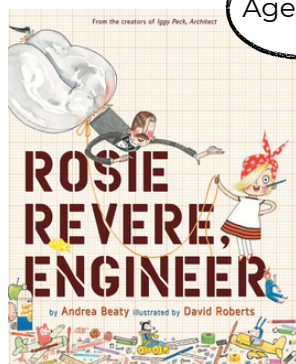
Check out these inspirational books relating to science, technology, engineering, math and more!

## PICTURE BOOKS



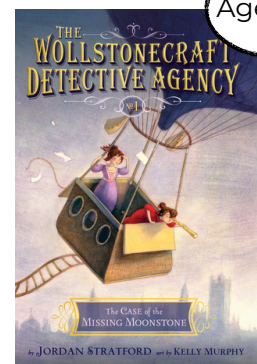
Ages 3-6

Follow the adventures of curious Ada Twist in discovering the source of the horrific smell in her house.



Ages 5-8

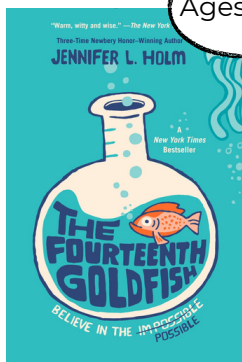
This is the story of Rosie Revere, a young aspiring engineer who creates amazing gadgets and gizmos out of found objects and trash.



Ages 8-12

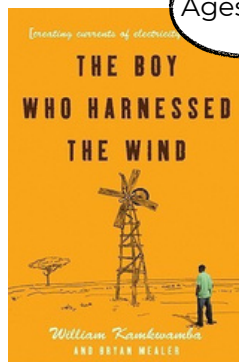
This is the first case in the Wollstonecraft Detective Agency series involving a stolen heirloom and lots of fishy suspects.

## CHAPTER BOOKS



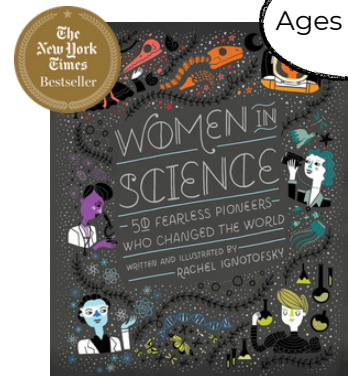
Ages 9-12

11 year old Ellie struggles to find her passion, however... everything changed when her mom brings a mysterious boy, Melvin. She soon discovers that Melvin is her scientist grandfather. Embark on their journey to help Melvin get back to his lab.



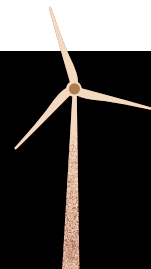
Ages 9-12

William Kamkwamba was faced with many financial challenges growing up. One day, he sneaks into a library and learns how to build a windmill from scraps to save his village from a famine.



Ages 10-17

Women in Science highlights the significant contributions and celebrates the achievements of 50 renowned women in the STEM fields.



# RANDOM ACTS OF KINDNESS!

A checklist of random acts of kindness YOU can do to be a changemaker!

Write sticky notes with encouraging words to family!



Make a meal with friends and family!



Have an afternoon visit with the elderly!



Draw a chalk drawing on the pavement outside!



Donate a book to the library!



Bake cookies to give to your neighbors!



Draw posters for frontline service workers!



Have a phone call with a friend!



Write a thank-you card for a teacher!



Say something nice!



Host a free talent show in your neighborhood!



Grab some gloves and do a neighborhood cleanup!



# HOW TO MAKE

# A

# CAR

# BALLOON

The invention of the car is revolutionary and changed the world forever!

## Materials

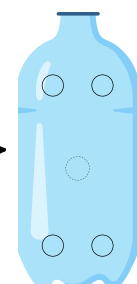
- Plastic water bottle
- 4 plastic bottle caps
- Wooden skewer
- Straw
- Bendy straw
- Balloon
- Tape
- Scissors

(Adult supervision if needed)



## Instructions

1. Cut one of the straws in half
2. Cut the wooden skewer in half and put each piece in one of the halves of the straw
3. Cut two holes across from each other on one of the sides of the bottle near the bottom
4. Repeat step 4 at the top of the bottle
5. Cut another hole on the opposite side of the bottle aligned in the center
6. Push the two wooden skewers horizontally through the two holes (the pair at the top and bottom)
7. Poke a "+" shaped hole in the center of each cap and push each cap through the ends of the wooden skewers (these will form the wheels)
8. Take the bendy straw and push one side through the opening of the bottle and the other through the centered hole
9. Tape the neck of the balloon to the end of the straw (the one on the top side of the bottle)
10. Put your car on a flat surface and make sure the side with the wheels is facing the surface. Blow through the straw to inflate the balloon, then cover the end of the straw with your finger to trap the air. Lastly, release your finger and watch your car roll!



like this!



