

JULY 2024

WISH UPON A STAR

**SHORT STORY
AND POEMS**

**SCIENCE
OF NATURE**

**COOL PULL-OUT
NATURE POSTER!**

**MEET ASE NATH
MC EWEN**

PUZZLES

Table of Contents

- 3 EDITORIAL**
- 4 EXECUTIVE TEAM**
- 5 PHOTOGRAPHY, BUTTERFLIES,
AND GREEN SPACES**
Dr Margaret Chin Sue Min
- 7 QUEEN BEE MAZE**
Suriya Ramnarine
- 8 CLIMATE CHANGE**
Randy Ramadhar Singh
- 10 NATURE: SECRETS OF THE FOREST**
Asad Ali
- 12 A STORY OF OVERCOMING
DIFFICULTIES**
Asenath Mc Ewen
- 14 PULLOUT POSTER**
- 16 THERE'S MORE TO NATURE THAN
MEETS THE EYE**
Dr. William P. Schonberg
- 18 COLOURING PAGE**
Suriya Ramnarine
- 19 WILD WORDS PUZZLE**
Chelsea Basdeo
- 20 A COLLECTION OF POEMS ABOUT
NATURE**
- 22 NATURE ART**
Sian Ramdass
- 24 WHAT A WONDERFUL WORLD
CROSSWORD**
Suriya Ramnarine
- 25 WISH UPON A STAR!**
Prof. Shirin Haque
- 26 W.I.S.H FOUNDATION ACTIVITIES**

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About the cover: Dr. Dingolay is never happier than foraging in nature and exploring. She takes us on a journey into all aspects of nature in this issue, apart from puzzles, poems and a story. The joy of exploring your own yard with Dr. Chin Sue Min, and the night sky with Prof. Haque and even what's up in space with Prof. Schonberg. What a fun issue chocked full of fun and learning!

Editorial

DEAR READERS,

A new issue of “WISH Upon a star” invariably becomes a time for reflection for the WISH Foundation. This is our fourth issue and our fourth year in existence. It shows the passage of time, where we have come from – our humble dreams of wanting to help children who did not have the start in life many of us have. It was recognising how important those early formative years are as they chart the rest of our lives in many ways. The debate of “Nurture versus nature” is quite resolved as today we know it is both. While we are genetically born with predispositions and skills, our brains also develop from the experiences and the influence, we all have – particularly, in our childhood. An unpublished study of mine shows that many people who went onto fulfilling and meaningful careers had an exposure in their childhood to things that nudged them in that direction.

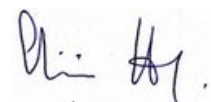
This past year has once again been a most interesting year bringing novel efforts once again to the forefront. At long last, the park renovation at the Swaha Vishok Bhavan Children’s Home was completed last year (reported in the last issue). We had another exciting project to work on with the children in the homes this past cycle for Science month. Having received a grant for binoculars for the children’s homes from the Women and Girls Astronomy Program (WGAP), we did Astronomy presentations at the homes and donated binoculars, books, posters, planispheres and sundials for the children. The squeal of joy at looking at the moon with the binoculars was priceless. Binoculars were chosen due to their ease of use in enjoying the skies and being enthralled with Astronomy. The generosity at Christmas was just pure magic once again this year! Celebration of women and girls in STEM in February was

observed by sending packages of science books on women, and stationery supplies to the homes. During March and April, our efforts go into the food and toiletries drive. I never cease to be amazed by how the efforts of a few have such a multiplier effect. By the time distribution comes around, it is heartwarming and inspiring to see how much the collection drive has exceeded our expectations and as happened last year, we are able to distribute to many more than just the homes we support. July of course is magazine and books month when this issue is distributed to each child.

The theme of this issue is simply “Nature”, so we hope you enjoy the articles from specialists, the puzzles and art and story – all contributed by volunteers. It would be remiss of me to not mention a very special contribution in this issue. Make sure and read the poems on nature in this issue – they are by none other than some of the residents in the children’s homes. We certainly hope it brings as much joy to you as it did to us! There is a magic in the air when things are done out of pure love and I would like to end with a quote which brings home the essence of all we do with your help in keeping with the theme of “nature”:

**Love should be a tree
whose roots are deep
in the earth, but whose
branches extend into heaven.
– Bertrand Russell**





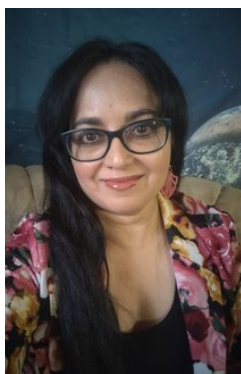
Dr. Shirin Haque

Editor, CEO/Founder – W.I.S.H. Foundation

Meet the team

Truth be told, the team that makes WISH foundation's dreams all come true are our well-wishers and supporters - without whom nothing would be possible. We are a registered charity and run by the members below. In keeping with the theme of this issue, we asked the executive team:

What about nature fascinates you?



CEO/Founder
Prof. Shirin Haque
(Astronomer)

Wildflowers. I just love wildflowers – the way they add this unexpected beauty and colour in wilderness. There is a magic to them.

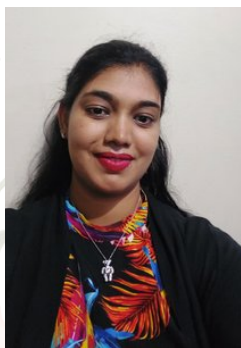
It's as if they exist for their own purpose symbiotically with their environment. I guess somewhere there is a lesson in there for me.



Treasurer
Mr. Deva Sharma
(Architect)

What fascinates me about nature is the peace of mind and calmness it provides. Nature has been an inspiration for many architects and certainly this one. Nature has also

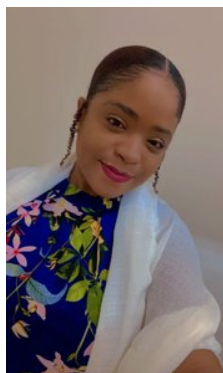
influenced the development of several architectural design theories in countries and societies all over the world.



