The People's Book

The Self Teaching Dictionary

CAN

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The U-CAN Dictionary is Dedicated to Volunteers

We would like to thank all of our wonderful friends and family for all the support and hard work, from research, to definitions and to design:

- Tammy Bell Rachele DiBartolo Penny Gower
- Marsi Blevins
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 - Students from Westdale
 - Jack & his friends in the Senior Kindergarten class from Queen Victoria

2 years; 32 Volunteers; over 3,000 hours later, we give you

The People's Dictionary!

The People's Book.

• Dave the Sign Guy

• Dylan Page

• Tracy Tolland



MARSHA FOREST (1942-2000) INSPIRED OTHERS WITH HER PASSIONATE AND UNCOMPROMISING ADVOCACY FOR INCLUSION. A MARSHA FOREST BOOK COMMUNICATES IN HER SPIRIT.

A portion of the publishing costs of this book have been supported by a grant from the Marsha Forest Centre.



48 % OF CANADIANS CAN'T SPELL WELL

43 % OF CANADIANS CAN'T READ WELL

OUR AMERICAN NEIGHBOURS

21% of AMERICANS Read Below a 5th Grade Level

32 MILLION AMERICANS CAN'T READ (US Dept of Statistics)



is the ANSWER

TEACH YOURSELF
TO READ
with the
Self Teaching Dictionary

THE U-CAN DICTIONARY THE PEOPLE'S BOOK



We have given you everyday words with their most commonly used meanings. We have broken down the words numerically and alphabetically from 1 letter words to 11 letter words.

In some of the definitions, we have used the word in a sentence to show the meaning as it was hard to break it down. In these sentences, the word is in CAPITAL letters.

There are words that sound the same but spelled differently. A few examples are: where-wear-ware; there-their; night-knight; to-two-to; here-hear

ABC RULES 123 TIPS FOR SUCCESS:

- 1. Learn the Alphabet
- 2. Learn the Sounds of the Alphabet
- 3. Know that every word has a vowel AEIOU
- 4. Now you can look up any word
- 5. You NEED to learn the 1,2,3 letter words
- 6. BEFORE you move on to the larger 4,5,6, etc. letter words

In the U-Can Dictionary, there are 7,247 words.

The words are broken down the way they can be seen and heard. Look for smaller words within the words.

All the words in the meanings can be found in this Dictionary, so if you don't know a word in the meaning, look it up....

U CAN teach yourself

U CAN do this on your time anywhere

U CAN play the "MEANINGS" game

U CAN play the "SPELLING" game

U CAN learn words by reading the meaning

U CAN learn to read one word a time

U CAN know where to start with the word board

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Publishing the U-CAN Dictionary

Inclusion Press is very pleased to be the publisher of the **U-CAN Dictionary** - which is much more than 'just another dictionary'. Since 1989, we have been publishing materials for individuals, families and systems to 'include everyone' as a full and participating citizen in society. One of the key 'disabling' issues in our society is illiteracy, which is why this book is important to us, to Canada, and the world.

Literacy is a critical issue in the world today. This includes countries like Canada where an estimated 40% of Canadian adults have significant reading difficulties. As a past President of Frontier College, I spent decades focusing on creating better options for literacy. A staggering array of resources and finances have been expended. Some progress has been made. But this is a complex challenge because it requires literally millions of unique individualized decisions and commitments, one by one, by people who are convinced they 'cannot learn' - to learn.

U-CAN is a unique and remarkable response to this simmering crisis that undermines the inherent gifts and capacities of so many citizens. It is a 'handbook' for non-readers and new readers that begins at the beginning - with one-letter words, then two-letter words, and then grows simply and elegantly into a carefully selected introductory English vocabulary. There is nothing like it. It is a significant contribution to literacy learning and learners everywhere.

It is unique because of its concept and because of its authors. I have known Justin Page for three decades, beginning when he was a young, illiterate ex-offender. Once he learned, his passion to teach was explosive, but

it always had a difference. He was a catalyst for school kids. He mobilized street kids, the unwanted, the 'unwashed', as students and teachers. He motivated them to acknowledge their own incredible skills and to teach each other. **Beat the Street** was born. Other programs followed. **The Order of Canada** and the **J. Roby Kidd Awards** acknowledged this remarkable contribution.

