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## Watch Pacific Great Blue Herons live

Stanley Park's Pacific Great Blue Heron webcam is now live.

The park's "Heron Cam" livestreams 40 nests. You can watch the herons mate, build nests, care for their chicks and fend off eagles.

The Heron Cam livestreams from March through September.



These are Pacific Great Blue Herons.

### Nests in Stanley Park

Vancouver is home to one of North America's largest groups of Pacific Great Blue Herons.

This is the 20th year the birds have returned to nest in Stanley Park.

Heron eggs hatch between April and May. Last year, the park had 112 fledglings, or baby herons.

Watch the herons at: [vancouver.ca/parks-recreation-culture/heron-cam](http://vancouver.ca/parks-recreation-culture/heron-cam)

### Did you know?

- Herons live near water. They eat fish and nest in trees.
- Pacific Great Blue Herons can be up to two feet tall. They have a large wingspan of six and a half feet.

Adapted from CTV News Vancouver and Stanley Park Ecology Society • Photo: Vancouver Park Board

## 7 pm cheer

Rory Richards lives in the West End of Vancouver.

On March 20, Richards did something special. She opened her apartment window and cheered for healthcare workers at 7 pm. She thanked them for looking after people with COVID-19.

### Nightly tradition

Richards asked her neighbours and friends to clap for healthcare workers at St. Paul's Hospital. The workers change shifts at 7 pm.

Only a few people clapped and cheered the first night. But then, word got out and hundreds of people joined in.

### A wonderful experience

Dr. Daniel Kalla, head of the emergency department at St. Paul's, says it's been a wonderful experience for staff.

"It's more than just feeling appreciated, you feel supported, like the community has your back," said Kalla.

Adapted from CBC News • Photo: Gail Hanney



This person is cheering.

### Did you know?

- People around the world are cheering for healthcare workers.



Scan to hear the 7 pm cheer.

## Who is Dr. Henry?

Dr. Bonnie Henry is BC's health officer. She is BC's top doctor.

### COVID-19

Dr. Henry gives updates about COVID-19. She answers questions. She tells us how many people:

- have COVID-19
- are in hospital
- get better
- have died

She tells people to keep safe. She tells people to wash their hands and stay home.

Dr. Henry gives hope. She says, "This is not forever. We're going to get through this."

### Thank you, Dr. Henry

Many people think Dr. Henry is doing a good job.

People have started Dr. Henry fan clubs on social media. They have written songs about her. An artist painted a mural of her on a store window in Vancouver.

Adapted from Vancouver Courier and Burnaby Now • Photo: Dan Toulgoet



This is Dr. Bonnie Henry.

# Pollinators

## What is a pollinator?

Pollinators are animals that help plants make fruit or seeds. They move pollen from one plant to another. This fertilizes plants. Only fertilized plants can make fruit or seeds.

### Why are pollinators important?

About 75 per cent of our food needs to be pollinated. People and animals need this food to survive. We could not live without pollinators.

Pollinators also clean the air and protect the soil.

### What animals can pollinate?

Common pollinators are birds, bees and butterflies. Other animals like bats and beetles can also pollinate.

Pollinators, especially bees, are dying. Pollution and climate change might be why pollinators are dying.

You can help by growing plants that attract birds, bees and butterflies.



This is a Monarch butterfly.

### Did you know?

- Pollen is the powder you get on your nose when you get close to smell a flower. Trees, plants, grasses and weeds all have pollen.
- Some people are allergic to pollen. Often, this is called hay fever.

Adapted from [pollinator.org](http://pollinator.org), [davidsuzuki.org](http://davidsuzuki.org) & Center for Pollinator Research • Photo: Pixabay/AxxLC

## Create a pollinator-friendly garden

You can create a garden that attracts birds, bees and butterflies. Plant fruits, vegetables and flowers. Let your yard grow a little wild!