P.R.O.
Ms. Bhanumattee
Ramdhanie
(Analytical Chemist)

The scientific studying of nature, with the different points of view and different aspects of nature is fascinating but

what fascinates me the most is the ability nature has to ground a person. At my most difficult points, I've always found peace in nature, specifically in water. Natural water sources, mainly beaches, serve to ground and re-energise me, leaving me revitalised and ready to face the challenges of life.



Secretary
Ms. Darnelle Hamilton
(Science Teacher)

Although complex and somewhat incomparable to anything, the ability of nature to heal itself is nothing short of amazing. Nature is able to replenish, restore and

rejuvenate itself with the capabilities to return to its instinctive features of a healthy habitat. Whether it is through passive restoration after natural disasters or new sprouts pushing through cracks of concrete; nature finds a way. It gives a sense of persistence and perseverance. If left alone, nature will thrive in abundance with its fauna and floral beauty.

PHOTOGRAPHY, BUTTERFLIES, AND GREEN SPACES

My Foray Into Rearing Butterflies And Moths As A Pasttime

I've been fascinated by little creepy crawlies, from their shapes, sizes, colours and variety for many decades. I've also enjoyed capturing moments first on film and now digitally, so combining both was a natural progression.

We are all curious by nature. How do things work, why does it do that and what makes it happen? These are the common questions we can ask about anything. So where did the butterfly and moth come from? I learned about insect life cycles and so the adventure began.

I didn't have to go far. Right in my backyard garden amongst the flowering plants and fruit trees and vegetables, lay a field of new lives waiting to be discovered. All it took was planning, materials, a handy notebook and pen and lots of exploring and patience.

Here I will highlight the tigerwing butterfly, *Mechanitis polymnia*. These butterflies belong to the family of butterflies called Nymphalidae and the caterpillars

feed off the Solanaceae family of plants commonly known as night-shades.

(Figure 1)

These night-shade plants were happily seeded via birds visiting the fruit trees in the garden. Each day I would go out to admire the flowers and to photograph them when I noticed some of the leaves had been eaten. At first I thought it was the bachacs or even the small grasshoppers I usually see out back. Imagine my surprise when I



fig 1- flowers of
nightshade



gently flipped over one of the leaves and saw caterpillars!! (Figure 2)

fig 2-
Caterpillars!

Yes! I had my insect observations at last. But, how do I raise them to adults without accidentally killing them? I didn't want to try uprooting and re potting the plant in case the plant died. So I decided to figure out a way to protect the caterpillars (larvae) from predators, keep their food source alive and be able to check on them daily. Ahhh, I could try netting off the plant.

So with some fine net materials and some ribbon, I was able to enclose that part of the plant and keep the larvae accessible and safe. Photographs were taken every other day as the caterpillars fed and grew, changing colour (Figure 3) as they matured; until finally they entered pupation (Figure 4) where they would transform into the adults after a week. (Figure 5)

With each stage the excitement and anticipation grew within me as I monitored and kept records of the

life cycle. This is why I provide green spaces too and I keep them fairly 'wild' to provide food and growing areas for all the bugs who are happy to cross my path. Throughout the years it is fascinating to see all the varieties, colours and shapes of bugs, beetles, and insects to photograph and share and help contribute to the biodiversity knowledge in my little piece of green wilderness.



