



Sea
wolves
love eggs.

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New Canadians, new food

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PHOTO — JASON PAYNE/THE PROVINCE

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B.C. news



Mustafa Zakreet in Salmon Arm, B.C.

PHOTO — EVAN BUHLER/SALMON ARM OBSERVER

English skills: Part 2

Mustafa Zakreet, 24, is from Syria. Now he lives in Salmon Arm, B.C.

This city is in B.C.'s interior. About 18,000 people live there.

Mustafa arrived in January 2016 as a **refugee**.

About 35 Salmon Arm **residents** help Mustafa. "They saved my life," he says. "I don't know how to thank them."

Mustafa wants to learn English quickly, so he can help other refugees in Salmon Arm.

Every day he practices English. He visits his **sponsors**. At Immigrant Services Shuswap, he practices speaking English. And he takes language classes at Okanagan College.

Mustafa is learning about Canada, too. He has skied. And he attended a hockey game.

Mustafa is excited about sharing his new life. Soon his father and brother will join him.

refugees — people who are forced to leave their country
residents — people who live in a place for a long time
sponsors — people who give financial and emotional help to a person or people

ADAPTED FROM CBC NEWS AND SALMON ARM OBSERVER

B.C. news



Richmond, B.C.'s Mayor Malcolm Brodie

PHOTO — MARK VAN MANEN/THE PROVINCE

Saving farmland

Malcolm Brodie is the mayor of Richmond, B.C.

Brodie is not happy.

He wants to save 200 farms in Richmond.

But the Canadian government wants to build on this land.

Brodie says that this land is for growing food.

Farmland is not for sale.

1973 B.C. plan

The B.C. government made a plan 43 years ago.

It was the first plan in the world to **protect** farmland.

The plan protects 47,000 km² of farmland in B.C.*

Farmland is also **disappearing** in Delta, Surrey, Burnaby and Vancouver, says Brodie.

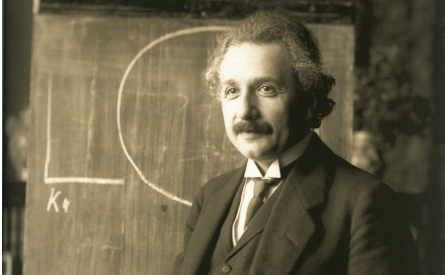
Brodie is not happy. So, he will continue to fight.

protect — to keep safe
disappearing — going away forever

* This is about 5% of land in B.C.

ADAPTED FROM THE PROVINCE AND THE VANCOUVER SUN

World news



Albert Einstein in 1921 in Vienna, Austria

PHOTO — FERDINAND SCHMUTZER/PUBLIC DOMAIN
ADAPTED FROM NASA, SPACE.COM AND THE PROVINCE

Einstein was right

Albert Einstein was right.* In 1915, the scientist presented a **theory**. It was called the theory of relativity.

This theory is difficult to understand. One video by scientist Carl Sagan helps us.** Sagan tells us about the speed of light.

Light travels very fast. It moves at about 300 million metres per second.

In 1916, Einstein also talked about waves, called "gravitational waves". But no one found these waves — until now.

On February 11, 2016, scientists told the world that they heard a ringing sound in space.*** The sound was two black holes colliding about one billion years ago!

This collision made waves. The waves travelled across space, and in September 2015, the waves travelled past Earth.

Scientists are excited. The waves carry information that will open a new window to the universe.

*Albert Einstein (March 14, 1879 – April 18, 1955)

**Carl Sagan (November 9, 1934 – December 20, 1996)

Sagan's Video: www.youtube.com/watch?v=Uy7rrCQh2w

***Listen to the sound of these waves: www.youtube.com/watch?v=QyDcTbR-kEA

For more videos and links, see the Teachers' Notes.



PHOTO — NILÁ GOPAUL; VOLUNTEERS AT CLOTHES AND COLLECTIBLES, THE WEST END SENIORS' NETWORK'S THRIFT STORE, 2010

April 10 - April 16 National Volunteer Week

Volunteers help other people, and they help our communities. Volunteers do not get paid.

In total, Canadians volunteer about two billion hours each year.



PHOTO — JENELLE SCHNEIDER/THE VANCOUVER SUN

April 14 Vaisakhi

Sikhs celebrate this harvest festival. It is also celebrated by Hindus and Buddhists as the start of the new year.

The largest Vaisakhi parade in the world outside India is in Surrey, B.C.

