

Many Ways to Help



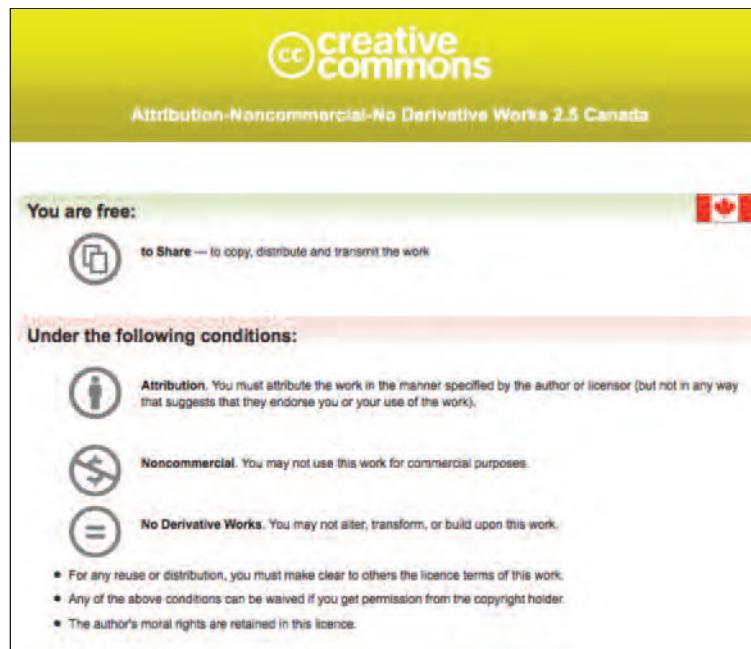
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bestofthereader.ca

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Welcome

This e-book is part of a series called Best of The Reader. The stories in the e-books are from *The Westcoast Reader*. It is a newspaper for adults who are improving their English reading skills.

To the reader

- ✓ You can use this book in a classroom, with a tutor, or on your own.
- ✓ Each story has exercises to go with it. These exercises can help you improve your English and reading skills.
- ✓ You can check your answers at the end of the book.

Three reading levels

There are three reading levels in this book. Here are the symbols for each level:

Level 1 

Level 2 

Level 3 

To the teacher

Learners can read the articles and do the exercises individually, in pairs, or in groups.

The topics can be explored further through discussion or follow-up activities.

Teachers' Guide

Watch for a Teachers' Guide on this website. The guide will have ideas on how to use the e-books with students.

Acknowledgements

The author gratefully acknowledges the financial support of Capilano University for this project.

A special thank you to the learners and teachers who helped choose the articles for this book.

All of the material in this book first appeared in *The Westcoast Reader* (1982 to 2009). Some of the articles have been updated. Most of the exercises and activities for learners are based on material from *The Westcoast Reader Teachers' Notes* (1982 to 2009).

Credits

Photos

Front cover—All photos: *The Vancouver Sun*

Page 5: *The Vancouver Sun*; Page 9: *The Vancouver Sun*; Page 12: *The Vancouver Sun*; Page 14—top: CP (Pavel Rahman), bottom: Grameen Foundation; Page 16: *The Vancouver Sun*; Page 18—left: *The Vancouver Sun*, right: Simon Jackson; Page 20, 21: ESL class, Burnaby

Illustrations

Page 5, 6, 7, 8, 10, 11, 18 (map): Nola Johnston; Page 20: Guy Parsons



Hannah's pennies help



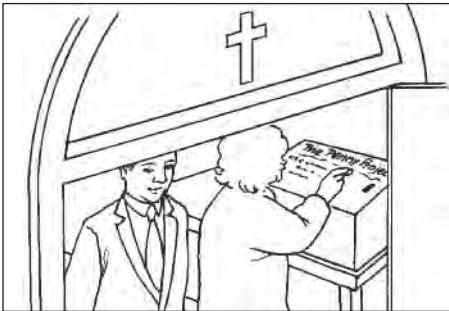
Hannah Newbury is 8 years old.
She collects money
to help homeless people.



☞ More on page 6

How does Hannah help?

- Hannah collects pennies at her church.



- She puts the pennies and other coins in special paper rolls.