Fig 3 -
Growing up



Fig 4 -
Pupation



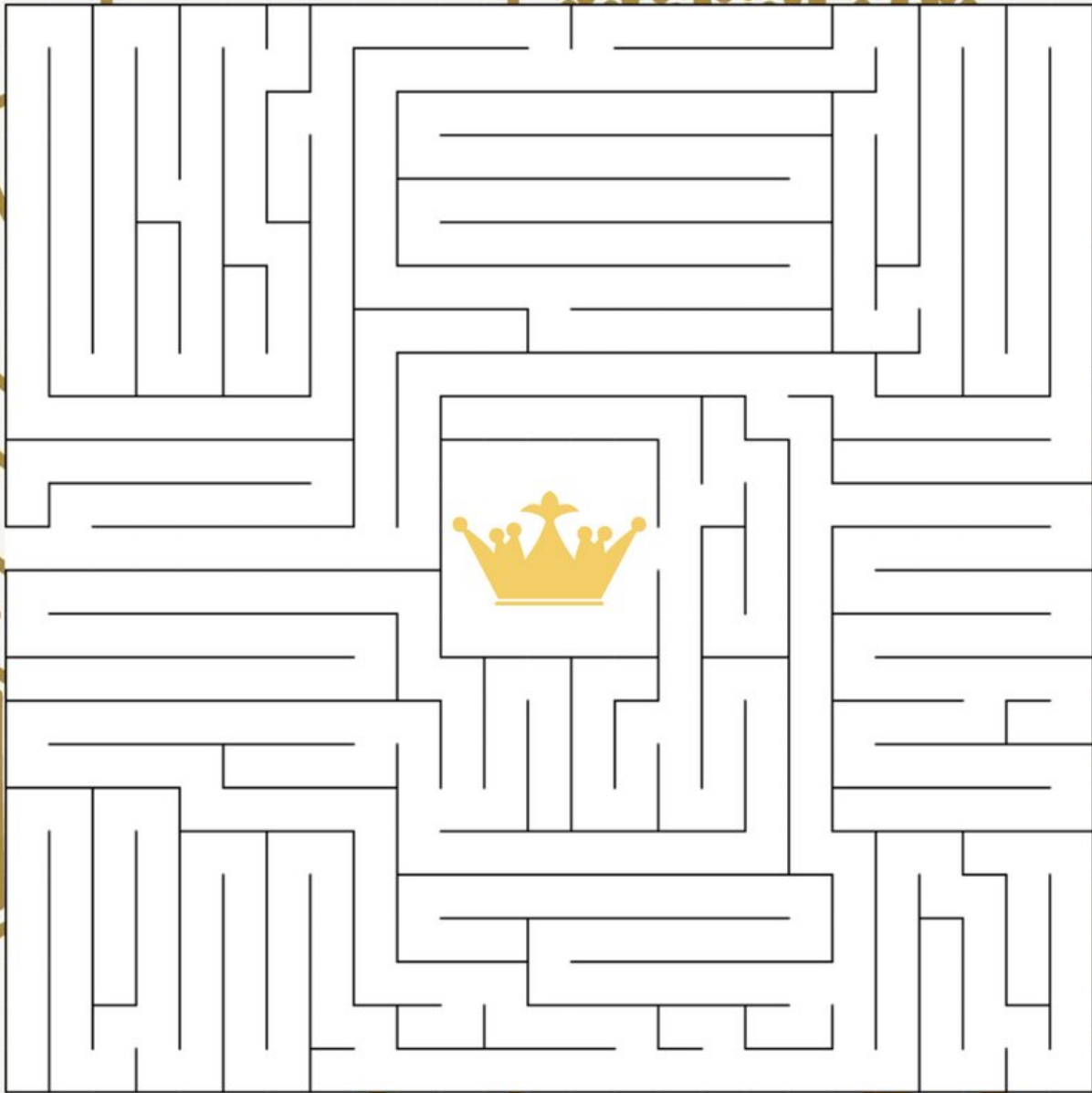
Fig 5 -
Adult Butterflies



Author: Dr. Margaret Chin Sue Min is a UK trained veterinarian, operating a first opinion practice in Trinidad. She enjoys helping the public and their pets have a long, healthy relationship together. Apart from keeping up to date with the latest medical and nutritional information to help her clients, she enjoys reading on a vast range of topics, spends much time outside exploring and searching for plant and animal models and rears the occasional moth, butterfly and ladybug.

HELP QUEEN BEE FIND HER WAY BACK TO THE THRONE

START



CLIMATE CHANGE

A Brief Overview

What Is Climate Change?

Climate change is all about the long-term shifts in Earth's climate conditions. These changes have a significant impact on the atmosphere, temperature, and weather patterns. While some shifts occur naturally, human activities play a significant role in the current crisis.



Impacts of Climate Change

The Earth's average temperature is on the rise, primarily due to the increase in greenhouse gases. This results in an increased occurrence of heatwaves, which have a significant impact on both human health and agriculture.

Changing Weather Patterns: Monsoons, storms, and rainfall patterns are undergoing alterations. Different regions may encounter droughts or intense floods.

Sea level rise: Melting glaciers and ice sheets contribute to the gradual increase in sea levels. Coastal areas may face the challenge of flooding and animals such as polar bears lose some of their natural habitat!

Ecological Imbalance: Climate change brings about disruptions in ecosystems, affecting various plant and animal species. It is even possible that some plant and animal species could become extinct if they cannot cope with the increased temperatures and disruptive weather conditions.

Factors contributing to Climate Change

The burning of fossil fuels (like coal, oil, and natural gas) releases greenhouse gases (GHGs) into the atmosphere, contributing to environmental impact. These gases help to retain heat, resulting in a planet that is warmer. Carbon dioxide (CO₂) is the main factor responsible.

Deforestation: Cutting down forests diminishes the planet's capacity to absorb CO₂. Trees play a crucial role in mitigating climate change by acting as natural carbon sinks. Therefore, the loss of trees has a detrimental impact on the environment.

Environmental challenges such as water and soil pollution, as well as the issue of plastic waste, have a significant impact on ecosystems and can contribute to climate shifts.

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What can we do?

Minimise Emissions: Embrace energy efficient appliances, opt for walking, cycling, or public transport, and show your support for clean energy sources.

Planting trees and protecting existing forests can help absorb CO₂ and contribute to a greener future.

Let's focus on reducing plastic use and recycling to minimize pollution in waste management.

Spread the word: Spread awareness about climate change and encourage the adoption of sustainable practices.

Ultimately, climate change necessitates immediate action. Let us come together as informed and responsible global citizens to protect our planet for future generations. We each have the potential to do our bit to help save our planet.

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EVERY LITTLE ACTION COUNTS! WE CAN DO THIS! TOGETHER.

I AGREE



Author: Mr. Randy Ramadhar Singh is a researcher and part time lecturer at the UWI at St. Augustine whose PhD studies involve renewable energy, climate change and energy transitions. He lectures a range of courses on climate change and the environment.



TAKE A PLEDGE TO FIGHT CLIMATE CHANGE!



I _____ (your name) solemnly pledge to reduce my contribution to climate change by doing these 3 actions as much as possible:

Write three actions in the box that you plan to do to reduce your impact on climate change. For example, "I will not litter" or "I will turn off the lights when I'm not using them."



CONFIRM PLEDGE



NATURE SECRETS OF THE FORESTS

My thighs ached and burned as I carefully climbed the tree, its bark rough beneath my fingers and with the burning sensation in my legs, I was sure there were wood splinters lodged into my skin. But I didn't mind because when the thick branches parted at the canopy, the blue sky looked down at me with a welcoming smile.

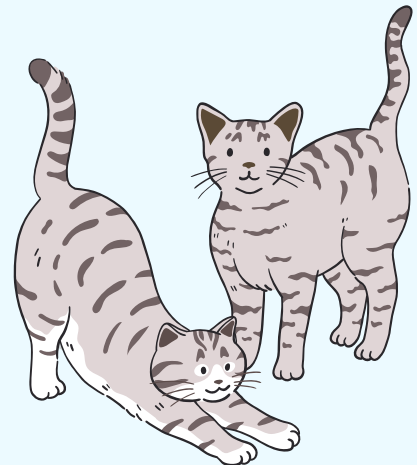
White fluffy clouds hung loose, some thin and wisping away with the gentle blowing wind, bringing with it a coolness from the waterfall nearby. I could hear the constant whooshing sound as the falling water continuously collided with the rocky stream. I am tempted to abandon my bird-watching to just sit on one of nearby rocks and feel the water droplets splash lightly against my skin, inhaling the clean and invigorated pure air.

