One in five Canadians will experience a mental illness during their lifetime, but only a third of these people will receive the treatment they need when the time comes. For many the stigma attached to mental illness remains a significant barrier to seeking help. Melanie Rose, a Vancouverite diagnosed with bipolar disorder, has experienced this within her own family.

“I have an aunt,” says Rose. “She’s a wonderful aunt, I love her to pieces. She’s 86, but she believes that you should just pull up your socks and get to work, and just get on with it. She believes there is no such thing as depression and mental illness. She doesn’t think that that really exists, it’s more a sign of weakness.”

However, according to a recent study, one of the biggest barriers to seeking help for those who struggle with mental illness may not be as great in Vancouver as elsewhere in North America. Dr. Hiram Mok, medical manager of the Vancouver Coastal Health Psychiatry Outpatient Program says Hiram Mok that the more Westernized a person is, the more likely they are to seek help for mental health issues.

“A lot of studies from North America are showing that acculturation plays a very important role, so the more acculturated you are, or more westernized you are, the more likely [you are] to seek mental health help.”

There is a big stigma, and how you get past the stigma is by talking about it, by normalizing it, because it is quite normal. Dr. Hiram Mok, medical manager, Vancouver Coastal Health Psychiatry Outpatient Program

“Also in this issue

Sons of Granville Street rocking it every day
Page 9

Of love and hate, Filipino-style
Page 13

Winner, Baldwin-LaFontaine Award
See Page 6

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Justin Trudeau – it’s a done deal

Not that we were expecting otherwise, but Justin Trudeau should easily win the leadership of the Liberal Party of Canada. Only a miracle would turn the race in favour of one of the other seven candidates running against the runaway freight train of the Papineau riding MP’s campaign.

seven candidates running against the runaway freight train of the Papineau riding MP’s campaign. In fact, we should see the first concrete signs of Trudeau’s victory in the next few days.

The real race will draw to a close on March 3rd – that is, the race for membership.

Trudeau’s campaign is actually inciting people to register as partisans to vote for him. The Liberal leadership campaign allows people to vote without being full members. You only have to register as a partisan. And it’s free.

This method is giving Trudeau a great advantage. He is the one who is drawing the most curiosity from a good number of people, particularly young ones.

And since becoming a partisan is a bit like signing a petition – it doesn’t really tie you down to anything different this time around.

His advantage is that, unlike the last two party leaders, he will have at least two elections to bring the party to power before he is shown the exit door.

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Islamic Banking: a form of economic and social justice

by Phoebe Yu

With the tax deadline behind us, and N.C.’s pending return to sales tax and income tax season, money matters are once again weighing on the minds of Canadians. The tax season is stressful enough for many, but a lot of Muslims who adhere to a different set of rules when it comes to money and finance, still manage to navigate the haze of Canadian monetary system, while complying with Islamic financial principles.

Husband and wife Amr Halem and Hana Hamdoun own and operate Pyramids, a Mediterranean restaurant and grocery store in Vancouver; Halem, originally from Egypt, worked in the food industry in the Middle East for several years. Hamdoun, originally from Lebanon, has experience in cooking and catering. In their business, the flow of capital and money changing hands is an everyday occurrence, but under this system, interest is merely expressed as a ratio of profit.

The rumm states that Islamic economics is a system of social and economic justice; it is against exploitation and abides by ethical laws to investing and lending. It also says that Islam warrants individuals to work for their living.

“I’m asking something for something, without doing hard work to get this money...in this case, this is called riba,” says Hamdoun.

When Halem first opened up his business with his wife, he did it all from his own pocket, without getting any loans or funding from the bank. At the same time, he tries to pay off his credit card every month. He explains that paying charges on interest owed on personal loans for personal gain is forbidden in Islam. According to the Institute of Islamic Banking and Insurance (IIBI), Shari’ah prohibits riba, which, simply put, denotes any increase on capital obtained by the lender. So the charging or paying of riba is not allowed.

However, when it comes to dealing with the use of money in business, Halem says that there is a special regulation for that – interest is calculated according to income and profits earned. The IIBI website notes that there is often a misconception that Islamic banking operates on a zero interest rate, but under this system, interest is merely expressed as a ratio of profit.

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Christy Clark’s house of cards comes toppling down

DeRiCk O’KeeFe

recently watched the much-hyped new Netflix TV series *House of Cards*. A big budget remake of an earlier BBC program, it’s a political drama set in the cutthroat world of Washington, D.C., starring Kevin Spacey as Francis Underwood, a sociopathic politician scheming his way to the top.