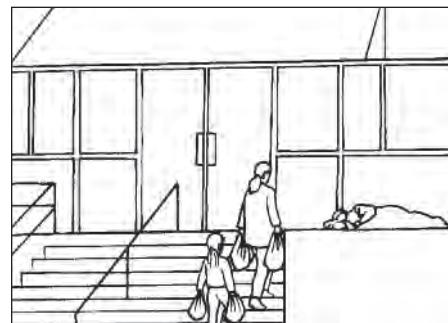
- Hannah takes the rolls of coins to the bank. She gets bills for the coins.



- Hannah buys food with the money.



- Hannah and her mother take the food to a church in downtown Vancouver.



- People at the church use the food to make meals for homeless people.



The Westcoast Reader 12/2008 • Adapted from The Vancouver Sun

What's the word?

Unscramble the letters and write the words on the lines.

1. Hannah Newbury collects _____ to help homeless people.
yemon
2. Hannah uses the money to buy _____.
dofo
3. Hannah and her _____ take the food to a church.
rethmo
4. _____ at the church use the food to make meals.
eoPpel
5. The meals are for homeless people in downtown _____.
canVuevro

What happened first?

Put the pictures in the correct order.



Number ____



Number ____



Number ____



Number ____



Number ____



Number ____

What's the question?

The answer is “penny.” What is the question? To find out, cross out these words from the grid:

- words that rhyme with “cash”
- words with double letters

Read the words that remain from left to right and top to bottom.

bill	what	smash
coin	clash	is
dash	loonie	worth
wallet	one	trash
crash	cent	dollar

Write the question on the lines.

?

Canada's coins

Match the coin with its name.

1. penny _____
2. nickel _____
3. dime _____
4. quarter _____
5. loonie _____
6. toonie _____

a



b



c



d



e



f

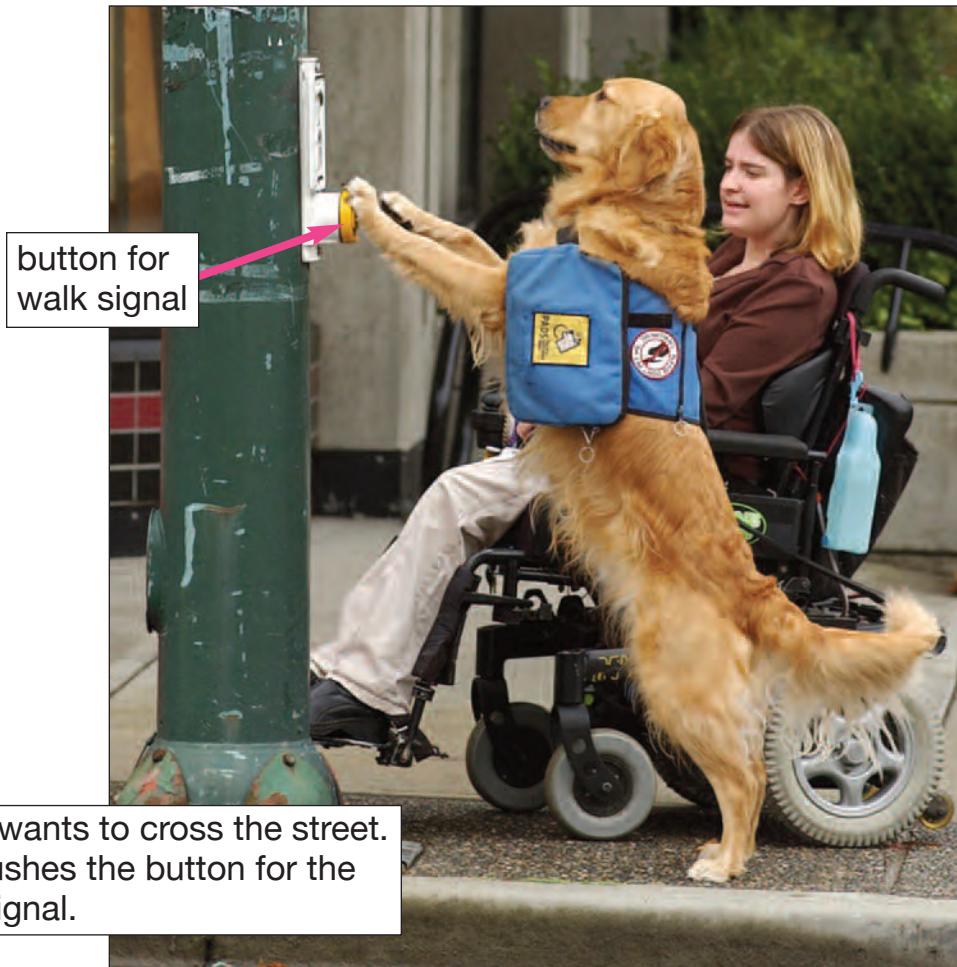




Leo helps in many ways

Sarah Lepp is 21 years old.
She is disabled.
Sarah uses a wheelchair
to get around.