Justin's passion has never waned. Annmarie, his wife, added a new twist. Remarkably, her first favourite book was a dictionary. Thus this man of enormous creativity, and the dictionary lover, stirred together a new idea - a dictionary for new learners - designed by and for people who had serious reading difficulties.

The design team has been deep in wisdom, but not in 'formal certified' education. There are no PhDs, no MAs, no degrees from 'educational institutions'. Instead, 32 friends and citizens who have struggled, helped to shape this remarkable innovation by ensuring it was the 'people's dictionary'. They selected a few thousand words from hundreds of thousands. They debated 'definitions' that had to be short and simple - so a five-year-old could understand. In fact, Jack, their five-year-old was a key contributor of many definitions. And so was Michael, who lives with the label of autism, but needed things to be 'orderly' so he could find them and feel comfortable.

So this is no ordinary book. It is a significant contribution, an original idea, a unique approach to helping people to find themselves, to discover their own talents and thus to be full and contributing citizens.

This is a way for people to help themselves - and parents, siblings and friends to be coaches and supporters. It is truly a remarkable innovation, one word at a time.

Jack Pearpoint President Inclusion Press





My name is Annmarie Page. I am the co-author of this wonderful and unique U-CAN Dictionary.

The first books I remember getting were my little white Bible for my First Communion, and The Charlie Brown Dictionary. I read it daily, looking at all the wonderful words and their meanings. I would try to use them in sentences on my friends and family.

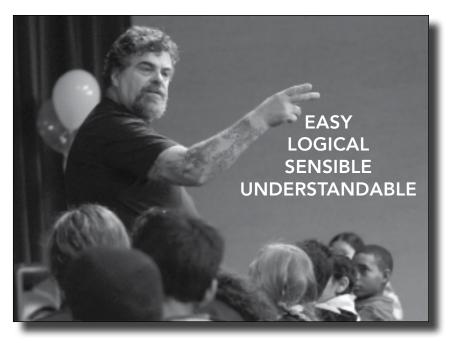
This U-CAN Dictionary came to be out of my husband's frustrating task of trying to read. He was going on about 1, 2, and 3 letter words. One day I turned to him, completely exhausted, and said, "What are you doing, writing a dictionary?" And he said, "that's it exactly - with your help."

With the help of many friends and family members we gathered some awesome knowledge, put this beautiful book together and gave it to Justin. Sounds easy, eh!!! Ha not so...

He looks through it and says "Can you make the definitions shorter?" Another 3 months or so, we finished shortening the definitions, brought it to Justin, terrified that he was going to make more changes. Thankfully we were finished...But wait!...He said he wanted it in French as well... So now we are working on a French Dictionary. Watch for it coming soon.



Annmarie Page



Re-printed with permission from The Hamilton Spectator

Justin Page, who did not learn to read and write until he was 33, tells students about the joy of literacy at the downtown branch of the Hamilton Library. Page has made it his mission to teach street people how to read.

(September 17, 2008)

Don't let difficulties reading and writing rob you of knowledge. You can visit your local library and listen to Audio Books for FREE.

USE YOUR U-CAN @ DICTIONARY TO LEARN

Learning is challenging, enjoyable and rewarding

Get caught reading yours today



It Began with a Question...

It all began with a question....."How many 2 letter words are there?" Which was followed by, "How many 3 letter words are there?" By the time we gathered all the words together, we had about 500,000 words. Then I had my volunteers go through the lists of words and highlight the most common. We kept only the root words and eliminated the plurals, and the action words (ing). You would be surprised at how many variations of one word there are...

So on we go... After about 7 months of chasing down our word lists and definitions (we began calling them our babies), we had collected lists from all the volunteers. Then my serious work began - compiling a list from everyone's lists, eliminating some words as I went. I ended up with a grand total of7,247 words.....WOW!