The whole *House of Cards* cast of characters is pretty unseemly. Underwood’s wife Claire, equally driven and ruthless, runs an NGO compromised by the needs of her politician-spouse and her corporate funders. There’s a young, ambitious journalist who allows herself to become a stenographer and Tweeter for Underwood. Democrats are, with a few exceptions, indistinguishable from Republicans. Corporate lobbyists stalk the halls of Congress, a menacing reminder of who really pulls the strings.

Basically everyone in this house of cards is Machiavellian in their motivations—power and money trump any and all ideas and principles. There is almost no discussion of policy or ideological differences at all.

The immediate cause is a scandal that exposes the cynicism at the heart of this provincial government. A 17-page document entitled “Multicultural Outreach Strategic Plan” was leaked to the public, revealing the Liberals were effectively using government time and money to devise plans to win over the “ethnic vote.” The outreach paper shows the Liberals thought they could score “easy wins” with Chinese and South Asian voters by referencing historical injustices, and that they planned to collect contact info to create “ethnic lists” and identify “validators” in various ethnic communities.

There’s much in the 17-page document—clear evidence of grossly inappropriate and potentially illegal use of taxpayers money. And it all appears to have been coming out of the premier’s office.

The media has been unanimously scathing, across ideological lines. Brian Hutchinson, writing in the right-wing National Post, lambasted Clark as “disingenuous and incompetent.”

On Thursday, Rich Coleman delivered an apology on behalf of Clark and the government. Then, on Friday, Clark’s deputy chief of staff Kim Haakstad resigned. On the same day, James Plett of the Surrey-Tynehead association quit the party.

“It’s all coming down like a house of cards. After 12 years in power, the governing party is about to fall.

Christy Clark and the n.c. Liberals, it’s all coming down like a house of cards. After 12 years in power, the governing party is about to fall.

With just over two months until the fixed election date, things have gotten so bad that many Liberal insiders and even MLAs and cabinet ministers appear to be seriously considering ditching Clark before the May 14 election. How did it come to this?

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Premier Christy Clark.

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For Christy Clark and the n.c. Liberals, it’s all coming down like a house of cards. After 12 years in power, the governing party is about to fall.

With just over two months until the fixed election date, things have gotten so bad that many Liberal insiders and even MLAs and cabinet ministers appear to be seriously considering ditching Clark before the May 14 election. How did it come to this?

The question is not whether the NDP will take power again, but what they will do with it. How much of the Liberal damage will they undo? And can they build something stronger and more substantive than another cynical house of cards?
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Please call 604-324-7733, go to www.pics.bc.ca, or visit us at 200-8161 Main Street, Vancouver, to find out how we can best help you.

Intercultural dialogue
Trending in ethnic media
by Bessie Chow
A mong the sea of headlines calling out to passer-bys near the choices of ethnic media, a couple catch Miyuki Furusawa’s eye. The recent graduate from British Columbia Institute of Technology (bcit)’s financial management program picks them up not so much because of the content but because they are written in the familiar characters of her native language.

“It is more comfortable for me to read in Japanese,” says the To-kyo native. Miyuki, who has lived in Vancouver since 2008 and in France for eight years, expresses no trouble with reading English or French. Like many newcomers, Miyuki feels welcomed by the local eth-nic media. However, she has no desire to limit her interactions. “I don’t want to just meet Japa-nese people,” says Miyuki, who came to Canada to get interna-tional work experience.

The role of ethnic media in bringing cultures and communities is one of the topics that Sher-ry Yu, a research fellow at SFU’s Centre for Policy Studies on Cul-ture and Communities, will be speaking on at the 15th Annual Metropolis Confer-ence in Ottawa from March 14-17. Yu, a research fellow at srf’s Centre for Policy Studies on Cul-ture and Communities, will be presenting updates to srf’s 2007 study of the ethnic media sector in it.

“The sector needs further academic attention, specifically in the area of media and citizen-ship,” says Yu. According to the 2007 report, Canadian readers or viewers of ethnic media received relatively little information on stories and issues of importance to other ethnic communities within their own community, while non-English readers obtained limited information on national and provincial news.

More recent studies have re-vealed that ethnic media does a better job of assisting members of their communities – usually new and first generation immi-grants – than the mainstream. For example, during the 2008 election, ethnic media was found to encourage civic participation by providing detailed guides and information to members of their community unfamiliar with Canada’s political system while the mainstream contained little or no information on ethnic vot-ers or candidates.

