

VOICES

2025 Winter Issue

OF YOUTH

Voices of Youth Media Club

MAGAZINE

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Inaugural Issue



FROM THE EDITOR-IN-CHIEF

Dear Parents, Students, and Teachers,

Welcome to the first issue of *Voices of Youth Magazine*!

My name is Xintong Yu (Amy), and I am honored to serve as the Editor-in-chief. Thank you for subscribing to and supporting our magazine.

Together with my friends, I founded the *Voices of Youth Media (VYM) Club* under Canada Sunshine Foundation. I currently serve as VYM Club President. Our club focuses on interviewing, reporting, and documenting inspiring stories, helping young people develop critical thinking, leadership, and social responsibility. From this shared mission came an exciting idea—the creation of *Voices of Youth Magazine*. Through this platform, we hope to invite youth from different countries and regions to join us, share their voices, and exchange diverse perspectives.

We aim to encourage teenagers to explore a wide range of topics, ignite their curiosity, discover their goals and dreams, and pursue them with confidence. Through discussion and shared perspectives, we hope to offer thoughtful insights and spark meaningful conversations that inspire students to think critically, express themselves thoughtfully, and reflect actively.

This magazine features a variety of sections. **City Spotlight** allows international students to experience the vibe and culture of different cities without leaving home. **Campus Beat** is a space for teens to share stories from their school lives—relatable, authentic, and engaging. In **World Classroom**, knowledge is presented in creative ways beyond traditional articles. **Creative Hub** invites youth to showcase their creative ideas and talents. **Teen Voices** features thoughtful perspectives from credible individuals, helping readers view the world through different lenses. **Sunshine Pulse** reports on events organized by the Canada Sunshine Foundation. **Brain Boost** supports students in developing a growth mindset and critical thinking skills. Finally, **VYM Lens** presents beautiful photography captured by our young contributors.

We would also love to hear from you. Please share your thoughts, feedback, and ideas at voicesofyouthmedia@gmail.com—your voice may help shape the future of our world.

Truly grateful to have you join us on this journey. Enjoy your reading.

Sincerely,
Xintong Yu (Amy)



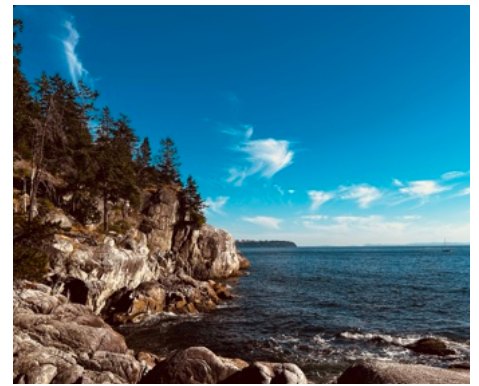
CITY SPOTLIGHT

The Green City That Feels Alive

by Sophia Wang G7 (Vancouver, CA)

Vancouver, a city where the mountains meet the ocean, is often called one of the world's most beautiful cities, but its view is more than something to admire—it feels alive. When you look across the city, from the shining water of False Creek to the deep forests of Stanley Park, you can sense movement, growth, and energy everywhere. Unlike places where nature and city life seem separate, Vancouver blends them together so smoothly that the landscape feels like a living, breathing part of everyday life.

What makes Vancouver's view feel so alive is the constant presence of nature. No matter where you stand, you can see something green: tall evergreens lining the seawall, rooftop gardens on modern buildings, or moss-covered forests stretching across the North Shore Mountains. The city doesn't hide nature; it invites it in. The glass towers reflect clouds, forests, and sunlight, making the skyline feel like it's part of the environment rather than built against it. Even when you're downtown, you can hear seagulls, feel ocean wind, and see mountains rising in the distance. The city never lets you forget the world beyond concrete.



The view also shows how Vancouver values sustainability. Parks, bike paths, green roofs, and protected natural areas are woven into the city's design. Stanley Park alone acts like a huge green heart, bringing wildlife, fresh air, and quiet spaces into the center of the city. This close connection to nature makes the view feel healthy, vibrant, and full of possibility. It reminds people that the environment is something to protect, not just something to look at.



Most of all, Vancouver's view feels alive because it is shared by the people who live there. Families biking along the seawall, kayakers cutting through the water, hikers climbing forested trails, and friends gathering on beaches all become part of the scenery. The landscape doesn't just surround life—it interacts with it. The city and its people move together, shaping and reshaping the view every day.

Standing before the Vancouver skyline, you feel something hard to describe, like a sense of possibility. Maybe it comes from the mountains that seem to promise adventure, or the ocean that stretches endlessly toward the horizon. Or maybe it comes from the city itself—a place built by people that all share the same view. In Vancouver, the scenery becomes a shared experience, something that connects everyone who looks out at the same mountains and the same sea.

Differences Between American Thanksgiving and Canadian Thanksgiving

by Jimmy Ding G6 (San Jose, US)

1. The Thanksgiving in America

Thanksgiving is a national holiday celebrated in many countries. It began in 1578 when Sir Martin Frobisher and his crew held a ceremony to thank God after surviving a perilous storm at sea in Nunavut, Canada. Even though there was a “First Thanksgiving” event in 1621 between the Pilgrims and the Wampanoag (Native Americans), the “First Thanksgiving” wasn’t an official holiday at the time.

On October 3, 1863, Abraham Lincoln declared Thanksgiving an official national holiday, set on November 27. There are two main reasons Lincoln chose November: first, because of the harvest. By late November, most crops had been gathered, making it a natural time to give thanks. Earlier months were too soon for a full harvest celebration. Second, to avoid winter. November was late enough for a harvest celebration and also not too deep into winter, when travel and gatherings could be difficult due to cold weather and snow.



• Image source: Adobe Stock

2. The Thanksgiving in Canada.

Canada’s Thanksgiving began when the Parliament of Canada, led by Prime Minister John Macdonald, established it in 1879. It is always celebrated on the second Monday of October. There are two main reasons for this, first, it connects with Canada’s harvest season, which occurs earlier than in the U.S. because of the colder climate. Second, Canadian Thanksgiving is a one-day event, unlike the multiple day celebrations common in the U.S.



• Image source: Dreamstime

The main differences between American Thanksgiving and Canadian Thanksgiving are the history and timing. American Thanksgiving is connected to a specific historical event and is celebrated around November 27, while Canadian Thanksgiving is based on harvest traditions and is celebrated on the second Monday of October.

• Image source: iStock (by Getty Images)



School Bus falls into a ditch at Timberline Ranch

by Isabella Feng G8 (Burnaby, CA)

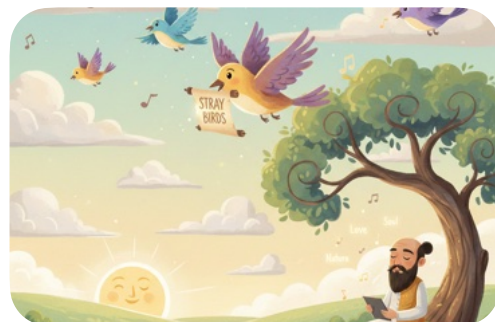
A Moscrop Secondary School bus carrying students to Timberline Ranch took a wrong turn into a ditch late Sunday night. Fortunately, no one was injured in the incident.

