



Health

Page 2



April Fools Page 3



Bella

Page 4

Ridesharing arrives

Ridesharing companies are now operating in BC. Uber and Lyft are the largest ridesharing companies.

What is ridesharing?

Ridesharing uses an app to connect passengers with drivers.



Ridesharing is available in BC.

How does ridesharing work?

1. Download the smartphone app.
2. Enter your destination. The app will use GPS to learn your location. You will receive a cost estimate. The app will also show you a picture of the driver. It will tell you the make, colour and licence plate number of the car.
3. Wait in a safe place. The app will tell you how many minutes away your ride is. Ask the driver for **your** name before you get in the car.
4. Thank the driver. Tip if you are happy with the service.

Is ridesharing safe?

In BC, ridesharing drivers must have a Class 4 driver's licence. This is the same licence as taxi, bus, ambulance and school bus drivers.

Drivers must also have a Record Check Certificate. This means they have had a police and a driver record check.

Note:

You may need a credit card. Not all ridesharing services accept cash or debit cards.

Adapted from *Burnaby News*
Photo: Pexels/Freestocks.org

Goalie makes history

David Ayres made history on February 22. He was the first emergency goalie to win a game in the National Hockey League (NHL).

The Carolina Hurricanes were playing the Toronto Maple Leafs. Both Hurricane goalies were hurt in the game. Ayres was called to help.

A big surprise

Ayres is a manager at the Mattamy Athletic Centre. Sometimes he drives the Zamboni to clean the ice. He is also a practice goalie with the Toronto Maple Leafs.

This is the first time Ayres was asked to play in a game. He helped the Hurricanes win 6-3 against the Maple Leafs.

Giving Back

Ayres is 42. He said he "has played hockey since he was a little kid."

Fifteen years ago, he got sick. He needed a healthy kidney to get better. His mother gave him one of her kidneys.

Now, Ayres is helping others. The Hurricanes are selling t-shirts with his name to raise money for a kidney foundation.

Adapted from CBC News and *Globe and Mail* • Photo: Hockey Hall of Fame/Maria Tassone



This is David Ayres.

COVID-19 pandemic

COVID-19 was declared a pandemic on March 11. The announcement was made by the World Health Organization (WHO).

What is a pandemic?

A pandemic is the "worldwide spread of a new disease," said the WHO. COVID-19 is a new virus and disease. It spread to many countries around the world at the same time.

After 120,000 cases and 4,300 deaths were reported, the WHO called it a pandemic.

What does COVID-19 mean?

- CO means corona
- VI means virus
- D means disease
- 19 means 2019

The COVID-19 outbreak first appeared in Wuhan, China in December 2019.

How does COVID-19 spread?

COVID-19 is spread when someone with the virus coughs or sneezes near you. The droplets from sneezing or coughing can enter your body through your eyes, nose or throat. Symptoms include a fever, cough and difficulty breathing.

Adapted from World Health Organization • Photo: Pixabay/Gerd Altmann



COVID-19 is a new virus.

Health

Healthy eating 📖

World Health Day is April 7.



Eat meals with others.

Here are some tips for healthy eating:

- take time to eat
- cook more often
- enjoy your food
- eat meals with others

Adapted from Dietitians of Canada

Photo: Unsplash/National Cancer Institute

Dental health 📖

It is important to keep your mouth clean.

How can you practise good dental health?

1. Brush your teeth for two minutes. Brush at least two times a day.
2. Use a fluoride toothpaste.
3. Floss your teeth at least one time a day.
4. Brush your tongue after you brush your teeth.
5. Visit the dentist two times a year.



Brush your teeth every day!

What else can you do?

1. Drink water after every meal. Water helps clean your mouth.
2. Eat crunchy food and vegetables.
3. Avoid foods with sugar or acid.

Adapted from Healthline.com

Photo: Pixabay/Rajesh Balouria

Frances likes to walk 📖

Frances likes to go on long walks. She walks an average of 12 kilometres per day.

We asked Frances why she likes walking.

When did you take up walking?

When I was young, I worked on a farm. I walked between the dairy farm and the sheep farm. It was 10 kilometres a day. Sometimes, I did it twice in a day.

Why do you walk now?

I walk to be in nature and to explore the city. I also practice yoga daily. I add meditation into my walking.

Do you wear special clothing?

It depends on the weather and season. I always wear polarized sunglasses. I also bring a camera to take photos.

What is your favourite thing about walking?

I like to take a dog friend with me on my walks. My friends are Stanley, Charlie and Reuben.

Submitted by Gail Hanney

Photo: Gail Hanney



This is Frances and Stanley walking.

Did you know?

Walking helps:

- reduce stress
- lower blood pressure
- ease back pain
- you live longer

Spinach salad 📖

Spinach is a healthy food. It has lots of vitamins, iron and potassium.

This recipe feeds four people.