My name: \_\_\_\_\_ I am interviewing: \_\_\_\_\_



# CHANGEMAKER INTERVIEW



**Instructions:** Search for a local changemaker in your community, ask them the following question and record their answers.

## Basic Details:

Name:

Birthday:

Birth place:

## Accomplishments:

## Impact:

How do they impact the society?

What do they care/advocate about?

## Hobbies:

## Strengths:

## Life Motto:

## Advice:

## Fun Fact:



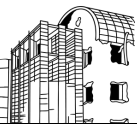
# poetry

## Title: Extraordinary Ordinary



My mother is Superman  
Able to solve huge problems at once  
Zip around town with seeming ease  
Save those (and things) in trouble  
She is extraordinary  
She finds time for the little things in life despite  
owning this grand responsibility  
She memorizes the schedules and patterns of many  
She saves those terrible nights where schoolwork  
and housework are endless  
And all these actions can support that,  
She is a hero  
She loves to keep tabs on what is happening,  
going to happen, and has happened  
Enjoys chatting to others about her wishes when  
getting older—like owning a dog and spending  
time with it  
Engages in small talk and appreciates sharing  
after a long day  
As much of a hero she is, doesn't this make her  
somewhat like Clark Kent!  
Her super... is very ordinary!  
Spending days relaxing with moments of tea  
sipping and show watching  
Filled with slow walks around the neighborhood,  
critiquing the architecture of each house as she  
walks by  
Going out with friends and families in search for  
some nice food spots  
She is a hero as much as she is an ordinary citizen  
She shows that with every superhero comes a  
daily super mom  
A hero doesn't need to be a green alien from  
Saturn, nor a being sent from heaven  
Heros often come in shapes of new reporters,  
high schoolers, and even just your mother  
And so, my mother — the super smart, super  
talented Superman that she is  
Often makes me think  
How awesome an ordinary person can be

My father is Clark Kent  
Able to create amicable bonds with everyone  
Absorb news and knowledge he finds  
Owns a superb and flourishing garden  
He is ordinary  
He enjoys the vast world around his daily routine  
and his little home  
He listens to global news to learn what happens elsewhere  
He is fond of freeness and is carefree, happy, and  
lighthearted  
And despite these ordinary, little things,  
He is a hero  
The darkness of tough days is flashed away by his  
sunny demeanor  
His often clumsy and sometimes clueless nature  
provides a nice comfort compared to the rough  
day gone by  
He supports you and praises you for your efforts,  
even if you don't feel like you deserve them  
Don't these small ordinary things make him just  
like Superman?  
His ordinary... is very super!  
Owning the patience as expansive as the ocean,  
waiting to confirm the safety of others  
Assuring the livelihoods of friends and family,  
despite the inconveniences it poses upon him  
Remaining strong and courageous in the face of  
the fieriest of days, harshest of weathers, and  
darkest of nights  
He is a hero as much as he is an ordinary citizen  
He shows that with every super dad comes a  
superhero  
A hero doesn't need to be a superb being that can fly  
around with a red cape, or shoot lasers out of their eyes  
A hero could simply be your neighbor, the mail  
man, and even just your father  
And so, my father — the super kind, super patient  
Clark Kent that he is  
Often makes me think  
How awesome an extraordinary person can be



### about the author

Hi! My name is Lily. I am a student of Chinese descent, from my two lovely immigrant parents. I am a fond advocate for the arts — participating in music, drawing, and writing. I do believe my strong suit is within the creative realm. I love doodling around, playing the piano, and brainstorming storylines. However, I enjoy the harmony between my STEM and creative pursuits. The creative problem solving skill set allows me to blend two halves into a whole. I'm hoping to take this favourable asset of mine into post secondary, where I can further my pursuit in both science and art.

# DR. JONAS SALK

## The Polio Vaccine

By: Sebastian



It was 1948 and polio was raging. Polio killed or paralyzed thousands of people (children and adults) each year. People feared polio would go on forever. But they were wrong. Doctors were working on it. Dr. Jonas Salk was one of those doctors.

After medical school he worked with his friend Dr. Thomas Francis. Together they created the flu vaccine using the idea that a person's body could learn to fight an illness. Then they saved millions of people from the flu.