The accident occurred around 7pm just outside Timberline Ranch. According to some students and teachers, the bus was transporting a group of Grade 8 and 9 students back from their 1 night camp at Timberline Ranch, and the bus turned the wrong way.

“It wasn’t that bad, and everyone was laughing,” said a grade 8 band student.

Timberline staff arrived within 10 minutes, helping students exit the vehicle safely. The bus remained upright, with only minor damage reported to the front bumper. All students exited the vehicle safely. “The safety of our students is always our top priority,” said the Moscrop band teachers. “We’re extremely thankful that no one was hurt and that the situation was handled quickly and responsibly.”

Despite the unexpected delay, the students eventually arrived back home. “It’s definitely a story we’ll remember,” one student laughed. “But we’re just glad everyone’s safe.”



Let life be beautiful like summer flowers, and death like autumn leaves.

Faith is the bird that feels the light when the dawn is still dark.

The stars are not afraid to appear like fireflies.

We live in the world when we love it.

LINES TO LIVE BY

If you shed tears when you miss the sun, you also miss the stars.

Love is an endless mystery, for it has nothing else to explain it.

By plucking her petals, u do not gather the beauty of the

SELECTED FROM RABINDRANATH TAGORE'S STRAY BIRDS

After School Circus Program

by Khloris Qiu G8 (Richmond, CA)

The circus class is in Vancouver right next to play land in a big building with many circus equipments. It's from 5 – 8 or on Wednesdays after school. They do rotations with 4 stations – tumbling, juggling or unicycles, trampoline, and aerials.

Right now, some skills they're working on in tumbling are front handsprings and front flips. I think tumbling might be my friend's favorite station because she's been doing it for a long time, and she really likes our tumbling coach. Her group is also very supportive.

On juggling, she likes doing the diabolo. They don't do juggling too often though, so she doesn't know many tricks on it yet.

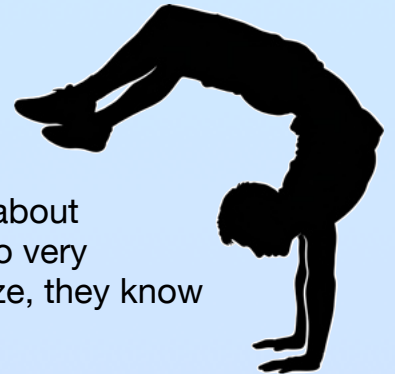


Unicycles used to be her least favorite station, and it still is, but she doesn't hate it anymore. Right now, another friend is learning small circles, and they are so much harder than just riding unicycle because you have to keep turning the whole time while still moving, and it's really easy to lose balance.



For recently trampoline, the coaches are teaching front flips. Another friend has also just learned cradle which she's really happy about because she's been working on it for a long time.

And finally, in aerials they do silks, hoop, and trapeze. Most people's favorite is silks because it's the least painful, and the coach teaches it the most so they know more tricks on it. One of my other friends just learned revolution, and I think he's going to start learning double revolution soon, which he's probably excited about because he's seen other friends do it and it looks really fun and also very pretty. On hoop, they don't know many tricks, and similar for trapeze, they know very minimum tricks.



This circus class taught them that it's okay to make mistakes, and it's very important that you do, otherwise you won't learn. It also taught them that some things take time, and that people learn at different paces.



CAMPUS BEAT



I Love Jump Rope

by Gloria Huang G3 (Guangzhou, CN)

My name is Gloria and I'm nine years old. I'm a member of Yunhui Jump Rope of Donghui Primary School of Guangzhou. I'm best at jumping Double Dutch. Double Dutch is a form of jump rope that involves two ropes and two swingers. It is very challenging.

I practice over three hours everyday with my team and for 2.5 hours on Sundays. It's not an easy job, but

I have insisted more than two years.

Jump rope makes me feel happy and strong. It also gives me energy for the day. That's why I love jump rope.

I join in many jump rope competitions every year, including district, municipal, provincial and national competitions of different level. At the end of last November, I went to Yunfu to join in Jump Rope Competition of Guangdong Province. Our team won the first prize with the highest team scores. I won the first and second prizes in the event of 30-second Double Dutch relay and 30-second single rope jump relay. In the Double Dutch event, my team of 4 girls made 836 jumps, 200 more jumps than the second prize winner. I'm very proud of my team. I hope we can win championship at the Asian Jump Rope Championships in 2026.



Puzzle Riddle

1. What comes once in a minute, twice in a moment, but never in a thousand years?
2. I'm tall when I'm young, and I'm short when I'm old. What am I?
3. What begins with T, ends with T, and has T in it?

Answers hidden in this issue !!!

Cold Jokes

- Why was the computer cold?
-Because it left its Windows open!
- Why don't scientists trust atoms?
-Because they make up everything!
- Why don't eggs tell jokes?
-They'd crack each other up!
- Why did the picture go to jail?
-Because it was framed!

Ancient Mesopotamia



Hello, class! Today we're diving into **Mesopotamia**, one of the world's earliest regions. In prehistoric times, people settled in the **Fertile Crescent**, living in temporary camps and hunting for food. Can anyone explain what the Fertile Crescent is?



Sure! It's the heart of Mesopotamia near the Mediterranean, covering areas like Israel and Syria. The Tigris and Euphrates rivers made the land rich for farming. "Mesopotamia" actually means "land between rivers" in Greek.



Excellent! Let's look at Sumer, an early civilization here. Religion guided everything — Sumerians practiced **polytheism**, a belief in multiple gods and goddesses, and believed each city belonged to a particular deity.



They built **ziggurats**, the tall temples, believing the gods lived at the top. Kings and priests performed rituals there. The people trusted the priests and priestesses to tell them what the gods wanted. Religion shaped every part of Sumerian life.



Thanks, Joanne. Moving on to their **arts**—archaeologists have found detailed statues, jewelry, helmets, and carvings. Men were often shown bald with broad shoulders, wearing kilts, while women wore long gowns and headdresses. Sumerians also made wool cloth and carved cylinder seals. What else have they invented?



I know! They invented **cuneiform**, the first writing system, to record trade. Marks were pressed into clay, stone, or metal. With over 500 symbols for words and phrases, it was complex to read.

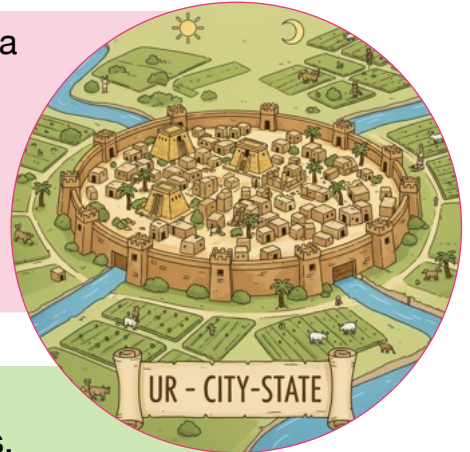


Great job, Alex. Talking about the **governments**, Sumerians elected the most capable citizen to be the king. The king built temples, settled disputes, maintained the canals' irrigation system well, and led his people to victory in war. Generals and priests advised the king.

