



36TH ANNIVERSARY

Spelling Bee of Canada
Chapter Competitions

OFFICIAL STUDY GUIDE

2023 EDITION



JUNIOR CATEGORY

SPELLING BEE OF CANADA'S

SHORT ESSAY CONTEST!

We are inviting children ages 6-14 to submit a short essay on the topic:

"How have you developed your love for words?"

SUBMISSION DEADLINE: MAY 15, 2023

For Spelling Bee of Canada's 36th anniversary, we invite students to reflect on how competing in a spelling bee competition can help them in their lives.

PLEASE LIMIT YOUR WORD COUNT
PER AGE GROUP TO THE FOLLOWING:

AGES 6 - 7 150 WORDS

AGES 8 - 9 300 WORDS

AGES 10 - 12 450 WORDS

AGES 13 - 14 600 WORDS

One winner will be selected in each age group based on the following judging criteria:

- Content

- Style

- Written Communication Skills
(Spelling, Grammar, Punctuation)

The selected 1st place winners will receive a cash prize during our **2023 Annual Gala**

Please submit the details below with your full name, address, and phone number to:
education@spellingbeeofcanada.ca

PARTICIPANT NAME: _____

AGE: _____ DATE OF BIRTH: _____

PARENT NAME: _____

ADDRESS: _____

CITY: _____ POSTAL CODE: _____

PHONE #: _____

EMAIL: _____



SPELLING BEE OF CANADA INVITES YOU TO NOMINATE YOUR "UNSUNG HERO"

UNSUNG HERO AWARD NOMINATION

Spelling Bee of Canada is inviting children ages 6-14
to submit a story about a special supporter in their life.

Please limit your word count to the following (per age group):

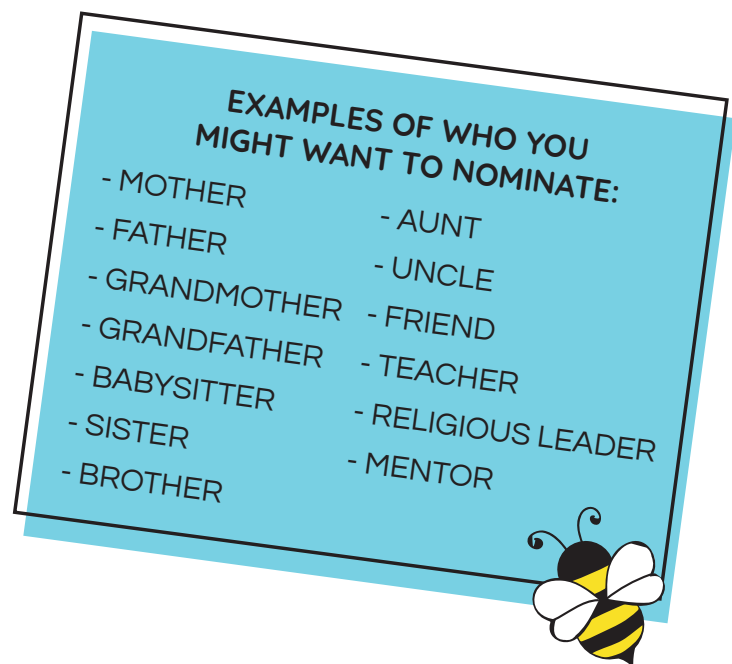
- AGES 6-7 **150 WORDS**
- AGES 10-12 **450 WORDS**
- AGES 8-9 **300 WORDS**
- AGES 13-14 **600 WORDS**

The selection committee will select 3 stories from each of the 4 age categories, primary (6-7), junior (8-9), intermediate (10-12), and senior (13-14) for prizes, with a special award to the top story in each category.

Nominees will be selected based on
story content, style, grammar,
spelling, punctuation, flow,
and presentation

NOMINATION DEADLINE:
MAY 15, 2023

Please email your
nomination details below to:
EDUCATION@SPELLINGBEEOFCANADA.CA



With your nominee's complete address and telephone number,
tell us why your nominee should be selected for the **Unsung Hero Award**.



In recognition of the tremendous support showered on me by my _____ at home, school, community, and everyday life.

I, _____ age _____,
a resident of _____ (city) _____ (phone #)

am proud to nominate _____
for the Annual Unsung Hero Presentation.

Parent Name: _____



SPELLING BEE OF CANADA

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SPELLING BEE OF CANADA

Regional - Chapter Competitions

OFFICIAL SBOC STUDY GUIDE, 2023 EDITION JUNIOR CATEGORY

Your Competition Info

For your ease of reference, fill out the following section once you receive the information from SBOC.

Region/Chapter :

Chapter President :

Email Address :

Telephone Number :

Location :

Date & Time :

WELCOME TO THE SPELLING BEE

To: Parents and Participants

On behalf of the Spelling Bee of Canada board, chapter presidents, and team we would like to formally welcome and congratulate you on taking a big step towards your literacy journey.

The SBOC program is designed with a focus on providing programs that support youth to learn and grow academically, socially, and beyond through casual competition, camaraderie, and community. We hope that in your participation of SBOC events and as a competitor in the **SBOC Regional Competitions** that take place across Canada, you reap the benefits we intended when we created these programs for you.

We are so proud of your accomplishments and dedication to literacy. We wish you all the best!

- President, Spelling Bee of Canada

NOTES ON THE COMPETITION

The first phase of the competitions will be participation in the SBOC Regional - Chapter Bees. The first place winners in each category will advance to participate in the SBOC National Championship Bee.

We are providing for you this document, the **Official SBOC Study Guide**, which includes instructions, rules & regulations, spelling guidelines and the 'Official SBOC Manual Word list' which you will be tested on during the manual rounds of the competition.

To note, based on the federal or provincial mandates that follow, any SBOC competition may be switched from an in-person to and online spelling bee event.

We hope learning these new words are beneficial to your life as much as they are helpful in preparing for your competitions. As a reminder, if you purchased add-ons during registration, such as the SBOC Online Learning Platform or Coaching, we implore you to take full advantage of those learning options.

ON COMPETITION DAY

This study guide is not allowed in the audience during the competition. We request that members of the audience do not help the participants during the competition.

All participants should sign in one hour before start time or as indicated by their chapter president. Those not in their seat at the start time will not be eligible to participate.

VOLUNTEERING OPPORTUNITIES

Parents, students, and all interested individuals are welcome to volunteer with us. Please complete a volunteer profile form to give to the chapter president or send to SBOC office via email or fax. Volunteer applications can be downloaded from the SBOC website or discussed with your chapter president.

WELL WISHES

Thank you for your participation. We consider any child or youth who studies the given lists of words and other words, and appears on stage to participate in the Spelling Bee Competition to be a WINNER! Everyone who participates will receive a certificate for their personal efforts.

GOOD LUCK!

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AN INTRODUCTION

WHO ARE WE?

Spelling Bee of Canada (SBOC) is an educational organization that encourages youth, parents, teachers, and the community at large to participate in the education process.

WHAT DO WE DO?

The SBOC organizes annual family of schools and community spelling bees aimed at children and youth 6-14 years of age. The participants are placed into one of three categories: **Primary - ages 6 to 8, Junior - ages 9 to 11, and Intermediate - ages 12 to 14**, to vie for cash, trophies, and prizes. Students aged 15+ are encouraged to volunteer and become mentors to participants in their chapter.

WHY DO WE EXIST?

The Spelling Bee of Canada was established in response to a need within the community for a stimulating educational programme outside the regular school curriculum which would focus specifically on English language basics. The SBOC's programmes are designed to contribute to the development of our youth's self esteem by creating pride in academic achievement and, in the process, help to build a solid foundation for their future education and careers.

WHERE DO WE OPERATE?

The Spelling Bee of Canada was established in the Greater Toronto Area in 1987 and led to the development of an Ontario Spelling Bee. SBOC is now unifying all the provinces for a National Spelling Bee. To date, over 75,000 children have participated in the programme.

HOW DO WE OPERATE?

The SBOC is a registered charity (#890470198RR0001). The SBOC depends on local businesses, organizations, and individuals to contribute time, materials, services and/or funds.

Spelling Bee of Canada Contact Information

Spelling Bee of Canada Email: info@spellingbeeofcanada.ca
2428 Islington Ave Suite #215 Website: <https://spellingbeeofcanada.ca/>
Toronto, Ontario M9W 3X8

Tel: 416-746-0072 Facebook: Spelling Bee of Canada
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VALUES

MISSION

- Enrich the learning experience of our children and youth through growth in English vocabulary, public speaking; and promote self-confidence.
- Engage children and youth, parents, schools, businesses, religious institutions, and the community at large in a yearly education process.

GOALS

Our programme goals are to:

- Provide children and youth between the ages of 6 and 14 with the opportunity to participate in a positive spelling competition to improve their English language skills, spelling capabilities, comprehension, and communication skills.
- Develop self-esteem, confidence, and interpersonal skills of students by exposing them to positive role models, tutors, and peer supports throughout the course of preparation for the bee, competitions, and year-round follow-up activities.
- Promote community-based partnerships by engaging members of various communities in advancing the benefits of the Spelling Bee, getting children and youth involved, and promoting the importance of education, especially reading, writing, comprehension, and spelling.
- Build a network of young people who will act as peer mentors for other students.
- Play a key role in supporting the academic growth of students, especially in the areas of reading comprehension and spelling, through collaborative partnerships with libraries, religious institutions, individual schools, and community-based educational programs.

MANUAL RULES AND REGULATIONS

1. An official will read rules 1 to 15 aloud before the beginning of each contest and, when the number of competitors has been reduced to two, the official will read rules 16 to 17 unless those present agree unanimously to waive the reading of the rules.

2. The Pronouncer, judge(s) and other officials will be in complete charge of the contest. Any questions or protests about the spelling(s) of a word or the running of the contests must be referred to the officials immediately (before the beginning of the next round). Their decisions will be final in all matters.

NO PROTEST WILL BE ENTERTAINED AFTER THE CONTEST HAS ENDED.

3. For each contest, there will be an Arbiter whose duty is to hear any protests as they arise and decide on them before the contest continues. The Arbiter's decision shall be final. If possible, each contest should be videotaped or recorded by bee officials so that any point of contention may be reviewed.

4. This competition is open to all contestants ages 6-8 (Primary), 9-11 (Junior), and 12-14 (Intermediate).

5. In competition, all words will be chosen from official lists verified with Dictionary.com and provided by Spelling Bee officials. The official list is the final spelling authority for the competition.

6. In-Person Competition: Preliminary rounds will be held in each chapter, using official word lists and the listed rules and regulations.

7. The competition will be oral; contestants must spell the words orally and the use of pens and/or pencils and paper will not be allowed.

8. Contestants may pronounce their words before spelling them, after spelling them, or not at all.

9. For all words with capitals, the speller must indicate the capital. For example, if the given word is "Ottawa" the speller must say "Capital O t-t-a-w-a."

