



Haida Gwaii

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## Captain Tom is a hero

Captain Tom Moore lives in England. He is a hero.

### Why is he a hero?

Captain Tom raised money for charity. He raised \$52 million dollars for health care in England.



This is Captain Tom Moore.

### How did he raise the money?

Captain Tom uses a walker. He cannot walk far. He asked people to give money for him to walk around his garden.

### 100 years old

Captain Tom turned 100 years old on April 30. He said he would walk around his garden 100 times before his birthday.

### He did it!

Captain Tom walked 10 laps a day. He started on April 6. He finished on April 16.

### Did you know?

Captain Tom:

- served in the Second World War
- broke a Guinness World Record
- is the oldest person to record a number-one hit single in the UK



Scan to hear  
Captain Tom sing  
"You'll Never Walk  
Alone"

Adapted from CBC News  
Photo: Getty Images/Justin Tallis

## Plan to reopen BC

On May 5, Premier John Horgan announced a plan to ease restrictions during the COVID-19 pandemic. If cases remain low, he said more places could reopen during summer.

### What places will open?

From June to September, BC could reopen:

- movie theatres
- spas and hotels
- more parks and camping sites

Horgan said more businesses will be allowed to reopen if they follow strict safety rules. People who own cottages or other places will be allowed to travel. Schools will reopen slowly.

### What will not open?

Horgan said some things will not open unless there is a vaccine for COVID-19. He said, "BC will not be hosting rock concerts and conventions, or any other large gatherings beyond 50 people."

### Success of the plan

Horgan said the success of the plan depends on all British Columbians. They must continue hand washing, physical distancing and staying home if they are sick.

Adapted from Government of BC and *The Georgia Straight* • Photo: Government of BC



This is Premier John Horgan.

## More wildlife seen in parks

On April 8, BC Parks closed provincial parks. They closed the parks because of the COVID-19 pandemic.

Without people around, the animals became more active.

### Seen on camera

Animal researchers have set up cameras in different parks in BC. It is a "chance to see how wild animals are responding to the lack of people," said Cole Burton, a UBC forestry researcher.

A female cougar with two cubs was seen on a trail in Golden Ears Provincial Park. Burton said animals use the trails because it is easier for them to move through the forest.

### Spotted skunk

A spotted skunk was also caught on camera. It is a species of skunk that is hardly seen. The skunk is half the size of a regular skunk and is covered in white spots.

Burton says it is a reminder that animals live in the parks all the time, whether we can see them or not.

Adapted from CTV News Vancouver and *Vancouver is Awesome* • Photo: Wikimedia Commons/Brian Kentosh



This is a spotted skunk.

# Haida Gwaii

## Haida Gwaii 📖

Haida Gwaii is a group of islands. It is off the west coast of British Columbia.



This is Haida Gwaii.

Haida Gwaii means “islands of the Haida people.” It used to be called the Queen Charlotte Islands.

Haida art is famous. Many people have seen Haida totem poles.



This is the Haida Gwaii Museum.

Haida Gwaii is beautiful. It is a good place to travel.

There are no buses on Haida Gwaii. There are some taxis. You can drive many places. To go some places, you must take a boat.

There are two ways to get there. You can take a ferry from Prince Rupert. You can also fly from Vancouver.

### Did you know?

Haida Gwaii is a remote place. The people on Haida Gwaii want to protect it. They say, "please stay home for now." Visit Haida Gwaii when the COVID-19 pandemic is over.

Submitted by Sarah Sutherland • Photos: Unsplash/Cory Schadt, Wikimedia Commons/Murray Foubister

## The history of Haida Gwaii 📖

Thousands of years ago, Haida Gwaii was part of Vancouver Island.

After the Ice Age, the ocean waters rose. The sea covered parts of the larger island. Smaller islands were created.

From top to bottom, these islands are now about 155 miles long.

### Who are the Haida?

Historians believe the Haida were the first people in Canada. For more than 13,000 years, the Haida people have lived in Haida Gwaii.

Originally, there were over 100 Haida villages on Haida Gwaii. There were tens of thousands of Haida on the island.

The Haida have two clans, or family groups, the Eagles and the Ravens.

### What is the Haida story of creation?

The Haida believe the raven made Haida Gwaii.

The story they tell is that a raven was on the beach. He saw a clamshell. Tiny humans were inside the clamshell. The raven convinced the humans to come outside the shell and play.

This was the beginning of the people of Haida Gwaii.