WORLD CLASSROOM



I'd like to add more about city-states. A city-state is a small, independent territory that includes a city and the surrounding land it controls. Each city-state has its own government, laws, and often its own army. In ancient times, like in Sumer, city-states acted as separate political units rather than being part of a larger nation.

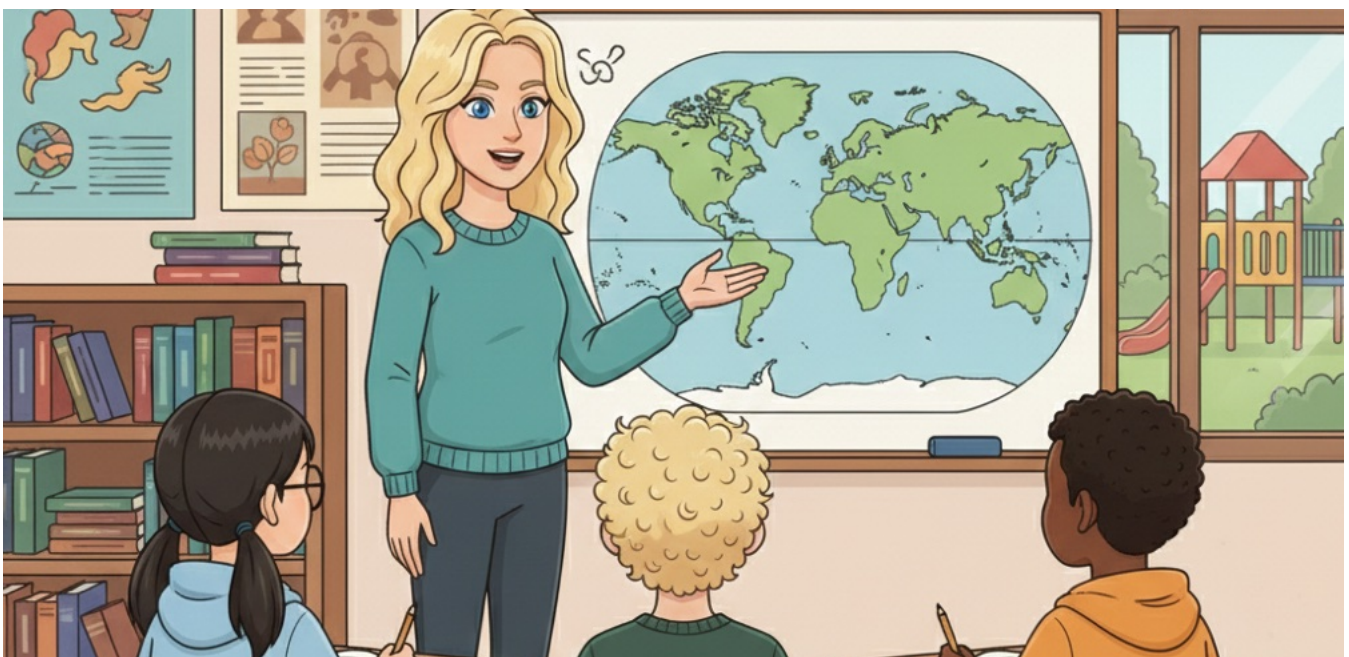


I want to talk more about **life in Sumer**. As the Sumerian kings lived in large palaces, ordinary people lived in mud-brick houses. Most people were farmers, but some were artisans or skilled crafters. Others worked as merchants or traders, traveling to other city-states in Mesopotamia.



Let me tell you guys about the **social classes**. At the top were rulers and priests, who held the greatest authority. Below them were a few wealthy merchants, followed by skilled artisans and craftsmen. Most people were farmers, responsible for growing food, while slaves made up the lowest level of society.

At last was the Mesopotamian meals. These early people usually ate meats like beef and fish. They also ate apricots and mulberries for fruits. Common vegetables included Barley, Dates, Onions, etc. And they also had honey and salt to make dishes yummier. Okay, that's all about the introduction to Ancient Mesopotamia. Well done, everybody.



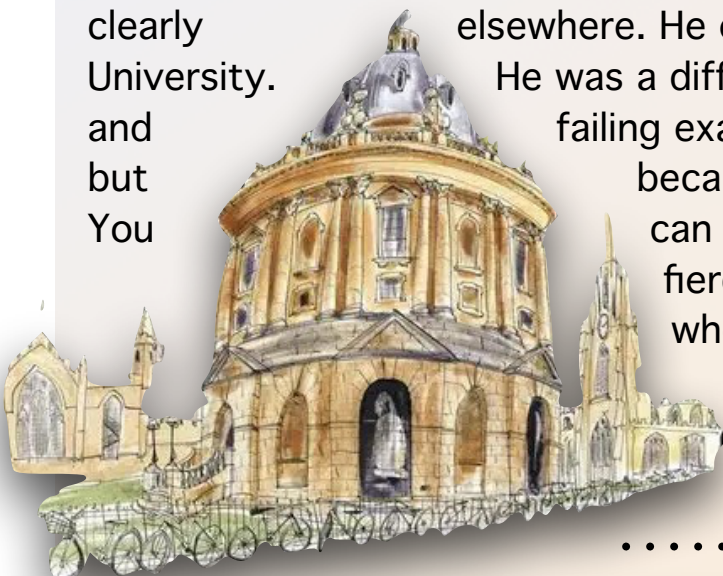
Newton: A Curious Mind's Scientific Odyssey

by Ruxin Ma G8
(Burnaby, CA)

• The Solitary Childhood and University Years

- Isaac Newton was born on January 4th, 1643—a premature baby in a small village. It's incredible to think that this infant, facing such an early disadvantage, would grow up to unlock the secrets of the universe and shock the academic world with his findings. Newton's father died before he was born. When his mother remarried and sent him to live with his grandmother, he felt deeply abandoned. This difficult childhood must have been a huge factor in him becoming solitary, unsociable, and easily irritable.

- Though his clearly University. and but You mother wanted him to farm, Newton's mind was elsewhere. He eventually went to Cambridge. He was a difficult student—fighting classmates failing exams—not because he wasn't smart, because he found the curriculum so dull. can sense his frustration! Driven by a fierce competitive spirit, he only studied when challenged, but when he did, he immediately excelled. He proved to everyone that he didn't need to conform to be the best.



- Lacking competition at university, Newton eagerly set his sights on Optics. In 1665, he decided to challenge Descartes's complex theory that light was intangible.