I would read the words and meanings out loud to help select the most common daily meanings. One day, while we were driving back from the cottage, my son Jack piped in with the meanings that only a 4-year-old can. "Dachshund" – weiner dog. Great – really, really good. Dylan gave me: "Drama" – unwanted problems... Even Michael, my Autistic son, helped to show the durability of the book by flicking the pages while eating a handful of ice cream no less.

I remember working on the word "MUG". I put "a large drinking cup". So I looked up the word "CUP" to check and it said "a drinking vessel". So I looked up "VESSEL", it said "a ship", hmmm. So I went back to "cup" and changed it to "used for drinking liquids" and left "VESSEL" as "a ship".

Annmarie Page



Justin's reflections...

There was a time when I couldn't read the writing on the wall, literally. Below is a quote from a poster, sponsored by Imperial Oil, which was made for my **Beat the Street** Program. These words express the power and passion that has driven me to combat illiteracy:

"Illiteracy is a heartbreaking waste that savages hope and makes a mockery of childhood dreams. And it's destroying the future of more young Canadians than most of us would believe. But, through programs like Beat the Street, kids who had once been 'hopeless cases' are learning to read and write at last, and long-closed doors are springing open.

At Imperial Oil Limited, we believe such programs make Canada a better place for all. If your company can lend its support to initiatives like this, please join in."

The Creator of the U-CAN DICTIONARY © REV. JUSTIN PAGE CM



Justin Page did not know how to read and write. When he walked through the doors of Frontier College, known for its excellence in teaching adults to read, he was 33 years old. Ironically, Dr. Norman Bethune, Justin's 5th cousin, also worked for the College almost a century before. While there, Justin met Dr. Marsha Forest, who taught him to read. He took his knowledge to the streets, and seeing a great need, he went back to Frontier College, and with the help of Jack Pearpoint, they put together a street literacy program. Beat the Street was born. Using street signs, menus and newspapers for materials, hookers, bag ladies, punk rockers and bikers were organized as both tutors and students. He adapted the program into two Native Literacy Programs in Winnipeg and Regina, with Metis and Aboriginal Canadians. Next, through Read Canada, he was creating literacy awareness for all.

For his achievements in the field of literacy and creating these programs, he was awarded Canada's highest honour, for lifetime achievement, "The Order of Canada". He has also been awarded The J. Roby Kidd Award for Excellence in Education, 125th Commemorative Medal, The Paul Harris Award (Rotarian International Medal, 1989), and just recently, The 2012 Queen Elizabeth II Diamond Jubilee Medal for his continuing contributions to fellow citizens and Country.

As an advocate for this cause, he continues to help those who fall through the cracks of the educational system. Today, in his 60s, his passion to find answers to unlock the world of words for everyone has motivated him to create this exceptional and unique dictionary.

For further information on seminars, please visit our Facebook page: * ucan.dictionary@facebook.com

- * u-candictionary@hotmail.ca
- * www.inclusion.com

"I can't change the world, BUT The U-CAN Dictionary can change your life. Thank God."

and now

Welcome

to the

U-CAN Dictionary

The Self Teaching Dictionary

Note: The U-CAN dictionary is intended to be a 'starter' dictionary. Thus, although many words have multiple meanings, we have created very simple and common definitions/uses, with the clear understanding that you will discover and know additional meanings over time.

A a

1 ONE

A 1st letter of the alphabet

2 TWO

Ab a stomach muscle

Ad information in a paper

Am I AM a painter
An it's AN apple
As easy AS abc

At he is AT the store

3 THREE

Aah to exclaim in delight

Ace card in a card game

Act way to behave

Add to increase

Aft at the rear of a boat

Age number of years in time
Ago before the time it is now

Ago before the time it is now Aha expression of realization

Aid to support or help

Ail not well

Aim to point something at

Air what we breathe

Ale like beer

All the whole of Alp high mountain

Amp unit of electric current

And eat AND drink
Ant a small insect
Any one or another
Ape large monkey

Apt skilled

Arc half a circle

Are the kids ARE playing

Arf dog's bark
Ark a large ship

Arm from shoulder to wrist

Art drawing

Ash greyish powder from a fire Ask question about something

Asp venomous snake

Ass donkey

Ate the kids ATE the cake

Awe wonder or deep respect

Awl a tool for making holes

Axe tool for cutting trees

Aye yes

4 FOUR

Able having the skill
Ache to be in pain



Acne pimples

Acid battery fluid

Acre a way of measuring land

Ahoy a sailor's expression
Aide assistant or helper

Airy delicate
Aiar partly open

Akin of the same kind
Ally join together

Also as well as

Alto low music range
Amid in the middle of
Anti acting against
Arch a curved structure