### Here is what you can do:

- Let your grass grow longer. Bees do not like short grass.
- Leave some areas natural. Bees nest in the ground. Butterflies overwinter in piles of leaves.
- Plant different coloured flowers. Bees like blue, purple, white and yellow flowers. Many red-coloured flowers provide nectar for hummingbirds. Bees, birds and butterflies all like sunflowers.
- Grow plants that bloom from spring to fall. Pollinators like native plants and wildflowers best. Plant them in clumps so they are easy for pollinators to find.
- Provide water. Put a small, shallow bowl of water near flowers. Put some stones in the bowl for bees to perch on. You can also get a bird bath for birds.
- Avoid chemicals in your garden. They can harm pollinators.

Adapted from [pollinator.org](http://pollinator.org)  
Photos: Pxfuel, Pixabay



Pollinators like wildflowers.



Some kinds of bees nest in the ground.



This is a hummingbird.

## Make a mason bee house

You can make a simple mason bee house. Use things you have around the house.

### What you need:

- Empty milk carton
- Paper bags
- Tape measure or ruler
- Scissors
- Pencil

### What you do:

1. Cut the top off the milk carton. Cut at an angle to make a roof for your house.
2. Cut the paper bag into six-inch (15 cm) squares.
3. Roll the paper squares around the pencil. Pinch one end and seal with tape.
4. Fill the house with the paper rolls. Put the sealed ends at the back.
5. Hang the house outside. It should face east or south.

Don't worry if bees don't come right away. It might take a little while for them to find their new home.

Adapted from [davidsuzuki.org](http://davidsuzuki.org) • Photos: Margaret Sutherland



# Self Help

# Calendar

## Tips to be a better reader 📖

Do you want to be a better reader? Are you helping someone else to be a better reader?

Here are some tips to help:

### 1. Before reading

Look at the title and headings. Look at the pictures. Think about what you are going to read. Ask, "What do I already know about this? What will I learn?"

### 2. During reading

Guess at words you do not know. Use the words around them to help you. Look up words if you are stuck. Ask questions. Predict what is going to happen next.

### 3. After reading

Think about what you read. Ask, "What did I learn?" Tell someone about what you read.



Ask questions when you read.

Adapted from *Literacy Tutor's Guide: Centre for Family Literacy* • Photo: Joan Exley

## Mental Health Week 📖

Mental Health Week is from May 4 to May 10.

Mental health is the way we think and feel about ourselves. It is the way we think and feel about the world around us.

Good mental health makes it easier to handle stress and other problems.

### Here are some ways to practise good mental health:

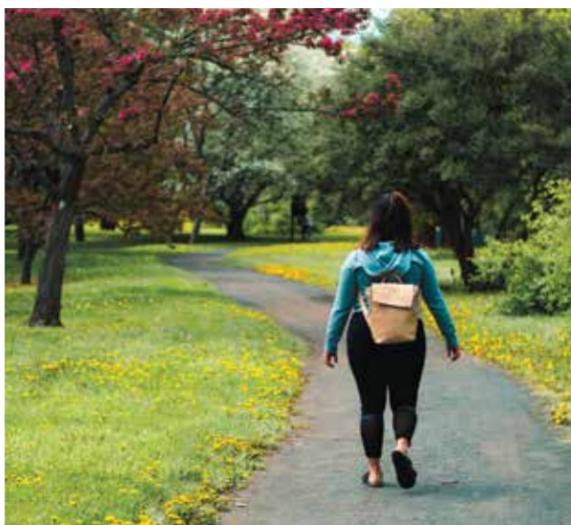
1. Take care of your body. It is important to eat well, exercise and get enough sleep.
2. Practise healthy thinking. Watch out for "thinking traps." This happens when we think something is bad when that is not true. Try to solve problems, not just worry about them.
3. Slow down. Slowing down and relaxing helps us manage stress and enjoy our lives.
4. Have fun. Doing things we enjoy is good for our health. It helps us feel refreshed and good about ourselves.
5. Reach out. Connect with and help others. Get help when you need it.