• The Plague, The Prism, and a Risky Question

- Newton's quest was intense. He even performed the unbelievably risky experiment of pressing his own eyeball to see how light and color reacted. That takes serious guts and dedication to scientific curiosity! Though the experiment was too subjective, it forced him to ask the most fundamental questions: What is light? Why can we see it?
- That same year, the Plague closed the universities. Imagine the disappointment when Newton had to return home, his experiments stalled by a lack of equipment and a difficult family environment. He must have felt terribly anxious and isolated.



• Unlocking Color and the Royal Society Invitation

- Newton's breakthrough came when he bought a simple triangular prism. This is where the magic begins! He realized that this tool could split light in

a way no one expected. He successfully broke light down into a full spectrum of colors, proving once and for all that light had a material form and overturning Descartes's theory.

- It's so inspiring how he used this single observation to invent the reflecting telescope. This great invention led to his invitation to the Royal Society, admitted by the single crucial vote of Robert Hooke.

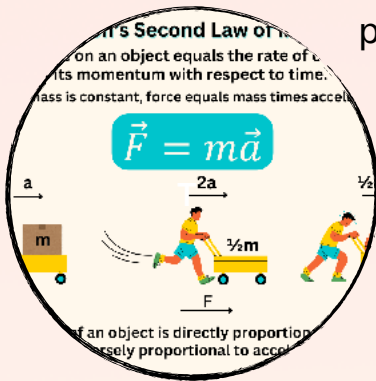


- Newton entry into the elite circle immediately brought rivalry. Hooke criticized Newton's thesis, and Newton, his pride wounded, responded angrily. It feels like a fierce, high-stakes debate—the kind of scientific drama that moves the world forward.

- Newton used his previous data on comets—determining that they

• Scientific Rivalry and The Universal Connection

followed an oval path—This is the most stunning connection: the path of a comet, the orbit of the Moon, and the force that makes an apple fall are all governed by one beautiful, Universal Law of Gravitation.



- With Halley's invaluable support, Newton published the *Principle* in 1687, enshrining the Three Laws of Motion and the Law of Universal Gravitation.

• The Royal Mint and A Timeless

- However, he returned to practical matters as Warden of the Royal Mint at age 53 to combat counterfeit coins. He was relentless and brilliant in this role, redesigning the coins and serving for 27 years as Master of the Royal Mint.



-In his later life, Newton spent over three decades obsessively pursuing Alchemy. It's a strange contradiction that the man who defined gravity was also chasing the ancient dream of turning lead into gold!

-Newton passed away in 1727. He left behind an immeasurable legacy that fundamentally restructured science. His life story is the ultimate proof that a lonely, intensely curious mind, driven by the desire to explore and prove, can literally change our understanding of the universe forever.

Marie Curie

by Sophia Chen G5 (Guizhou, CN)

Intro

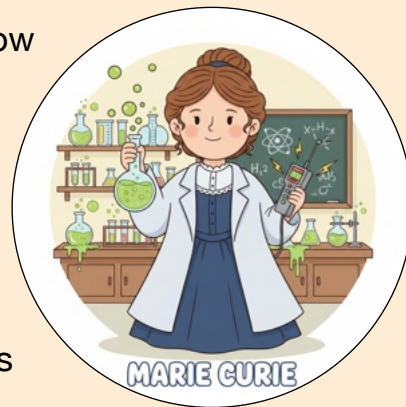
So, we all know Marie Curie, right? The scientist who discovered radium, won 2 Nobel Prizes, the first woman to do so, which is crazy — and this is how interesting and extraordinary her life and science career were:

Early life of Maria

Maria Skłodowska was born in Warsaw, Russian Empire (now Warsaw, Poland) in 1867. Maria's father was a math and physics teacher, which influenced Maria's love of science very much in her life. She experienced great tragedy early in life, losing her mom to tuberculosis when she was 10 and her oldest sister Zofia to typhus a few years before her mother's death.

Maria was a brilliant student. She excelled in primary and secondary school, graduating high school at age 15 with the highest honors — a gold medal. But continuing into university was nearly impossible for young Maria. During the Russian control of Warsaw, it was formally forbidden for women to enroll in the main University of Warsaw. Maria attended the dangerous "Flying University" just to continue learning — an illegal, secret, and dangerous institution where classes were constantly moved between private homes to avoid being caught by Russian authorities.

Maria made an agreement with her sister, Bronisława, that she would work for 6 years to afford Bronisława's medical studies in Paris, and then afterward Bronisława would help finance Maria's studies. This meant that Maria's dreams were delayed by 6 years until she was 24.



Life in France

After 6 long years of working as a governess, Bronisława graduated from medical school. She was already married to a doctor and was ready to finance Maria. In late 1891, Maria finally packed up her savings and took a train from Warsaw to Paris when she was 24 — 6 years just for this train ticket, and for Maria's dreams.

In Paris, Maria first lived with her sister Bronisława and Bronisława's husband, Kazimierz Dluski, but quickly realized that this wouldn't work and rented a freezing and tiny garret in the Latin Quarter. She ate barely anything other than bread and tea.

She enrolled at the Sorbonne and studied physics, chemistry, and mathematics. That was also when she changed to the French version of her name — Marie. Marie was awarded a degree in physics in 1893 and earned another degree in mathematics in 1894.

Marie was awarded a grant to research the magnetic properties of different steels, commissioned by the Society for the Encouragement of National Industry. Pierre Curie was also introduced to Marie around the same time. Eventually, Pierre proposed; Marie rejected him at first but accepted later.

In 1895, Pierre Curie and Marie Skłodowska married. Their wedding was very simple, not fancy at all, and they bought 2 bicycles just after their marriage.

Discoveries of the new elements



In 1895 X-rays were discovered, but how they were produced was not yet understood. The next year, Henri Becquerel discovered that uranium salts emitted rays that were similar to X-rays. Marie Curie decided to look into the mysterious uranium rays as a topic for her Ph.D. thesis. She realized that the mineral pitchblende was far more radioactive than the uranium it contained; she realized that the radiation had to be from something else inside the ore. Pierre also joined Marie's research. Their so-called "lab" was an unheated wooden shed next to the school. They spent 4 years trying to figure out what was going on. Finally, they discovered 2 incredible new elements: polonium (named after Poland) and radium (named after its radioactive nature).

The first Nobel Prize

In 1903, the Curies and Henri Becquerel were awarded the Nobel Prize in Physics for their work on radioactive elements. Marie Curie became the first woman ever to win a Nobel Prize.

The tragic second Nobel Prize

In 1906, tragedy struck. Pierre Curie was killed in a street accident (he was run over by a horse-drawn cart). Marie was absolutely shocked and devastated, but she didn't quit. She took over Pierre's position and became the first female professor at the Sorbonne.

In 1911, Marie won her second Nobel Prize — this time in Chemistry — for her work on isolating pure radium. She is the only person to win Nobel Prizes in two different scientific fields.