Arid not much rain

Army a large group of soldiers
Atom small particle element

amount of surface

Aunt relative

Auto car

Area

Away from this place

Axis what an object turns on Axle bar that connects 2 tires

5 FIVE

Abide to put up with a person
About was that ABOUT me

Above the sky is ABOVE

Abuse treat badly

Abyss deep hole in the earth

Acorn nut of an oak tree

Actor plays a part in movies

Acute sharp and severe

Adapt adjust to something

Adept being good at something

Admit confess

Adopt to raise and accept Adore to admire or love

Adorn add beauty to

Adult a fully grown person

Affix to attach

After it was AFTER you left

Again one time more

Agent acts on someone's behalf
Aglow bright with light or heat
Agree to have the same idea

Ahead in front of

Aisle space between two rows
Alarm sound to raise attention
Album a book to store pictures

Alder a tree

Alert a signal to warn

Algae water plants

Alias fake name

Alibi proof one was elsewhere

A a

Alien from Mars
Align put in a line

Alike similar
Alive having life

Alley narrow road or passage

Allot give out as a share
Allow to give permission
Aloft far above the ground
Alone not near or with others

Along beside

Aloof not warm or friendly

Aloud to be heard

Altar a religious table
Alter to make different

Amaze surprise

Amend to change for the better

Amiss not right or proper
Among in the middle of
Ample more than enough

Amuse to please

Angel a heavenly being

Anger a strong hurtful feeling
Angle corner, join of two lines

Angry mad

Ankle connects the foot
Annoy to bother or disturb

Aorta main artery of the body Apart away from one another

Apple to fill with horror
Apple red or green fruit
Apply put into practice

April 4th month of the year
Apron worn to protect clothes
Arena a space used for sports
Argue to have a disagreement

Arise to get up
Aroma a nice smell

Array an orderly arrangement
Arrow a stick with a sharp point
Arson purposely starting a fire

Aside on or to one side

Askew turned the wrong way
Aspen a kind of poplar tree
Asset valuable or useful
Atlas a book of maps

Atone to make up for a wrong

Attic below the roof of a house

Audio relating to sound

Avert to turn away

Avoid to keep away from

Awake to wake up

Award given for job well done
Aware knowing or realizing

Awful very bad

A a

6 SIX

Abduct to take away by force

Ablaze on fire

Aboard on board

Abrupt curt in manner

Absent not present Absorb to suck up

Absurd contrary to reason

Accent way of speaking

Accept to receive or admit
Access means of entering

Accord agreement of opinion

Accuse a crime or offense

Acquit to find not guilty

Across on the opposite side of

Action a fast-paced activity

Active to be busy

Actual in fact

Adjust to modify

Admire to regard with delight

Adrift floating at random

Adverb a word modifying a verb

Advice an opinion offered
Advise to offer an opinion
Affair business of any kind

Affect influence

Affirm to answer positively

Afford to be able or rich enough

Afloat out at sea

Afraid fear or apprehension Agency business of an agent a list of items to attend Agenda Aghast struck with amazement

Airbag safety device

Airway windpipe

Allude to refer indirectly Allure the power to attract

Almond a nut

Almost very close

relating to mountains Alpine

Amazon jungle

wait and attack **Ambush**

a quantity or volume Amount Anchor keeps a boat still

Angora very soft clothing material

Animal living thing

Anklet bracelet around ankle

Annual once every year

Answer a solution to a problem Anthem hymn of praise or loyalty

Antler horns

Anyhow at any rate

Anyone chosen without thought Appeal

request for a review



Appear to become visible
Arcade place to play games
Archer one who shoots a bow
Armful the amount arms hold