For a moment, I could hear my mother's warning echo in my head, "Don't go into the forest, my child. There are strange animals in there and that strange man." I would always enquire about this mysterious man but my mother always brushed it off and simply said, "Children always disappear in that forest and are never found." But I'm not a child anymore. I was turning fourteen in two months. I've been inside this forest many times on my way home from school but I've never encountered any mysterious individuals.

The hint of a smoky aroma filled my nostrils - faint at first then evident that something was burning. Somewhere beneath the canopy in the distance, thick, black smoke was already beginning to poof into the air. I swiftly climbed down the tree and rushed toward the source of smoke. Ashes fluttered all around, sending me into a fit of coughs as I inched closer to the clearing.

A dry patch of nearby bushes was engulfed in flames and was spreading fast to the nearby trees. Birds squawked in the air and squirrels skittered toward distant trees. My heart ached at the destruction.

Among the crackling of dried grass, a soft-pitched cry. Flames encircled the roots of a tree and at the top of the highest root, a kitten pressed itself against the bark. The flames were low enough and without a thought, I plunged through the growing flames and with swift precision, I grabbed the kitten and jumped through the other side, rolling on the ground, trying to douse any flames that might have caught on my clothes. Luckily, the kitten was safe and without any burnt marks.



I tucked him safely into my open backpack and grabbed a discarded bowl that was hopefully forgotten by someone passing through but I knew better - people littered these places all the time because they would never get caught. I filled it with water from the stream and doused the flames.

I sat along the rocky stream and fed the kitten some tuna. Though the water splashed against my skin, I couldn't shift my focus from the kitten who ate quietly and refused to leave my embrace. Once the fire had no way of restarting, I made my way to the edge of the forest, toward civilization.

Hidden within the darkness, a tall silhouette of a man with a deep voice said, "Nature always finds a way to survive yet you risked your life to save our kind. I am eternally thankful."

My heart hammered in my chest. I turned around for a second, looking at the way out and when a sense of ease flowed through me, I looked back into the shadows but the man was gone.

Without a doubt, he was the mysterious man of the forest and he cared for nature just as much as I did. Maybe our paths would cross again as I walk among the wondrous natural world.



Asad Ali holds a B.Sc in Environmental & Natural Resources Management. If he is not daydreaming and writing about all the stories that occupy his mind and heart, you can find him between the pages of other books or taking care of the plants around his home. He is currently in the process of writing his first trilogy which he hopes to release soon!

Asenath Mc Ewen

A STORY OF OVERCOMING DIFFICULTIES

Asenath Mc Ewen is a dedicated self-advocate with over a decade of unwavering commitment to improving the lives of persons with disabilities. Born with Retinitis Pigmentosa, a degenerative eye condition affecting her retina which led to legal blindness by the tender age of 12. Asenath embarked on a remarkable journey of empowerment and transformation that led to an educational journey that saw her attain a Bachelors of Business administration in Marketing and pursuing a Master's in Business Development and Innovation from Arthur Lok Jack Graduate School of Business. In 2015, Asenath was a pivotal member of a team that earned the esteemed Luminatio Award from the Ministry of Planning and Sustainable Development. Their commendable efforts culminated in the execution of the "Blind Way Forward" project, a groundbreaking initiative aimed at educating individuals with visual impairments and their families about available technologies and support networks.

We are delighted to chat with Asenath!



Tell us about your childhood

I was born with Retinitis Pigmentosa, a degenerative eye condition, yet this visual impairment did not hinder me from enjoying a vivid and eventful childhood. I enthusiastically engaged in various activities, such as playing moral and hopscotch, riding my bike, climbing mango trees, and playing pitch. My favorite childhood games were playing with the hula hoop and skipping. I could have moved the hula hoop from one finger to my neck, then to my waist, down to my ankle, and back up to my finger where I started, all without stopping.

How did you find the motivation to achieve so much with the challenges with vision?

Self-motivation was the key to achieving my dreams

At the age of thirteen, my vision began to deteriorate. Initially, I felt resigned to a life of inactivity, but soon I envisioned myself in formal wear, working in an office environment. Remarkably, I brought this vision to life and worked in an office for over 15 years. Essentially, I am self-motivated and do not allow

my visual impairment to be an obstacle. I believe there is always another way to do things if someone is unable to see. Growing up in an inclusive environment is crucial for children with disabilities. Seeing other children achieve their goals motivates the child with a disability to achieve their own.

What have been some of your biggest challenges and joys?

Throughout my journey from secondary school to adulthood, I've continually faced the daunting task of dismantling the attitudinal barriers that people without disabilities often harbor. These negative perceptions, pervasive within society, form the root cause of numerous challenges encountered by individuals with disabilities, myself included. However, amidst these struggles, there have been shining moments of connection—instances where individuals like my dear friend Ezekiel have transcended my visual impairment, recognizing me for who I am beyond it. Ezekiel's unwavering acceptance sets an inspiring example, and I'm fortunate to have many others like him in my life, individuals who treat me as a person first, fostering enriching experiences filled with laughter and camaraderie.

What would you like to see changed in Trinidad and Tobago?

My greatest desire is to see a shift in society's mindset towards people with disabilities. When those without disabilities change their attitudes, it

will lead to more accessible systems, employment opportunities, and infrastructure for everyone.

Share a favourite quote with us

I don't have a favorite quote, but I do have a favorite entrepreneur: Steve Jobs. He set an example for the world to follow. Every device created by Apple is accessible to people with visual impairments. For this, I say cheers to Steve Jobs.