10. Once a contestant has begun to spell a word, they may not ask for a word to be re-pronounced, defined, or used in a sentence. Also, having started to spell a word, a contestant will not be given an opportunity to change letters already pronounced. A speller may retrace provided that letters and their sequence are not changed in retracing. **Spellers must make it clear that they are going to retrace before they start retracing. (i.e., by asking, "May I start again?").** Spellers are required to indicate capitals. Apostrophes and other punctuation are not required.

11. If a word taken from the word list is unclear to a contestant, they may ask for the word to be re-pronounced, but will not be given a definition or a sentence, unless the word is a homophone in which case the Pronouncer must give the definition and an example sentence without being asked. The contestant must give the spelling of the word as defined, not a homophone of the word.

12. If a word has more than one acceptable spelling, any spelling listed in the word list, tie-breaker list, or Dictionary.com for that word will be accepted.

13. Officials may disqualify any contestant who ignores a request to start spelling their word within a reasonable length of time. Also, A SPELLER WHOSE SPELLING OF A WORD IS NOT AUDIBLE TO THE OFFICIALS MAY HAVE THEIR SPELLING RULED INCORRECT.

14. When a speller fails to spell a word correctly, the next contestant, in the same round, will be given the same word to spell.

Note: Rule 15 is for the tie-breaker rounds only. (Please note that during the tie-breaker rounds, a new list of words is introduced. These words are not listed in the Official Manual Word List, 2023 Edition). The table officials will announce, “We are now switching to the tiebreaker round.”

15. If a tiebreaker word is unclear to a contestant, it is the responsibility of the contestant to request that the word be re-pronounced, defined, and/or used in a sentence. The Pronouncer will grant the request(s) until the officials agree that the word has been made reasonably clear to the contestant. If a word is a homophone, the Pronouncer must give the definition and an example sentence without being asked.

16. The elimination procedure changes when the number of contestants is reduced to two. At this point, when one contestant misspells a word, the other contestant will be given the opportunity to spell the same word.

17. If the second contestant spells the word correctly, plus the next word on the Pronouncer’s list, then they will be declared champion. If the contestant misspells the word on the Pronouncer’s list, then both spellers continue in the contest.

If both contestants misspell the same word, then both continue in the contest.

SPELLING GUIDELINES

1. Final consonant doubled

(a) A word ending in a single consonant preceded by a single vowel generally doubles the final consonant before a suffix beginning with a vowel, if it is a word of one syllable or if the accent falls on the final syllable of the original word: plan, planning, planned; refer, referring, referred; bid, bidding, bidden; acquit, acquitting, acquitted; commit, committing, committed. Exceptions: devil, devilish; benefit, benefited.

(b) When a word ends in L, the final consonant is usually doubled before a suffix: cancel, cancellation.

NOTE: Words ending in a single consonant preceded by a single vowel do not double the final consonant before a suffix beginning with a vowel if a shift of accent results from addition of the suffix: prefer, preference; confer, conference.

2. Final E

(a) Words ending in a silent **E** usually drop the **E** before a suffix beginning with a vowel; dine, dining; trouble, troubling, subdue, subduing; desire, desirable.

Exceptions: dyeing, singeing (to distinguish from dying and singing), shoeing, canoeing

(b) Words ending in silent **E** generally retain **E** before a suffix beginning with a consonant: complete, completeness; enforce, enforcement; vague, vagueness; manage, management, engage, engagement; use, useful; care, careful.

Exceptions: argument, truly, ninth

3. Final Y

(a) Words ending in **Y** preceded by a consonant change **Y** to **I** before a suffix: heavy, heaviest; lively, livelihood; salary, salaried; necessary, necessarily.

(b) Words ending in **Y** preceded by a vowel generally retain **Y** before a suffix: annoy, annoyance, annoying; journey, journeyed; gay, gayest.

4. Final C

Words ending in **C** with the hard sound of **K** – add **K** before **I**, **Y** or **E**; picnic, picnicking; panic, panicky; traffic, trafficking; mimic, mimicked.

5. Final N

Words ending in **N** retain the **N** before the suffix – ness; Sudden, suddenness; clean, cleanness; keen, keenness.

6. Words with IE and EI

An easy way to remember the rule for **IE** and **EI** is to learn the following rhyme:

I before E, Except after C, Or when sounded like A

As in neighbour and weigh. e.g. believe, reprieve, receive

7. Words with ABLE and IBLE

In writing the adjectival form of certain words there are no definite rules but the following guides may be helpful. Words ending in –ation, usually take the suffix **ABLE**; duration, durable; adaptation, adaptable; words ending in –sion or –tion usually take the suffix **IBLE**; division, divisible; permission, permissible; destruction, destructible.

8. Words prefixed by DIS or MIS

When the prefix **DIS** or **MIS** is added, no change is made in the original word. A double **S** occurs only where the original word begins with **S**: disappear, misdirect, dissatisfied, disrobe, misbelieve, misspelled.

9. Plurals

- (a) When a noun ends in **Y** preceded by a consonant, the plural is formed by changing **Y** to **I** and adding **ES** (to the singular): variety, varieties; monopoly, monopolies.
- (b) When a noun ends in **Y** preceded by a vowel, the plural is formed by adding **S** to the singular: holiday, holidays; journey, journeys; attorney, attorneys.
- (c) When a noun ends in **O**, the plural in most cases is formed by adding **S** to the singular: piano, pianos; ratio, ratios. Sometimes the plural is formed by adding **ES** to the singular: potato, potatoes; veto, vetoes.
- (d) When a noun ends in **F** or **FE** the plural in most cases is formed by adding **S** to the singular: sheriff, sheriffs; plaintiff, plaintiffs; staff, staffs; safe, safes. Sometimes the plural is formed by changing **F** or **FE** to **V** and adding **ES**: knife, knives; shelf, shelves.
- (e) The plural is formed in some nouns by a vowel change instead of by the addition of a suffix: goose, geese; man, men; mouse, mice; foot, feet.
- (f) Some words retain their original Greek or Latin plural forms. The singular and plural forms are given here: analysis, analyses; basis, bases; phenomenon, phenomena; parenthesis, parentheses; hypothesis, hypotheses.
- (g) Some nouns are rarely if ever used in the singular: annals, athletics, clothes, nuptials, scissors.
- (h) In compound nouns the plural is usually added to the last member, but sometimes the first member: passerby, passersby; son-in-law, sons-in-law; coat-of-arms, coats of arms; court martial, courts martial.

10. Alternative Spelling

In competition, spellings that are thought to be “American” will be accepted so long as they are recognized in the Oxford Dictionary.

A NOTE REGARDING THE WORD LIST

WORD SELECTION

The Spelling Bee of Canada’s word selection committee was responsible for the **Intermediate** category word list. The spelling of each word was verified by reference to the Oxford Dictionary.

PARTICIPANTS

For each word, this word list provides alternative spelling(s), pronunciation(s), the part of speech, one or more definitions and a sentence to show the use of the word. In competition, however, contestants will be tested only on the spelling and need to know only one form; the additional information is given only to help the contestant learn the word.

ABBREVIATIONS

adv. adverb
v. verb

n. noun
prep. Preposition

adj. adjective
interj. Interjection

Spelling Bee of Canada
Official Manual Word List 2023 – Junior Category

WORD			PART OF SPEECH	DEFINITION / EXAMPLE
1.	abatement	uh- bayt -muhnt	n.	The action of ending or subsiding. <i>A sound barrier was installed along the highway as a noise abatement.</i>
2.	abhorrence	ab- haw -ruhns a- bor -uhns	n.	A feeling of repulsion. <i>My abhorrence at the horror movie must have been obvious by my expression.</i>
3.	absolutely	ab -suh-loot-lee ab-suh- loot -lee	adv.	Without restriction or limitation. <i>You are absolutely correct.</i>
4.	accidentally	ak-sih- den -tuh-lee ak-sih- dent -lee	adv.	By chance. <i>I accidently knocked over the vase of flowers.</i>
5.	accumulate	uh-kyoom-yuh-layt	v.	To acquire an increasing quantity of something. <i>I want to accumulate enough experience to get a promotion.</i>
6.	acquire	uh- kweye -er	n.	To buy or obtain for oneself. <i>Over the years, I have managed to acquire a substantial library.</i>
7.	acrolith	ak -ruh-lihth	n.	An ancient Greek statue, in which the trunk of the figure was made of wood and the head, hands, and feet of stone. <i>On an acrolith, the wood was covered by drapery or by gilding.</i>
8.	acronym	ak -ruh-nim	n.	A word formed from the initial letters of other words. <i>The word 'scuba' as an acronym for 'self-contained underwater breathing apparatus'.</i>
9.	acupressure	ak -yoo-preh-shur	n.	A type of alternative therapy in which manual pressure is used to stimulate specific points on the body. <i>The patient tried acupressure to alleviate pain.</i>

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10.	adenoids	ad-ih-noyds	n.	A mass of tissue at the back of the nose. <i>When enlarged, the adenoids can hinder speech and breathing in young children.</i>
11.	adhesion	ad-hee-zhuhn	n.	The frictional grip of wheels, shoes etc. on a surface. <i>The sole of the shoe provided good adhesion for walking on all types of surfaces.</i>
12.	adjoined	uh-joyn	v.	To be next to and joined with. <i>Our house is adjoined to the house next door.</i>
13.	adjunct	ad-jungkt	n.	Something added to another thing as a supplement. <i>Computer technology is an important adjunct to learning.</i>
14.	adulation	ad-yoo-lay-shuhn	n.	Excessive admiration or praise. <i>The band gloried in the adulation of their fans.</i>
15.	affability	af-uh-bil-ih-tee	n.	The quality of being friendly and good-natured. <i>The girl's affability quickly endears her to new acquaintances.</i>
16.	affray	uh-fray	n.	A legal term for fighting in a public place and disturbing the peace. <i>The two boys were charged with causing an affray.</i>
17.	alibi	al-ih-beye	n.	An excuse used to avoid blame. <i>The thief always seemed to have an alibi when caught by the police.</i>
18.	alienate	ay-lee-uh-nayt	v.	To make someone feel isolated or estranged. <i>The producers of the ongoing movie franchise tried to change things just enough to attract new viewers, but not alienate long time fans.</i>
19.	aliyah	uh-lee-uh	n.	Immigration to Israel. <i>Our family planned for years before making aliyah.</i>