This finding is echoed somewhat by Florence Wong, co-host for the Vancouver-based Over-seas Chinese Voice Radio AM1320, who expresses her own sentiments on the role of ethnic media for their communities. “I try to present my own views based on the topic. It includes a Chinese point of view because I am Chinese, but I always try to include a greater Canadian point of view as well because we are also Canadian,” says Wong. Still, Wong recognizes that variables and demographic shifts within ethnic communi-
ties are also important factors for consideration, as most of the listeners to both her cur-rent events and legal affairs programs are generally more mature (between 45–55) and professionally established. The original 2007 findings point to divides among different categories of migrants. Newer im-migrants are generally perceived to be city-dwellers, educated and of the business class. Their pri-orities sometimes conflict with those of older immigrants who came via family sponsorships. The interests of temporary mi-grants are still different. Miyuki, who belongs to the younger generation, says she feels welcomed by the local ethnic media.

“The older generation cre-ated the base...because of us they were able to easily accepted,” says Miyuki. However, she confesses that the stories can be “a bit boring” when they become too nostalgic for her to be able to relate to. Furthermore, in her PhD thesis defense last April, Yu identified a number of issues that continue to limit the reach of diasporic me-dia beyond specific communities.

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Sherry Yu, research fellow, Centre for Policy Studies on Culture and Communities, SFU

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The 15th Annual Metropolis Conference in Ottawa March 14-17:
www.metropolis2013.net
SFU’s 2007 study of the ethnic media sector in BC
www.bcethnicmedia.ca

A BCIT graduate Miyuki Furusawa says she feels welcomed by the local ethnic media.
Canadian Club of Vancouver honours the Source

On Thursday February 28, the Source Newspaper was honoured with the Baldwin-LaFontaine award. The award was founded in 2003 by the Canadian Club of Vancouver. It honours Louis-Hippolyte LaFontaine and Robert Baldwin, two Canadian politicians who joined forces to create Canada’s first “responsible government.”

The award recognizes those who have demonstrated a commitment to bilingualism and are involved in endeavours meant to establish cooperation between French and English-speaking community members. We’re honoured to join past recipients and we look forward to continuing our work of building bridges between Metro Vancouver’s many diverse communities.

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The arrival of micro-condos is signalling a shift in the way Vancouverites want to live their lives in the heart of the city. The population of the downtown core nearly doubled between 2001 and 2011, with an increase of over 26,000 residents according to census data. This growing population density demands space maximization, and Reliance Properties Ltd. is attempting to do just this by developing 226- and 291-sq. ft. "micro-lofts" in Gastown.

The rise in popularity of micro-condos

The new lifestyle associated with these micro-condos sees people opting to use the city as their backyard in lieu of the grassy ones that many of us grew up with. Considering access to water and the extraordinary number of parks Vancouver has to offer, it is questionable how much of a sacrifice this really is. "I think people like the social quality [of living in the city]. Not having to rely upon a car, not having to get into a car every time you want to move and having access for social space," adds Wagner. Despite the continuous labeling of these apartments as micro, apartments of a similar size and smaller are common in the centres of other cosmopolitan cities. A 300-sq. ft. studio in central London was recently billed as "spacious." In Paris, 97-sq. ft. is the smallest legal size, with many students living in these chambres de home. Tokyo boasts apartment units that are slightly smaller, but much more systematic in their configuration, according to Wagner. As the city pushes through the growing pains of an increasing population, Stovell is confident these micro-condos will be on the increase in the housing market. But micro-housing isn’t going to become the new norm, he says. “[Rather], it’s a broadening of the housing spectrum,” he says. Micro-condos are usually only a temporary housing solution for people in Vancouver, practical only during a certain stage in one’s life. Housing in the downtown core is so expensive that it is challenging for families to stay there. "When people start to breed they have to leave ... and I think that’s very sad," says Wagner. Simply put, there is no panacea to the woes of housing in Vancouver. Micro-condos won’t solve the problems of astronomical housing prices or homelessness, but they do represent an innovative attempt at overcoming the challenges inherent in the growth of this young city.

“Here it ends up being more or less all one room with a bathroom off of it. In Japan, every unit will have a small outside balcony. That’s not common here,” says Wagner. As the arts push through the growing pains of an increasing population, Stovell is confident these micro-condos will be on the increase in the housing market. But micro-housing isn’t going to become the new norm, he says. “[Rather], it’s a broadening of the housing spectrum,” he says. Micro-condos are usually only a temporary housing solution for people in Vancouver, practical only during a certain stage in one’s life. Homelessness in the downtown core is so expensive that it is challenging for families to stay there. “When people start to breed they have to leave ... and I think that’s very sad,” says Wagner. Simply put, there is no panacea to the woes of housing in Vancouver. Micro-condos won’t solve the problems of astronomical housing prices or homelessness, but they do represent an innovative attempt at overcoming the challenges inherent in the growth of this young city.