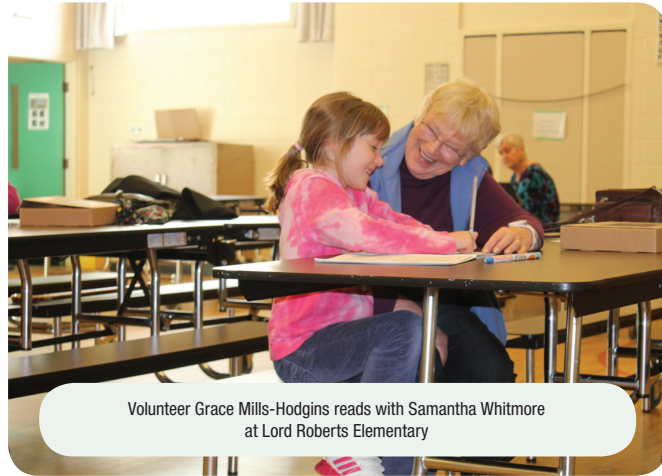


PHOTO — ARLEN REDEKOP/THE VANCOUVER SUN

April 22 Earth Day

This celebration started in 1970. Today Earth Day is celebrated in 192 countries.

On this day, people celebrate ways to respect our environment.



Volunteer Grace Mills-Hodgins reads with Samantha Whitmore at Lord Roberts Elementary

PHOTO — JESSICA SMITH, COURTESY OF WESN

Seniors go back to elementary school

It is 2016 in Vancouver.

Ten seniors go back to school.

And they go for 15 weeks.

Once a week, each senior works with one student.

The students are from grades 3 to 6.

For one hour these seniors help students read.

About the program

Costco Canada, a company, started a reading program.

This program is 18 years old.

Some Costco workers teach volunteers to help in local schools.

Part of a team

The West End Seniors' Network, Costco and Lord Roberts School work together.

For three years, this program has helped children read.

A wonderful program

Fran Linnington is a volunteer. "I am so glad to be a part of it," she says.

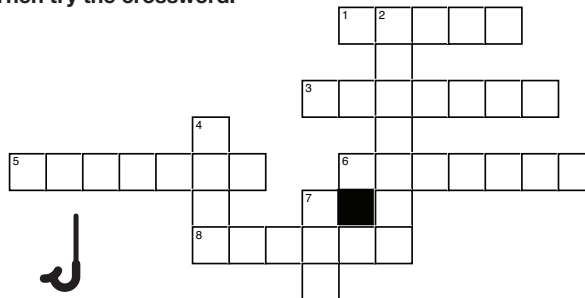
Fran thinks reading is the most important gift we can give to a child.

Samantha Whitmore is a student. Her mother also thinks the program is wonderful.

The students learn so much.

Read "Sea wolves love eggs" on page 4.

Read the eight definitions below. Find the words in the story. Then try the crossword.



Across

- 1) a large group of eggs; to lay eggs
- 3) a diver's breathing tube (see art above)
- 5) the natural home of an animal or plant
- 6) a kind of fish
- 8) to send to another country for sale

Down

- 2) keep safe from harm or injury
- 4) walk through water
- 7) another word for fish eggs

The answer key is in the Teachers' Notes.

SNORKEL: ISTOCKPHOTO



Jeremy Dunn, left, and Chef Han hold a salmon.

PHOTO — JASON PAYNE/THE PROVINCE

New country, new foods 🍴

Foods taste different in a new country.

In Canada, there are many new kinds of foods.

We have foods such as Mexican, Italian, Greek, Chinese, Korean, Thai, Japanese, and Indian.

In B.C., we are lucky. We also have local fish, such as fresh salmon.

A change in diet is not easy.

“The vegetables, fruits and even lentils don’t taste the same,” says Neha Anand from India.

Many newcomers do not know *Canada’s Food Guide*.
“I hadn’t heard of the food guide at first,” says Regina Cid from Brazil.

Regina saw copies from her daughter’s school.
“I told my kids this is important for you.”

A change in diet

Some studies show, after five years in Canada, many newcomers become less healthy.

- They have gained weight.
- They have high blood pressure.
- They start to get diabetes.
- They become depressed.

MOSAIC* is an organization that helps immigrants.

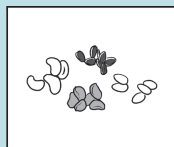
MOSAIC now has a cookbook. The recipes are easy and healthy. Some recipes are by Vancouver chefs.