Leo is a service dog.
He lives with Sarah.
He helps Sarah in many ways.



☞ More on page 10

The Westcoast Reader 1/2006 • Adapted from The Vancouver Sun

How does Leo help Sarah?



■ Leo opens doors.



■ Leo turns lights on and off.



■ Leo pulls a strap
to open the fridge.



■ Leo brings things
to Sarah.

Tell Leo what to do

1



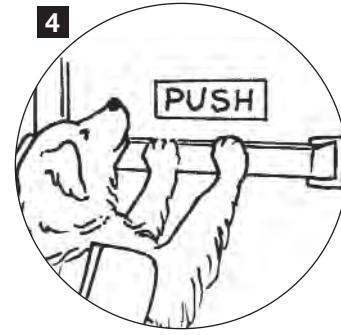
2



3



4



Look at each picture and tell Leo what to do.

1. _____

2. _____

3. _____

4. _____

Can you think of two other ways Leo can help Sarah? Write your answers on the lines.

1. _____

2. _____



Mehdi

Jonathan

Mehdi helps Jonathan learn

✉ Jonathan Chapman and Mehdi Farokhi are friends. They like to spend time together.

Jonathan is 6 years old. He has Down syndrome. He can speak only a few words. Jonathan needs help with many things.

Mehdi Farokhi is 26 years old. He is an immigrant from Iran. Mehdi works with children with disabilities.

Mehdi helps Jonathan learn

Mehdi goes to the Chapmans' home. He plays with Jonathan. He helps the little boy learn how to do many things. For example, Mehdi helps Jonathan learn to dress himself.

Mehdi says, "When I see Jonathan improve and learn, it is worth so much."

The Westcoast Reader 3/2005 • Adapted from The Vancouver Sun

What's the word?

One of the three prefixes next to the root word is right for that word.
Choose the correct prefix and write the new word on the line.

prefixes	root word	new word
1. co / in / dis	abilities	<u>disabilities</u>
2. un / re / in	pay	_____
3. re / mis / im	possible	_____
4. un / mis / in	afraid	_____
5. un / dis / re	honest	_____
6. im / ir / pre	regular	_____
7. de / pre / un	even	_____

Finish the sentences

Circle the correct word to finish the sentences.

- | | |
|-------------------------------------------------------------|-----------------------------------------------------|
| 1. Jonathan learned to dress _____.
a. himself
b. him | 4. Mehdi helped ____ do it.
a. him
b. himself |
| 2. She wanted to do it _____.
a. her
b. herself | 5. Give it to _____.
a. them
b. themselves |
| 3. Help ____ to some more cake.
a. you
b. yourself | 6. I saw ____ in the mirror.
a. me
b. myself |



People in Bangladesh greet Muhammad Yunus.

Small loans help poor people

 Muhammad Yunus won the Nobel Peace Prize in 2006. He shared the prize money with the Grameen Bank.

Grameen Bank

Yunus is from Bangladesh. He started the Grameen Bank in 1983. It is different from other banks.

The Grameen Bank lends money to very poor people. They often use the money to start small businesses.

For example, the bank lends money to:

- a farmer to buy a cow
- a weaver to buy thread

Most borrowers are women

The Grameen Bank had 7.9 million borrowers in 2009. Most of these people were women.

The average loan is \$130 US. About 98 per cent of the borrowers repay their loans.



This woman is weaving.

The Westcoast Reader 12/2006 • Source: www.grameenfoundation.org

Finish the sentences

Fill in the blanks with words from the boxes.

1. Muhammad Yunus won the Nobel _____ Prize in 2006.
2. He _____ the prize with the Grameen Bank.
3. The Grameen Bank _____ money to very poor people.
4. Most of the borrowers are _____.
5. About 98 per cent of the borrowers _____ their loans.

repay

start

shared

lends

Peace

women

Opposites

Find the words with opposite meanings. Write each pair on the lines.

poor

often

1. _____

buy

borrow

2. _____

same

won

3. _____

sell

4. _____

different

5. _____

lost

rich

6. _____

lend

seldom



Students find Afghanistan on a map of the world.