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20.	alleged	uh- lejd	adj.	Referring to something that is asserted to be as described. <i>The police arrested the alleged bank robber.</i>
21.	almonds	ah -muhndz ahl -muhndz	n.	The edible nutlike seeds of the almond tree. <i>A few almonds make a nutritious afternoon snack.</i>
22.	alpinist	al -pihn-ihst	n.	A mountain climber, especially in the Alps. <i>The alpinist decided he was ready to climb Mont Blanc.</i>
23.	animosity	an-ih- mos -ih-tee	n.	Hostility. <i>Although we held different political and religious views, there was no animosity between us.</i>
24.	annotated	an -uh-tayt-ihd	v.	To have added notes to text giving an explanation or comment. <i>I found that an annotated copy of the text book made the subject easier to understand.</i>
25.	anthology	an- thol -uh-jee	n.	A published collection of poems or other pieces of writing. <i>I like to pick up an anthology of short stories when I don't have a lot of time to read a novel.</i>
26.	anthracite	an -thruh-seyet	n.	A hard variety of coal that burns with little flame and smoke. <i>The anthracite found in the mountains of Appalachia was once mined extensively.</i>
27.	antifreeze	an -tih-freez an -tee-freez	n.	A liquid that can be added to water to lower the freezing point. <i>To be prepared for winter, the mechanic checked the antifreeze level in my car's radiator.</i>
28.	aperiodic	ay-peer-ee- od -ihk	adj.	Irregular. <i>The artist laid tiles in an aperiodic fashion to create the mural.</i>

Spelling Bee of Canada
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29.	apogee	ap -oh-jee	n.	The point in the orbit of the moon or a satellite at which it is furthest from the earth. <i>The moon travels in an elliptical orbit which means that once a month it reaches its apogee.</i>
30.	apologia	a-puh- loh -jee-uh	n.	A formal written defence of one's opinions or conduct. <i>An apologia is a defense, but not necessarily an expression of regret.</i>
31.	appositive	uh- poz -ih-tihv	n.	A noun or noun phrase that renames the noun next to it. <i>In the phrase "run to the finish line", the word finish is an appositive.</i>
32.	apterous	ap -tuh-ruhs	adj.	Referring to an insect without wings. <i>Fleas and lice are apterous.</i>
33.	ardent	ar -duhnt	adj.	Enthusiastic. <i>My dad is an ardent baseball fan and attends all the home games.</i>
34.	arduous	ar -dyoo-uhs	adj.	Referring to something that requires strenuous effort. <i>The runner knew that training for a marathon was arduous, but he was up to it.</i>
35.	arguably	ar -gyoo-uhb-lee	adv.	It can be argued; used to qualify a statement of opinion. <i>The critics agreed it was arguably the best movie of the year.</i>
36.	arrogant	a -ruh-guhnt	adj.	Having an exaggerated sense of one's own importance or abilities. <i>Although the student was very bright, he was also arrogant and opinionated.</i>
37.	ashen	ash -uhn	adj.	Referring to a person's face that is pale with shock, illness or fear. <i>The driver's face was ashen after the shock of the accident, even though no one was hurt.</i>
38.	ashram	ash -ram	n.	A religious retreat or monastery in Indian religions. <i>The ashram I visited was in a forest to be conducive to spiritual meditation.</i>

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39.	assimilation	uh-sim-ih- lay -shuhn	n.	The process of adopting the language and culture of a dominant group in society. <i>There seems to be an on-going discussion whether assimilation or cultural diversity is better.</i>
40.	astrogeology	as-troh-jee- ol -oh-jee	n.	The science of geology as applied to extraterrestrial objects such as the structure of planets. <i>Unmanned missions to Mars help scientists understand the astrogeology of the planet.</i>
41.	ataraxy	at -uh-rak-see	n.	The state of serene calmness; tranquility. <i>I am hoping that meditation may help me to reach ataraxy.</i>
42.	autocratic	aw-toh- krat -ihk	adj.	Referring to a ruler of a country who has absolute power. <i>The autocratic leader can govern in any way he wishes.</i>
43.	autoharp	aw -toh-harp	n.	A type of stringed musical instrument. <i>An autoharp uses a series of bars to mute all strings other than those needed for the intended chord.</i>
44.	bacalao	bak-uh- low	n.	Codfish, typically dried or salted and used in Spanish and Latin American cooking. <i>In some places, bacalao is traditional at Christmas and New Year's Eve.</i>
45.	banality	buh- nal -ih-tee	n.	Unoriginality. <i>There was an air of banality throughout the movie.</i>
46.	banyan banian	ban-yuhn	n.	An Indian fig tree. <i>The umbrella-like branches and large leaves of the banyan can provide welcome shade.</i>

Spelling Bee of Canada
Official Manual Word List 2023 – Junior Category

47.	baptism	bap-tihzm	n.	The Christian rite of sprinkling water on a person's forehead, or immersion in water, symbolizing purification and admission to the Christian Church. <i>I was asked to be my nephew's godmother and had the privilege to hold him during his baptism.</i>
48.	barbola	bar- boh -luh	n.	The craft of making small models of fruit or flowers from a plastic paste. <i>The china platter was decorated with tiny barbola flowers.</i>
49.	baronial	buh- roh -nee-uhl	adj.	A turreted style of architecture characteristic of Scottish country houses. <i>The monarch's Scottish home, Balmoral, is an example of baronial architecture.</i>
50.	bascule	bas -kyool	n.	A type of bridge with a section which can be raised and lowered using counterweights. <i>The bascule section of the bridge was raised to allow the tall boat to pass.</i>
51.	basha [H: basher]	bash -uh	n.	An improvised shelter for one or a few soldiers. <i>The basha was comfortable and kept us dry through the rainy night.</i>
52.	beaconfish	bee -kuhn-fihsh	n.	A popular aquarium fish from tropical South America. <i>The beaconfish has a red and gold spot near the tail fin and another near the eye.</i>
53.	Beijing	bay- jing	n.	The capital city of China. <i>The city of Beijing is in the northeast of the country.</i>
54.	benthic	ben -thik	adj.	Referring to anything associated with the bottom of a body of water. <i>New technology allows benthic habitats to be explored in higher resolution than ever before.</i>

Spelling Bee of Canada
Official Manual Word List 2023 – Junior Category

55.	bicultural	beye- kuhl -chur-uhl	adj.	Referring to the combining of two cultures. <i>Because they had parents from two very different countries and ethnicities, the children enjoyed a bicultural life.</i>
56.	bicuspid	beye- kus -pihd	n.	A premolar tooth. <i>The bicuspid teeth are located behind the canines.</i>
57.	biochemist	beye-oh- kem -ihst	n.	An expert in the branch of science concerning the chemistry of living matter. <i>The biochemist was doing research into new vaccines for diseases.</i>
58.	blasphemy	blas -fuh-mee blahs -fuh-mee	n.	The action of speaking sacrilegiously about God or sacred things. <i>The school has a strict policy on blasphemy and profanity.</i>
59.	bocce boccie	boch -ay boch -ee	n.	An Italian version of lawn bowling. <i>Because bocce can be played by people of all ages and abilities, it is now included in programmes such as the Special Olympics.</i>
60.	bombinate	bom -bin-ayt	v.	To hum or buzz. <i>While I was gardening, I could hear the bees bombinate around me.</i>
61.	boscage boskage	bos -kihj	n.	A mass of trees or shrubs. <i>I could hear several different kinds of birds in the boscage.</i>
62.	boulder [H: bolder, Boulder]	bohl -der	n.	A large rock. <i>The boulder had been worn smooth by erosion.</i>
63.	brethren	brehth -ruhn	n.	Fellow Christians or members of a male religious order. <i>The young man decided he wished to become a monk and live among his fellow brethren.</i>
64.	brilliant	brihl -yuhnt brih -lee-uhnt	adj.	Very bright. <i>The bride was excited to see the brilliant sunshine on her wedding day.</i>

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65.	briquettes briquets	brih-kehts	n.	Blocks of compressed coal dust used as fuel. <i>My father likes an old-fashioned barbecue that uses briquettes rather than a propane-powered one.</i>
66.	bromide	broh-meyed	n.	A trite statement or platitude intended to soothe or placate. <i>The politician's speech was just a bromide or two meant to make us feel better about the situation.</i>
67.	bullate	buh-layt boo-liht boo-layt	adj.	A botanical term for something covered with rounded swellings like blisters. <i>The leaf was described as ovoid in shape and bullate.</i>
68.	cache [H: cash]	kash	n.	A hidden or inaccessible storage place for valuables or provisions. <i>While hiking in an isolated area of Canada, I came across an old log cabin with a cache of canned goods to welcome any lost or hungry traveller.</i>
69.	calabash	kal-uh-bash	n.	An evergreen tropical tree which bears fruit in the form of a large woody gourd. <i>I enjoyed watching bats pollinating the calabash trees.</i>
70.	calamity	kuh-lam-ih-tee	n.	An event causing great, and often sudden, damage or distress. <i>The deadly tornado was a calamity for the small town.</i>
71.	calzone	kal-zoh-nee kal-zoh-nay kal-zone	n.	A type of pizza that is folded in half before cooking. <i>I always think a calzone is like a pocket with pizza filling inside.</i>
72.	canarium [H: Canarium]	kuh-nair-ee-uhm	n.	Any of various tropical or subtropical trees in a family that ranges from tropical Africa to the West Pacific. <i>Species of canarium are cultivated not only for the edible fruit, but also the wood, resin and essential oils.</i>

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73.	canticle	kan -tih-kuhl	n.	A hymn or chant that forms a part of a church service. <i>The lyrics of a canticle are usually taken from biblical text.</i>
74.	caponata	kap-oh- nah -tuh	n.	A dish of eggplant, olives and onions seasoned with herbs. <i>My mother likes to serve caponata as an appetizer.</i>
75.	carillon	keh -rih-lon keh -ruh-lehn kuh- rihl -yehn	n.	A set of bells in a tower, on which a tune can be played using a keyboard. <i>When I visited Ottawa, I heard the carillon in the Peace Tower playing 'Oh Canada'.</i>
76.	catharsis	kuh- thar -this	n.	The process of releasing strong or repressed emotions. <i>After arduous exams, music is a means of catharsis for the student.</i>
77.	cathedral	kuh- thee -druhl	n.	The principal church of a diocese. <i>A bishop is officially associated with a cathedral.</i>
78.	caucus	kaw -kuhs	n.	The members of a legislative body who belong to a particular party. <i>The members of parliament look forward to the weekly caucus meeting for a chance to talk without members of other parties being present.</i>
79.	cautiously	kaw -shuhs-lee	adv.	Something done in a deliberate way to avoid potential problems or dangers. <i>After the bad snow storm, my father reminded me to drive more cautiously.</i>
80.	celerity	sih- leh -rih-tee	n.	Swiftiness. <i>The writer described the thief as being able to move through the back alleys of the city with great celerity.</i>
81.	celestial	suh- les -chuhl sih- les -tee-uhl	adj.	Pertaining to the sky or to the universe beyond the earth's atmosphere. <i>As he set up his telescope, the amateur astronomer wondered which celestial bodies he would look at that evening.</i>

