

Childhood fantasies and quarter-life crises at VIFF
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East Meets West

Chinese Medicine Gaining Ground

by PHOEBE YU

Since being officially designated as a health profession by the BC government in 2000, traditional Chinese medicine (TCM) has slowly made its way into mainstream health care. John Yang, MD and Dean at PCU College of Holistic Medicine, says there are almost 1800 licensed TCM practitioners in BC.

Weiling Mah, a general practitioner MD who recently received her license to practice acupuncture, suggests there is a trend in patients looking for complementary or alternative forms of treatment like Chinese medicine or reiki.

Yang explains that patients may be wary of the side effects of Western medicine and instead opt for naturally based treatments.

"You take one pill, at the end you take ten pills," he says. "More young people now don't like that."

Lynda Balneaves, a registered nurse and researcher in complementary medical practices, says almost two-thirds of Canadians use some type of complementary medicine. Balneaves defines complementary medicine as optional therapy that falls outside of what's considered mainstream medicine and used alongside conventional care. For example, a patient receiving chemotherapy and then going to an acupuncturist to help deal with the pain.

Western vs. Chinese Medicine

Yang says Western medical tradition is based on science and



▲ John Yang, MD and Dean at PCU College of Holistic Medicine, treats a patient with acupuncture.

empirical evidence, while Chinese medicine is founded on philosophy.

He explains that Chinese philosophy is based on the two opposing energies running the universe – yin (negative) and yang (positive) – and it is these same energies that run the human body. Yang goes on to say that different conditions of the body occur when there's an imbalance – when there's too much or too little of the negative or positive energy.

"[Chinese medicine] has a way to adjust and to balance the body," he says.

Mah claims Chinese medicine offers better results for certain ailments like chronic pain.

See "Chinese Medicine" page 2 ➤

Verbatim

From Prairie to Coastline, Culture Shock Knows No Bounds

by ELANA BAXTER

Eight years ago I made the move from Edmonton, Alberta here to Vancouver. I had considered my recent experience living in Mexico more than sufficient preparation for a simple move across the provincial border.

I was wrong.

Despite having been born and raised in Canada, sharing a common language, cultural and social norms, and currency and food, my hopeful visions of a new home were soon replaced by disillusionment: Why don't I have a job yet? What do you mean I can't get my own doctor? And, why are there so many attractive people wearing ugly 80s glasses?



▲ There are actually no lenses in those frames.

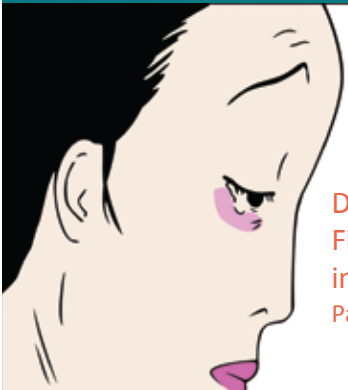
In retrospect, I know my expectations were unrealistic, even naïve.

Even though in Mexico I had struggled with bats and cockroaches, blatant sexism, unreliable plumbing and, thanks to my rusty Spanish, a language barrier, I had a great job, made friends easily and enjoyed 358 days of ideal climate.

When I came to Vancouver I was a new mother starting from scratch. I was no longer single and independent with a great job and friends. I had new

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My Turn

SERGE CORBEIL

Justin Trudeau: It's a go and the ball is in his court



Photo courtesy of Justin Trudeau

▲ Justin Trudeau announces his Liberal leadership campaign on October 2, 2012.

It's a done deal; he'll run. Justin Trudeau is now a candidate in the Liberal Party of Canada's leadership race. The spotlight has routinely shined on him, but it's now making

poise and he looks like a star. But you see, I thought people had had enough with politicians who went for style over substance. Truly, we live in a world of contradictions.

“In fact, if I were to give him a tip, it would be to forget about trying to be a more modern version of his father and to establish his own political brand.

him glow brighter than ever. The announcement of his campaign is a good example: a room teeming with people and media representation; all this for a leadership candidate of a party placing third in the House of Commons.

The day after his announcement, the big question on many people's minds was whether he delivered the goods. But before we can answer that, we must first determine what there was to deliver in the first place. After all, he only said he wanted to be the Liberal Party of Canada's leader. It would have been interesting to know why. Not that he needed to explain his take on the various challenges his party – and the country – are facing, but a preview would have been a good start.