World War I



Marie Curie didn't just watch WWI like a movie — she used the power of science to save lives. She developed mobile X-ray units, known as the “petites Curies” (little Curies), and personally drove them to the front lines, even though she was not a doctor.

The end of Marie Curie's life

Marie Curie proved that genius was about being relentless, not just being smart. She died of aplastic anemia caused by her long-term exposure to radiation without protection (it was not a thing back then) in 1934.

Marie Curie's legacy

Her work laid the foundation for modern nuclear physics, cancer treatments, and radiography. Marie Curie became an icon in the world of science, was the first woman to win a Nobel Prize, and challenged gender stereotypes.

Science Fun Fact

Bananas are naturally radioactive.

Bananas contain potassium, and a tiny portion of that potassium is a naturally occurring radioactive element called potassium-40. Don't worry—it's completely harmless to humans, but sensitive instruments can actually detect radiation from a bunch of bananas!

— — This phenomenon is so well-known that scientists even use the term “banana equivalent dose” to explain radiation levels in a fun, relatable way.



The Long Walk Home

by Ethan Q G3 (Zibo, CN)

Chapter 1: The Shock

At around twelve o'clock noon, Terra was asleep in bed. Suddenly, the ground started to shake, and Terra woke up. At first, he had no idea what was going on, but then he realized. There were men shouting, "Leave everything behind and get as far away as you can—there's an earthquake!" Jumping up, he almost hit his head on the ceiling. He got up and ran into the tall trees and underbrush, not looking back, just running for dear life.

Chapter 2: The Forest of Strangers

Terra saw millions of people running alongside him in the same direction. When they stopped, he stopped too. They were deep in the forest now, surrounded by all kinds of people from different places. He asked a man where they were going, but the man



didn't answer. So Terra kept following the crowd, walking onward into the unknown. They walked for over a mile. As it grew dark, the only thing they could hear was a stream gurgling nearby. They stopped beside it where a bunch of fallen trees had created a small opening, and there they slept through the night. The next morning, Terra filled his gourd with water from the stream. He searched the crowd for his family, but he couldn't find them. He saw only the big sister from next door and the old lady who lived across the dirt road. Then he saw a small group of men approaching from another direction. They asked if they could join. Terra quickly glanced at them: there were only two boys and three girls, and no one from his family. He felt disappointed, but he still had hope. As Terra moved along with the group, one of the men looked at him and said, "Hello, young boy." Terra replied, "Hello." The man asked if he wanted something to eat. Terra quickly said yes, and the man quietly handed him a handful of cold beans.

"Thank you," Terra said. Just then, he realized he was falling behind, so he ran to catch up.

Chapter 3: A Handful of Beans

They walked more than three miles that day and made camp near a cliff. Terra took out some of the cold beans and chewed every one of them to get the taste out. Then he went to a nearby pool to get water. When he returned, a group of women had joined the camp. They were making baskets for those who didn't have gourds. Terra soon fell asleep. The next morning, they packed up early. Terra looked around again, hoping to spot a family member. By accident, he bumped into a boy. "Are you okay?" Terra asked. "Yes, I'm okay," the boy said. Then he asked, "Your parents?" Terra replied, "I don't have my parents. I don't know where they are." Me either," said the boy. "What's your name?" "My name is Terra."

"My name is Alanta."
Terra asked, "Where are we going?"
Alanta said, "I think we're going south."
"I know we're heading south—but where exactly?"
"I don't really know," Alanta admitted.

Chapter 4: Found and Lost

They traveled along the cliff face for over thirty minutes. Then the cliff grew steep. They climbed down carefully, only to find another cliff waiting there.

The following day, a man woke Terra.

"Who are you?" Terra asked.

"I'm your uncle!"

"My uncle? Are you serious?"

"Yes."

"I found my uncle!" Terra told Alanta.

"Good for you," Alanta said. So Terra, his uncle, and Alanta walked together. His uncle shared cold beans and nuts with them. That night, they camped near a rocky cliff.

But the next morning, Terra woke to his uncle's shaky voice. "Your best friend, Alanta... what happened to him? Did he go out to find food?"

Terra learned the terrible truth: Alanta had woken in

the middle of the night and fallen off the cliff.

Terra cried and cried for his friend. His uncle had to drag him so he wouldn't be left behind as the group moved on.

Terra promised himself that he would never forget Alanta.

Chapter 5: The Village Below



Terra and his uncle walked quicker to keep up with the group. Suddenly, one of the men shouted,

"There's a village down there!"

Terra and his uncle, along with the group, turned their heads towards the edge of the cliff. There was a small town with rows of shops and houses.

Everyone moved faster until they came to the last cliff face. Terra's uncle climbed down first, then encouraged the boy to hop on his leg. One by one, the rest of the group followed.

There was a hospital in the town. Terra and his uncle went inside. They saw

people lying under white blankets. Then they froze. On one of the beds lay a man, still and silent. It was Terra's father. "Dad...?"

Terra burst into tears. His uncle held him and said softly, "We lost him, Terra. Your father has gone to a better place."

Still crying, Terra walked further into the room. Then a woman rushed toward them, calling, "Terra! Is it really you?" He looked closer.

"Mom! You're here!" She gave her son a big hug, her eyes full of tears. Then she turned to the uncle and greeted him quietly. Terra told his mom everything that had happened since the earthquake. She also told him how she had found the hospital—and what had happened to his father. Just then, a nurse in a white uniform approached. She gave each of them a small roasted potato. It had only been three days since the earthquake, but it felt like a long time. Now, finally, they were together again. Terra was still thinking about something else when his mother gently asked, "Terra, would you like to eat your potato?"

Chapter 6: A New Kind of Brave

That night, Terra couldn't sleep. He looked up

at the starry night. His mom quietly walked over to him and embraced him in a hug. He found himself talking about the journey to his mom for the first time since the earthquake. Inside the hospital, it was warm. But outside, the cliff behind the hospital crumbled a little. Ping-pong. Stones were falling off. No one heard the noise. BOOM! The cliff collapsed! People were running, running to the field. Terra clasped his mother's hand and stepped out of the room, towards the open field beside the hospital. He was nearly out when he saw a girl, trapped under two wooden planks, struggling. He raced over to her, and pulled her up. Then he dragged her out to the field. It was dawn. The sun was rising.



Terra's mom smiled: "You were very brave." He smiled back. If his mom was beside him, he would have the courage to

do anything scary and dangerous.