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82.	centimo	sen -tih-moh	n.	A monetary unit of a number of Latin American countries. <i>The centimo is 1/100th of the monetary unit of various countries.</i>
83.	cessation	sih- say -shuhn suh- say -shuhn	n.	The fact or process of ending, or being brought to an end. <i>The company announced an immediate cessation of animal testing on its products.</i>
84.	chancel	chan -suhl	n.	The space about the altar of a church for the clergy. <i>The chancel may be separated from the nave by steps or a railing.</i>
85.	charitable	cha -riht-uh-buhl	adj.	Generous in giving to those in need. <i>The charitable man gave freely of his time, but also donated large amounts of money to help those in need.</i>
86.	cipher cypher	seye -fer	n.	A code, or secret way of writing. <i>The spy made sure to send all information in cipher.</i>
87.	civilian	sih- vil -yuhn	n.	A person who is not a member of the armed services or a police department. <i>My grandmother was given an award for bravery by a civilian for helping with rescues during World War II.</i>
88.	classical	klas -ih-kuhl	adj.	Referring to ancient Greek or Latin literature, art or culture. <i>While working towards my degree in ancient history, I studied classical literature and mythology.</i>
89.	classifying	klas -ih-feye-ing	v.	To arrange a group of things into groups according to shared characteristics. <i>In the 18th century, Carl Linnaeus formalized a way of naming and classifying plants, animals and birds.</i>
90.	cloister	cloy -ster	n.	A covered walk in a convent, monastery or cathedral. <i>The cloister of the ancient cathedral was open to a pleasant quadrangle on one side.</i>

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91.	columnar	kuh- luhm -ner	adj.	Referring to something that is shaped like a column. <i>I was amazed by the height of the columnar trees in the redwood forest.</i>
92.	comity [H: comedy]	kom -ih-tee	n.	An association of nations for their mutual benefit. <i>There has long been a comity between Canada and the United States.</i>
93.	commodore	kom -uh-dor	n.	A naval rank above captain and below rear admiral. <i>During the war, my grandfather was commodore of a convoy of ships crossing the Atlantic.</i>
94.	commute	kuh- myoot	v.	To travel between one's home and workplace. <i>I have a longer commute now that we have moved out of the city.</i>
95.	compline	kom -plihn kom -pleyen	n.	A service of evening prayers in the Christian Church. <i>The nuns attended compline before retiring for the night.</i>
96.	component	kuhm- poh -nuhnt	n.	A part of a larger item. <i>The car may be made in Canada, but each component can be made anywhere in the world.</i>
97.	condor	kon -dor	n.	A large vulture found in the Americas. <i>While visiting the Grand Canyon, I watched a condor soaring above, looking for prey.</i>
98.	contagious	kuhn- tay -juhs	adj.	Referring to a disease that is spread from one person or organism to another. <i>Since 2020, we all know that COVID-19 is contagious.</i>
99.	contempt	kuhn- tempt	n.	The feeling that a person or thing is worthless or lacking in consideration. <i>The group of friends looked at the bully with contempt.</i>

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100	contradiction	kon-truh- dik -shuhn	n.	The statement of a position which is opposite to one already made. <i>The debater's argument was a <u>contradiction</u> to the one he had made previously.</i>
101	conversely	kuhn- vers -lee kon -vers-lee	adv.	Used to introduce a statement or idea which contrasts one that has just been made or referred to. <i>In her speech, the valedictorian said she felt like this day had taken forever to arrive, but <u>conversely</u>, the years of high school had flown by.</i>
102	copra	kop -ruh	n.	Dried coconut kernels, from which oil is obtained. <i>Traditionally, the <u>copra</u> are sun-dried before the oil is pressed out.</i>
103	cordage	kor -dij	n.	Cords or ropes, especially in a ship's rigging. <i>The survivalist said that in an emergency, all kinds of vegetation can be pressed into service to make ropes and <u>cordage</u>.</i>
104	coroner	kaw -ruh-ner	n.	An official who holds inquests into violent, sudden or suspicious deaths. <i>The <u>coroner</u> said there would have to be an investigation into the death.</i>
105	cosmos	koz -mohs koz -muhs	n.	The universe seen as a well-ordered system. <i>The astronomer said his interest was sparked when he was a child looking up at the <u>cosmos</u>.</i>
106	costive	kos -tiv	adj.	Slow or reluctant in speech or action; unforthcoming. <i>The child's shyness made her <u>costive</u> when asked a question.</i>
107	counterpoint	kown -ter-poynt	n.	A thing that is a pleasing contrast to something else. <i>The food critic noted that the sauce made a piquant <u>counterpoint</u> to the ham.</i>

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108	credence	kree-duhns	n.	Belief in or acceptance of something as being true. <i>The trouble with social media is that it can lend credence to falsehoods.</i>
109	crochet	kroh-shay kroh-shay kroh-shee	n.	To create a handcrafted textured fabric using yarn and a hooked needle. <i>I wanted to learn to crochet so that I could make a blanket for my cousin's baby.</i>
110	cromulent	krom-yuh-luhnt	adj.	Referring to something that is acceptable or adequate. <i>The hotel breakfast was nothing special but perfectly cromulent.</i>
111	cudgel	kuhj-uhl	n.	A short thick stick which is used as a weapon. <i>The police reported that the thief was armed with a cudgel.</i>
112	culminate	kuhl-min-ayt	v.	To reach a climax or high point. <i>The days festivities were to culminate in a fireworks show.</i>
113	cupola	kyoo-puh-luh kuh-puh-luh	n.	A small dome adorning a roof or ceiling. <i>The cathedral was topped with a magnificent cupola.</i>
114	cursor [H: curser]	kur-ser	n.	A movable indicator on a computer screen which identifies the point where user action will appear. <i>You can use the mouse to move the cursor around the screen.</i>
115	cytology	seye-tol-uh-jee	n.	The study of the microscopic appearance of cells. <i>The doctor advised that the diagnosis should be confirmed by cytology.</i>
116	daub	dob dawb	v.	To smear with a thick or sticky substance in a careless manner. <i>The child like to daub the paint onto the paper in a haphazard way.</i>
117	debris	duh-bree day-bree deb-ree day-bree	n.	The remains of anything broken down or destroyed. <i>After the tornado, there was nothing left of the house but debris.</i>

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118	defacement	dih- fays -muhnt duh- fays -muhnt	n.	The action of spoiling the appearance of something. <i>The townspeople were tired of the defacement of property with random graffiti.</i>
119	delude	dih- lood duh- lood	v.	To impose a misleading belief; to deceive. <i>It can be easy to delude people through social media.</i>
120	demilune	deh -mee-loon	n.	A crescent or an object that is crescent-shaped. <i>The demilune table sat against the wall in the foyer.</i>
121	democratic [H: Democratic]	dem-uh- krat -ihk	adj.	Relating to democracy or its principles. <i>Canada is a democratic country.</i>
122	démodé	day-moh- day	adj.	Referring to something that is out of fashion. <i>I have had my favourite dress for a few years and I wonder if it is démodé</i>
123	demurral	dih- muh -ruhl	n.	The action of raising an objection or showing reluctance. <i>The board passed the resolution regardless of the demurral of some members.</i>
124	dentil [H: dental]	den -tihl	n.	Any of a series of closely spaced, small rectangular blocks used in decoration under moulding. <i>When showing the house to prospective buyers, the agent pointed out the crown mouldings and dentil in the main rooms.</i>
125	deranged	dih- raynjd	adj.	Referring to someone who is mad or insane. <i>The police described the accused as being mentally deranged.</i>
126	despondent	dis- pon -duhnt	adj.	In low spirits from loss of hope. <i>She became more despondent as the weeks went on without being able to get a job.</i>

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127	detonate	det -uh-nayt	v.	To explode, or cause to explode. <i>Luckily, the bomb failed to detonate.</i>
128	dialogue dialog	deye -uh-log	n.	A conversation between two or more people. <i>The best part of the book was the dialogue between the main characters.</i>
129	diametrically	deye-uh- meh -trik-lee	adv.	Completely and utterly. <i>We were diametrically opposed to the closing of the school.</i>
130	disbelief	dis-bih- leef	n.	The inability or refusal to believe or accept that something is true. <i>She shook her head in disbelief when she heard that her beloved dog had died.</i>
131	dislocated	dis -loh-kayt-ihd dis- loh -kayt-ihd	v.	To be put out of place, such as with a bone or joint. <i>The patient suffered a dislocated shoulder when she fell from the horse.</i>
132	dispute	dis- pyoot dis-pyoot	n.	A disagreement or argument. <i>My neighbour and I had a dispute about the property line, but a survey solved the problem.</i>
133	distend	dis- tend	v.	To swell, or cause to swell, by pressure from inside. <i>After over-indulging, I noticed that my stomach was starting to distend and my pants were getting a little tight.</i>
134	dogmatic	dog- mat -ihk	adj.	Relating to a manner of asserting opinions in an arrogant or opinionated manner. <i>I refuse to argue with someone so dogmatic that he won't listen to reason.</i>
135	dominate	dom -in-ayt	v.	To occupy a commanding or elevated position. <i>From the start of the game, the home team seemed to dominate.</i>

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136	doubloon	duh- bloon	n.	A former gold coin of Spain and Spanish America. <i>In modern times, the doubloon is remembered due in large part to the influence of stories about pirates.</i>
137	dour [H dower, doer]	doo-r dow-er	adj.	Sullen or gloomy in manner or appearance. <i>The author described the character as being dour and humourless.</i>
138	drayman	dray-muhn	n.	A person who delivers beer for a brewery. <i>I was told that my great grandfather was a drayman, driving a horse and cart.</i>
139	durable	dur-uh-buhl dyur-uh-buhl	adj.	Hard-wearing. <i>My winter coat is both warm and durable.</i>
140	eeephus	ee-fuhs	n.	In baseball, a slow pitch that travels in a high arc. <i>The pitcher said that an eeephus is a challenge to throw effectively.</i>
141	efficiency	ee- fi h-shuhn-see	n.	The state or quality of being able to accomplish something with the least waste of time and effort. <i>By thinking about the best way to do the task, the worker was able to increase her efficiency.</i>
142	egotistical	ee-guh- ti hs-tih-kuhl	adj.	Self-centered. <i>The antagonist in the book was described as selfish, egotistical and arrogant.</i>
143	eke [H: eek]	eek	v.	To make a supply of something last longer by using it frugally. <i>My mother was careful and could eke out several meals from meagre supplies.</i>
144	elliptical	ih- li hp-tih-kuhl	adj.	Relating to having the regular oval form of an ellipse. <i>The botanist was able to identify the plant by its elliptical leaves.</i>