### CHAPTER 1: DR. JONAS' LIFE



Dr. Jonas Edward Salk was born on October 28, 1914 in New York. His family was Jewish and had to escape Russia to get away from religious persecution. His mother was named Dora and his father was named Daniel. As a kid, he was very studious. He read a lot and knew the rules to all the most popular games. When he was older, he attended the City College of New York, where tuition was free and where Jews were welcome. At that time, most colleges and universities in the United States did not allow Jews to study there. In college he learned chemistry.



### CHAPTER 2: HIS FIGHT AGAINST POLIO

After finding the treatment for the flu, he worked on polio. He decided to use his idea for the flu vaccine in his work on the polio vaccine.



He and his team of doctors tested and researched for seven years. Then they found the vaccine. However, now the vaccine required testing. They needed to test it on so many kids that it took a very long time. When he finished testing everyone was happy. Why? As he had created a vaccine!

# DR. JONAS SALK

## The Polio Vaccine

By: Sebastian



### CHAPTER 3: A CHANGEMAKER

Dr. Jonas Salk was the person who, up until that point, had saved the most lives in the least amount of time. Innumerable children would be paralyzed or worse if it was not for Dr. Salk's courageous kindness, ingenuity and determination, especially in the face of great adversity and discrimination. His hard work and foresight earned him an impressive seven awards over the course of his life. In 1976, he was named humanist of the year by the American Humanist Association. His inventive and brilliant mind created many paths for future scientists. Dr. Jonas Salk truly was a changemaker for the entire world.

I admire him for so many reasons, including having saved so many lives. As I would like to be a pediatric neurosurgeon when I grow up, I find him to have been an amazing role model for caring for others, particularly in health care. I wish to create hope just as he did.

### THE END

Years later, he founded the Salk Institute for Biological Studies.



### ABOUT THE AUTHOR



Sebastian is an eight year old student entering grade 3, passionate about reading, learning, friendship and playing. He loves spending time with his sister outside and learning as much as he can as a global citizen. He is currently interested in dinosaurs, the universe, human origins, and medical science. He hopes to one day be a pediatric neurosurgeon and help people the world over.

# A REMARKABLE CHANGEMAKER

By: Alicia Zhu

This trailblazing woman has been a conservation icon for over 60 years. She has improved the lives of chimpanzees worldwide and works to protect the natural habitats of various animals. She has inspired youth to do the same by initiating programs like Roots & Shoots.

This remarkable changemaker is Jane Goodall. Let's explore her journey together!



## WHAT INITIALLY INSPIRED JANE?

Jane was born on April 3rd, 1934 in London, England. From a very young age, she was passionate about animals. She grew up in Bournemouth, England surrounded by a lot of animals. Jane had hamsters, guinea pigs, tortoises, terrapins, cats and dogs. She even learned to ride a horse, further deepening her connection with animals. She loved reading about animals and even read the whole series on Tarzan of the Apes. Jane became intrigued with Africa, and she began to dream of traveling there and studying animals.

## WHAT WERE SOME OF JANE'S BIGGEST CHALLENGES?

Her initial challenge was trying to get closer to the chimpanzees. She spent many months observing them, but they would never let her get close. Despite this, Jane remained determined. Secondly, during that period, she became very sick with Malaria. Fortunately, she recovered after 2 weeks. After almost 6 months, the first chimpanzee, David Greybeard finally let her come close. Her next challenge was being told by scientists at Cambridge University that she had done everything wrong. Jane had named the wild chimpanzees and believed they had personalities, but her professor said that animals should be given numbers only. Jane recalls her mother teaching her that if you think differently than someone, first listen because maybe they know things you don't. If you still believe you are "righter" than they are, have the courage of your convictions. Jane stood up for what she believed in.

## WHO WERE THE PIVOTAL PEOPLE IN JANE'S LIFE?

Jane's mother was one of her greatest supporters. Jane once said "My family has very strong women. My mother never laughed at my dream of Africa even if everyone else did because we didn't have enough money and because I was a girl." After Jane graduated from boarding school, she still dreamed of going to Africa. When she was only 22, her mother let her sail to Kenya, Africa. In Kenya, she met Louis Leakey who was instrumental in her journey of studying chimpanzees. He told her about his plan to sponsor a 6-month field study of African apes. Jane said that it was her dream. Leakey believed she was just the person for the job! Leakey chose Jane because she was patient, she loved animals and had an open-mind. In 1960, Jane needed a companion to travel with and again her mother provided full support by going with her to Gombe National Park in Tanzania.