What is your message to children reading this?

Children and adults with disabilities are individuals just like you, with their own likes and dislikes. Don't be afraid to play with a child who has a disability; by doing so, you're helping them develop and grow. Disability is a part of life and can happen to anyone. Treat others as you would like to be treated.

Would you like to share anything else with us?

One of my greatest childhood memories is how my friends never realized I had a visual impairment. It never stopped me from participating in various games and sports, so they treated me just like any other child. This highlights that the real barrier for people with disabilities is often just a mindset. Now, when I meet my primary school friends, they are surprised to see me with a white cane. I sometimes explain to them that I've always had my visual impairment, however it deteriorated over time.



Photo by Shirin Haque



**Be like a peacock
and dance with
all of your beauty.**

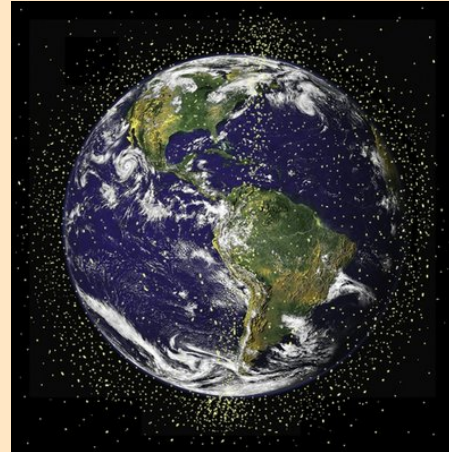
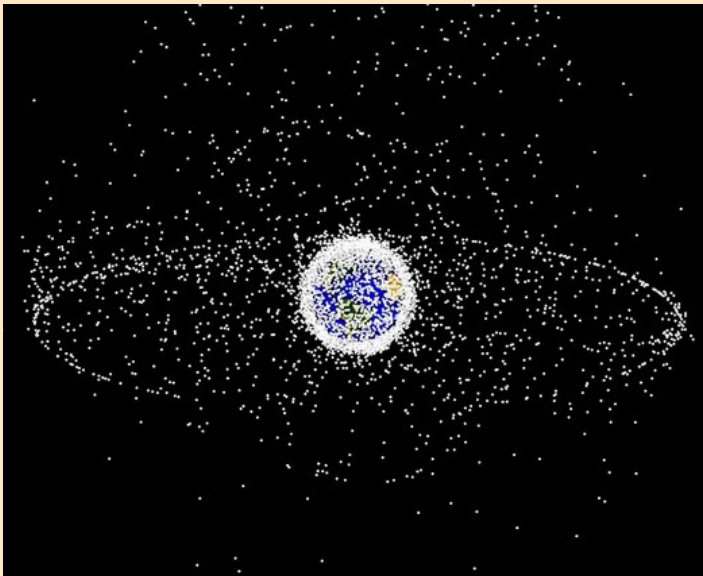
-Debasish Mridha

THERE'S MORE TO NATURE THAN MEETS THE EYE

People rely on nature for many things. Nature provides the food we need to stay alive, and what we need to build houses and make clothes to stay warm. We even rely on nature to power the cars that take us to our jobs, and even the rockets that have been taking us to the Moon (and hopefully someday to Mars and beyond!).

But sometimes nature plays tricks on us – sometimes it rains too much, and sometimes not enough. Sometimes it sends winds like tornados and hurricanes that blow down the very houses it helped us build just a few years ago. Sometimes there are crazy fires that spread very quickly, and sometimes there are floods and tsunamis that put water where it really doesn't belong.

While we cannot completely control nature, we can certainly try to understand it better, so that we can better predict what it might do next. If we can do that, then we can maybe move people out of harm's way, say, if we know that there is a flood about to happen, or if a hurricane might be headed our way.



**SPACE DEBRIS AROUND
EARTH (NASA)**

To learn more about nature, we often send satellites into outer space, to look down on earth, and study what is happening, and possibly help us figure out how to predict what nature has in store for us next. The only problem is, we've been sending satellites into space for the past 65 years or so, and it's getting pretty crowded up there!

Like when there are too many cars on the road on Earth, accidents will also happen in space – satellites will crash into each other if there are too many of them all trying to get to the same place at the same time! But unlike here on Earth, the bits and pieces that remain after a "space crash" will remain up there for many, many, many years – and could hit other satellites that innocently cross their path.

Right now, there's more than a million pieces of what we call "space junk" or "space debris" (or "orbital debris", if you want to sound real smart!) up in Earth orbit, so you have to be really careful not to run into any of it if you plan on sending your own satellite up there. And because these space crashes can happen at speeds as high as 35,000 mph (yep, 3 zeros is correct ...), if your satellite gets hit by a piece of space junk, that would be a bad day for your satellite.

Engineers and scientists from NASA and all over the world work really hard to study what happens when a crash happens in space. Like car makers here on Earth, these scientists and engineers are also creating new materials that are strong enough to protect satellites if they are involved in a crash. This will help people who need the information satellites give us stay healthy, know when to plant their crops, and know when to run for cover.

As we work really hard to study nature here on Earth and to learn how to enjoy all the benefits she offers us, we have to remember that "nature" extends to outer space, too. And just like we are all responsible for keeping our planet clean, safe, and healthy, we all also have to make sure that space remains clean and free from trash so that everyone can enjoy and benefit from everything it has to offer!

Author: Dr. William P. Schonberg is a Professor in the Civil, Architectural, and Environmental Engineering Department at Missouri S&T in the United States. He received his bachelor's degree from Princeton University, and his MS and PhD degrees from Northwestern University. A significant part of Dr. Schonberg's scholarly activities is dedicated to improving the safety of our astronauts as they work in space to improve our lives here on earth.



COLOUR ME IN!



Wild Words



Use the code below to decipher the names of different species of monkeys!