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Vision Impossible Team is a dragon boating group of all paddling levels. 

by SASHA LALLOUZ

A s director for the Chinese Cultural Centre in the 1970s, Larry Chu searched for a way to represent the Chinese community at Expo ’86 and the Vancouver Centennial.

He travelled to Hong Kong to watch the local and international dragon boat races and found his answer in the unique cultural celebration.

The festival is held to celebrate Qu Yuan, a poet who committed suicide in 278 BCE in the Miluo River as a form of protest against the Chinese government. Each year the villagers would paddle into the middle of the Miluo River beating drums and splashing the water to protect his spirit from evil.

With the help of Larry Chu and his associates, Rick Lee and Agnes Mui, Hong Kong sponsored a dragon boating exhibition featuring traditional Chinese transportation at Expo ’86. The six teak wood boats were built following traditional guidelines in Hong Kong and shipped to Vancouver in 40 ft. containers. Organized by the Chinese Cultural Centre, the summer of ’86 marked the first authentic dragon boating festival in North America.

“Canoeing is universal. I wanted to try and do something to help the Chinese community in Strathcona get access to water. Dragon boating is access to water for anybody, at recreational and competitive levels,” explains Chu passionately.

Chu knew dragon boating would be a success in Vancouver, and he is proud that people of all ages can enjoy a modern day sport with a cultural background where everyone can go and participate.

“There is an exotic cultural aspect to it, and it is rooted in history,” he says.

Larry’s Top 3 Takeaways from Dragon Boating

Team work: “You learn to cooperate and work together to move the boat.”

Inclusivity: “Almost everybody is an amateur. It is virtually accessible to anyone.”

Multiculturalism: “It celebrates a traditional Chinese festival, in a way everyone can enjoy.”

For Amy Amantea, the inclusivity and accessibility of dragon boating inspired her to join a team. Amantea, who has been visually impaired for the last five years, was connected with Blind Sports and the Vision Impossible team.

“Vision Impossible accepts everybody, from brand new paddlers to paddlers in their 70s. It is a low-cost way to participate. Everybody in the boat is at different levels and comes from different backgrounds,” says Amantea. She explains the training for her team differs slightly.

“A coach sits at the front of the boat and comes up to you, holds the paddle and helps you through the movements. However, during the race there is little difference between the paddlers. You are totally focussed on each stroke. Even for sighted paddlers, there is no time to figure out where you are compared to other teams. You keep your head faced forward,” says Amantea.

Amy’s Top 3 Takeaways from Dragon Boating

Team work: “If you can breathe after you passed the finish line, you didn’t paddle hard enough!”

Devotion: “You put into it what you get out of it. If you want a good sweat, you can get that.”

Camaraderie: “It gives you the opportunity to network, to become exposed to new resources and contacts.”

“Being part of Vision Impossible never makes you feel like you are less than any other paddler. You are doing a sport that any able-bodied person can do. Dragon boating is so social, it gives people an outlet,” exclaims Amantea.

How to get involved: To join a sighted team, check out www.dragonboatbc.ca. For a vision-impaired team, contact the manager of Vision Impossible at pamelaradcliffe@yahoo.ca.

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Photo courtesy of Amy Amantea, Vision Impossible Team

Photo courtesy of Amy Amantea, Vision Impossible Team

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Focus on Local Artist

Son of Granville Street plays to the tune of his own violin, attracts many

by SAMUEL RAMOS

On any given day or night along Granville Street, you will see and hear the city come alive. From drunken revelers, to panhandlers, to painters, to buskers, Granville Street is home to some of the most interesting folk in town.

Thomas Beckman is one of those lesser known artists who see Granville Street as their stage. So much so that he, Jarrett Platt and Matthew Lennox are part of a trio called Sons of Granville. Across the street from our offices on Granville Street, you might find Jarrett drumming away on his cajon, Matthew furiously strumming away at his guitar and Thomas on the violin fiddling his way through the beauty of music composed and performed for the people of the streets.