Submitted by Kimberley Alcock • Photo: iStock Photo/Dave Parsons



A raven sits on top of a totem pole. The pole has three watchmen and a raven.

## Totem poles 📖

Totem poles are tall wood carvings. They are made by West Coast First Nations.

Most totem poles are carved from cedar wood.

You can see totem poles in many places throughout BC. There are totem poles in Stanley Park in Vancouver. There are also totem poles in Victoria, Sechelt, Alert Bay and Haida Gwaii.

### A work of art

A totem pole is a work of art.

A totem pole can welcome visitors to a building.

The totem pole can also be a monument. It can honour a famous person or event. For example, a totem pole might honour the memory of the chief of a tribe.

During a feast, or potlach, totem poles can also be put up to greet important visitors.

### Tell stories

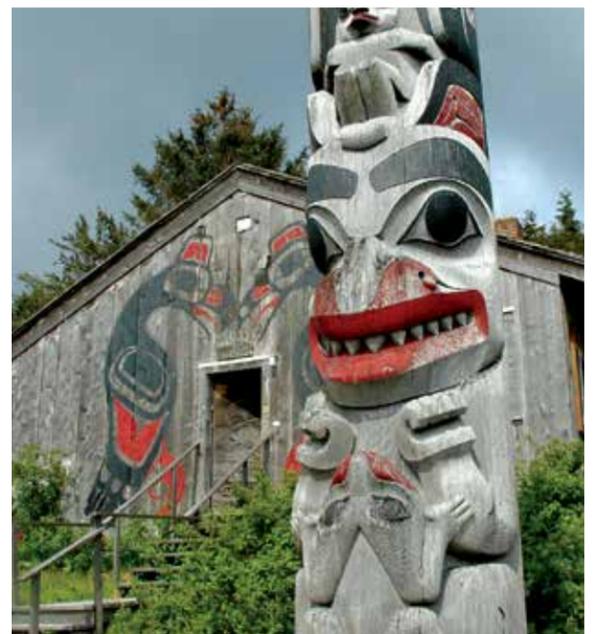
Totem poles can also tell stories. They show stories through the carvings. The stories can be legends or myths. The stories can be the history of a family.

### What are the carvings?

Some of the carvings on totems are animals. Common animals include bears, wolves, whales, frogs, eagles and ravens. Each animal has a meaning.

For example, in Haida culture, the raven can be a magician. The raven tells the story of the beginnings of Haida Gwaii.

Submitted by Kimberley Alcock • Photo: Alaska View Lodge, Haida Gwaii



This is a totem pole in Masset.

# Canada

## Coming to Canada

Dalal is a refugee from Syria. When the war broke out in 2011, her husband spoke out against the government. He was arrested and killed. Dalal was scared. She fled with her sons and went to Turkey.

In Turkey, Dalal thought about crossing the ocean with other Syrian refugees. She knew the trip was very dangerous. She asked for help from her family in Canada. They found her a sponsor.

Dalal arrived in Canada in 2016. She remembers coming off the plane. "At the entrance gate, there was a group of the coolest people I have ever met ... holding signs that said 'welcome'," she said.



This is Dalal.

## Helping others

Dalal had to learn many things when she came to Canada. Her sponsors taught her about Canadian culture. She went to school to learn English.

Dalal wanted to help other refugees. Now, she teaches Arabic to refugee children at the Muslim Canadians Integration Association. She shares her story with other refugees at the Pacific Immigrants Resources Society.

## Becoming a citizen

Dalal is excited to become a citizen. This spring, she passed her citizenship test.

"All the Canadians I met were very supportive and generous. I have learned from them what it means to give back to the world. I will become a worthy citizen," she said.

Submitted by Felisha Chuter • Photo: Dalal Ayal

## National Indigenous Peoples Day

June 21 is National Indigenous Peoples Day. It is a day for all Canadians to celebrate the contributions of First Nations, Inuit and Métis peoples.

Each group has its own heritage, language, culture and beliefs.

## History of the day

The day was first celebrated in 1996 as National Aboriginal Day. The name was changed by Prime Minister Trudeau in 2017.

