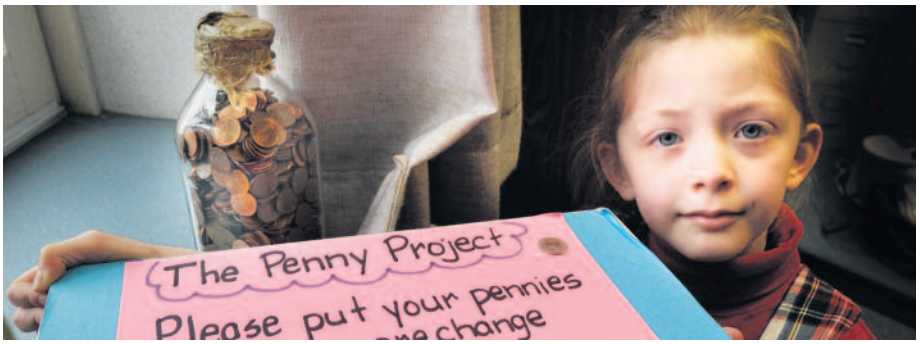
Many Ways to Help



Joan Acosta

bestofthereader.ca

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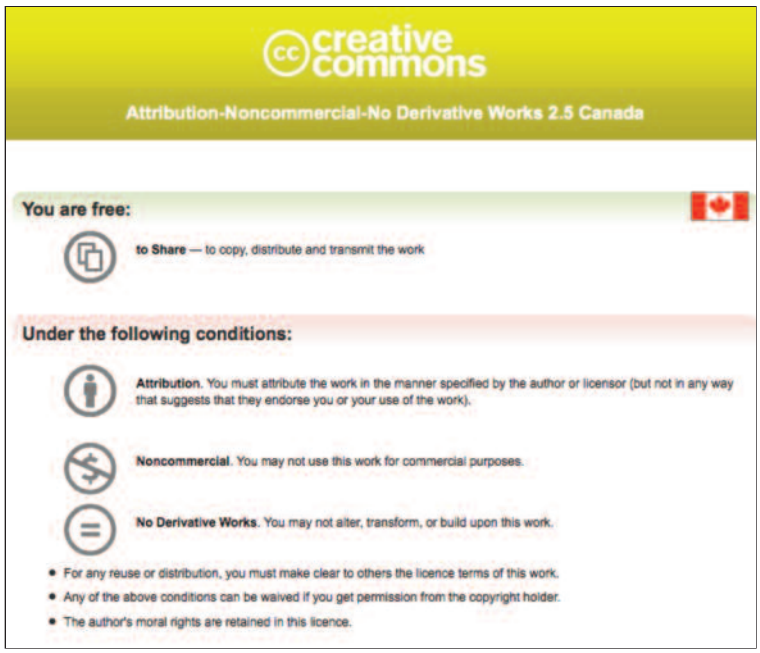

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Welcome

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

There is a Teachers' Guide on this website. The guide has ideas on how to use the e-books with learners.

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 Province*; Page 18: *The Vancouver Sun;* Page 20—left: *The Vancouver Sun*, right: Simon Jackson; Page 22, 23: ESL class, Burnaby

Illustrations

Page 5, 6, 7, 8, 10, 1l, 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

penny

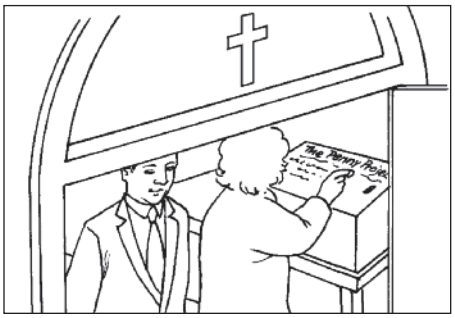
Canada's penny

For many years, Canada had a one-cent coin called a penny. In 2012, the Canadian Mint stopped making pennies. Canada's penny had two maple leaves on it.

maple leaf

How does Hannah help?