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

Example

U J U E E E

B A B O O N

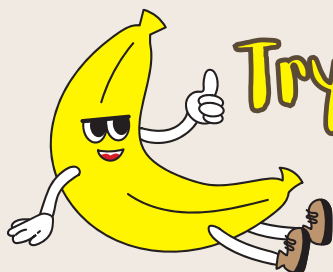
U J U E E E

L N U U U U U U U U

N E U U U U

L J U < L N U U

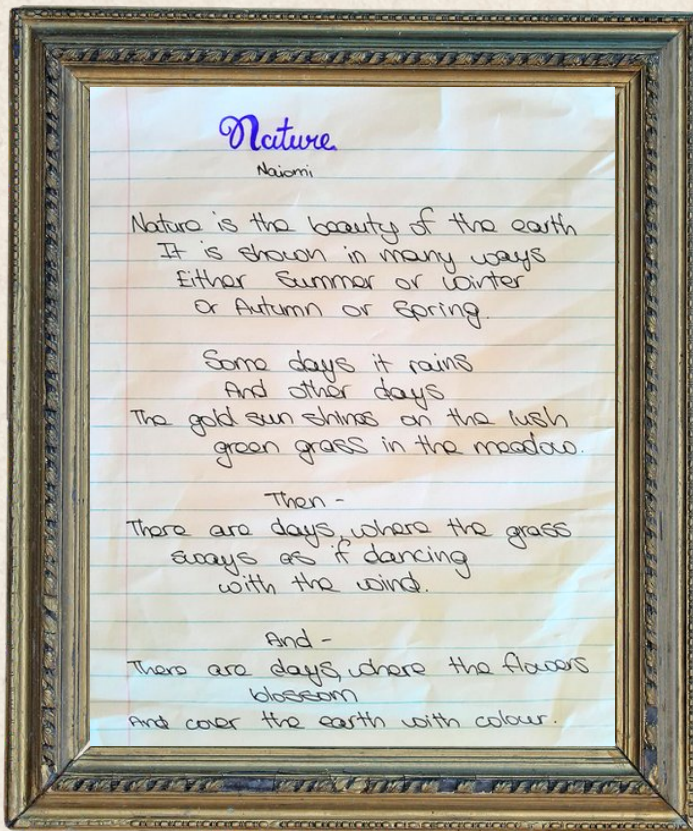
E U J U U < > J U



Try it in reverse!

Practice by writing this sentence in the cipher:

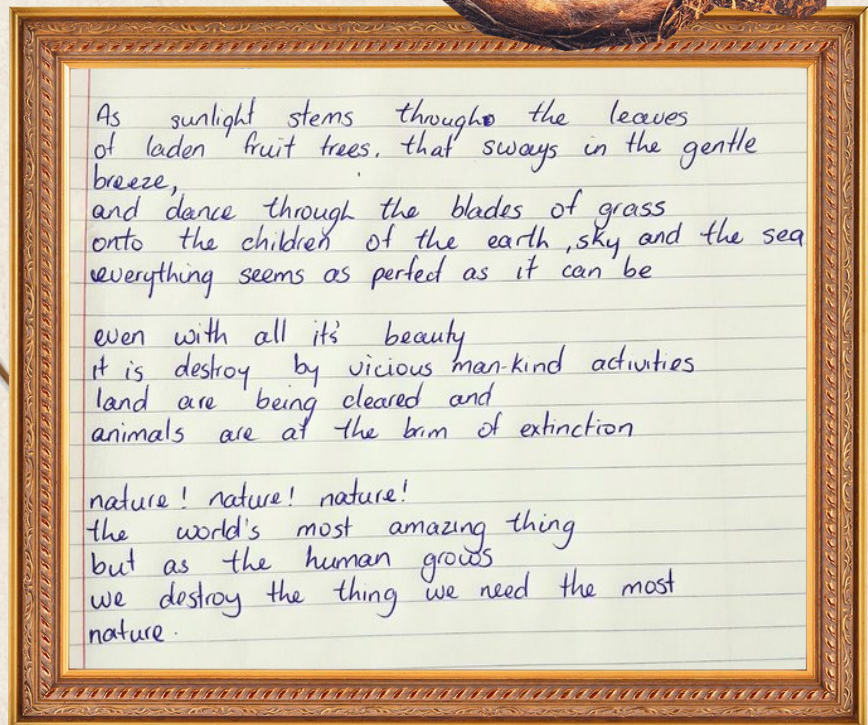
THERE ARE OVER THREE HUNDRED SPECIES OF MONKEYS IN THE WORLD!



A poem by Naomi



A collection of poems about **NATURE**



A poem by Hope



Precious

NATURE

Oh nature, oh nature
your beauty brings peace to my mind
your radiant colours and lustful sounds fills my heart
the touch of your waters and soils with my feet
rejuvenates my soul into a peaceful state
How, oh nature would I survive without you

Oh nature, oh nature
you gave me the sun and the moon which radiates
light
from the trees you gave me food to satisfy my hunger
you gave us each a purpose, when you gave us life
the trees, the insects, the sun,
even the waters are essential in everyone's lives

Oh nature, oh nature
for that I shall respect you in everyway I can
I shall not pollute your waters, or degrade your land
for our actions have consequences,
the degradation of your creation, would be detrimental to
our lives

Oh nature, oh nature
how would I survive without you
you bring peace to my heart and love to my soul
you are the creator of creation
mother of the world
'mother nature' we call you
because you bring peace to us all.



A poem by Precious

NATURE ART

The Nature Connection

*Mixed media - natural materials and watercolor
2nd place prize at UWI 75th Anniversary Staff Art Competition*

This mixed media piece embellishes upon the raw elemental forms of Nature. Water, Earth, Fire, and Air are represented here, through the use of specific materials and their methods of preparation. Humanity can be paralleled to all aspects of Nature. She is deeply woven into our collective experience. The differently shaped leaves, flowers, twigs, and stones show that we must embrace our unique nature as absolute beauty. The leaf skeleton is a reminder to bare our souls to the World, free and boundless, expressed in its highest form.