Beckman was born in Vancouver in 1984 but was raised in South Africa until 2008, when he moved back to Vancouver to study for a Master's degree at the University of British Columbia. With him he brought the energy of growing up in South Africa – a country he calls the “rainbow nation, as Mandela had just been released and the country was going through a difficult but miraculous transformation.”

Although classically trained, Beckman is a busker to the core and he wants nothing more than to delight the ears of those passing by and get the word out that homegrown talent exists in Vancouver – you just have to go out there and look for it, literally.

The Source: Why did you decide to form Sons of Granville?

Thomas Beckman: It started in June of 2010 [with Matthew Lennox], to emancipate myself musically from the classical dogma and find freedom through the new genre we’ve created. As our music tends to be both spontaneous and improvised it grants a lot of the above mentioned.

S: Although you’re front and centre on Granville Street and other major lanes in Vancouver, your band hasn’t received much coverage. Why do you think this is?

T.B: Something I’ve realized is that in this business it’s not enough to be good, or even great. You have to actively seek out the coverage and the opportunities – no one is going to come up to you and hand you a free lunch, no matter how impressive your act or how big the groups you attract [are]. As we have been so immersed in the musical aspects of the band, we have neglected this other part, something we are now rectifying with FMR, our new marketing company, that will be generating press releases, coverage, grants and promotion for our future efforts.

S: What influences your music?

T.B: The vibrancy of the streets has become a wealth of ideas and feelings. Being downtown exposes you to a very colourful and energetic part of life. There is constant movement, emotion, poverty, wealth, fashion, sex, everything. The streets in the city’s core teem with life of all kinds and we get to absorb and observe all of it while making music...Big voluptuous and resonating viola tone with a Fuxian passion is a big driving factor of my performance, and it largely characterizes our band’s sonic personality.

S: How do you engage your audience?

T.B: Head on. We love the audience. And even when there isn’t an audience I still feel as if I’m playing to thousands...our mission isn’t just to bring great music to their ears, it’s also to impart a message - we’ve all dealt with hardship, and we are all dealing with an overload of false information that confuses and distorts our reality. So, [we] urge our listeners in between songs to actively seek their own passions and, in a sense, their own truths.

S: Why continue to play the streets of Vancouver and not set your sights on bigger places?

T.B: You don’t stop what you have going until something comes along. You work both: you pound the streets, making good cash and keeping up with the practice, while simultaneously planning for the future. I think a lot of people underestimate busking. Thanks to busking, we’ve sold close to 5000 records in two years. We’ve had numerous invitations from people who have seen us perform, and we would certainly not be where we are, musically, had it not been for the hundreds of hours performing.

S: What advice do you have for other lesser known local artists?

T.B: Stop thinking it’s hard – it’s not. Life is your own amusement park. Go find your ride. Yes, you’ll probably have to make sacrifices, but isn’t it worth it?

The director himself made me feel comfortable in order to foster a more friendly relationship between us.

While chatting with different employees in the company, I noticed once more how open-minded this city is. Those working in the human resources department, for example, all had different backgrounds. One of them was a former flight attendant, another used to be a landscaper, while a third had previously worked as a cook in the UK. In other words, in Vancouver, where you come from is not as important as where you are going.

Everyone has a chance, so take yours. While in most places social barriers create tensions, in Vancouver they disappear in favour of the diversity that gives the city its charm.
Journalists needed

The Source Newspaper, Vancouver’s only bilingual English-French newspaper, is searching for outstanding journalists to join our English team. We’re looking for journalists who have what it takes to seek out and produce mind-blowing articles with multicultural twists. We’d love to hear from strong writers, but we’re also on the lookout for talented storytellers who aren’t afraid to waltz up to strangers and (politely) get in their faces for the sake of an awesome story.

Writers are responsible for producing at least one article a month. Editors will assign stories, but all writers are encouraged to pitch their own ideas.

Skills & Experience
- Excellent written and spoken English. Second or third language would be beneficial.
- Experience at interviewing people for news stories would be a huge bonus.
- Experience writing daily and/or feature news articles a plus.
- Insatiable curiosity with persistence to match along with impressive people skills.
- Photography skills and access to a digital camera are assets.

Benefits & Recognition
- Work alongside a staff of trained journalists and editors.
- Build a writing portfolio of stories that cover Vancouver’s cultural scene and more.
- Learn how to identify, pitch, and write articles in a challenging newsroom setting.
- Pick up writing and interviewing tips from experienced reporters and other contributors.
- A letter of recommendation for excellent writers who want to work in journalism.