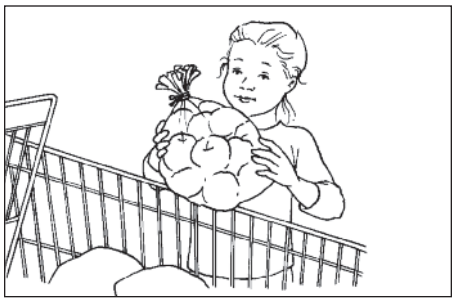
- Hannah collects pennies and other coins at her church.



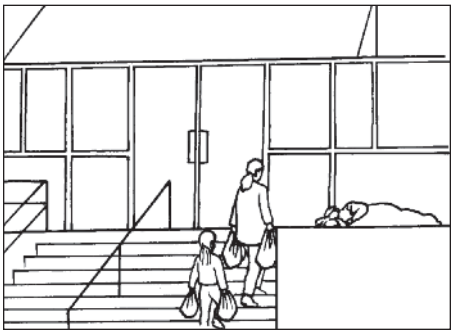
- She puts the coins in special paper rolls.

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

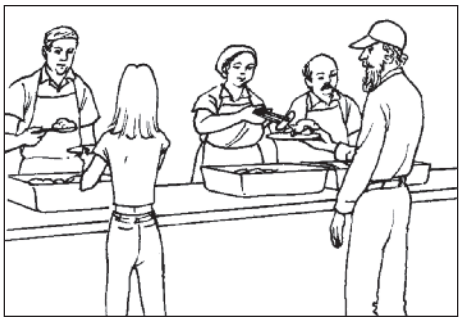
- Hannah buys food with the money.



- 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. Updage 2015 • 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

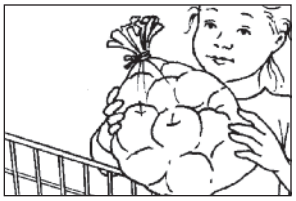
5. The meals are for homeless people in downtown _____.
   canVuevro

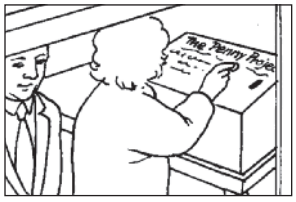
What happened first?

Put the pictures in the correct order.

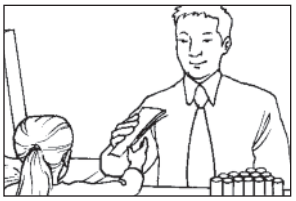
Number ____

Number ____


Number ____


Number ____

Number ____


Number ____

What's the question?

The answer is "dime." 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	ten	trash
crash	cents	dollar

Write the question on the lines.

_____

_____?

Canada's coins

Match the coin with its name.

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

a

b

c

d

e

Leo helps in many ways

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

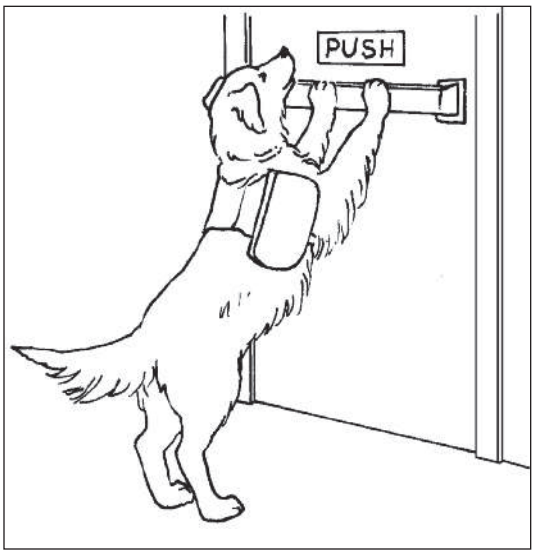
Leo is a service dog.
He lives with Sarah.
He helps Sarah in many ways.

Sarah wants to cross the street. Leo pushes the button for the walk signal.