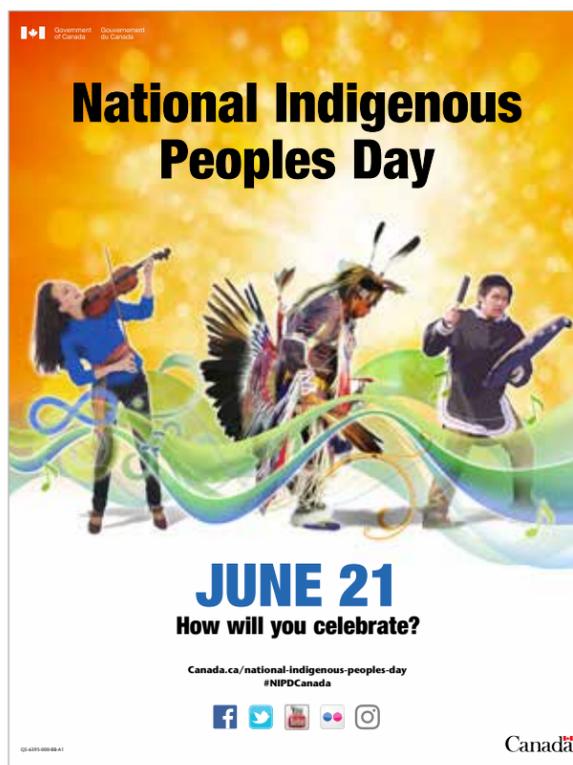
Indigenous groups and the Government of Canada chose June 21. It is the summer solstice and the longest day of the year.

## How can I celebrate?

This year, community events may be cancelled due to COVID-19. You can still celebrate by doing activities at home.

Visit [canada.ca](https://canada.ca) to:

- learn about Indigenous history and reconciliation
- experience a virtual museum exhibition
- watch a video on how to make "fry bread," a traditional recipe
- download the activity book with games, trivia and colouring pages



Adapted from Government of Canada • Photo: Government of Canada

# Calendar

## Father's Day



Father's Day is June 21. It is a day to celebrate fathers. People give cards and gifts to fathers.

Photo: Pexels/Elly Fairytale

## National Indigenous Peoples Day



National Indigenous Peoples Day is June 21. It celebrates the culture and heritage of Indigenous peoples. Indigenous peoples include First Nations, Inuit and Métis.

Photo: Vancouver is Awesome/Dan Toulgoet

## Canada Day



Canada Day is July 1. It is Canada's birthday. The day celebrates the anniversary of Confederation in 1867. People wear red and white. They wave the Canadian flag.

Photo: Wikimedia Commons/Kim Newberg

## BC Day



BC Day is August 3. It is a day to celebrate British Columbia. People spend time outdoors. They go to parks and beaches.

Photo: Wikimedia Commons/Steven Pavlov

# Tastes of Summer

## Simple fruit salad 📖

Blueberries and strawberries are summer fruits. You can make them into a fruit salad.



This is a fruit salad.

### What you need:

- 1 orange
- 1 cup fresh blueberries
- 1 cup fresh strawberries

### What you do:

1. Wash the blueberries and strawberries.
2. Slice the strawberries.
3. Peel and slice the orange.
4. Put the strawberries, blueberries and orange pieces in a bowl. Mix.
5. Enjoy!

Submitted by Kimberley Alcock  
Photo: Kimberley Alcock

## Corn with cayenne and lime 📖

Corn on the cob is a summer treat!

### What you need:

- 4 ears corn
- 3 tablespoons melted butter
- 1/2 teaspoon cayenne pepper
- juice of 2 limes
- salt

### What you do:

1. Take the husks off the corn.
2. Boil a large pot of salted water.
3. Add the corn to the pot. Cook for five minutes.
4. Combine the butter, cayenne and lime juice. Stir.
5. Drain the corn.
6. Brush the corn with the flavoured butter.

Submitted by Gail Hanney • Photo: Coreen Douglas



This is corn with cayenne and lime.

## Dalgona coffee 📖

Dalgona coffee is a whipped coffee drink. It is popular on social media!

### What you need:

- 2 tablespoons of instant coffee
- 2 tablespoons of sugar
- 2 tablespoons of very hot water
- Milk

### What you do:

1. Put the instant coffee and sugar in a bowl.
2. Add the hot water. Stir.
3. Whisk with a hand whisk or an electric mixer. Stop when the mixture is light and fluffy.
4. Pour some milk into a glass. Scoop the mixture on top of the milk.
5. Drink and enjoy!

Adapted from [jessicainthekitchen.com](http://jessicainthekitchen.com) • Photo: Unsplash/Isabela Kronemberger



This is a Dalgona coffee.

### The Westcoast Reader

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