Armpit underarm

Around in a circular formation
Arouse to stimulate feelings

Arrear unpaid debt

Arrest stop, police stoppage

Arrive to reach a place

Artery vessel from the heart

Asleep in a state of sleep
Assail to attack violently
Assert to state positively

Assign give something as a task

Assist to help

Assume suppose, adopt an idea/cause

Asthma a respiratory disease
Asylum a place of protection
Atrium a hall lit from above

Attach to join to

Attack attempt to cause damage

Attend to be at an event Attire what one wears

August 8th month of the year
Author one who writes a book
Autism intellectually unique

$oldsymbol{\mathsf{A}}$ a The U-CAN $oldsymbol{\mathsf{o}}$ DICTIONARY

Avenge to take vengeance

Avenue a broad street

Awhile for a short time

7 SEVEN

Abandon to leave behind

Abdomen the belly

Ability power to perform

Abolish to do away with wholly
Absence withdrawn from a place
Absolve release or discharge

Abstain to not do

Abusive prone to ill treat

Academy a school of learning

Acclaim to shout approval

Account a record of transactions

Achieve to accomplish
Acquire to get something

Acrobat flexible person doing gymnastics

Acrylic synthetic fiber
Actress a female actor
Adamant firm in thought

Adapter used for different plugs

Address place of residence
Adjourn to end or suspend
Admiral a naval officer

Advance to bring forward

A a

Aerobic exercise

Against in contact with

Agility quickness of motion

Agitate to stir up

Agonize to wrestle over something

Ailment sickness

Airflow any flow of air

Airport where you catch a plane Alcohol an intoxicating beverage

Alfredo white pasta sauce

Algebra mathematics

Alimony an enforced allowance
Allergy sensitivity to substances

Already so soon

Amnesty a general pardon Amplify to make louder

Analyst someone who analyzes

Anarchy without formal order, confusion

Anatomy science of the body
Anchovy type of small fish

Ancient very old

Android robot with a human form

Anguish extreme pain

Another one more

Antacid tablet taken for heartburn

Anthill where ants live

Antique old

Anxiety stress and uneasiness

Anxious greatly concerned

Anybody any person
Anymore from now on
Anytime at any time

Apology said when sorry
Applaud to clap your hands
Approve to regard as good
Apricot an orange stone fruit

Armoire wardrobe

Armoury where weapons are kept

Arrange to put in order
Arrival the act of arriving

Article a story in a newspaper
Ashtray for collecting cigarette ash
Asphalt a black road substance
Aspirin tablet taken for headaches

Assault to hurt, to attack

Athlete person who plays sports

Attempt to try something
Attract to arouse interest

Auction public sale

Autopsy tells the cause of death

Average a middle number, normal

Avocado a green stone fruit

Awesome inspiring wonder

Awkward clumsy



8 EIGHT

Aardvark a mammal

Abnormal not conforming to rule

Absolute definite

Academic good at studying

Accident sudden, unexpected event

Accurate in exact truth

Acoustic the science of sounds

Activate to put into action
Activity something done

Additive an added substance

Adequate good enough

Adhesive something that sticks

Adorable very pleasing

Advisory able to give advice

Advocate a supporter of something

Airborne carried by the air

Airbrush a handheld paint sprayer
Aircraft any type of flying plane
Airfield where planes take off

Airplane large flying transportation

Alderman a member of council
Alienate cause to feel alone

Alkaline batteries

Allergic having an allergy

Alliance partnership

Allocate to set aside for a purpose

Alphabet abc's - "a" to "z"

Altitude a vertical distance

Aluminum type of metal

Ambition a desire to do well Amethyst purple gemstone

Amputate to remove something

Anaconda large snake

Ancestor who one is descended from

Announce to make known Anorexia eating disorder

Anteater animal that eat ants

Antelope like deer Antidote remedy

Apparent visible to the eye

Appendix a text added to a book

Appetite hunger

Applause people clapping hands

Appraise to set a value
Approach to come near

Approval an indication of agreement

Aquarium a tank for keeping fish

Armchair a chair with arms

Arrogant excessive pride in oneself

Artifact an object by humans

Assemble to put together
Assembly a group of people

Asteroid planet-like body

Astonish surprise

Attitude state of mind

Attorney lawyer

Audience people watching a show

Audition to perform for a part

Aversion fixed dislike

Aviation the art of flying

9 NINE

Absorbent absorbing liquids

Abundance an overflowing fullness

Accessory earrings, scarves, etc.