Send your resume to Samuel Ramos, Managing Editor, at sam@thelasource.com
With each step forward the struggle for gender equality continues

by SONYA BE

On March 8th we’re called to recognize the role of women in our society and express our appreciation for women around the world. While a day like International Women’s Day is positive in places like Sweden and Canada, it also provides the opportunity to learn more about the plight of women around the world.

From severe and public cases of rape in India, to changes in legislation affecting women in the United States of America, women continue to battle for the same freedoms that are so easily and freely available to other groups in society, i.e. men. Women continue to struggle for equality.

My life is vastly different now than it would be had I been born in Iran. My parents and older brother fled a country where citizens, especially women, continue to face daily struggles of oppression and inequality. I am fortunate to have been born in Sweden, and raised in a fairly gender neutral and developed country.

Sweden, with its state-funded childcare as a cornerstone of gender equality, gave my mother the opportunity to return to work soon after having me. Childcare; this simple, yet often neglected, part of society gave my mother more choices. Having the freedom to drop me off at daycare at 6:30 a.m. made it possible for my immigrant mother to pursue an education, make a living and get ahead while helping raise a family alongside my father.

When we improve women’s equality, we improve society as a whole, and childcare seems to be an effective approach for Sweden. By no means is Sweden perfect, but I do appreciate and value the incredible equal opportunities offered to women. This serves as a personal example of the positive steps we have taken to empower women, and there are more stories out there about women empowering themselves and others through leadership by example and social change through action.

Day in and day out I am surrounded by women who make a significant difference in the workplace, in their homes and to the lives of those they have dedicated themselves to. They are more than just mothers, wives, sisters or daughters, they are mobilizers and they exist to drive our society in a better direction.

In light of international women’s day, and to further push the cause of equality for women, a group of global women and I got together to support and showcase the inspiration and the plight of women.

The YMCA Canada “Think Big/Start Small” campaign is an effort to use our voices, raise awareness and inspire youth. The campaign focuses on highlighting eight remarkable women from six different continents who have overcame adversity, inspired youth and improved the global community in one or more of the following areas: education, poverty, youth, technology, equality, violence and the environment.

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With each step forward the struggle for gender equality continues.
Holy Rosary Cathedral presents:

ORGANIST
VALERIE HALL
FROM HOLY ROSARY CATHEDRAL, REGINA, SK
IN CONCERT

Friday March 15, 8 pm
Holy Rosary Cathedral,
Dunsmuir & Richards, Vancouver

Tickets: $20
Students and Seniors: $15

Available at the door, at the Cathedral Office
(646 Richards) and by phone 604.682.6774

Holy Rosary Cathedral presents organist Valerie Hall in a programme including J. S. Bach, Baroque French composer Louis Marchand, British composers Francis Jackson and Herbert Sumson, Anglo-Canadian composer Healey Willan, and BC composers Nicholas Fairbank (Victoria) and Denis Bedard (Vancouver). The recital will be projected on a giant screen at the front of the cathedral.

An inveterate performer, Valerie Hall has appeared as organist, harpsichordist, singer and choral conductor in Canada, the United States and Europe. She was invited on three separate occasions to perform on the famous McCarthy Organ in Calgary’s Jack Singer Concert Hall.

Valerie has been Director of Music at Holy Rosary Cathedral in Regina since 2007 and Organist since 2002. She presides over one of Canada’s finest pipe organs and supervises an ongoing, three-year scholarship program in liturgical training for young organists. She has been an enthusiastic advocate for Canadian composers: consistently featuring their works on her recital programmes and demonstrating the breadth and variety of talent we are proud to call our own.

PROGRAMME:

Louis Marchand: Plein jeu, Basse de trompette, Tierece en taille, Dialogue from Livre d’orgue

J. S. Bach: Leipzig Chorale Preludes: Von Gott will ich nicht lassen (BWV 658), Trio super Herr Jesu Christ, dich zu uns wend (BWV 655), Schmücke dich, O liebe Seele (BWV 654)

Denis Bedard: Suite du premier ton

Francis Jackson: Three Pieces (Procession, Arabesque, Pageant), Op. 17

Nicholas Fairbank: Variations on Kingsfold

Herbert Sumson: Pastoral

Healey Willan: Prelude and fugue in C minor

Diversity Health Fair
Chronic Disease Prevention
Saturday, March 9, 2013 from 10am – 3pm
CROATIAN CULTURAL CENTRE VANCOUVER
3250 Commercial Drive @ 16th Avenue near Commercial/Broadway Skytrain
www.amssa.org/healthfair2013

Murai Damyang Hip Hop Club
La feria de salud de diversidad
Hội Chợ Sức Khỏe En Dong

COMMUNITY EVENTS BULLETIN

Credit, credit history and the VanCity Savings Credit Union Micro-Loans Program
When: March 6th, 9:30am-11:30am
Where: MOSAIC Burnaby Office, 5902 Kingsway, Burnaby
Contact: 604 438 8214

Free Employment Workshops for Youth
Topics include Work Safe for Youth, Job Interview Tips and Skills, as well as Employment Standards for Youth. Participants must be ages 16-25 and must be Permanent Residents of Canada. For more information, contact Celia at 604 636 4712.