Let's face it, he knew he would be judged based on his political vision and he missed a great opportunity to elaborate. It's now his job to confound the skeptics. He is the only one able to prove wrong those who believe he is nothing but a political lightweight in matters of public affairs. I am one of those who, to this day, cannot comprehend the pull he seems to exercise on many people. Obviously I can see that he does. His name, his

His campaign is in its early stages, I'll admit as much. He will have to do better than uttering empty slogans and facts so obvious that anyone who has spent time observing the socio-demographic landscape in Canada can see them.



▲ A young Justin Trudeau with his father.

saries will have a hard time getting on top. The Liberal Party of Canada's new ruling allowing people to vote for a leader without having to become a member will be a great advantage for him. You see, many of his partisans are young and they aren't particularly drawn to regular political structures, such as becoming a party member. The fact that they won't have to will have a solid impact.

Meanwhile, we'll soon see what he's like. He'll have to answer the media's questions and eventually his party members' questions, not to mention those of the other leadership candidates when the time for debates comes. It won't have a very big impact on the present race. However, it will be an opportunity for him to show the Canadian electorate that a Party run by him is worth their support.

The ball is in his court. ✍

Translation Monique Kroeger

► “Verbatim” from page 1

responsibilities and an entirely new set of personal challenges.

I spent the first year establishing childcare, looking for a job and living with my family in close quarters with no money. My self-worth deteriorated, and my worldview grew very bleak.

I cried. A lot.

It has taken me this long – yes, eight years – to begin to feel I have a new home, and I am not some alien creature stuck between dimensions.

I have come to realize that culture shock does not discriminate based on where you came from and how far you may have travelled. It doesn't care if you speak the language or not or how prepared or unprepared you think you may be. It happens to us all.

And, thankfully, it doesn't last forever.

After months and years in a new and distant place, we gradually find our footing and fall in step with the unique rhythm of our chosen home, whether it's

Spencie's View



► “Chinese Medicine” from page 1

Balneaves recognizes the strength of complementary medicine in disease prevention, health promotion and overall wellness.

“In cancer, we very much look at supportive care, things like acupuncture, mindful meditation, for restoring quality of life,” she says.

On the Future of Integrative Medicine

Right now, Balneaves says there is some discussion of the possibility of training nurses in acupuncture at the College of Registered Nurses in the future.

“I am pretty positive that we will see better integration,” she says.

Mah also acknowledges a possible change in the future with more integration, as long as any new treatments introduced into the health care system are supported by strong evidence.

Likewise, Yang believes Eastern medicine will be further integrated into conventional health care, but he's not exactly sure how long it will be before this happens. He explains that conventional Western medicine is too focused on curing illnesses.

“At this moment, actually it's not health care – it's disease care,” he says. “It's not a complete concept of health care.”

He says that money is designated to curing diseases, but another way of approaching health care is to keep the public healthy and not let people get sick as often. Yang recommends using Chinese medicine as preventive care and then using Western medicine for treating illnesses.

A “combination is the best benefit to [the] public,” says Yang.

In the long term, he suggests that having integrative care can actually help reduce health care costs because the population will be healthier and people won't need to visit the doctor as often.



▲ Lynda Balneaves, a registered nurse and researcher in complementary medical practices.

But according to Balneaves, the difficulty of having different health care systems operating parallel to each other creates a communication breakdown. If a patient goes to an integrative care clinic, Balneaves says the patient's record isn't always shared with the family doctor.

“By integrating, [we need] to make sure that patients are getting the best of both worlds, that the care they receive is comprehensive and safe,” she says. ✍

Vancouver, New Delhi or San Francisco.

The city's vernacular, transportation and weather all become familiar. We discover our favourite cafes, find a job (finally!) and make new friends. We don't even realize it when we begin to adopt the same city-specific complaints about housing, politics and weather.

Now, I look around at this city and marvel at its angles, colours, and voices. I complain about the bus, the smells and the driving, with a

sense of gratitude, because I have survived worse and fought to create something better.

I look around at all of you that have travelled from great distances, suffered unimaginable loneliness, discrimination and pain to arrive here imagining a better life, and I am filled with admiration and compassion.

And when I am standing in line at my favourite café, and my turn to order comes, I smile at the tattooed barista.