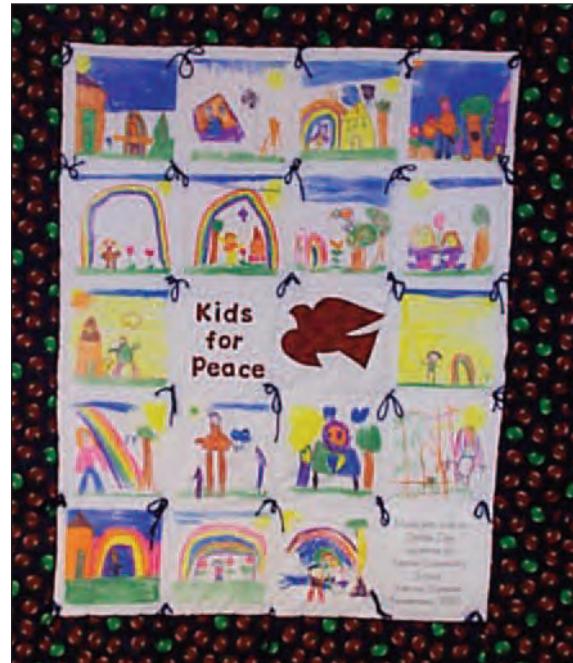
Students send quilt to Afghanistan

 Grade 1 students at Yarrow Community School in Chilliwack made a special quilt in December.

Each student drew a picture on a square of cloth. Their teacher sewed the squares together to make a quilt. The quilt is heavy. It has many layers.

To keep a child warm

The students sent the quilt to Afghanistan. They said, "We made the quilt for someone who is homeless because of the war in Afghanistan. We hope the quilt will keep a child warm during the cold winter."



The Westcoast Reader 2/2002 • Adapted from The Vancouver Sun

Q followed by U

In English, “q” is usually followed by “u.” For example, *quilt*. Do you know these words that start with “qu”?

1. Another word for fast qu _____
2. The sound a duck makes qu _____
3. The opposite of answer qu _____
4. A king’s wife qu _____
5. Twenty-five cents qu _____
6. A short test or exam qu _____

Can you think of another word that starts with “qu”? _____

Categories

Add two more words to each category.

1. **countries:** Afghanistan _____
2. **shapes:** square _____
3. **seasons:** winter _____
4. **provinces:** British Columbia _____
5. **bed covers:** quilt _____

Simon works to save rare bears



Simon Jackson in 2000

 Simon Jackson started a group called Spirit Bear Youth Coalition when he was 13. The group wanted the B.C. government to protect Kermode (say: kur-MOH-dee) bears.

Kermode bears

There are only about 400 Kermode bears in the world. Most of these rare bears live along Canada's west coast.

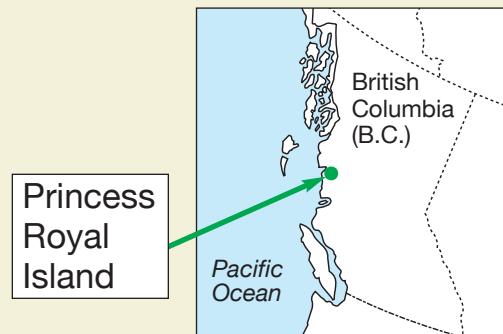
Simon and his group wanted the government to protect a large area of land where the bears live. The group wanted to make sure forest companies could not cut down trees in the area.

■ Kermode bears are a type of black bear. They are born with white fur.

■ These bears are also called "spirit bears."



■ Most Kermode bears live on or near Princess Royal Island.



2009 update

■ In 2007, the B.C. government announced it was protecting about 200,000 hectares of forest on Princess Royal Island.

■ Simon Jackson believes the bears need about 50,000 more hectares. He is working to protect more land.

The Westcoast Reader 6/2000 • Adapted from The Vancouver Sun

Fact or opinion?

An opinion is an idea that a person or a group of people believes. It is not a fact. You can show that a fact is true. You cannot show that an opinion is true.

Here are some opinions:

- Oranges taste better than apples.
- Learning English is easy.
- B.C. is the best province in Canada.