Mosaic of Flavours: www.mosaicbc.com/eating-resource-guide/

Healthy foods in *Canada’s Food Guide* include:



Fish



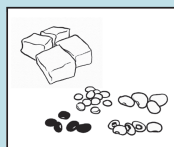
Nuts and seeds



Vegetables and fruit



Lean meat



Tofu and legumes



Unrefined whole-grain products

*<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>
ADAPTED FROM THE PROVINCE • ILLUSTRATIONS BY NOLA JOHNSTON

Health



Sasha McNicoll, left, and Brent Mansfield

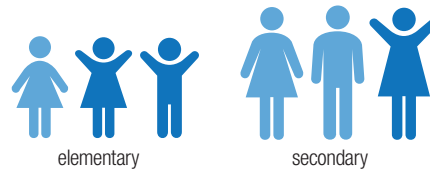
PHOTO — ARLEN REDEKOP/THE PROVINCE • ILLUSTRATIONS BY NOLA JOHNSTON
ADAPTED FROM THE PROVINCE AND FOODSECURECANADA.ORG

Healthy food in schools 🍴

Sasha McNicoll and Brent Mansfield want healthy foods in all Canadian schools.

They worry about young people’s learning, behaviour and health.

For example, 33 per cent of students in elementary schools and 66 per cent of students in secondary schools do not eat a healthy breakfast.

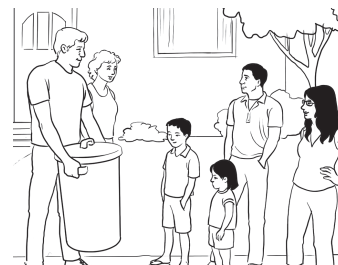


McNicoll and Mansfield say school food programs help in many ways:

- Children do better in school.
- Children are sick less often.
- There is less bullying, depression and stress among children.

A healthy, balanced breakfast includes items from the main food groups.
Canada’s Food Guide has a complete list of these foods:
<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Etiquette



Neighbours have a chat.

Good neighbours 🍴

A neighbour lives near you or next door to you.
When you see your neighbour –

- Wave.
- Smile.
- Say “hello”.
- Introduce yourself.
Hi, I’m _____.
Nice to meet you.
- Have a chat.

ILLUSTRATION: NOLA JOHNSTON



PHOTOS — IAN McALLISTER/PACIFIC WILD
SUBMITTED BY NANCY CARSON • ADAPTED FROM THE VANCOUVER SUN

A sea wolf looking for herring eggs checks out the photographer.

This photo was a world favourite in 2015.

Sea wolves love eggs

Wolves near Bella Bella, B.C. wade into the ocean.

They eat tiny, clear, sticky eggs.

These eggs or roe are from a fish called the Pacific Herring.

Photographing roe and wolves

Ian McAllister was studying the herring **spawn** last year. He was diving with his camera.

When he came up out of the water, two wolves ran over.

"This is really stupid because they think I'm a seal," says Ian.

The wolves chewed on his **snorkel**. But before they ran back to the eggs, Ian took many photos.

One photo became famous. *National Geographic* named it one of its top photos of 2015.



A herring catch on a fishing boat

Importance of herring

First Nations peoples have fished herring for hundreds of years.

In 1877, people began to sell these fish. They exported most herring to Asia.

Over the years, pollution and a loss of spawning habitat have become major threats to the herring.

These fish have completely disappeared from some areas.

The Heiltsuk* First Nation wants to protect the herring.

The Department of Fisheries and Oceans has agreed.

In 2016, B.C.'s commercial fishery will take only seven per cent of the usual catch.

*Heiltsuk (Hel-sik)

spawn: a large group of eggs
snorkel: a diver's breathing tube



Herring in the Pacific Ocean



A Spirit Bear mother with her cub

PHOTO — BEARS: MARINA CAPPABIANCA, COURTESY RIVER ROAD FILMS;
RAVEN: CALLUM HOARE/CC, FLICKR

Living in the Great Bear Rainforest

It is the early 1990s. The Turner family is living for two years in a forest. The forest is called the Great Bear Rainforest.*

This rainforest has been home to the First Nations for centuries. The forest covers 74,000 square kilometres along the coast of B.C.

Jeff and Sue Turner are Canada's leaders in the field of films about nature.

In the 1990s, they share the forest with bears and wolves. They live in a tent with their baby girl.

The couple makes a film about an animal called the Spirit Bear.

A legend

First Nations believe that long ago ice and snow covered the world. Then Raven turned everything green. Raven said some black bears would have white fur. This way, people would remember the time of the **glaciers**.

Years later

In the early spring of 2015, the Turner family returned to the Spirit Bear's home.

They made another film. It is called "Spirit Bear Family".

A raven



glaciers — (glay-shers) a huge river of ice formed from years of packed snow

*Note: In February 2016, the B.C. government agreed to permanently protect 85% of the old-growth forested area from logging.

You can watch "Spirit Bear Family" online:

www.cbc.ca/natureofthings/episodes/spirit-bear-family

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