Chapter 7: Home, Reborn from the Ashes

The next day, they began the trip back home through the forest and over the mountains. After many days and months, they finally arrived. Terra and his family stood where their old house once was, but all that remained was a broken frame and scattered pieces of wood. There were no benches, no beds to sleep on, and no fences left. They started rebuilding quickly. Without Father, the work was hard. Terra went into the forest with his uncle to carry wood back. They cut the wood into strips and built a new frame over the old one, adding a second floor, and then a third. They used two strong pieces of white oak, tied them together with vines, and placed them in front of the house to make the doorway. Then, using four pieces of palm and threads as fine as insects' legs, they tied them together to make mattresses. They stuffed them with a soft plant called "old man's beard," sewing it into small sacks

for pillows and using the rest to fill blankets. They blocked all the gaps with wood except for the front and back doors. For the fence, they used many short, sturdy pieces of wood, arranging them into strong triangular shapes that were hard to break. When they finished their own home, they went to help others build theirs. Together, they rediscovered the land they had left behind so long ago. They found raspberries, wild berries, rabbits, rodents, and other food. A little stream gurgled beside the forest, full of fish, clams, and crayfish. Over time, they saved enough to build a tall metal pole with a heavy metal ball inside. They set it deep into the ground and placed a round, flat stone beneath, carved with eight directions. It would tell them if the earth ever shook again. Standing together, they looked at the home they had rebuilt. It was more than a house—it was a promise to remember, to prepare, and to keep living, no matter what tomorrow might bring.





Homework Is A Mountain

by Isabella Feng G8 (Burnaby CA)

Homework is like a mountain, growing in my desk overnight,
A silent enemy waiting, for me to climb.
The questions are sharp rocks, daring me to trip and fall.
My pencil is the rope, the only thing helping me survive.
And my phone, is always making me stop for a break.
Sometimes the hill gets easier to climb
with easy questions,
and sometimes it's almost impossible,
making me shake with anger.
But step by step,
I climb higher.
Finally reaching the top,
Im tired but proud
but I hope
To never climb such a
mountain again.



Maple Tree

by Ruxin Ma G8 (Burnaby, CA)

In Vancouver, the maples softly glow,
Their crimson crowns are shining in the sun.
Each leaf drifts down, as if it still would show
That autumn's song has only just begun.

The air is filled with whispers, light and clear,
A gentle breeze that hums through golden trees.
I breathe it in—so warm, so calm, so near,
It carries peace upon the quiet breeze.

The world is brushed with red and golden flame,
The sky reflects their color, pure and wide.
I watch, and know that nothing stays the same,
Yet beauty blooms before it says goodbye.

So let the maple's fire softly gleam— —
And fill my heart with every fading dream.



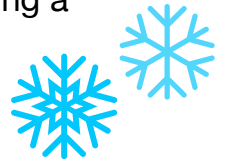


CREATIVE HUB

An Autumn Flower

by Sophia Wang G7 (Vancouver, CA)

On a snowy day, snowflakes dance and twirl and fall from the sky, delivering a special gift from Winter to everybody. And in this beautiful sight, a unique little seed was taking a ride from its tree, with a tiny snowflake. And if you listen carefully, you could hear chatter between them.



“Hi, buddy! Where are you planning to go?” The snowflake asked in excitement.

“I wanted to grow down there!” The little seed pointed at a wide open garden. The wind blew the door open with a creak, just like showing that the seed is welcome there.

“Okay, there it is!”

Within a flash, they caught a strong breeze and whooshed down the clouds and landed in the snow with a thud.

“Good luck!” The snowflake flew away again, slowly disappearing into the ocean of snowflakes.

Goodbye! The seed thought, taking a last look at this world, and without a second thought, it dove deep underground.



Winter passed, spring came. The little seed yawned and got out of the soil, its eyes widened as it curiously stared at this different world above it. Plants sprout, flowers bloom. Everything seemed calm and peaceful and beautiful. The little seed... Actually, the little sprout, it began stretching its stem, began to grow in this garden.

An amazing and cool day starts when a pair of rain boots step into the squishy mud of the garden. The footsteps stopped in front of a little plant. The owner of the rain boots bent down and observed carefully. It was three little buds that glittered in the sun. The gardener smiled. Her pony tails swung as she ran towards the shed. She picks up her water bottle and watered the plant. The plant waved its branches, like it was saying thank you.

Weeks passed. Two of the buds have already bloomed, and a nice smell filled the garden. The smallest bud stretched its petals, ready for the best moment of all time. But an annoying sound approaches the plant. “Bzzz...” Louder and louder. Suddenly, a little fly with a pair of big eyes whispers with the tiniest bud,

“What’s so great about spring?” The fly said with a fuzzy voice.

“Bloom in summer! See the sunshine and happiness! Everything is so great!” The fly said in excitement.

“Sounds good to me,” The bud nodded in agreement, yawning, and went back to sleep again.

The fly left, with an evil laugh.

Spring passed, Summer came. The little bud woke up looking up into the sky, feeling as happy as ever. It raised its leaves again, ready to bloom. But an annoying and familiar sound appeared in the garden again, whispering to the bud,

“What’s so good about summer?” It said, pointing at the bright sun,

“It’s burning! And the gardener is going for a trip, so no one will be cheering.” It paused as it sees the bud looking confused too, it continued,

“Bloom in Autumn! Enjoy the cool air and the dancing leaves!”

“Sounds good to me!” The bud closed its eyes and went back to sleep.

Summer passed, Autumn came. The bud’s sisters’ petals turned brown and fell off their branches. The gardener’s family got back from their trip. They clapped and cheered as they saw the two flowers in the camera. And the next second, their mouth widened as they saw the bud.

“Mom,” The gardener’s sister asks carefully,

“This bud...”

The gardener thought for a while, and led the family back to their house.

“Now’s your chance!” Don’t know when, the fly sat on top of the bud again.

“Now?” The bud asked, looking at her sisters’ petals on the ground.

“Yes!” The fly said immediately, its eyes glowing in the darkness.

The bud opened its petals.

“Wow!” The flower gasped. Cheering at her pretty petals and leaves.

“Now you are the only flower in Autumn!” The fly also cheered,

“How amazing!”

As they laughed and chatted, a strong wind blew towards them, carrying a bunch of red, orange, yellow, and shimmer golden leaves that traveled far from the other side of the city. Within a flash, all the petals on the Autumn flower fell off of the plant, leaving the little flower that had no petals standing there, a drop of tear fell from her face.



TEEN VOICES

Student Spotlight | Growing Sunshine: A Conversation with the Co-founder of Sunshine Foundation

Reporter: Xintong Yu G7 (Vancouver, CA)

The Canada Sunshine Foundation is a government-registered, youth-initiated non-profit organization. Founded in 2018, it has grown into a well-known youth organization dedicated to developing leadership skills and a strong sense of social responsibility among young people. Today, I am honored to have the opportunity to interview its co-founder, Cynthia Yu.



When asked what inspired her to create the foundation, she smiled and shared that it all began with a simple idea. In 2018, she and her sister raised funds by selling handmade soap outside a train station. Their efforts were recognized when they were able to donate the money to the community, which encouraged them to continue. Soon after, they began collaborating with other youth who shared the same goal of spreading positivity and giving back to society. What started as a small initiative soon grew into something far greater. Today, the foundation has seven branches worldwide and over 3,000 members.

The journey was not always easy. In the early years, some founding members left, and the organization had to be rebuilt from the ground up by the two sisters. Another major challenge came during the COVID-19 pandemic, when in-person events were no longer possible. Instead of giving up, the team moved their activities online. Students with different interests led virtual fitness sessions and tutoring programs, allowing the Sunshine Foundation to continue supporting others.