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145	encompass	in- kum -puhs en- kum -puhs	v.	To surround and hold within. <i>A stylized heart was designed to encompass the couple's monogram on their wedding invitation.</i>
146	endeavour endeavor	in- deh -vuhr en- deh -vuhr	v.	To try hard to do or achieve something. <i>Each day I endeavour to eat a healthy diet, but sometimes I just want some junk food.</i>
147	enliven	in- leye -vuhn en- leye -vuhn	v.	To make something more entertaining and interesting. <i>The teacher tried to think of ways to enliven the lessons.</i>
148	enoki	ih- noh -kee	n.	An edible mushroom that grows naturally in China, Korea and Japan. <i>Long, thin enoki grow in clusters.</i>
149	enthralled	in- thrawld en- thrawd	v.	To capture the fascinated attention of someone. <i>The book enthralled me from the first page.</i>
150	entirety	in- teye -er-tee en- teye -er-tee	n.	The whole of something. <i>It seemed to rain for the entirety of our camping trip.</i>
151	eternally	ih- ter -nuhl	adj..	Something that continues or lasts forever. <i>When we visited Ottawa, we stopped to look at the eternally flame outside the Parliament Buildings.</i>
152	eviction	ih- vik -shuhn	n.	The action of expelling someone from a property. <i>The landlord was forced to start eviction proceedings when the tenant failed to pay their rent for months.</i>
153	excrete	ik- skreet ek- skreet	v.	To expel as waste from an organic body. <i>The kidneys help to excrete waste products from the body.</i>
154	existence	ig- zihs -tuhns eg- zihs -tuhns	n.	The state of living or being real. <i>The organization has been in existence for many years.</i>

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155	exodus [H: Exodus]	ek -suh-duhs	n.	A mass departure of people. <i>In Canada, the winter break seems to be the start of an exodus to sunnier places.</i>
156	experience	ik- speer -ee-ehns ek- speer -ee-ehns	n.	An event or occurrence which leaves an impression on someone. <i>Watching the total solar eclipse was a wonderful experience.</i>
157	exploitation	ek-sploy- tay -shuhn	n.	The action of making use of and benefiting from resources. <i>The environmental protection group was concerned about the exploitation of natural resources by large corporations.</i>
158	exponent	ik- spoh -nuhnt ek- spoh -nuhnt	n.	A symbol or number placed above and after another symbol or number to denote the power to which the latter is to be raised. <i>In the example 2^3, the exponent is 3, and represents $2 \times 2 \times 2$.</i>
159	falsification	fawl-sih-fih- kay -shuh n	n.	<i>The deliberate act of misrepresentation for the purpose of deceiving someone.</i> <i>The falsification of official documents is a crime.</i>
160	fanciful	fan -sih-ful	adj.	Existing only in the imagination. <i>The child wrote a lovely, but fanciful, story about a dog that could talk.</i>
161	fascination	fa-sih- nay -shuhn	n.	The ability to attract strong attention and interest of someone. <i>I have always had a fascination for horror movies.</i>
162	fennel	feh -nuhl	n.	An aromatic plant of the parsley family. <i>Both the seeds and leaves of fennel are used as culinary herbs.</i>
163	filiform	fi h-lih-form feye -lih-form	adj.	Threadlike. <i>The insect's antennae are filiform.</i>
164	Filipino Philipino	fih-lih- pee -noh	n.	A native or inhabitant of the Philippines. <i>I was born in Manilla and am proud to be Filipino.</i>

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165	fishmonger	fish-muhn-ger fish-mon-ger	n.	A person that sells fish for food. <i>When I wanted fresh salmon for dinner, I went to the fishmonger.</i>
166	fledgling fledgeling	flehj-ling	n.	A young bird that has just grown feathers. <i>The fledgling was learning to fly.</i>
167	flotilla	floh-til-uh fluh-til-uh	n.	A small fleet of ships or boats. <i>We watched the flotilla of sail boats getting ready for the regatta.</i>
168	fortify	for-tih-feye	v.	To increase the nutritional value of food by adding vitamins or minerals. <i>In the 1930s, the decision was made to fortify milk with vitamin D.</i>
169	foyer	foy-ay foy-er	n.	An entrance hall. <i>The door to the stately home opened onto a magnificent foyer.</i>
170	friar [H: fryer, frier]	freye-er	n.	A member of certain religious orders of men. <i>The friar spent his life working to help impoverished people.</i>
171	frontier	fruhn-teer	n.	The extreme limit of settled land, beyond which lies wilderness. <i>In history class, we are studying the settlement of the North American frontier.</i>
172	frostbitten	frost-biht-uhn	adj.	Affected by frostbite from exposure to extreme cold. <i>The Arctic explorers suffered from frostbitten fingers and toes.</i>
173	fumigants	fyoo-mih-guhnts	n.	A chemical that produces fumes used to disinfect or purify an area. <i>The grower used soil fumigants to sterilize old orchards before planting new trees.</i>
174	gaffe [H: gaff]	gaf	n.	A social blunder. <i>The dinner guest was embarrassed by his gaffe.</i>
175	garderobe	gard-rohb	n.	A wardrobe or small storeroom in a medieval building. <i>The tour guide speculated on what may have been kept in the garderobe in the castle.</i>

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176	garret	ga -ruht	n.	An attic room. <i>The young girl was entranced by the romantic idea of the starving artist in a Paris garret.</i>
177	gastronome	gas -truh-nohm	n.	A gourmet. <i>The gastronome was excited to try the new restaurant after reading the reviews.</i>
178	gauntlet	gawnt -liht gahnt -liht	n.	A strong, or armoured glove. <i>The falconer wore a leather gauntlet to give the bird a suitable perch.</i>
179	gaur	gow -er	n.	A large wild ox from India and Malaysia. <i>The gaur is sometimes known as the Indian bison.</i>
180	geisha	gay -shuh	n.	A Japanese hostess who is trained to entertain men with conversation, dance and song. <i>The geisha demonstrated the art of the tea ceremony.</i>
181	geometer	jee- om -ih-ter	n.	A person skilled in geometry. <i>Pythagoras was a Greek geometer.</i>
182	geophysical	jee-oh- fiz -ih-kuhl	adj.	Relating to the physics of the earth. <i>The geophysical engineer was a specialist in volcanology.</i>
183	ghoulish	goo -lish	adj.	Morbidly interested in death or disaster. <i>The journalist seemed to have a ghoulish fascination for crime stories.</i>
184	gingham	ging -uhm	n.	Lightweight cotton cloth checked in white and a bold colour. <i>My mother loved to have a red gingham table cloth in the kitchen.</i>
185	glissade	glih- sahd glih- sayd	n.	A skillful glide over snow or ice when descending a mountain. <i>The skier enjoyed the gentle glissade down the mountain.</i>
186	goanna	goh- an -uh	n.	An Australian monitor lizard. <i>A goanna can grow to be six feet long.</i>

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187	groundskeeper	growndz -keep-er	n.	A person who is responsible for the care of a parcel of land such as a park or sports field. <i>As a <u>groundskeeper</u> at the golf course, my father enjoyed keeping the grass well cut.</i>
188	Haiti	hay -tee	n.	A country in the Caribbean. <i>The capital of <u>Haiti</u> is Port-au-Prince.</i>
189	halide	hay -leyed	n.	A chemical compound that contains halogens and is found in minerals, animals and plants. <i>Common table salt is a <u>halide</u>.</i>
190	harridan	ha -rih-dun	n.	A strict or belligerent old woman. <i>The evil stepmother in Cinderella is portrayed as being a <u>harridan</u>.</i>
191	harried	ha -reed	adj.	Relating to a feeling of having too many demands. <i>The stores were full of <u>harried</u> shoppers getting ready for the holidays.</i>
192	hasten	hay -suhn	v.	To move or travel hurriedly. <i>We had to <u>hasten</u> to get to the airport in time for our flight.</i>
193	havoc	hav -uhk	n.	Widespread destruction. <i>The hurricane ripped through the area causing <u>havoc</u>.</i>
194	hazmat	haz -mat	n.	Hazardous or dangerous materials. <i>The workers had to put on <u>hazmat</u> suits before entering the contaminated area.</i>
195	helix	hee -lihks	n.	A spiral. <i>DNA consists of two concentric twisted strands in the shape of a <u>helix</u>.</i>
196	hesitation	hez-ih- tay -shuhn	n.	The action of pausing before saying or doing something. <i>I accepted the invitation without any <u>hesitation</u>.</i>
197	homily	hom -ih-lee	n.	An inspirational saying or cliché. <i>My grandmother seemed to have a <u>homily</u> for every occasion.</i>

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198	hotchpot	hotch -pot	n.	The blending together of properties for the purpose of securing equal division. <i>When our parents died without leaving a will, the estate was given a hotchpot value.</i>
199	hypnotize hypnotise	hip -nuh-teyez	v.	To put someone into a state of consciousness in which they apparently lose the power of voluntary action. <i>The specialist was able to hypnotize the witness to help her remember what happened.</i>
200	igneous	ig -nee-ouhs	adj.	Referring to rock that has solidified from lava or magma. <i>The three categories of rocks are igneous, sedimentary and metamorphic.</i>
201	ignoble	ig- noh -buhl	adj.	Not honourable in character or purpose. <i>The villain in the story showed ignoble feelings of intense jealousy.</i>
202	ikebana	ih-kee- bah -nuh ee-kay- bah -nuh	n.	The art of Japanese flower arrangement. <i>The art of ikebana follows strict rules and can take years to master.</i>
203	implicatively	im- plih -kuh-tiv-lee	adv.	To imply something. <i>The detective spoke implicatively, but never actually accused the man.</i>
204	impossible	im- pos -ih-buhl	adj.	Not able to occur, exist or be done. <i>After the big snow storm, it was impossible to get our car out of the driveway.</i>
205	inarticulate	in-ar- tik -yoo-luht	adj.	Referring to be unable to express one's ideas or feelings clearly or easily. <i>Sometimes I become nervous and inarticulate when I have to speak in front of a group.</i>
206	indisposed	in-dih- spohzd	adj.	Slightly unwell. <i>The teacher was indisposed, so we had a substitute teacher for the day.</i>

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207	ingrained	in-graynd	adj.	Referring to a habit or belief that is firmly established and difficult to change. <i>I know I can read the news on line, but the routine of buying the newspaper every day is ingrained in me.</i>
208	initial	ih-nih-shuhl	n.	The first letter of a name or word. <i>I generally sign an email with just the initial of my first name.</i>
209	injunction	in-junk-shuhn	n.	A legal order restraining a person from beginning or continuing an action that invades the legal rights of another person. <i>The landowner hoped to get an injunction forcing the squatters to leave his land.</i>
210	insectarium	in-sek-tair-ee-uhm	n.	A place where insects are kept, exhibited, and studied. <i>I like to go to the insectarium to see the wide range of beetles.</i>
211	insurgents	in-sur-juhnts	n.	People fighting against a lawful government. <i>The insurgents attempted to assassinate the country's leader.</i>
212	intercostal	in-ter-kos-tuhl	adj.	Referring to a muscle or space situated between the ribs. <i>The doctor said the patient had strained an intercostal muscle.</i>
213	intermingle	in-ter-min-guhl	v.	To mix together. <i>The author liked to intermingle fantasy and reality in his novels.</i>
214	interval	in-ter-vuhl	n.	An intervening time. <i>The meteorologist said that there might be the occasional interval of rain during the day.</i>
215	intolerant	in-tol-uh-ruhnt	adj.	Referring to a plant or animal unable to survive certain conditions. <i>We tried to transplant desert plants to our garden, but they were intolerant of the wet conditions.</i>

