

GOOD NEWS SUNDAY FAIRFIELD

READ. LISTEN. SUBSCRIBE. SHARE.

www.goodnewssundayfairfield.com

goodnewssundayfairfield@gmail.com

[Good News Sunday Fairfield • A podcast on Anchor/Spotify](#)

62nd edition – March 13, 2022



GOOD NEWS PAGE 1

RESEARCH PAGE 2

BRAIN POWER PAGE 3

ANNOUNCEMENTS PAGE 4

This is our 62nd edition, bringing you good news, inspiring stories, and useful information.

March is women's history month. We are celebrating everyday women who are changing the world.

This week we are celebrating Oola Breen-Ryan, a 10 years-old Bridgeport resident who is changing the world by helping others.

When the Pandemic struck, Reading Treasury started. Oola loves reading and is the founder of Reading Treasury, a non-profit that gives boxes with books, book marks etc. to kids in need.

It all started when Oola's mom suggested that Oola gives some of the books she does not read anymore to her friends. After she gave some books away to her friends, she started to make boxes. The boxes would have books, book marks and a little special item. After some time, Oola's friends suggested that she gave the boxes to homeless shelters. Then Reading Treasury was born.

Oola was 9-years-old when she started Reading Treasury. She creates a theme for each box and hand make them. Everything in the box would go with the theme (including the special item) like Sunshine and Rainbow. In the box there would be diverse books so the kids could connect with the characters. Oola aims at kids in homeless shelters and has delivered hundreds of books that are age appropriate and talk about real life issues.

Oola says running a non-profit can be hard because she may be low on books, or it is hard to choose an item that goes with the theme, or it is hard to choose a level and a type of book for a random kid. Reading Treasury is small and Oola says she plans on keeping it small because she has so many other activities to handle. Oola's mission and vision is that all kids have something they can think about when in their situation. Books help them to think about other stories. To support Oola, go to [Reading Treasury – Spreading Love and Books](#)

Women's History Month

In research, we are covering less known women who have changed our history to celebrate what women have done for us.

Yi Soyeon

Yi Soyeon was born on June 2, 1978 in South Korea. She is South Korea's first woman astronaut. Yi grew up in a small farming town. Her grandmother's and mother's generation were not allowed to learn to read and write. Yi earned bachelor's and master's degree in mechanical engineering. Yi was working on a doctorate in biological science when she was one of the two finalists from the 36,000 applications to train in Russia to visit the ISS. On April 8, 2008 she blasted off from Baikonur Cosmodrome in Kazakhstan. She was a payload specialist and was on the ISS for 9 days. She escaped from a life threatening situation when her reentry didn't go right. To learn more there is a documentary called "Secret Space Escapes" with astronauts recalling their missions where they endured difficult situation.

Wangari Muta Maathai

Wangari was born in Nyeri, a rural part of Kenya, in 1940. In 1964 she got a degree in biological sciences from Mount St. Scholastica College in Kansas. Then in 1966 she got a Master of Science degree from the University of Pittsburgh. She pursued doctoral studies but then in 1971 got a Ph.D. of anatomy from the University of Nairobi. She also taught veterinary anatomy in the University of Nairobi. She has fought for human rights, democracy and environmental conservation. At one point she was the UN Messenger of Peace. She also founded the Green Belt Movement, was the director of the Kenya Red Cross, was the assistant minister of the environment for the republic of Kenya and a lot more. She sadly died in 2011 from cancer. She was a great person who accomplished a lot of things. To learn more about all she has done go to [Biography | The Green Belt Movement](#).

Shannon Walker

Shannon Walker was born June 4, 1965. She is married to Andy Thomas another astronaut. Shannon earned a Bachelor of Arts degree in Physics, a Master in Science and a Doctorate in Philosophy. She first worked at Johnson Space Center in the space shuttle team. She then worked on the Space Station. After that she worked with the Russian Space Agency. NASA then selected Shannon as a astronaut. She then worked as a link from the crew and the ground. After doing extra training she started doing spaceflights. She served as the mission specialist on NASA Crew 1. Shannon Walker is still working for NASA.

Quote of the week.

“Human rights are not things that are put on the table for people to enjoy. These are things you fight for and then you protect.”

- Wangari Muta Maathai

Name: _____

Created with TheTeachersCorner.net Word Search

Women's history month

Find the words!