Accompany to go with

Addiction uncontrolable habit or practice

Admirable deserving highest esteem

Admission permission to enter Advantage favorable to success

Adventure new experience

Aesthetic concerned with beauty

Affection tender attachment
Affidavit a sworn statement

Affiliate group of associated things

Affluence wealth and power

Aftercare care during recovery

Afterlife life after death

Afternoon after lunch
Afterward to do later

Agreement an understanding

Airstream a flow of air

Alcoholic person addicted to alcohol
Alignment organizing in a straight line

Alleviate to make less severe

Alligator a large reptile
Allowance pocket money
Alongside next to, beside

Ambiguous vague and unclear

Amendment that which is added

Ampersand & (cool eh!)

Amphibian fish, frogs, lizards, etc.

Amusement done for fun

Anchorman host of the news

Animation move in motion pictures
Annulment invalidates a marriage
Anonymous whose name is withheld

Antarctic at the South Pole

Antiglare reduces glare

Antipasto starter for a meal

Apologize to say sorry

Appliance stove, fridge, etc.
Appraisal assess the value

Apprehend to take

Arbitrate to make a judgement
Architect who designs buildings

Arrogance self-assumption



Arrowhead pointed part of an arrow

Arrowroot a plant - often used in cookies

Arthritis swelling of the joints
Artichoke edible vegetable
Artillery large weapons

Asparagus long-stem vegetable
Assailant who attacks another

Associate a companion

Assurance full confidence or trust

Astrology study of stars

Astronaut one who goes into space

Astronomy the study of planets

Attendant who watches something

Authentic genuine

Authority power to enforce rules

Authorize to give permission

Autograph a person's own signature

Automatic acting out of habit Available readily obtainable

Avalanche massive snow slide on mountain

10 TEN

Abbreviate to make shorter

Accelerate to move faster

Accomplice a partner in crime

Accomplish to finish successfully

$oldsymbol{\mathsf{A}}$ a The U-CAN $^{\circ}$ DICTIONARY

Accountant works with numbers

Accumulate to collect

Administer to give

Admittance permission to enter

Adolescent teenager

Adrenaline intense excitement

Aftershave lotion used after shaving

Aftertaste a lingering flavour

Allegation not necessarily fact

Alteration making different

Ambassador an official representative

Ammunition stock of bullets and shells

Antagonize to work against

Antibiotic medicine

Anticipate to think ahead

Antifreeze prevents freezing

Antiseptic preventing infection

Apostrophe the text character (')

Appearance a thing seen

Applicator used to apply something

Appreciate to be thankful for

Apprentice a trainee

Arithmetic math

Artificial man-made



Assignment an assigned task

Assistance help

Assortment a collection of items

Atmosphere the air around the Earth

Attachment a strong bond

Auditorium a large meeting room, theatre

Automobile car

Automotive related to the car industry

11 ELEVEN

Aboveground above the surface

Abracadabra magic word

Accelerator gas pedal

Achievement a great or heroic deed

Acknowledge to recognize as truth

Acquisition something acquired

Acupuncture type of therapy

Aerodynamic reduces air drag

Affiliation knowing someone

Affirmative yes

Agriculture growing crops

Altercation dispute

Alternative a second possibility, option

Anniversary yearly special event

Application the thing applied

Appointment booking for a meeting

Appropriate suitable

Approximate nearly exact

Archaeology study of the past, artifacts

Architecture building design

Arrangement a deal, a plan

Association connection to something

Astrologist one who predicts based on stars