

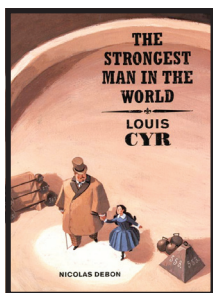


# CRUCHLEY'S COLLECTION

Diana Cruchley is an award-winning educator and author, who has taught at elementary and secondary levels. Her workshops are practical, include detailed handouts, and are always enthusiastically received.

H. Diana Cruchley © 2017, [dcruchley@gmail.com](mailto:dcruchley@gmail.com).

## THE STRONGEST MAN IN THE WORLD · LOUIS CYR



In graphic novel style, we hear the story of Louis Cyr, a French-Canadian who was the “strongest man in the world.” His life story is told in flashback with some of his amazing feats of strength.

Nicholas Debon, Anansi Press, ©2007, 13: 978-0-88899-731-9

## EXTREME WRITING

Some topics for personal writing might be;

- What are your talents? Create a plan for developing one of your talents.
- Many sports cause permanent injury to the players. Boxing and other sports where the head may be struck are now being connected to permanent brain damage. What are your thoughts on how to make these sports safer, or eliminating them?
- In 1900 Louis Cyr’s father could say, “A man without strength is nothing.” Now we are more likely to say, “a person without education in a technical field is nothing.” What are your thoughts on what a person needs as personal attributes?

## WEIGHT LIFTING VOCABULARY

Students may be interested in some of the words associated with wrestling:

aerobic, analgesic, jerk, barbell, bench press, bicep, squat, body mass index (bmi), chin-up, clean and jerk (Olympic), curl, crunch, deadlift, quadriceps (quads), squat, triceps, dumbbell, french press, gluteus maximus (gluts), snatch (Olympic), pectoralis major (pecs).

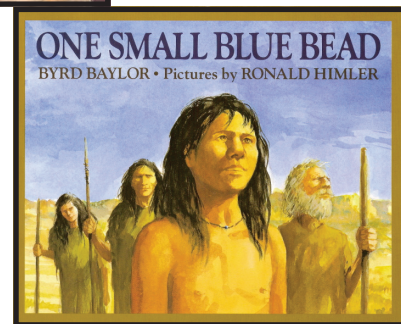
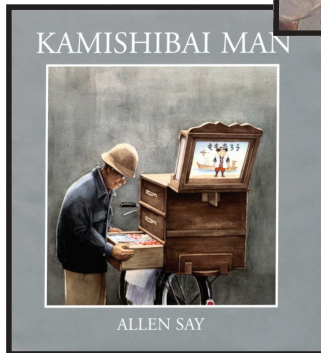
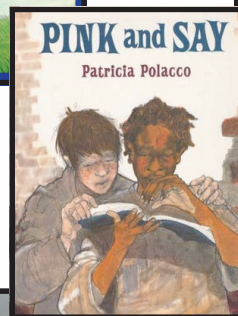
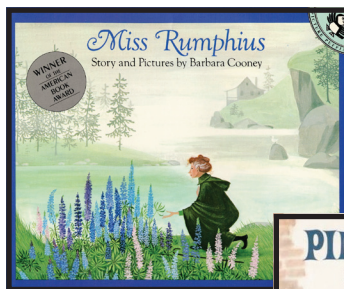
## WRITING IN FLASHBACK

This book begins with Louis Cyr’s report to his daughter that the doctor says due to his health problems he must retire. He then tells his daughter the story of his life, and ends with his final show. For students to imitate this style, I think they should begin with the complete draft of a story they have already written that is in time order. Then after you read them the story so that they can see how it is done, they would re-write their story, beginning with the moment before the ending, and then the full story, and finally the full ending of the story.

## OTHER BOOKS IN FLASHBACK

These picture books are variations of the concept of the flashback. They could be read as further examples of this style of writing. Point out that “money can be made” and “A’s can be gotten” by using an interesting style:

- *Miss Rumphius*
- *Kamishibai Man* (There are lessons at [dianacruchley.com](http://dianacruchley.com))
- *The True Story of the Three Little Pigs*
- *One Small Blue Bead*
- *Pink and Say*



# THE STRONGEST MAN IN THE WORLD, P.2

## WEIGHT HEALTH PROBLEMS

Louis Cyr probably put a lot of stress on his body just through the weight lifting, but the things he suffers from are often tied to excessive weight:

- heart attack
- stroke
- nephritis
- diabetes (blindness, amputation, liver and kidney failure, etc.)
- asthma

Other diseases associated with obesity are: osteoarthritis, sleep apnea, hernia, varicose veins, gall bladder, and liver malfunction.

Should you discuss this? Have students study these diseases? Discuss healthy eating and exercise?

## GUINNESS BOOK OF WORLD RECORDS

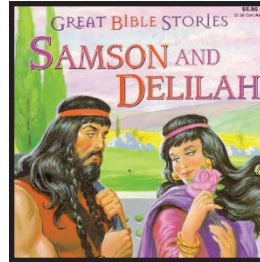
Students love the *Guinness Book of World Records*. Select several records a day to read aloud...and then be sure that the library has a couple of copies for students to read on their own.

If you look on the Internet, Louis Cyr is still considered to be the strongest man who ever lived. This Canadian boy apparently weighed 18 pounds when he was born.



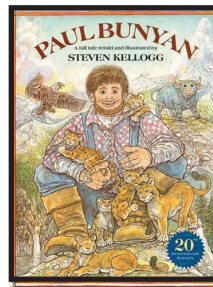
## STRONGMEN: SAMSON

Louis Cyr's family refers to him as Samson, and encourages him as part of his image to grow his hair. I looked around for a picture book story but there's not much out there to be sure that students understand the allusion. The one below is by Maxine Nodel. (You could just read it out of the Bible I suppose.)



## STRONGMEN: PAUL BUNYAN

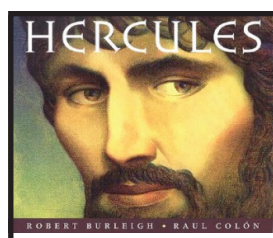
Paul Bunyan is the giant and strongman in the *American Tall Tales* genre. This one is by Steven Kellogg.



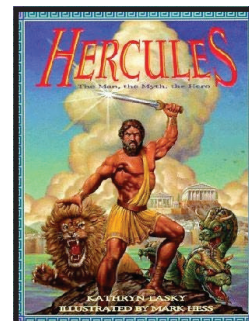
## STRONGMEN: HERCULES

Hercules and his 12 Labours is one of the favourite mythological figures of students - possibly also because so many movies, including a sanitized Disney version, have been made of his adventures. Both of these books are written in the first person as he tells his own story.

Students could take a story they have already written and change it to the first person.



Robert Burleigh



Kathryn Lasky