Here are some facts:

- Bears live in B.C.
- The Pacific Ocean is salty.
- Quebec is bigger than B.C.

Write F beside each fact. Write O beside each opinion.

- _____ 1. Kermode bears live in British Columbia.
- _____ 2. It is important to save the Kermode bears.
- _____ 3. Kermode bears have white fur.
- _____ 4. The government must protect Kermode bears.
- _____ 5. There are only about 400 Kermode bears in the world.

Finish the sentences

Finish the sentences with information from page 18.

1. Simon Jackson _____
2. Kermode bears _____
3. Princess Royal Island _____
4. The B.C. government _____

An ESL class finds a way to help

 Last year, our class took part in the “Shoebox Project.”

We filled shoeboxes with basic necessities and gave them to homeless people at Christmas.

Step 1

First, we made a list of items people need most. For example:

bath soap	shampoo
toothpaste	razors
toothbrushes	socks
combs	deodorant

Step 2

We collected the items for several months. Lots of people helped us. Our friends and families, other schools, and some local businesses donated items.



Step 3

We also collected empty shoeboxes. We came in every day before class and covered the boxes with Christmas wrapping paper.



Step 4

We filled the shoeboxes with one or two samples of each item. We added a candy cane or a few wrapped candies to each box. We made 100 boxes.



 More on page 21

Step 5

We carpooled to the Union Gospel Mission. The workers there were waiting for us. We gave them the boxes.

Helping others

Before Christmas, we were invited to hand out the boxes.

It was an excellent activity. We were happy we could help other people in a small way.

We also learned a lot of English working on this project.



ESL students deliver their shoeboxes.



What happened first?

Put the sentences in the correct order.

- _____ They covered the shoeboxes with Christmas wrapping paper.
- _____ They handed out the boxes to homeless people.
- _____ The students filled the shoeboxes with one or two samples of each item.
- _____ They collected items and empty shoeboxes.
- _____ The students made a list of items people need most.
- _____ They added a few candies.

This and that

Match these pairs of words. They all have “and” between them.

1. family and _____ a. go
2. black and _____ b. friends
3. come and _____ c. day
4. pots and _____ d. learn
5. salt and _____ e. there
6. live and _____ f. white
7. here and _____ g. pans
8. night and _____ h. pepper

Compound words

Use the words in the box to make five compound words.

1. _____ paste
2. home _____
3. _____ box
4. tooth _____
5. _____ pooled

car	less	brush
tooth		shoe

Answers for exercises

What's the word? (p 7)

- | | | |
|----------|-----------|--------------|
| 1. money | 3. mother | 5. Vancouver |
| 2. food | 4. People | |

What happened first? (p 7)

Top row: 2 6 4

Bottom row: 1 5 3

What's the question? (p 8)

What coin is worth one cent?

Canada's coins (p 8)

1f 2b 3d 4c 5a 6e

Tell Leo what to do (p 11)

1. Turn off (on) the light.
2. Bring me the newspaper.
3. Open the fridge.
4. Open the door.

What's the word? (p 13)

- | | |
|-----------------|--------------|
| 1. disabilities | 5. dishonest |
| 2. repay | 6. irregular |
| 3. impossible | 7. uneven |
| 4. unafraid | |

Finish the sentences (p 13)

1a 2b 3b 4a 5a 6b

Finish the sentences (p 15)

- | | | |
|-----------|----------|----------|
| 1. Peace | 3. lends | 5. repay |
| 2. shared | 4. women | |

Opposites (p 15)

poor — rich	borrow — lend
often — seldom	won — lost
buy — sell	different — same

Q followed by U (p 17)

- | | |
|-------------|------------|
| 1. quick | 4. queen |
| 2. quack | 5. quarter |
| 3. question | 6. quiz |

Categories (p 17)

Possible answers:

1. Canada, Greece
2. circle, triangle
3. summer, fall
4. Alberta, Ontario
5. blanket, sheet

Fact or opinion? (p 19)

1F 2O 3F 4O 5F

Finish the sentences (p 19)

Answers will vary.

What happened first? (p 22)

3 6 4 2 1 5

This and that (p 22)

1b 2f 3a 4g 5h 6d 7e 8c

Compound words (p 22)

1. toothpaste
2. homeless
3. shoebox
4. toothbrush
5. carpooled