From the Universe, With Love

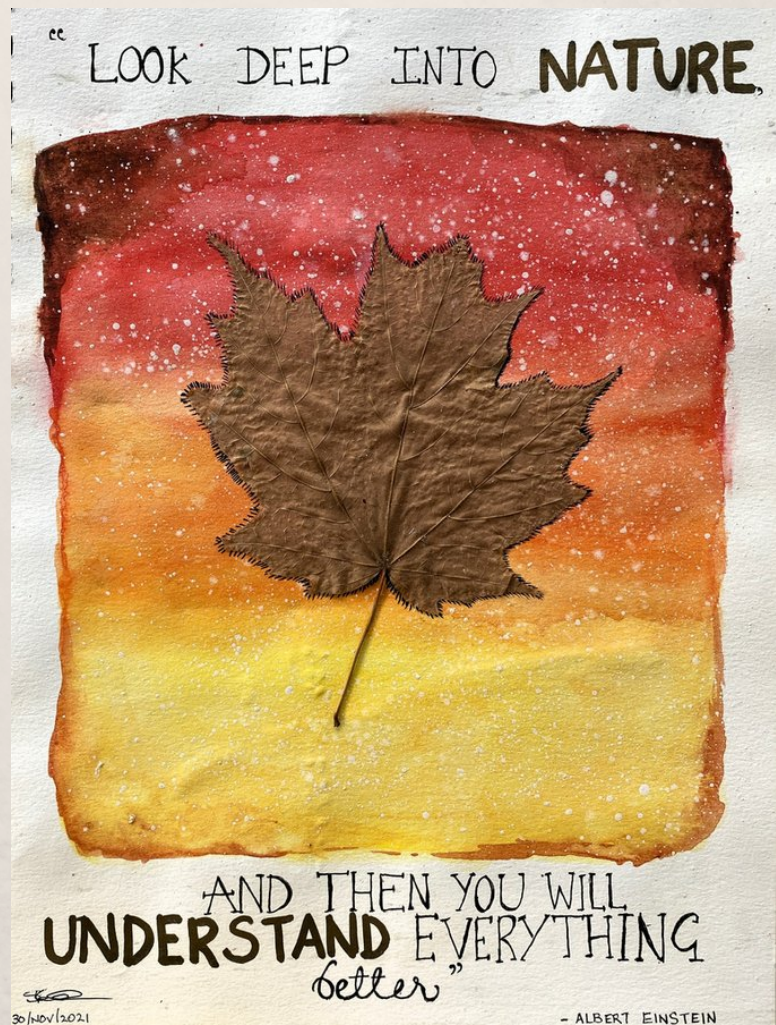
*Mixed media - watercolor, ink,
colored pencils, and natural materials*

Out of love, everything is created. From love, came the Earth that we have, and this divine force of The Universe flows through all life forms. This love exists in our hearts and connects us all to each other and Nature. Love is our mission <3

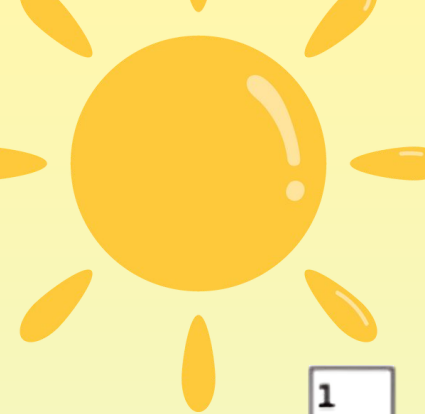
The Divine Teacher

*Mixed media – watercolor, ink,
and natural materials*

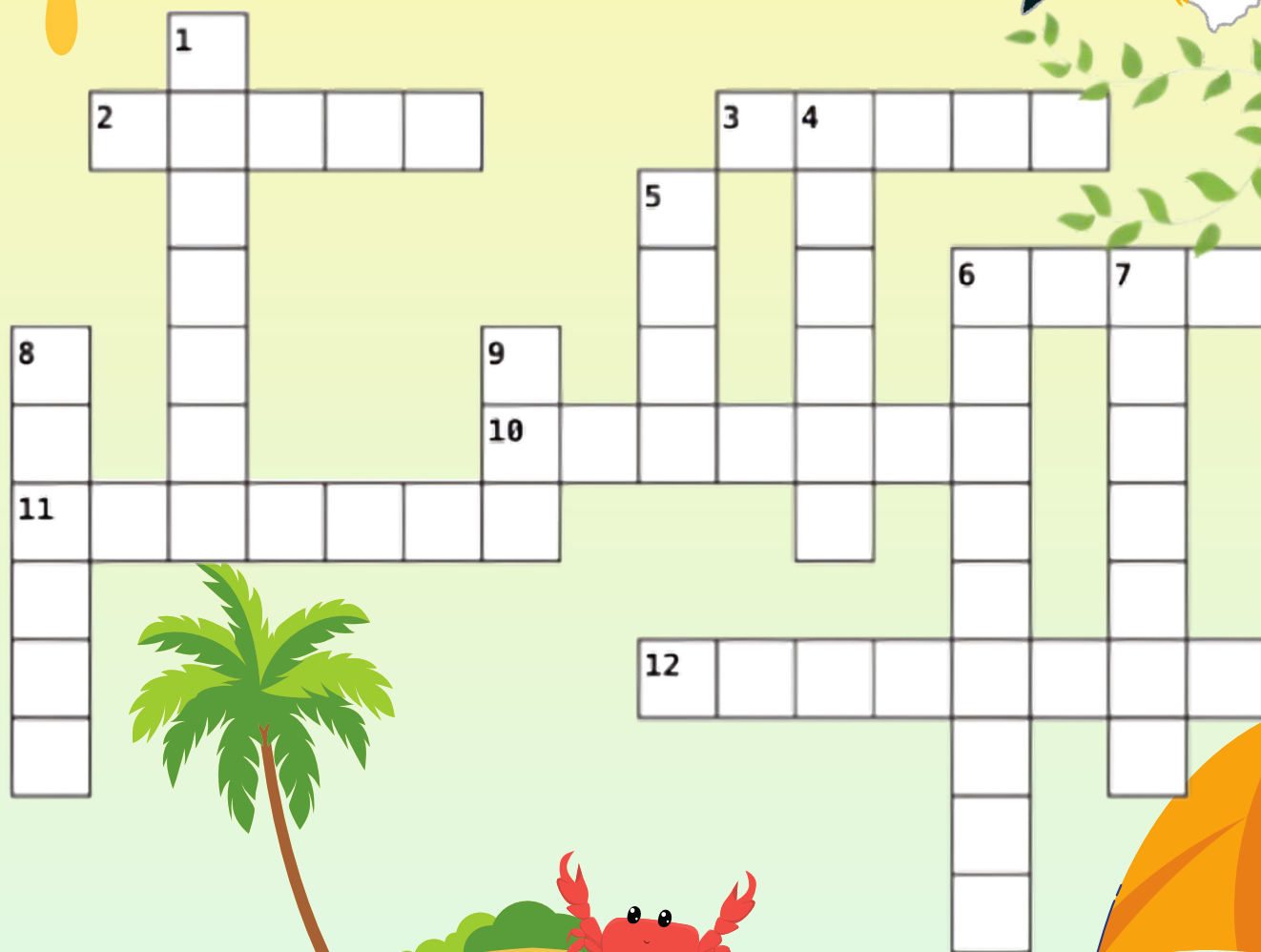
Mother Nature beautifully unravels the mysteries of our Universe. We learn to understand cycles and connect with the Earth. We learn to appreciate beauty in the simplest of things, from the intricate venation pattern of a leaf to the magnificence of a sunset. She teaches us key qualities of adaptation, resilience, and surrender, to show us the path to the enlightenment.