☞ More on page 10

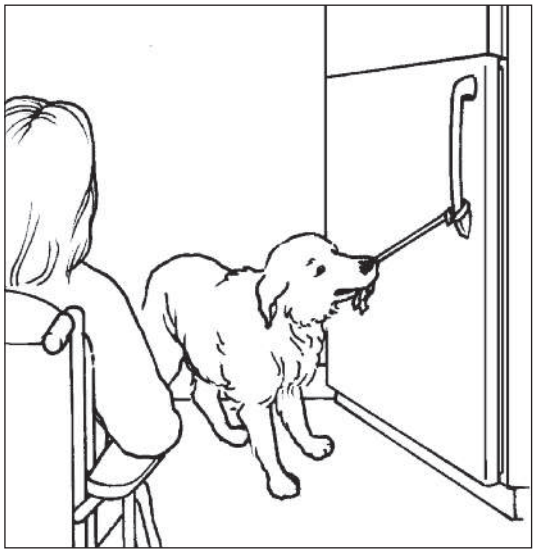
The Westcoast Reader 1/2006 • Adapted from *The Vancouver Sun*

How does Leo help Sarah?



- Leo opens doors.

- Leo turns lights on and off.



- Leo pulls a strap to open the fridge.

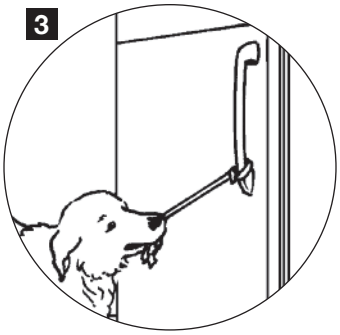
- Leo brings things to Sarah.

Tell Leo what to do

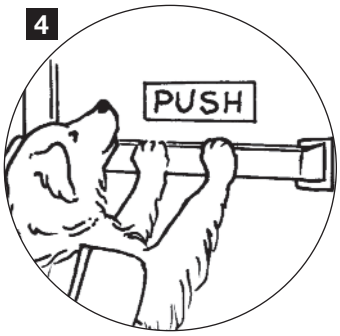
1

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 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	disabilities
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
2. She wanted to do it ____.
   a. her
   b. herself
3. Help ____to some more cake.
   a. you
   b. yourself
4. Mehdi helped ____ do it.
   a. him
   b. himself
5. Give it to ____.
   a. them
   b. themselves
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 buy borrow same won sell different lost rich lend seldom

1. _____ _____
2. _____ _____
3. _____ _____
4. _____ _____
5. _____ _____
6. _____ _____

Seven-year-old Jayden enjoys a visit from therapy dog Jay.

Jay helps sick children feel better

Jay is a French bulldog. He is a therapy dog at British Columbia's Children's Hospital.

Every Sunday, Jay and his owner go to the hospital. The children look forward to the dog's visit. They like to pet Jay and play with him. The dog is very gentle and calm with the children.

Jay is deaf

Julie Marzolf is Jay's owner. She says, "Jay is completely deaf. He uses his eyes and his sense of smell to get around."

"Jay enjoys his work, and the kids love him," Julie says.

The Westcoast Reader 1/2009 • Adapted from *The Province*

Match the phrases and finish the sentences

A Match the phrases on the left with the correct meanings on the right.

1. look forward to	a. be careful, take notice
2. look after	b. check, examine
3. look away	c. be excited about the future
4. look out	d. try to find
5. look (something) over	e. search, find information
6. look (something) up	f. take care of
7. look up to (someone)	g. admire
8. look for	h. turn your eyes away from something you were looking at

B Use the phrases above to finish the sentences.

1. My father is helping me _____ a used car.

2. My little brother _____ to me.

3. _____! That box is going to fall on your head.

4. Jane will _____ my baby for an hour on Saturday.

5. Jayden _____ to the therapy dog's visit.

6. The accident was so terrible, I had to _____.

7. I always have to _____ my office keys before I leave home.

8. We can _____ her phone number on the Internet.

Students find Afghanistan on a map of the world.

