

HERE & NOW

A newsletter for newcomers to the Columbia Basin & Boundary

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ENJOY A DAY IN ROSSLAND

WALTER CHAGUA, TRAIL

Rossland is a mountain town with a charming heritage downtown area and rich mining history. It is one of the highest towns in Canada and a great base for many outdoor activities. A great start is to visit the [Rossland Visitor Centre, Museum and Discovery Centre](#) to learn more about the history. There are many activities for kids and adults.

To enjoy outdoor activities, you can play alpine golf at [Redstone Resort](#), hike or go biking. Rossland is “The Mountain Biking Capital of Canada” and has trails for all levels. Trails have been made from old railroad lines and mine cart trails. If you are a really fit rider you can try the Seven Summits Trail.

Come and enjoy this beautiful spot!

Walter Chagua is from Peru and is a CBAL student in Trail. He arrived in Rossland 5 months ago and is enjoying experiencing mountain sports there. He is improving his English hoping to find a job in mining or exploration.

A GREAT CATCH!

JINJIAN HUA, NELSON. TRANSLATED BY JENNIE YU

One morning in midsummer 2022, a friend and I went fishing at the Waneta Dam on the Columbia River close to the US-Canada border. We were going to visit a favourite spot for people who love fishing. We drove 90 kilometers from Nelson and arrived at the dam at 6 am. We used earthworms dug from my garden as bait, a 6-12 pound neutral fishing rod with 10-pound line, and a number 5 barbless hook. Due to the rapid water flow, we used a 15-gram weight. We couldn't wait to start fishing when everything was ready! Our target fish were Walleye and California Bass.

We fished for about an hour and only caught four small Bass which were released due to their small size. I was disappointed. Suddenly, I felt a big TUG on my line! My friend and I were so excited! It took about 5 minutes to pull the fish close to the shore. My friend helped with the net to finally catch it. We measured it with a ruler and its length was an amazing 70 centimeters! It was a Walleye and the biggest fish I have ever caught in the Columbia River.

We continued fishing and caught four more Walleye weighing about 2 pounds each. We had a great harvest and left happily around 9 am.



Hua's big catch

Hua lives in Nelson. He came to Canada from China 3 years ago. He is taking English classes at CBAL in Trail. When not helping care for his two grandsons, Hua can be found fishing enthusiastically in the many lakes and rivers in the West Kootenay area.



Photo: ALAN SCHMIERER, Flickr

THE CHAT: AN ENDANGERED BIRD

PAUL FOTH, LANGUAGE PROGRAM COORDINATOR

The Yellow-breasted Chat is a large yellow songbird. It sings loudly while hidden in thick bushes in warm areas. The Chat is an endangered species in Canada. In British Columbia, Chats were only known to breed in the Okanagan until they were discovered in 2004 nesting in the Pend Oreille River Valley near the US border by Montrose, BC. This is the only place to find this bird species in southeastern BC.

HAVE YOU HEARD OF MAROKE?

ZAKIA ALI, TRAIL

Maroke is a famous Syrian pastry and is traditionally made in the month of Ramadan. There are several types. Maroke can be stuffed with date paste, coconut, Nutella, raisins, or dried fruits.

People bake Maroke in different shapes. The following is my own recipe:

Ingredients

- 3 cups of flour
- A pinch of salt
- 6 tablespoons of sugar
- Ground spices (mahleb, anise, and fennel)
- 1 egg
- 1 tablespoon of yeast
- 1 tablespoon of sugar
- 1/3 cup of oil
- 1 cup of warm milk



Instructions

1. Mix the warm milk with yeast and 1 tablespoon of sugar, then wait for 10 minutes.
2. Mix the egg with the oil, then add them to the dry ingredients from step 1.
3. Knead the mixture into a smooth elastic dough.
4. Leave the dough for one hour or until doubled in size.
5. Shape the dough into ball shapes and let them rest for 30 minutes.
6. Brush the surface of the shaped Maroke with a beaten egg to produce a shiny coating.
7. Bake at 350 degrees Fahrenheit for 20 minutes.
8. The surface of the cooked Maroke can be brushed with a thin syrup of boiled water and sugar.



Zakia Ali is Syrian. She came to Canada from the Kurdistan Region two and a half years ago. She has been improving her English with CBAL in Trail. She hopes to have a job outside the home once her two children are both in school. She misses having access to Arabic markets and having family around her. She loves to bake and makes the best cakes and bread!

BEAR SAFETY

DEBBIE KORN, LANGUAGE INSTRUCTOR AT CBAL, TRAIL

If you live in the Kootenays, you will one day see a black bear. They come in all colours and live in our forests. At this time of year, bears are waking up from their hibernation and are looking for food. Bears will eat anything available, but they mostly eat plants and insects. People are NOT on their menu. In the spring, plants grow first at low elevations, so bears are often seen in our valleys. As summer arrives, bears tend to move to higher elevations. In the fall, many people encounter bears because bears want to fatten up for their hibernation.



Photo: Bill Pennell, Unsplash

If you meet a bear while in the outdoors, do NOT scream and do NOT run away. Talk quietly to the bear to let it know you are there. Stand up tall to look big. Walk backwards slowly if you want to move away from the bear. Once the bear has seen you, it will likely move away from you. You can also hike with bear spray. Never feed or approach a bear.

Keep your garbage securely stored in your basement or garage. Never keep food or food wrappers in your car. A bear can break into your car if it smells food in it. If you have a pet, feed it inside. Bears like dog or cat food too. In the Fall, if you have fruit trees in your yard, pick the fruit as soon as it ripens. Clean up fallen fruit as well. You can put up an electric fence to protect your fruit from bears.

We share our communities with bears, and they are a beautiful part of where we live. Just remember to always be safe around them.

IDEAS FOR HERE & NOW?

Do you have pictures, articles or ideas you want to share for an issue of **Here & Now**? Email Paul at pfoth@cbal.org.



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