Free Employment Workshops for Adults in New Westminster
Fridays, 6:30-9pm at the New Westminster Public Library from March 1–March 22. To register, or for more information, call 604 438 8214.

Free Employment Workshops for Adults in Burnaby
Thursdays, from 1:30-3:30pm at the Metrotown Library. To register, or for more information, call 604 436 5400.

Free Citizenship Test Preparation Classes in New Westminster
When: March 8 & 7, 10am-1pm
Where: New Westminster Public Library (116-6” Avenue, New Westminster)
Contact: To register, call 604 522 3722 ext 155

MOSAIC is a multilingual non-profit organization dedicated to addressing issues that affect immigrants and refugees in the course of their settlement and integration into Canadian society.
Dear Philippines,

This wasn't my first visit and it won't be the last, but this is the first time I actually tried to explore this country and approach it with foreign eyes.

A lot of times I caught myself short on patience and quick to judge. What I might label easygoing and laidback in one country, I would attribute to laziness and apathy. Why? I was born in this country. And with that ownership comes responsibility and a misguided sense of entitlement. I scrutinize it to no end, but I would defend it fiercely too. The only explanation I can give is that, in the end, we're always harder on ourselves.

But you know, Philippines, you are an amazing country. What you lack in grandeur, you make up for in simple beauty and unflagging optimism. And given that you've been through more than 400 years of occupation and colonization, it's only natural to be a little lost in identity.

To an extent, I think every Filipino feels a bit like you. But who else could get through it all with a laugh and maybe even a karaoke song or two? You've got personality, Philippines.

Love you,
Jan.
There is a big stigma, and how to get past the stigma is by talk -

According to Mok, this may be cutting across political and cul -

were less likely to seek help -

words, more educated people -

ward mental illness. -

had higher attitudinal barriers -

more likely than younger ones to -

have stigmatized attitudes to -

Mok suggests the difference in age groups may be because younger people are more at -

stigmatized mental illnesses. As Rose has experienced, older people are more likely than younger ones to have stigmatized attitudes towards mental illness. -

Age is another factor that seems to be associated with like -

likely to seek help when dealing with mental illness. According to Mok, this may be because they are more likely to be in denial. -

It's important to do more psych -

ment health issues makes a huge dif -

It’s hard when you are living with [a mental illness], but also with a family that doesn't recog -

For others, support means talk therapy or having a good social network. An outlet that brings people together and allows them to share their experiences and struggles with mental health is enormously helpful. -

Mok stresses that his findings apply to everyone. He calls for more -

It’s time to start talking –

The lack of understanding around mental illness can be extremely isolating says Yasmin, who has been diagnosed with a mood disorder and severe anxiety. -

For others, having family and friends who are aware of mental health issues makes a huge dif -

Mok advocates can start to break down the barriers of stigma so that people who need help feel comfortable enough to get it. It’s time to start talking – and even laughing – about mental health. -

To find out about upcoming Stand Up shows, visit www.standupformentalhealth.com. To learn more about the Vancouver Diversity Health Fair, visit www.amssa.org/programs/multicultural-health/diversity-health-fair/healthfair2013.

For Rose, Yasmin, and Wilk -

For some people can be the differ -

Mantra Percussion (NY)

Don’t miss Michael Gordon’s Timber, a unique work co-commissioned and performed by New York-based ensemble Mantra Percussion. A complex piece for six percussion players, Timber is scored for a “simultrum” – six wooden two-by-four boards cut to different lengths. Gordon’s intricate rhythms and ever-unpredicting dynamics move in spiraling circles, halved by the rich overtones generated by the wood instruments to create a fascinating soundscape out of pure and resonating timber. Tickets $35 regular/$19 students.

For others, support means talk therapy or having a good social network. An outlet that brings people together and allows them to share their experiences and struggles with mental health is enormously helpful. For Rose, Yasmin, and Wilkman, Stand Up for Mental Health has had a massive impact on their recovery. This is a program that brings people with mental illnesses together to do stand-up comedy and connect with each other.