What you need:

- 8 cups spinach
- ½ medium red onion
- 3 oranges
- ⅓ cup olive oil
- 2 teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ cup red wine vinegar

What you do:

1. Wash and dry spinach. Put in a large bowl.
2. Peel two oranges. Cut into sections. Add to bowl.
3. Peel the onion. Cut into thin rings. Add to bowl.
4. Grate the peel of one orange. Squeeze the juice of the orange into a cup.
5. Add the oil, sugar, salt, pepper and the orange peel to the cup. Stir in the vinegar.
6. Pour about ⅓ cup dressing on the salad. Toss gently.



This is a spinach salad.

Submitted by Margaret Sutherland • Photos: Margaret Sutherland

April Fools' Day

The history of April Fools' Day

April 1 is April Fools' Day. It is a day when people play tricks on each other. There are many stories about the history of April Fool's Day.

France

Some people think April Fools' Day began in 1582. This was when France changed its calendar.

Before 1582, the new year in Europe began at the end of March. Some people forgot the new year began on January 1. They were reminded with jokes.

One joke was to put a picture of a fish on a person's back. In some parts of Europe, April 1 was called "April Fish Day." People gave chocolate fish as gifts.

Rome

April Fools' Day may come from ancient Rome. Romans celebrated the "Hilaria" festival at the end of March.

At this festival, people dressed in disguise to trick or fool others.

England

In 1698 in London, England, many people were tricked to go to the Tower of London. These people were told that they could see the "Washing of the Lions."

This ceremony was not real. It was a trick.

Adapted from BBC Newsworld and *Time* • Photo: Gail Hanney



April Fools' Day was once April Fish Day.

Enter our website contest!

Have you visited thewestcoastreader.com?

Each month we post three bonus articles with audio recordings, quizzes and extra exercises.

Tell us:

- about a favourite article
- something you like about the website
- something you would like to see on the website

Send your entries to wcr@decoda.ca or tag us on Facebook or Twitter.

The contest deadline is April 30, 2020.

We are excited to hear your feedback!



Calendar

World Health Day



World Health Day is April 7. People around the world learn and share information about health.

Photo: World Health Organization

Easter Sunday



Easter Sunday is April 12. Families can participate in community events that include egg decorating, arts and crafts, and egg hunts.

Photo: Pexels

Earth Day



Earth Day is April 22. Earth Day celebrates its 50th anniversary in 2020. This day reminds everyone to help protect the Earth.

Photo: Pixabay/Wikilimages

Income Tax Deadline



The Income Tax deadline is April 30. Make sure to file your taxes.

Photo: Canada Revenue Agency

BC Achievements

Lawyer is 100 years old

Connie Isherwood is 100 years old. She still works every day. She practises family law. She is the oldest practising lawyer in BC.



This is Connie Isherwood.

Isherwood was born in 1920 in Nanaimo. When she was young, she sang in a trio. The trio sang for soldiers training for the Second World War.

After the war, she became a law clerk. Then she studied law at UBC. Her class had 200 men. There were only eight women. Isherwood graduated top of her class.

She met her husband in law school. They started their law firm in Victoria. They named the firm Holmes and Isherwood. Students in law school called her “Sherlock Holmes” because she always asked questions.

Isherwood turned 100 on January 26. Firefighters carried a pineapple upside down cake with 100 candles for her to blow out.

Her advice to live long is “keep breathing, keep working, keep smiling.”

Adapted from CTV News • Photo: Christine Langerak/Permission from Connie Isherwood

Record breaker

Christine Sinclair is a soccer player. She is the captain of the Canadian women’s soccer team. She is from Burnaby.

On January 29, she broke a record for most international goals scored by any player.

She scored her 185th goal in a game against St. Kitts and Nevis.

“To have broken the record is a weight off my shoulders,” she said.



Scan to watch Sinclair break the record.



This is Christine Sinclair.

**Adapted from The Canadian Press
Photo: Wikimedia Commons/Erica McCaulley**

Best in show

Bella is a dog. She lives in Chilliwack.

On February 11, Bella won a prize at the Westminster Kennel Club Dog Show in New York. She won best female German Shepherd.

“We couldn’t be happier, it’s a dream come true,” said Bella’s owner.

Adapted from CBC News • Photos: Lindsey Hudspeth



This is Bella and her trainer.

Triple Crown winner

Jessi Harewicz is a swimmer from Vancouver. In 2019, she won the Triple Crown for open-water marathon swimming. She is one of just over 200 people in the world to ever win the title.

Harewicz swam across the English Channel, around Manhattan, New York and from California to Catalina Island.

“When people ask me why swim, I point to the ocean. I say, “It’s there. It’s right there,” she said.



This is Jessi Harewicz.

**Adapted from The Canadian Press
Photo: Wikimedia Commons/Erica McCaulley**

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