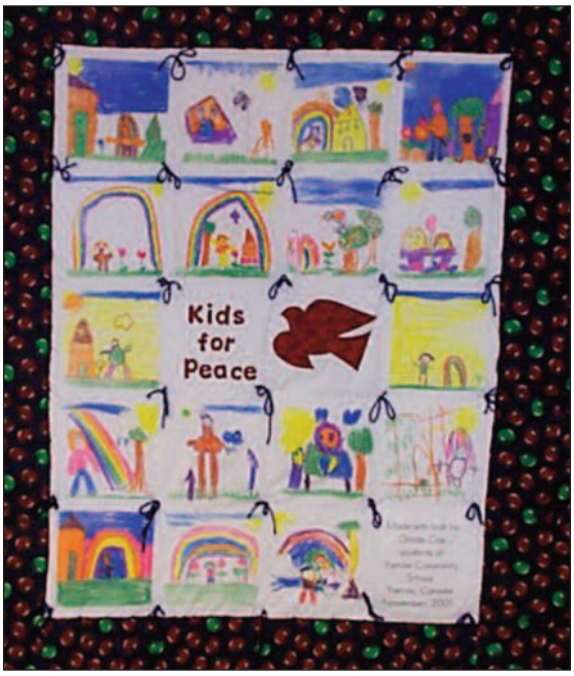
Students send quilt to Afghanistan

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 government of BC to protect Kermode (say: kur-mode) bears.

Kermode bears

There are only about 1,300 Kermode bears in the world. Most of these rare white 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 in the Great Bear Rainforest of British Columbia.

Update

- In 2016, the BC government announced it was protecting 85 per cent of the Great Bear Rainforest from logging.
- Many groups worked for more than 15 years to protect this area.

The Westcoast Reader 6/2000, updated 2016 • Adapted from *The Vancouver Sun*

Fact or opinion?

An opinion is what someone thinks or believes. You cannot prove that an opinion is true or false. A fact is something that you can prove is true or false.

Here are some opinions:
- Oranges taste better than pears.
- Learning English is easy.
- BC is the best province in Canada.

Here are some facts:
- Bears live in BC.
- The Pacific Ocean is salty.
- Canada is bigger than France.

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. Kermode bears are a type of black bear.

Finish the sentences

Finish the sentences with information from page 20.

1. Simon Jackson _____
2. Kermode bears _____
3. The Great Bear Rainforest _____
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 23

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
2. food
3. mother
4. People
5. Vancouver

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 ten cents?

Canada's coins (p 8)
1b 2d 3c 4a 5e

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
2. repay
3. impossible
4. unafraid
5. dishonest
6. irregular
7. uneven

Finish the sentences (p 13)
1a 2b 3b 4a 5a 6b

Finish the sentences (p 15)
1. Peace
2. shared
3. lends
4. women
5. repay

Opposites (p 15)
poor — rich
often — seldom
buy — sell
borrow — lend
won — lost
different — same

Match the phrases and finish the sentences (p 17)
A 1c 2f 3h 4a 5b 6e 7g 8d

B
1. look for
2. looks up
3. Look out
4. look after
5. looks forward
6. look away
7. look for
8. look up

Q followed by U (p 19)
1. quick
2. quack
3. question
4. queen
5. quarter
6. quiz

Categories (p 19)
Possible answers:
1. Canada, Greece
2. circle, triangle
3. summer, fall
4. Alberta, Ontario
5. blanket, sheet

Fact or opinion? (p 21)
1F 2O 3F 4O 5F

Finish the sentences (p 21)
Answers will vary.

What happened first? (p 24)
3 6 4 2 1 5

This and that (p 24)
1b 2f 3a 4g 5h 6d 7e 8c

Compound words (p 24)
1. toothpaste
2. homeless
3. shoebox
4. toothbrush
5. carpooled