G	S	Q	T	I	Q	M	M	X	A	W	R	E	J	X	V	Z	I	E	E
F	O	E	G	D	I	D	G	D	H	J	F	T	L	T	N	V	O	F	G
B	N	A	C	G	R	Q	B	H	N	U	U	O	D	R	W	R	D	J	L
T	Q	Y	M	Q	S	S	F	P	D	R	U	K	S	O	M	O	I	O	B
G	G	C	N	I	Q	P	W	D	E	V	E	U	G	R	T	G	Z	L	U
I	A	Q	Q	Y	I	C	Z	D	W	E	L	K	F	Y	V	U	R	C	D
B	L	W	D	N	N	Z	N	R	U	A	X	I	L	W	Z	Z	S	G	W
K	L	N	U	J	I	E	R	V	A	D	T	L	M	A	S	N	C	C	S
B	X	K	O	H	F	E	M	I	I	A	N	Z	A	N	W	G	S	C	S
D	K	Q	D	N	J	K	I	O	K	E	I	M	T	G	V	S	N	R	A
A	V	S	D	O	N	H	U	V	W	G	X	A	Q	A	U	S	X	A	B
W	Q	R	F	Y	N	A	I	D	R	G	E	M	A	R	Z	F	G	M	Y
F	E	E	Q	H	A	O	H	L	O	N	C	R	O	I	N	E	A	A	I
X	Q	Q	C	W	S	I	S	S	S	F	S	M	N	V	U	S	O	R	U
R	X	U	E	T	A	R	O	T	C	O	D	U	G	K	G	D	P	W	O
V	O	D	F	H	Z	V	L	N	C	T	Y	T	N	K	R	K	W	G	C
V	K	B	T	W	P	E	K	L	K	B	S	E	M	T	D	G	Z	X	B
C	D	A	J	K	T	Y	V	X	T	O	N	E	N	I	Y	T	Z	Z	L
R	A	C	Q	H	C	E	P	Y	N	O	Y	Y	K	S	I	R	C	C	P
M	S	H	Z	J	K	Q	W	C	G	I	G	M	R	N	Q	L	S	D	V

SHANNON
WALKER
NASA
WOMEN

WANGARI
YI
PHD

MAATHAI
SOYEN
DOCTORATE

Announcements

The Main library is hosting an in-person finances program called Free Tax Prep & Filing. This program is every Tuesday for adults. Adults can come in any time from 9:30am to 4:00pm to get help on taxes. To learn more, go to [In Person: Free Tax Prep & Filing Every Tuesday | Fairfield Public Library \(librarymarket.com\)](#).

The Main library is hosting an in-person meditation for adults. This will be happening March 14 6:30pm-7:30pm. Registration ends March 14 6:30pm. Register now before seats runs out. To learn more, go to [IN PERSON: Love and Kindness Meditation | Fairfield Public Library \(librarymarket.com\)](#).

Today is daylight savings, today people move their clocks forward one hour. Daylight savings time happens on the second Sunday of March and first Sunday of November. Daylight savings is about conserving energy by giving more sunlight during waking hours through moving the clocks forward or backward. After using DST in World War 2 DST became official in the US.



Way back in 1973, Bob Marley wrote and performed Get up, Stand up. Today the message is more applicable than ever, but for a different reason. Although our bodies are biologically engineered to move, we are continually mandated to sit.

We are taught about sitting as early as grades K, when **sitting still** is rewarded. Many of us **learned to sit** before we learned our ABC's. Most Americans **sit more than 9.5 hours a day**.

Want to learn how to easily fit fitness into your current life? **Summer is coming- be ready!** Find-out more at [FitTraining.net](#) or contact me at Linda@FitTraining.net

Would your business benefit from reaching lots of people in Fairfield?

If so, place an ad in our newsletter. For a small amount you can get lots of exposure to the Fairfield community and help us to continue bringing you good news. If you are interested, please email goodnewssundayfairfield@gmail.com.

ABOUT US

We hope you enjoyed this newsletter. Prepared by Sofia (10) and Luke (12). To subscribe, email us at goodnewssundayfairfield@gmail.com. Follow us: @GoodNewsSundayFairfield, visit our website at www.goodnewssundayfairfield.com and listen to our podcast on Spotify, Apple, or wherever else you get your Podcast [Good News Sunday Fairfield • A podcast on Anchor](#)

Read, listen, follow and share – Good News Sunday Fairfield.

Have a great Sunday!