Cynthia also shared how delighted they were to see more and more younger students start their own clubs and grow through the Sunshine Foundation, contributing their energy and ideas to the community. To these students, she offered this advice: “Do what you love, be kind, and don’t be afraid to take initiative. Small actions can lead to big changes.”

From a small fundraiser to a global youth community, the Sunshine Foundation shows how young people can make a real difference when they turn ideas into action.



Leading the Numbers: An Interview with TMAC 2025 Co-Presidents

The 2025 Canada Team Math Attack Contest (TMAC) was successfully held on December 7, 2025, at the UBC campus. The event aimed to inspire young participants to **explore mathematics** while **fostering leadership, teamwork, and a strong sense of social responsibility**.

Following the ceremony, reporters from the **Voices of Youth Media Club** interviewed **Daniel Li** and **Shawn Zhao**, co-presidents of the 2025 TMAC.

R: What inspired you to start the Math Attack competition?

Ans: Shawn explained that he first began as a volunteer and wanted to contribute to the community using his own strengths. After joining the club, his improved English skills helped him make many friends. He hopes that Math Attack can continue for future generations and bring more fun and learning opportunities to students.

Shawn Zhao

Reporters:
Ruxin Ma & Sophia Wang



R: What useful learning advice does this competition offer to teenagers to help them better understand mathematics?

Ans: Shawn mentioned that Math Attack was originally a team-based contest organized by the Sunshine Foundation. These contests provide participants with a different perspective on math. Through collaboration and discussion, math becomes easier to understand. He believes math is not a solitary pursuit, but a team effort where everyone contributes.

R: How have your past experiences helped you create this competition?

Ans: Shawn has participated in many influential competitions, such as the AMC 12 and contests hosted by the University of Waterloo, where he achieved excellent results. He chose to host Math Attack this year because he recognized the strong sense of community it creates and found it meaningful to offer a free learning opportunity to all participants.

R: I noticed that you compose music in your spare time. Does music inspire your math learning?

Ans: Shawn shared that he composes rhythms by himself and often draws inspiration from fractions and mathematical patterns. Math and music were the two “languages” he used to express himself before becoming fluent in English. They were the easiest subjects for him to begin with and continue developing. Like painting, both math and music are universal languages that express emotions through rhythm and structure.

TEEN VOICES

S: AMC12 is known for its intensity and time pressure. How did you approach the competition, and what strategies help you achieve a high score?

Ans: Shawn explained that he attended AMC 10 in his first year, and it was quite challenging for him, since he still had a lack of English skills back then, although the math questions were really simple for him. Then, he began to improve on his English skills, while he still spent hours practicing the AMC concepts. With his persistence and passion, he “survived” in the AMC 12 competition, in a score of 135/150, which took a lot of practice. He appreciated the help by the previous presidents to achieve this high score. He wanted to show the same passion to the math club, to learn math, and enjoy math.

S: What was your biggest support in becoming famous?

Ans: Shawn pointed out that his biggest support actually comes from his parents, especially his mother. When he came to Canada by himself, they had video calls almost every day. His parents had to stay in China to support him in wealth, but his mom always heals his pain of being lonely. Shawn also admitted that the true person who helped him get through his top period was his mom. When he composed music, his mom helped him with the whole process. He is truly touched by her actions and is grateful to have his mother, always supporting Shawn behind him, no matter what comes next.

S: Do you find inspiration from other fields when facing a bottleneck/challenge at composing music?

Ans: Shawn admitted that music theory was a very hard challenge for him, but if he wanted to compose music, he required really high music theory skills. So he self-studied the concept, and slowly realized that it's like a language to speak. And sometimes, the beats and the notes were related to math, mostly fractions. And he succeeded, composing two Chinese songs and an original English song, which now became the sunshine foundation song. He enjoyed the process, mostly his success today. He also thought that the English composers were often more professional, so that he could learn the first handed materials from them. English wasn't his dominant language, but he never gave up. So in conclusion, he faced the bottlenecks, but he still accomplished his goals pretty well, “in a perspective,” He said.



TEEN VOICES



Daniel Li

Reporters:

Isabella Feng & Khloris Qiu

I: Hi Daniel, can you pls introduce yourself?

D: Hi everyone, I'm Daniel Li. I'm the current president of the Sunshine Foundation as well as the president of the Sunshine Mathematics club. I was involved in numerous math activities. I've been participating in this Math

Attack competition ever since grade 5, and in fact, this was what introduced me to the Sunshine Foundation."

I: What inspired you to host this competition?

D: I think my experience in a math contest back in grade 5 really helped spark my passion for mathematics. I remember there were so many students who were better than me, and that actually motivated me to work harder and get more into math competitions.

K: Besides maths, do you have any other hobbies?

D: Other than maths, I also like to do chemistry because math is the foundation of lots of subjects including chemistry, physics as well as biology. Math is such a broad topic. Besides academics, I'm very passionate about table tennis, and founded a school team. In addition to that, I also play the piano and clarinet, and I have been training piano since grade 4.

K: Wow, You're really into so many different things! By the way, I've learned that you have done a lot of volunteer work related to mathematics. What motivates you to keep doing this kind of volunteer work?

D: I think it's partly because of my own experience. Every time I solve a problem, I get this little burst of happiness—like hitting the target and thinking, "Wow, math is beautiful!" That feeling really motivates me to keep pushing myself. That's a big part of why I want to keep moving forward with this.

K: That sounds great. We'd like to know what your dream job is?

D: Very interesting question, haha ... I think it's a bit too early to think about that, though I do have thoughts on my major... but I think as a job, I want to be a professor, or a researcher, and I'm also interested in some coding technology because I know most of them require a skilled application of math.

K: Last question, How can you inspire other people to like math? What advice can you give them?

D: I think math is kind of like a curve. At first, you're really excited, but then there's always a moment when you feel less motivated. My advice is to push through that period. I went through it too—I felt like I was struggling around Grade 7 to 9. But if you keep going, you'll reach new heights eventually. I think that's a really important lesson in math, and something crucial for anyone learning it.

K: Those are really valuable insights. Thank you for taking your time to do the interview.



The 4th SSG International Youth Art Competition Holds in Vancouver

The award ceremony and final round of the **4th SSG International Youth Art Competition** were held in Vancouver on August 20, 2025. As a **free and open international event**, the competition featured a wide range of categories, including **public speaking and poetry recitation in Chinese, English, and French, as well as painting and visual arts**. It attracted over 200 young artists from various countries and regions, **showcasing creativity, cultural exchange, and social responsibility**. Through this event, a total of **CAD 3,100** was successfully raised and **donated to the Vancouver General Hospital Foundation**, supporting children's medical care and public welfare initiatives.



2025 Canada Team Math Attack Contest Inspires Young Mathematicians

The **2025 Canada Team Math Attack Contest** was successfully held at UBC campus on **Dec 7, 2025**.