# A REMARKABLE CHANGEMAKER

By: Alicia Zhu



## WHAT ARE JANE'S ACCOMPLISHMENTS?

Jane discovered that chimpanzees are omnivores and observed them making and using tools. These discoveries were breakthroughs. After completing her PhD, she took the knowledge she learned in Gombe and began to share it. She raised awareness about disappearing forests, which led to a decrease in chimp numbers in Africa, and she promoted conservation efforts. She discovered that monkeys in labs lived in cages measuring 5 by 5 feet and she took the initiative to do something about it. She went into research labs to help make the chimpanzees' lives better. She shared videos of wild chimpanzees in Gombe with lab personnel and over time they improved the chimpanzees' living conditions. She initiated a program to improve the lives of chimps in zoos. She also examined the surroundings of the chimpanzees, and she realized that people living nearby were in poverty. In order to promote conservation, she would need to improve people's lives. They initiated scholarships for girls to be able to continue their education. She initiated the Roots & Shoots program to promote global youth leadership. It began with 12 high school students in Tanzania and has grown to hundreds of thousands of groups in over 65 countries.

### What an inspiring journey!

Jane is an incredible changemaker who continues to motivate others around her to improve nature and the lives of animals and people!

## REFERENCES

- 1.<https://medium.com/change-maker/dr-jane-goodall-tells-her-changemaker-story-7384ffc2a768>
- 2.DK Life Stories Jane Goodall by Libby Romero, ISBN 9785001016472

## ABOUT THE AUTHOR

My name is Alicia. I'm 8 years old. I'm very excited to start grade 4 at Northlea EMS in September. I love learning languages and enjoy being in French immersion. My favorite colour is blue. I love furry, cute and affectionate cats. Drawing makes me calmer and forget my worries. It takes me into a world full of amazing scenery that I use in my drawings- sometimes parties, dance rooms, or even outdoor scenes with trees, fruit and flowers. I love watching colours flow across the sheet of paper like a rainbow.

Math helps me learn useful things that I can use in everyday life for various jobs. It's interesting and provides me with challenges. Writing can transport me into an imagination world when I write a story. When I write daily journals, it improves my memory and creativity.

In my free time or when I am bored, I like to read. It can improve my vocabulary and becomes interesting when the author and illustrator captivate your attention. I love funny books as well!

I love singing and playing music. When I play Irish jigs on my mountain dulcimer, I feel happy and joyful. My favorite sports are hockey in the winter and swimming in the summer.

I enjoy participating in Arctic programs where I've learned reading, writing and history from many amazing facilitators with a passion to teach students.

# DAVID SUZUKI

By: Gabriel Jiang



David Suzuki is a well-known geneticist who specializes in genetics and ecological sciences. Over the course of his career, he published more than 50 books, most of them about genetics or ecological sciences. David was born on March 24, 1936, in Vancouver, British Columbia, Canada. Suzuki was five years old when his family was ordered to leave their home, and he spent four years living in a camp in the Slocan Valley of British Columbia. After World War II ended, the Suzuki family settled in Ontario, where David embraced an early love of nature. After high school, Suzuki attended Amherst College, in Massachusetts, where he received a Bachelor of Arts in biology in 1958. He went on to study at the University of Chicago and in 1961 graduated with a PhD in zoology, becoming a geneticist.



David Suzuki co-founded the David Suzuki Foundation in 1990, he is also the narrator and host of the CBC TV science program *The Nature of Things*. Among his many awards, he has received one of the ones that stand out is an award by the name of Alternative Nobel. The David Suzuki Foundation also works on ways to protect the ocean from oil spills.

## ABOUT THE AUTHOR

Gabriel Jiang was born on April 14th, 2013. Gabriel is 10 years old and goes to Steelesview PS's gifted program. His hobbies are gaming, soccer and reading. When he grows he wants to be an engineer or a technology developer.

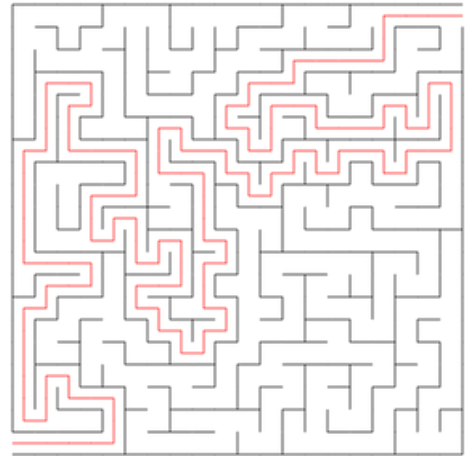
# ANSWERS

## Famous Science Inventions Word Search



page

## Thomas Edison's Maze



page