Artist: Ms. Sian Ramdass is a PhD Biochemistry candidate at the Dept. of Life Sciences, The UWI, St Augustine. She is a scientist and a self-taught artist, with all her inspiration arising from a heart-centered space. Both her fields intertwine elements of Nature; with her research focusing on plant-based treatments for cancer and her art incorporating natural materials of the Earth.



WHAT A WONDERFUL WORLD



ACROSS

- 2. Julie, starch
- 3. A red fruit that grows from a tree
- 6. A flying animal that sings
- 10. The world's tallest mountain
- 11. Reduce, Reuse, _____
- 12. A fungus sometimes found on pizza



DOWN

- 1. The world's largest ocean
- 4. One of the 8 things circling the sun
- 5. A sweet smelling flower
- 6. An insect with beautiful wings
- 7. An arc of different colours that can be seen in the sky after it rains
- 8. Popular swamp located on the west coast of Trinidad
- 9. An animal that makes honey

WISH UPON A STAR!

What fun to write
about the name of this magazine!
What do people mean when they say to
wish upon a star? Do you know this rhyme?

Star light, star bright,
The first star I see tonight;
I wish I may, I wish I might,
Have the wish I wish tonight.

It is an old superstition that when people saw a streak of flashing light in the sky they called it a shooting star (have you ever seen one?) and said that nursery rhyme and made a wish and it would come true. Since it is rare to see a shooting star, people would say the rhyme sometimes as they saw the first star as it began to get dark. Of course, none of this is true regarding wishes coming true by wishing upon a star. But the phrase "to wish upon a star" remained with us and it reminds us of the magic of wishes and dreams and to fill us with hope of them coming true. So, that is the myth of it. What about the science behind it all? What is a shooting star?

A shooting star is not a star at all! You can think it looks like a falling star streaking through the sky but in reality, what it is, is a meteor (a small piece of rock or grains the size of sand) falling through our atmosphere as Earth passes through a dusty trail in space. It burns up in the atmosphere due to the huge amount of friction in falling through the air which causes it to heat up. So, what looks like a shooting star is not a star at all but, scientifically it is meteor. How cool (or hot??) is that??

You can go look for meteors especially when there is a meteor shower announced and we can likely see many more at those times if the sky is dark. So, whether you wish upon a meteor or not, it is a fantastic and magical thing to have seen in nature coming from outer space to you on Earth – how is that for a wish being granted?



Shirin Haque is a Professor of Astronomy at the University of the West Indies and has been awestruck with the sky since she was a child. She likes to tell her students –

“WHEN YOU FEEL DOWN, LOOK UP!”

W.I.S.H. Foundation Activities





If you WISH to support and volunteer with the W.I.S.H. Foundation in any way at all, contact us at 1-868-684-9823 or email us at WISH.Foundation@hotmail.com





All my life through, the
new sights of Nature made me
rejoice like a child.

—**Marie Curie (First Female
Nobel Laureate Scientist)**

Preserve and cherish the pale
blue dot, the only home we've ever
known. —**Carl Sagan (Astronomer
and Science Communicator)**

To me a lush carpet
of pine needles or spongy grass is
more welcome than the most
luxurious Persian rug.

—**Helen Keller (Blind and deaf
author and activist)**

In nature,
nothing is perfect and everything
is perfect. Trees can be contorted, bent in
weird ways, and they're still beautiful.

—**Alice Walker (Winner of Pulitzer
prize in Literature)**

Look deep
into nature, and then you
will understand everything better.

—**Albert Einstein (Nobel Laureate
Scientist)**

If you wish to know
the divine, feel the wind on your
face and the warm sun on your hand.

—**Buddha (Spiritual Leader)**

Background photo:
Wheat Field with Cypresses
Vincent van Gogh, 1889.
Courtesy of The Metropolitan Museum.