The event brought together over **150 students** from schools across British Columbia, along with participants from other cities, including Calgary, Edmonton, and Lethbridge. The contest concluded with an **awards ceremony**, recognizing top performers across all grade groups. The 2025 Team Math Attack Contest successfully combined **competition, learning, and community spirit**, inspiring young minds to explore mathematics while cultivating leadership, collaboration, and social responsibility.



2025 Sunshine Christmas Charity Gala Lights Up Youthful Energy

The 2025 Sunshine Christmas Charity Gala, themed "*Igniting the Light of Youth*," was held in Vancouver on Dec 21, 2025.

The gala brought together alumni from top U.S. universities, current students, parents, and community members for a night of **celebration, inspiration, and giving back**. Returning students shared their experiences and guided young peers in community service and charitable activities.

Featuring dance performances, speeches, music, and poetry, the gala highlighted **the Sunshine Foundation's eight-year commitment** to youth leadership, compassion, and social responsibility, inspiring young people to **contribute positively to their communities**.



BRAIN BOOST

Big Debate!

Should Public Transportation Be Free in Major Cities?

Negative

In my opinion, public transportation should not be free in major cities. Here's the reasons:

At first, it might sound like a great idea—who wouldn't want free buses and trains? But we need to consider the practical implications carefully. Public transit is expensive to operate. Buses, trains, maintenance, drivers, and staff all require funding. If fares were completely eliminated, governments might struggle to cover these costs, potentially leading to service cuts, lower quality, or higher taxes to make up the shortfall. Research has shown that large transit systems going fare-free still need to replace lost revenue—often through taxes or other funding. Removing fares without a replacement usually results in either a decline in service or increased financial burden on taxpayers.

Free transit can also negatively affect the user experience. Overcrowding, misuse, and reduced service quality are common consequences. Charging even a small fare encourages responsible use and gives passengers a sense of value. In systems that have gone fare-free, increased demand often slows down buses and trains, as more people boarding and disembarking takes extra time. Without expanding capacity, transit becomes slower and less reliable.

In short, while free transit sounds appealing, it can lead to overcrowded, less safe, slower, and less pleasant rides—ultimately harming the people who rely on public transportation the most.

by Xintong Yu



Your View?! Feel free to write to us!

Affirmative

Develop Your Growth Mindset



Famous Figure of This Issue: Martin Luther King Jr.

was an American Baptist minister, who was one of the most prominent leaders from 1955 until his assassination in 1968. He had a famous speech: "I have a dream."

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

Read this quote. Do you agree with it or not? How is it related to a growth mindset? Explain your reasoning. _____

Mindset Vocab: Growth Mindset

Definition: People believe that their most basic abilities can be developed through dedication and hard work.

Real-World Example: _____



Critical thinking

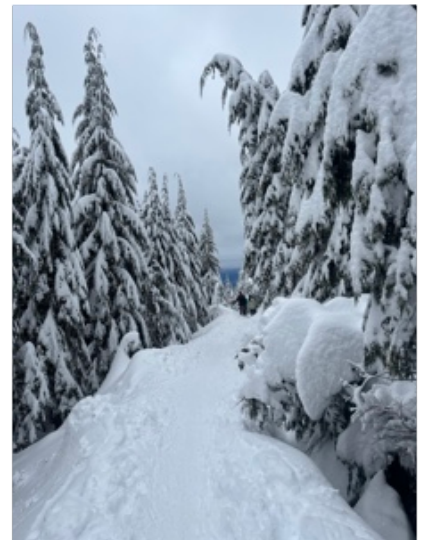
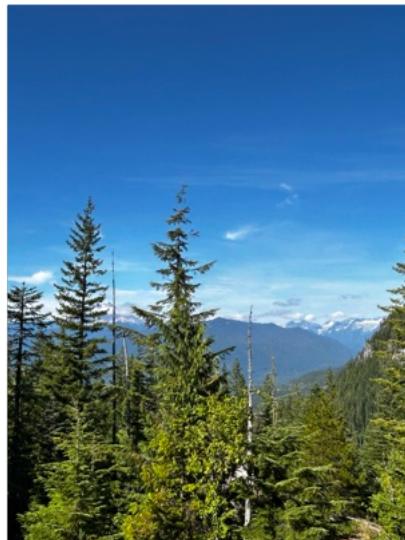
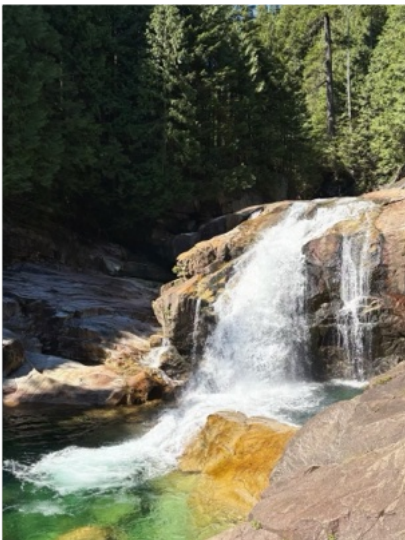
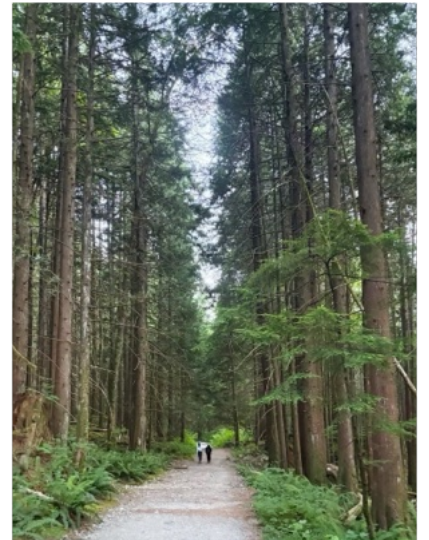
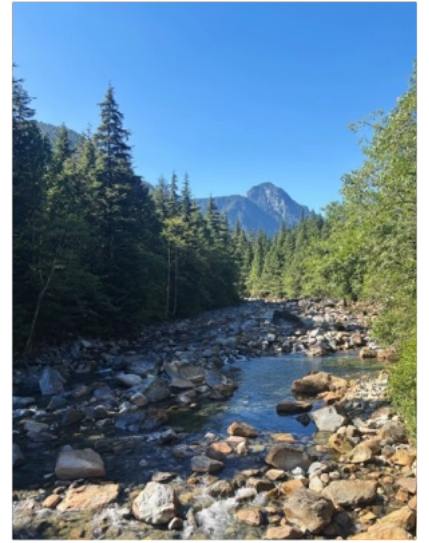
Is it better to live carefully or boldly? Explain your opinion and reasoning below.

Answers to Puzzle Riddle:
1. the letter "M" 2. a candle 3. teapot
Did you get them all correct???



VYM Reporting

VYM LENS



VOICES OF YOUTH MAGAZINE



YOUTH SPEAK LOUDER



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