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216	invariably	in- vair -ee-uhb-lee	adv.	Always. <i>My grandmother invariably served roast beef on Sundays.</i>
217	inveigh	in- vay	v.	To speak or write about something with great hostility. <i>Some people use social media to inveigh against the government.</i>
218	invisible	in- viz -ih-buhl	adj.	Unable to be seen. <i>Oxygen is all around us, but it is invisible.</i>
219	invoice	in- voys	n.	A bill. <i>The plumber sent us an invoice for the work he did at our house.</i>
220	irritant	ih-rih-tuhnt	n.	A substance that causes slight inflammation or other discomfort to the body. <i>I wear gloves when I clean with bleach, as it can be an irritant.</i>
221	isthmus	isth -muhs ist -muhs is -muhs	n.	A narrow strip of land with sea on either side, forming a link between two larger areas of land. <i>Nova Scotia is connected to New Brunswick by an isthmus.</i>
222	jargon	jar -guhn	n.	Special words or expressions used by a profession or group that are not readily understood by others. <i>As a lawyer, I often speak in legal jargon when conferring with others in my line of work.</i>
223	jarl	yarl	n.	Historically, a Norse or Danish chief. <i>The story of the Vikings is filled with many a brave jarl sailing to distant lands.</i>
224	jettison	jeh -tih-suhn	v.	To throw or drop something from an aircraft or ship. <i>The pilot had to jettison most of his fuel when he had to make an emergency landing.</i>
225	judder	juh -der	v.	To shake rapidly and forcefully. <i>I knew something was wrong with my car when I could feel the steering wheel judder in my hands.</i>

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226	junction	juh k-shun	n.	A point where two or more things are joined. <i>A small community grew up at the junction of two rivers.</i>
227	junta	hoon -tuh juhn -tuh huhn -tuh	n.	A military or political group that rules a country after taking power by force. <i>The president of the country was forced to hand over power to the junta after the military coup.</i>
228	kittiwake	kih -tee-wayk	n.	A small gull that nests in colonies on sea cliffs. <i>The kittiwake has a call that resembles its name.</i>
229	knave [H: nave]	nayv	n.	Another term for the jack in a deck of cards. <i>I was excited to pick up another knave as it meant I would win the game.</i>
230	kuna [H; Kuna, Cuna]	koo -nuh	n.	The monetary unit of Croatia. <i>In 2023, Croatia will switch from the kuna to the euro.</i>
231	laborious	luh- bor -ee-uhs	adj.	Referring to something which requires considerable time and effort. <i>I found proof-reading my long essay to be laborious.</i>
232	lacuna	luh- kyoo -nuh	n.	A missing portion in a book or manuscript. <i>Many historians have puzzled what was written in the lacuna of the ancient tome, and why it was missing.</i>
233	lancet	lan -siht lahn -siht	n.	A small, two-edged surgical knife, with a sharp point. <i>As part of the allergy test, the doctor used a lancet to prick the skin.</i>
234	lanyard laniard	lan -yard lan -yuhd	n.	Any of various small cords used for securing something such as a whistle about the neck, or from a belt. <i>Each employee was required to have their identification on a lanyard.</i>

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235	laterite	lat -uh-reyet	n.	A reddish soil formed in tropical regions by the decomposition of the underlying rocks. <i>Many of the buildings were made of traditional materials such as laterite, mud or lime.</i>
236	laundromat	lawn -droh-mat	n.	A self-service laundry having coin-operated washers and dryers. <i>I usually go to the laundromat once a week to wash my clothes.</i>
237	ley [H: lei, lay, lee]	lee lay	n.	A type of pewter containing about 80 percent tin and 20 percent lead. <i>Because of its high lead content, ley is considered inferior to other pewter.</i>
238	libation	leye- bay -shuhn	n.	A drink poured out in honour of a deity. <i>The statue portrayed a man pouring a libation to the gods.</i>
239	lien [H: lean]	leen lee -uhn	n.	A legal claim of a person on the property of another person to secure payment of a debt. <i>When the homeowner did not pay for the costly repairs, the contractor put a lien on his house.</i>
240	lignin	lig -nin	n.	A complex polymer occurring in certain plant cell walls to make the plant rigid. <i>The formation of bark on trees relies on lignin.</i>
241	linocut	leye -nuh-kuht	n.	A design cut into linoleum mounted on a wooden block which can then be printed onto paper. <i>The illustrator chose to use a linocut for the picture on the front of the book.</i>
242	literate	liht -er-ruht	adj.	Referring to a person who is able to read and write. <i>I can speak Chinese fluently, but I am not literate in that language.</i>

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243	litmus	liht -muhs	n.	A water-soluble mixture of dyes extracted from lichens. <i>Because it will turn blue in an alkaline solution and red in acid, litmus is widely used as a chemical indicator.</i>
244	loath loth	lohth	adj.	Referring to being unwilling or reluctant to do something. <i>I decided to eat a salad as I was loath to turn on the oven on such a hot day.</i>
245	lodestone loadstone	loh d-stohn	n.	A variety of magnetite that attracts iron. <i>A Greek legend says that lodestone was discovered by Magnes, a shepherd who found his crook attracted by a rock.</i>
246	loitering	loy -ter-ing	v.	Lingering aimlessly about a place. <i>The hot summer day found the older kids loitering at the park.</i>
247	longitudinal	lon-jih- tood -in-uhl lon-jih- tyood -in-uhl	adj.	Relating to something that runs the length of a thing. <i>The longitudinal lines on the earth run from north to south.</i>
248	lucent	loo -suhnt	adj.	Referring to something that is translucent, or clear. <i>The author described the eyes of the weeping heroine as being lucent.</i>
249	malfunction	mal- funk k-shuhn	n.	A failure to function properly. <i>Due to a malfunction, the launch of the rocket was delayed.</i>
250	manifesto	man-uh- fes -toh	n.	A public declaration of intentions, opinions or objectives. <i>A manifesto might be issued by a government sovereign or organization.</i>
251	marimba	muh- rim -buh	n.	A musical instrument in the percussion family that consists of wooden bars which are struck with mallets. <i>The marimba is similar to a xylophone, but it has a lower range.</i>

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252	marsupial	mar- soo -pee-uhl	n.	A class of mammals commonly thought of as pouched mammals. <i>The most well-known <u>marsupial</u> is probably the kangaroo.</i>
253	maudlin	mawd -lin	adj.	Referring to being sentimental in a tearful or foolish manner. <i>The author portrayed the young woman as being overly emotional and <u>maudlin</u>.</i>
254	meagre meager	mee -ger	adj.	Referring to something which is deficient in amount, quality or extent. <i>We found ourselves with only a <u>meagre</u> amount of food left and no money to buy more.</i>
255	meander	mee- an -der	v.	To wander aimlessly. <i>When I have nowhere else to be, I like to <u>meander</u> through the large park in the middle of the city.</i>
256	mediate	mee -dee-ayt	v.	To act as an intermediary to help settle a dispute. <i>When my two friends were mad at each other, I tried to <u>mediate</u> to find a resolution.</i>
257	metrology	mih -trol-uh-jee	n.	The science of weights and measures. <i>One of the functions of <u>metrology</u> is the definition of internationally accepted units of measurement.</i>
258	metropolis	mih- trop -uh-lis	n.	Any large, busy city. <i>I used to live in a small town, but now I prefer a bustling <u>metropolis</u>.</i>
259	minaret	min-uh- ret min -uh-ret	n.	A tower attached to a mosque with one or more balconies. <i>From the <u>minaret</u>, the muezzin calls the faithful to prayer.</i>
260	mitre miter	meye -ter	n.	The traditional ceremonial headdress of bishops in traditional Christianity. <i>The <u>mitre</u> is a tall folding cap, rising to a peak.</i>
261	molecular	muh- lek -yuh-ler	adj.	Relating to or caused by molecules. <i>Some cities used <u>molecular</u> tests on waste water to detect some communicable diseases.</i>

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262	monosyllabic	mon-oh-sih- lab -ihk	adj.	Referring to a word which has only one syllable. <i>The word 'no' is monosyllabic.</i>
263	nascency	nay -suhn-see na -suhn-see	adj.	Referring to the beginning of something. <i>The idea of astronauts travelling to Mars is still in its nascency.</i>
264	nonsensical	non- sen -sih-kuhl	adj.	Referring to words or language having little or no meaning or making no sense. <i>The baby's babbling is adorably nonsensical.</i>
265	nosography	noh- sog -ruh-fee	n.	The written classification and description of diseases. <i>The primary purpose of nosography is to help a physician put a diagnostic label on a situation.</i>
266	nourishment	nuhr -ish-muhnt	n.	A substance or food that nourishes the body. <i>My mother always made sure that our meals were a source of nourishment.</i>
267	nubilous	noo -buh-luhs nyoo -buh-luhs	adj.	Cloudy, foggy. <i>The early morning was nubilous, but we hoped the sun would come out later.</i>
268	nutriment	noo -truh-muhnt nyoo -truh-muhnt	n.	Any substance which provides nourishment or sustenance. <i>The mother likes to feed her baby food that is rich in nutriment.</i>
269	obscure	ob- skyoor	adj.	Referring to something that is not clear or is vague. <i>The assembly instructions were obscure and made it difficult to build the bookshelf.</i>
270	obverse	ob -vurs	n.	The side of a coin that bears the principal design. <i>In Canada, the monarch's head is on the obverse side.</i>
271	occult	uh- kuhl t	n.	Magic, astrology or use of supernatural powers. <i>My sister has an interest in tarot cards and other forms of the occult.</i>

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272	odious	oh -dee-uhs	adj.	Referring to something that is offensive or repugnant. <i>In the story of Dr. Jekyll and Mr. Hyde, Hyde is devilish, evil and odious.</i>
273	offertory	of -uhr-tor-ee	n.	In a Christian church, the prayers or hymns said or sung while the worshippers' offerings are being received. <i>I enjoyed listening to the choir during the offertory.</i>
274	ordinal	awr -dih-nuhl	adj.	Relating to order, rank or position in a series. <i>The suffix 'th' most commonly follows an ordinal number, such as 200th.</i>
275	organology	awr-guh- nol -uh-jee	n.	The study of musical instruments. <i>In the organology class, the students focused on classification, instrument design and construction, and performance practice.</i>
276	original	uh- rij -uh-nuhl	adj.	Relating to a beginning. <i>The book was over 200 years old, but still in original condition.</i>
277	oryx	awr -iks	n.	A large African antelope. <i>The oryx is recognizable by its long horns.</i>
278	osier	oh -zher	n.	Any of various willows having tough, flexible twigs or branches that are used for wickerwork. <i>The craftsman used osier branches to create beautiful baskets.</i>
279	overwhelming	oh-ver- wel -ming oh-ver- hwel -ming	adj.	Referring to something so great as to render resistance or opposition useless. <i>The candidate I had supported won the election by an overwhelming majority.</i>
280	palatable	pal -uh-tuh-buhl	adj.	Referring to something that is acceptable or agreeable to the taste. <i>The food on the airplane was not the best, but it was palatable.</i>