Doing comedy has been a life -

One place where people can educate themselves about health and wellness, both physical and mental, is the 9th annual Vancouver Diversity Health Fair. The fair aims to break the silence around mental health issues and bring awareness of healthy lifestyles to people of all cultures. The fair will take place on March 9th at the Croatian Cultural Centre, and everyone is welcome at this free event.

People like Stand Up for Mental Health, the Diversity Health Fair and the community outreach that Mok advocates can start to break down the barriers of stigma so that people who need help feel comfortable enough to get it. It’s time to start talking – and even laughing – about mental health.

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March 5–19, 2013

by NATALIE MUNDY

Mild March has brought the spring blossoms to bloom and the social calendar to life. Nurture your inner philanthropist at fundraisers like Dress for Success, the BMO St. Patrick’s Day 5K and Cake Tasting in Surrey, if architecture’s your thing, don’t miss the Marine Building talk and tour – a Sunday morning full of so much coffee and culture you’ll leave half hipster.

* * *

Dress for Success Vancouver
IMPACT 2013
Thursday, March 7, 7:30 p.m.
Spanish Ballroom at
the Rosewood Hotel Georgia
80 West Georgia St.
www.dfsvancouver.org/impact

Dress for Success is a Canadian charity helping low income women to transition into the workforce by providing a suit for interviews and a small working wardrobe. This fundraiser is a mix of philanthropy and entertainment, with live and silent auctions, prizes and fine wines to enjoy. Tickets: $125 ($75 tax receipt).

* * *

The Bully Project
Thursday, March 7, 7:30 p.m.
Jewish Community Centre
950 West 41st Ave.
604-227-5131
www.jccom.ca

Directed by Sundance and Emmy award-winning filmmaker Lee Hirsch, *The Bully Project* is a documentary following five kids and families over the course of a school year. Join the Jewish Community Centre in taking a stand against bullying at this community-wide screening. Wear a pink shirt. Open to the public.

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March 5–19, 2013

Vancouver International School year. Join the Jewish Community Centre in taking a stand against bullying at this community-wide screening. Wear a pink shirt. Open to the public.

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Traveling through Arizona is nothing less than astounding. The monumental red rocks of Sedona, the Grand Canyon, and the Sonoran Desert leave one spellbound. Scattered throughout this natural beauty are ruins of the ancient dwellings of Arizona’s prehistoric residents.

After driving very slowly over an extremely bumpy road 24 km west of Sedona, you come upon the Honanki Ruins in the semi-arid region of the Verde Valley. The rock face in this picture is under a cliff overhang. It’s part of the back wall of one of the largest ancient pueblo dwellings in the region, containing at least 60 rooms. Ancestors of several Hopi clans, the Sinagua, lived here between 1100 and 1300 CE. You can see pictographs in the lower left part of this photo. Some of the pictographs at Honanki were here as early as 2000 BCE, but most were done by the Sinagua, who created one of the greatest concentrations of pictographs in the Sedona/Verde Valley. The painted symbols were important in their daily and spiritual lives. The spiral symbol seen here can mean many things, including a settlement had to be abandoned and its inhabitants forced to migrate, which actually happened at Honanki.

One question that immediately arises about the Honanki location is how a people could sustain themselves for so long in such arid, inhospitable, near desert-like conditions. Their name itself was coined by archaeologist, Harold Colton. It’s a contraction of the Spanish, sin agua – without water. Indeed, at this ruin, the main water supply was from run-off in the rainy seasons. However, this seeming lack of resources is the beauty and miracle of these people and other Native American groups in this area. They became one with their environment, mastering hunting, gathering and farming techniques to supply all their needs. The Sinagua mastered the art of dry farming by capturing water run-off to irrigate their fields, overcoming drought, thin soils, and hot, drying winds. They knew the nutritional and medicinal properties of all the desert plants.

The Sinagua were among the most successful traders of the prehistoric Southwest, exchanging pottery, jewelry, copper bells, salt, cotton cloth and argillite. By the early 1400’s the Sinagua suddenly left their settlements in all parts of the Verde Valley. There is speculation on whether war or drought was responsible for this disappearance but present day Hopi feel religious reasons were a factor. The legacy of the Sinagua, however, is not only in museums and ruins. Their inspiration lives vibrantly today in their Hopi descendants and in the wonder they create in the minds of anyone who studies their past.

Don Richardson