### Here are some ways to get help in BC:

- Call your family doctor or visit a walk-in clinic.
- Call HealthLink BC at 811. More than 130 languages are available.

To learn more visit [HeretoHelpBC.ca](http://HeretoHelpBC.ca).

Adapted from *HeretoHelpBC* and *Canadian Mental Health Association* • Photos: Unsplash/Jeffrey Grospe, Pixabay/Ernesto Eslavea



Walking is a good way to relax.



You can call for help in BC.

## May Day



May Day is May 1. It is an ancient festival of spring. Traditional celebrations include dancing around a maypole and crowning a May queen.

Photo: Flickr/MICDS Photographer

## Mother's Day



Mother's Day is May 10. It is a day to celebrate mothers. People give flowers, send cards or make a special meal for mothers.

Photo: Unsplash/Ruth Ochoa

## International Day of Families



International Day of Families is May 15. The day celebrates the importance of families. It was started by the United Nations in 1994.

Photo: Wikimedia Commons

## Victoria Day



Victoria Day is May 18. It honours Queen Victoria's birthday. She was the queen when Canada became a country in 1867.

Photo: Wikimedia Commons/Alexander Bassano

## Pay phone gets fixed 📖

Rosswood is a small town in northern BC. It has one pay phone.

People travelling use the phone because there is no cell service along the highway.



This is the pay phone in Rosswood.

### Broken phone

The phone is in the general store. In the summer of 2019, the store was struck by lightning. The phone stopped working. It was broken for many months.

### Fix the phone

Bob is a senior who lives in Rosswood. One day, he was sitting outside the store and met Taylor Bachrach.

Bachrach wanted Bob to vote for him in the coming federal election. Bob said, "You can start by fixing this damn pay phone."

### 100 retweets

Bachrach got Telus to fix the phone. But it stopped working again.

This time, Bachrach used Twitter. He asked for 100 retweets to ask Telus to fix the phone. "Plus," he added, "old Bob misses it."

On February 25, Telus fixed the phone.

Adapted from CTV News • Photo: Twitter/@taylorbachrach

## Spaghetti Bridge Winner 📖

On March 6, Justin Dessert won the annual Spaghetti Bridge Building Contest at Okanagan College.

Each year, students from grade 7 and up build bridges from spaghetti. Students enter as a team or on their own.

### Who is Justin Dessert?

Dessert is a grade 11 student at Charles Bloom Secondary School in Lumby, BC.

He has entered the contest many times. This is the first time he has won first place. Last year, his brother James won first place. The first-place prize is \$1,500.

### Who can enter the contest?

The contest is for students in the Okanagan Valley. Okanagan College has held the contest for 37 years.

More than 250 students took part in this year's contest.

Event spokesperson Michelle Lowry said, "It was great to see the energy, excitement and positivity in the room."

### How is the contest judged?

Bridges are judged on how much weight they hold. Dessert's bridge held 237.44 kilograms before it collapsed.

Learn more at [www.okanagan.bc.ca/spaghettridge](http://www.okanagan.bc.ca/spaghettridge).

Adapted from KelownaNow and Okanagan College • Photo: Okanagan College



This is a spaghetti bridge.

## Pat builds a boat 📖

Pat Calihou is a Métis carver. The Métis are Indigenous Canadians.

York boats were used by Métis fur traders during the 1700s. Pat's ancestors used York boats.

Pat started to build a York boat in December 2019. A blacksmith made special nails to build the boat. The wood for the keel is the roof beam of an old house.

### Pat shares his history.

The boat will help Pat share his family history. "My family were becoming the forgotten ones," he said. "So, this was my way to ensure that we're not going to be forgotten."

The boat will not go in the water. It will stay at the Fort Langley National Historic Site so people can learn about Métis history.

Adapted from CBC News • Photo: Parks Canada/N. Hildebrand



Pat is building a York boat.

### The Westcoast Reader

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