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281	palinode	pal -ih-nohd	n.	A poem in which the poet retracts something said in an earlier poem. <i>The writer penned a few lines of verse which were a palinode, or retraction, of an accusation in an earlier poem.</i>
282	pallet [H: palette, palate]	pal -iht	n.	A small, low portable platform on which goods are placed for storage or moving in a warehouse. <i>The pallet of canned goods was easily moved by the fork lift driver.</i>
283	pallor	pal -er	n.	Unusual or extreme paleness. <i>The pallor of her skin made it obvious how frightened she was.</i>
284	palpable	pal -puh-buhl	adj.	Referring to something that is readily or plainly seen, or is obvious. <i>The joy of the bride and groom at their wedding was palpable.</i>
285	paralegal	pa-ruh- lee -guhl	n.	A person who is trained to undertake some legal work but not qualified as a lawyer. <i>I consulted a paralegal when I needed to make a will.</i>
286	patristic	puh- tris -tihk	adj.	Referring to the early Christian theologians or their writings. <i>The historian devoted much of his career to interpreting patristic manuscripts.</i>
287	permissible	per- mis -uh-buhl	adj.	Relating to something that is allowable. <i>Unlike in my grandfather's time, it is now permissible to talk, albeit quietly, in the library.</i>
288	petiole	pet -ee-ohl	n.	In botany, the slender stalk by which a leaf is attached to the stem. <i>The petiole enables the leaf to twist to face the sun.</i>
289	petrology	pih- trol -uh-jee	n.	The scientific study of rocks. <i>While geology is the study of the structure of the earth, petrology is concerned with just the rocks.</i>

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290	Phoenicians	fi h-nee -shuhns fi h-nish -uhns	n.	Members of an ancient Semitic people of Syria who founded colonies throughout the Mediterranean. <i>The Phoenicians dominated trade throughout the ancient world in the first millennium BCE.</i>
291	pilose	peye -lohs	adj.	Referring to something that is covered in fine soft hair. <i>The botanist described the leaves as being slender and pilose.</i>
292	pinnacle	pin -uh-kuhl	n.	The peak of something, such as a mountain. <i>The climbers were excited to reach the pinnacle of the mountain.</i>
293	pinon pinyon [H: pinion]	pin -yuhn peen -yon peen-yon	n.	Any of several kinds of pine trees of southwestern North America that bear edible, nutlike seeds. <i>When I visited Arizona, I enjoyed eating pinon nuts.</i>
294	plausible	plaw -zuh-buhl	adj.	Referring to something which is seemingly true or reasonable. <i>The student had a plausible explanation for not having completed the assignment.</i>
295	pleading	plee -ding	n.	The action of making an earnest or emotional appeal to someone. <i>The rescuers could hear the pleading of someone trapped in the rubble.</i>
296	plover	pluh -ver ploh -ver	n.	Any of various shorebirds of the family that also includes dotterels and lapwings. <i>When we were at the coast, we watched a plover walking along the beach foraging for food.</i>
297	plumage	ploo -mij	n.	The entire feathery covering of a bird. <i>The peacock is easily recognizable by its iridescent blue and green plumage.</i>
298	podium	poh -dee-um	n.	A small platform for a public speaker or the recipient of an award or medal. <i>The winners of the race stood on the podium to receive their medals.</i>

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299	policy	pol -uh-see	n.	A course of action adopted by a government or business. <i>The company had a clear policy regarding their employment standards.</i>
300	pomade	pom-ayd pom-ahd	n.	A scented ointment used on the hair to make it smooth and shiny. <i>The use of a pomade has been popular since Roman times, but has gone out of favour lately.</i>
301	postern	poh -stern pos -tern	n.	A back or side entrance. <i>At the large estate, tradespeople were asked to use the postern.</i>
302	poutine	poo-tihn poo-teen	n.	A French-Canadian dish consisting of French fries topped with cheese curds and brown gravy. <i>My favourite place to get poutine is from a road-side chip truck in Quebec.</i>
303	praxis	prak -sis	n.	The practical side of a profession, as opposed to theory. <i>After endless in-school learning, the students were finally learning through praxis.</i>
304	precarious	prih- kair -ee-uhs	adj.	Exposed to or involving danger. <i>Mountain climbing can be precarious, but I love the thrill of reaching the summit.</i>
305	prescription	prih- skrip -shuhn	n.	A direction by a physician, often written, to a pharmacist for the preparation and use of a medicine. <i>When I was sick, my doctor wrote a prescription for an antibiotic.</i>
306	preservative	prih- zur -vuh-tiv	n.	A chemical substance used to preserve foods from decomposition. <i>Many foods last longer nowadays due to the addition of a preservative.</i>
307	prodigious	pruh- dij -uhs	adj.	Wonderful or marvelous. <i>The new year is a good time to look back at the prodigious events of the past year.</i>

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308	prodigy	prod -ih-jee	n.	A person, especially a young person, having extraordinary talent or ability. <i>Mozart was a child prodigy at age six and maintained his ability throughout his life.</i>
309	prologue prolog [H: Prolog]	proh -log	n.	A preface or introductory part of a poem or novel. <i>The prologue set the tone of the novel.</i>
310	pronation	proh- nay -shuhn	n.	The rotation of the sole of the foot outward so that the inner edge of the foot bears the weight when standing. <i>The level of pronation differs from person to person, so it was important to the athlete to get shoes that complemented his form.</i>
311	protein	proh -teen	n.	Molecules made of amino acids that the body uses to build and repair muscles and bones. <i>Plant or animal tissue rich in protein is an important part of every person's diet.</i>
312	provisional	pruh- vizh -uh-nuhl	adj.	Referring to something which is accepted tentatively or conditionally. <i>The student was given a provisional acceptance to the college so long as she maintained her good grades.</i>
313	proviso	pruh- veye -zoh	n.	A stipulation or condition. <i>The athlete was allowed to join the football team on the proviso that he continue to do well in school.</i>
314	pulverized pulverised	pul -vuh-reyezd	v.	To demolish or crush completely. <i>The building was pulverized by the explosion.</i>
315	puncheon	pun -chuhn	n.	A heavy slab of timber, roughly dressed, for use as a floorboard. <i>The makeshift cabin had only a puncheon floor.</i>

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316	pyx pix [H: picks, pics]	piks	n.	In Christianity, a small round container used to carry the consecrated host, or Eucharist, to the sick or others who are unable to go to church to receive Holy Communion. <i>The priest took the pyx with him when he visited the elderly in the nursing home.</i>
317	quark	kwark	n.	A type of low-fat soft cheese. <i>My European grandmother says she prefers quark to yogurt as it doesn't have the sour taste.</i>
318	Quito [H: keto]	kee-toh kee-taw	n.	The capital city of Ecuador. <i>The city of Quito is closer to the equator than any other city in the world.</i>
319	raptorial	rap- tawr -ee-uhl	adj.	Relating to animals which prey on other animals. <i>The Eagle is raptorial.</i>
320	rarity	rair -ih-tee	n.	Something that is unusual or uncommon. <i>After years of Canadian winters, my grandparents now live in Arizona where snow is a rarity.</i>
321	ration	ra -shuhn ray -shuhn	n.	A fixed allowance of food or other provisions, especially for soldiers or sailors, or for civilians during a shortage. <i>In the days of sailing ships, sailors would be given a strict ration of food in order to make it last for the entire voyage.</i>
322	regnal	reg -nuhl	ad.	Referring to the reign of a monarch. <i>When Prince Albert became king, he took the regnal name of George, to become King George VI.</i>
323	regulator	reg -yuh-lay-ter	n.	A device in a clock for making it go faster or slower. <i>When my grandfather clock was losing time, I had to adjust the regulator to make it run faster.</i>

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324	reimburse	ree-im- burs	v.	To make a repayment for expenses incurred. <i>My employer will reimburse me for any money I spend while travelling for the company.</i>
325	rejoinder	rih- joyn -der	n.	An answer to a reply. <i>The comedian always seemed to have a witty rejoinder for the heckler in the audience.</i>
326	relentless	rih- lent -luhs	adj.	Not easing or slackening. <i>The blizzard seemed to be relentless.</i>
327	resect	rih- sekt	v.	To surgically cut out a part of a bone, organ or other tissue. <i>The doctor had to resect a small amount of the patient's liver.</i>
328	resplendence	rih- splen -duhns	n.	Splendor. <i>The resplendence of the palace amazed the tourists.</i>
329	responsory	rih- spen -suh-ree	n.	In Christian churches, an anthem or chant consisting of verses and responses. <i>In a service, the responsory is recited or sung after the lesson.</i>
330	restraint	rih- straynt	n.	The ability to control or moderate one's impulses. <i>He was able to show restraint not to retaliate when the bully kept picking on him.</i>
331	retaliate	rih- tal -ee-ayt	v.	To take action in return for a wrong-doing or injury. <i>Although the student was often tormented by others, he would never retaliate.</i>
332	retina	ret -ih-nuh	n.	The innermost, light-sensitive part of the eyeball. <i>The retina is responsible for transmitting images to the brain.</i>
333	reversal	rih- ver -suhl	n.	A change for the worse. <i>The family suffered a reversal of fortune during the depression of the 1930s from which they never fully recovered.</i>

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334	rheum [H: room]	room	n.	A watery or thin mucous discharge from the eyes or nose, often during sleep. <i>In the morning, I often notice that <u>rheum</u> has dried and formed a thin crust in the corners of my eyes.</i>
335	riskier	rihs -kee-er	adj.	Referring to a more hazardous action. <i>The mountaineer knew that attempting to climb Mount Everest was <u>riskier</u> than anything he had done before.</i>
336	rosolio	roh- zoh -lee-oh ruh- zoh -lee-oh	n.	A sweet cordial popular in southern Europe. <i>There are several options for flavouring <u>rosolio</u> such as citrus, coffee or mint.</i>
337	rostellum	ros- tel -uhm	n.	A small projection resembling a beak found in an orchid flower. <i>The function of the <u>rostellum</u> is to prevent the plant from fertilizing itself.</i>
338	rotation	roh- tay -shuhn	n.	The spinning motion of a body, such as a planet, on an internal axis. <i>A full <u>rotation</u> of Earth takes approximately 24 hours.</i>
339	runnel	ruhn -uhl	n.	A small stream; a brook. <i>We camped beside a <u>runnel</u> where we could hear the water trickling by while we lay in our tent.</i>
340	sadhu saadhu	sah -doo	n.	In Hinduism, a holy man, especially a monk. <i>The <u>sadhu</u> lived a quiet life of meditation and contemplation.</i>
341	saliva	suh- leye -vuh	n.	A watery fluid secreted into the mouth which moistens the mouth. <i>The simple act of chewing helps create <u>saliva</u>, which will aid in digestion.</i>
342	sanctions	sangk -shuhns	n.	Something that serves to support an action or condition. <i>The government imposed <u>sanctions</u> on the combatant country in an attempt to hurt their economy.</i>

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343	saponify	suh- pon -ih-feye	v.	To convert fat into soap. <i>You can saponify animal fat by adding an alkali such as lye.</i>
344	sardonic	sar- don -ihk	adj.	Characterized by mockery or derision. <i>The girl gave a sardonic smile even though she was saying she agreed with the suggestion.</i>
345	scheme	skeem	n.	An underhanded plot. <i>The villains in the spy movie devised a scheme to overthrow the government.</i>
346	scintilla	sin- til -uh	n.	A minute particle; a trace. <i>The perpetrator appeared to have committed the crime without leaving even a scintilla of evidence behind.</i>
347	screed	skreed	n.	A long essay or diatribe. <i>The screed read like a manifesto.</i>
348	seamstress	seem -stris	n.	A woman who sews clothes. <i>My mother was once a professional seamstress, but now she just makes clothes for herself.</i>
349	seasonable	see -zun-uh-buhl	adj.	Characteristic of the season. <i>The meteorologist said we would be returning to more seasonable weather this week.</i>
350	secretion	sih- kree -shuhn	n.	A substance such as saliva or mucus that is produced by a cell or gland. <i>The secretion of saliva is increased by chewing.</i>
351	seltzer	selt -zer	n.	Water that has been commercially filtered and carbonated. <i>On a warm day, I like a seltzer with a slice of lemon.</i>
352	semiconscious	sem-ee- kon -shuhs	adj.	Not fully aware of or responding to one's surrounding. <i>The paramedics found the accident victim to be semiconscious.</i>
353	sentient	sen -shuhnt sen -shee-uhnt sen -tee-uhnt	adj.	Referring to being able to perceive or feel things. <i>Scientists are divided on the question of whether it is feasible to create an artificial intelligence system that is truly sentient.</i>

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354	separation	sep-uh- ray -shuhn	n.	Something that divides or separates. <i>The fence in the schoolyard created a separation between the younger children and the older.</i>
355	servitude	ser -vih-tyood ser -vih-tood	n.	The state of being a slave, or subject to someone more powerful. <i>Her status as a slave, condemned her to a life of servitude.</i>
356	signature	sig -nuh-cher	n.	A person's name or mark as signed personally. <i>The witness added his signature to the document.</i>
357	skewer	skyoo -er	n.	A long pin of wood or metal for inserting through meat or other food to hold or bind it in cooking. <i>My mother suggested that we children could place our own choices of meat and vegetables on a skewer, ready for the barbecue.</i>
358	skulk skulk	skuhl k	v.	To move in a stealthy manner. <i>Through binoculars, we could see the panther skulk through the bushes in search of prey.</i>
359	spirea spiraea	speye- ree -uh	n.	A genus of plants in the rose family, having clusters of small, white or pink flowers. <i>My mother planted a spirea bush in our garden.</i>
360	stadium	stay -dee-uhm	n.	A sports arena, usually oval and with tiers of seats for spectators. <i>We went to the stadium to watch the football game.</i>
361	stent	stent	n.	In medicine, a small expandable tube which can be inserted into a blocked blood vessel. <i>When the doctor discovered my grandmother had a blocked artery leading to her heart, they inserted a stent to reopen the artery.</i>
362	stifle	steye -ful	v.	To suppress or withhold. <i>I tried to stifle a yawn so that my friend wouldn't think I was bored.</i>

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363	stimulating	stim-yuh-layt-ing	adj.	Referring to physical activity that makes one feel refreshed and energetic. <i>I find the walk to work <u>stimulating</u>.</i>
364	stirrup	stir-uhp stur-uhp	n.	A loop or ring suspended from the saddle of a horse to support the rider's foot. <i>At my first riding lesson, I was taught to put my foot in the <u>stirrup</u> to hoist myself up.</i>
365	storage	stor-ihj stawr-ihj	n.	The act of storing goods or the state of being stored. <i>I put all my goods in <u>storage</u> and travelled the world for a year.</i>
366	straddle	strad-uhl	v.	To walk, stand or sit with one leg on each side of something. <i>My long legs made it easy to <u>straddle</u> the big horse.</i>
367	strength	strengkth strenth	n.	The quality or state of being strong. <i>The weight-lifter was renowned for his great <u>strength</u>.</i>
368	striated	streya-ayt-ihd	adj.	Having furrows or streaks. <i>I noticed several thickly <u>striated</u> shells on the beach.</i>
369	stricture	strik-cher	n.	An abnormal constriction of any passage in the body. <i>The infection led to a <u>stricture</u> of the patient's windpipe, requiring emergency intervention.</i>
370	superintendent	soo-per-in- ten -duhnt	n.	A person who is in charge of maintenance and repairs of an apartment building. <i>When my faucet was broken, the <u>superintendent</u> was able to repair it.</i>
371	sustain	suh- stayn	v.	To supply with necessities of life, such as food. <i>In spite of being very poor, my parents always had enough food to <u>sustain</u> us.</i>
372	sutures	soo -chers	n.	The stitches used to join the edges of a wound. <i>The doctor had to use several <u>sutures</u> to close the cut on my leg.</i>

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373	tawdriness	taw -dree-nuhs	n.	The quality of being cheap and of low quality. <i>Sometimes I enjoy binge-watching bad movies for the outlandish plots and <u>tawdriness</u> of the sets.</i>
374	tendrils	ten -drilz	n.	In botany, the threadlike part of a leaf or stem that attaches climbing plants to a support. <i>The <u>tendrils</u> of the plant seemed to reach up and grab hold of the lattice.</i>
375	tenuous	ten -yoo-uhs	adj.	Referring to something which is lacking a sound basis. <i>At the debate, the challenger said that the argument put forth by his opponent was <u>tenuous</u> and unsubstantiated by facts.</i>
376	topiary	toh -pee-air-ee	adj.	Relating to the trimming or training of trees or bushes into artificial decorative shapes. <i>I like to walk through the <u>topiary</u> garden to look at the different animal shapes that are really trees or bushes.</i>
377	transitory	tran -sih-tor-ee	adj.	Relating to something which is temporary or short-lived. <i>The town officials assured that the delays caused by construction would be <u>transitory</u>.</i>
378	translator	trans -lay-ter tranz -lay-ter trans- lay -ter tranz- lay -ter	n.	A person who translates from one language to another. <i>The author worked with a <u>translator</u> when her book was to be published in another language.</i>
379	transverse	trans- vurs tranz- vurs trans -vurs tranz -vurs	adj.	Referring to something that is set crosswise. <i>The architect carefully planned where a <u>transverse</u> beam should be located.</i>
380	trawler	traw -ler	n.	Any of various types of vessels used for fishing. <i>My grandfather pulled a net behind his small <u>trawler</u>.</i>

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381	tremolo	trem -uh-loh	n.	A tremulous or vibrating effect produced by certain instruments and the human voice. <i>The violinist created a tremolo by rapidly moving the bow back and forth across the strings.</i>
382	trepidation	trep-ih- day -shuhn	n.	A state of fear or anxiety. <i>It was with great trepidation that I got onto the roller coaster.</i>
383	trope	trohp	n.	A recurring theme or motif. <i>The damsel in distress trope in movies has become passe.</i>
384	tutelage	tyoo -tuh-lij too -tuh-lij	n.	Instruction or guidance, especially by a tutor. <i>The graduate credited the one-on-one tutelage he received to really helping him with his studies.</i>
385	uncomfortable	un- kuhm f-tuh-buhl un- kuhm -fer-tuh-biuh l	adj.	Referring to something causing discomfort or distress or that is painful or irritating. <i>I really liked the look of the couch in the store, but found it to be uncomfortable.</i>
386	unforgettable	un-for- get -uh-buhl	adj.	Impossible to forget. <i>The bride wanted her wedding to be unforgettable.</i>
387	universal	yoo-nih- ver -suhl	adj.	Applicable everywhere or in all cases. <i>In Canada, we have universal health care so everyone can afford to see a doctor.</i>
388	unscathed	un- skaythd	adj.	Not harmed or injured. <i>Fortunately, the occupants of the cars were unscathed in the accident.</i>
389	uranology	yoor-uh- nol -uh-jee	n.	The branch of physics that studies celestial bodies and the universe as a whole. <i>Astronomy is now used more commonly than uranology.</i>
390	uvea	yoo -vee-uh	n.	Part of the eye. <i>The iris, which gives eyes their colour, is located in the uvea.</i>

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391	vacillate	vas -uh-layt	v.	To be indecisive; to waver. <i>The politician had a tendency to <u>vacillate</u> which made him a poor leader.</i>
392	vagaries	vay -guh-rees vay- gair -ees	n.	Unpredictable or erratic actions; whims. <i>What we did on each day of our vacation depended on the <u>vagaries</u> of the weather.</i>
393	viol [H: vile, vial]	veye -uhl	n.	Any of a family of stringed instruments similar to those of the violin family. <i>The <u>viol</u> is played with a bow.</i>
394	violation	veye-oh- lay -shuhn	n.	A breach or infringement of a rule or the law. <i>The driver was given a ticket for a parking <u>violation</u>.</i>
395	vitriolic	vih-tree- ol -ihk	adj.	Scathing or caustic. <i>Social media can be full of <u>vitriolic</u> comments on just about any subject.</i>
396	voyageur [H: Voyager]	voy-uh- zhur voy -uh-jur	n.	In history, a boatman employed by one of the early fur-trading companies. <i>The <u>voyageur</u> travelled by canoe into the interior of Canada.</i>
397	vulnerability	vul-ner-uh- bil -ih-tee	n.	The susceptibility to attack or harm. <i>Climate change is increasing farmers' <u>vulnerability</u> to both drought and flooding, leading to loss of crops.</i>
398	windsurfing	wind -sur-fing	n.	A form of sailing in which a flexible sail is mounted on a surfboard, guided by a standing rider. <i>I like to go <u>windsurfing</u> when I go to the lake.</i>
399	wreckage	rek -ij	n.	The remains of something that has been wrecked. <i>The <u>wreckage</u> from the car crash was taken to the scrap yard.</i>
400	wring [H: ring]	ring	v.	To twist forcibly. <i>My grandmother had to wash the clothes by hand and then <u>wring</u> them to get the water out.</i>

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