She is wearing 80s glasses. ✍



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Mailing Address
Denman Place PO Box 47020,
Vancouver BC V6G 3E1
Office
204-825 Granville St., Vancouver BC
Telephone (604) 682-5545
Email info@thelastsource.com
www.thelastsource.com

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Associate Publisher Saeed Dyanatkar
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Photo courtesy of Chad Willett

Canadian Films a Must-See at VIFF

▲ Actor and producer Chad Willett talking to actor Scott Hylands for their film *Becoming Redwood*.

by NATALIE MUNDY

Two B.C.-born, Vancouver-based film-makers are turning heads at this year's Vancouver International Film Festival.

Actor and producer Chad Willett, 41, is showing his latest film *Becoming Redwood*, which just took Best Canadian Feature at the Edmonton International Film Festival.

The film follows the story of 11-year-old Redwood Forest Hanson. When his father is arrested, young Redwood is sent from B.C. to California to live with his estranged mother, two half-brothers, a red-neck stepfather, and an elderly, agoraphobic step-grandfather.

The film allows audiences in to Redwood's soaring imagina-

tion where he lives a brightly coloured fantasy of beating the world's best golfer, freeing his father from jail and reuniting his parents.

Willett plays Redwood's draft dodging, dope-dealing, hippie father.

Speaking on the phone while he was excitedly awaiting news of the arrival of his first-born, Willett reveals his first aspirations were not nearly as creative as Redwood's. He had the relatively standard dream of becoming a firefighter. It wasn't until he was about 15 years old that he wanted to become an actor.

But the dream was ever-present for Kristine Cofsky, actor and first time screenwriter-director of *In No Particular Order*, in which

she stars as Sarah, the 20-something main character.

Cofsky, 29, wanted to be an actress for as long as she can remember.

"My sister and I used to dress up in ball gowns made from bed sheets on Oscar day and prepare acceptance speeches to deliver," she says.

Barmaid by night, barista by day, Sarah is suspended in a quarter-life crisis. She can't understand her newlywed sister's choice of monogamous monotony, instead following a self-destructive (but often hilarious) path of meaningless encounters, hangovers and lowered expectations.

E-mailing back and forth during a break on set from another film, Cofsky says parts of the film

are autobiographical (but she won't tell which).

Like Sarah, Cofsky was working in the bar industry for a long time wondering what she was doing with her life.

"I was wasting years of my life with not a lot of purpose or forward movement," she says.

Despite being Cofsky's first film, the making of *In No Particular Order* was remarkably smooth.

"The shoot itself was honestly quite dreamy," she says.

However there were times when it seemed like it would never get off the ground for financial reasons.

"It is definitely difficult as a first-time filmmaker to get funding, especially when nothing in your script blows up, or no one gets stalked by an axe wielding psychopath," Cofsky says.

Willett explains that it's a Catch 22: film-makers have to prove how good they are to get funding but need funding to prove how good they are.

Even with his extensive 20-year career in film and television, Willett still had to convince investors for *Becoming Redwood*.

"It's never straight forward when you're dealing with money," he says.

Knowing her film was not going to be considered "commercial", Cofsky was prepared to work without grants. She funded the film herself in conjunction with a small online campaign which attracted support from friends, family and the industry.



Photo by Allison Kahn

▲ Kristine Cofsky in *In No Particular Order*.

The process was a difficult one and Cofsky had to work extremely hard to ensure her debut was a success. But as Willett puts it, anything worthwhile is not easy. ☞

The Vancouver International Film Festival runs until October 12. Visit www.viff.org for details.

see

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Left Bank



People need to go back and read about the linguistic and class oppression that ruled in Quebec for so many decades. The bosses were Anglos, the workers were French. The Quebecois had to fight bitterly just for the right to be given orders at work in their own language.

The movement for Quebec sovereignty did not show up one day, ex nihilo. Like many other nationalisms, it emerged from a history of colonialism and oppression. The persistence of a sovereignist movement might not, it turns out, be explained by pathologies inherent to the Quebecois. The pathology could be ours.

Canada's first prime minister was a raging drunk, and a raging chauvinist and racist. When Metis leader Louis Riel was about to be hanged in 1885, Macdonald famously quipped, "He shall hang though every dog in Québec bark in his favour."

Maple Spring comes to Vancouver

The Maple Spring came to Vancouver last week. It was absolutely beautiful. And, no, I'm not talking about the unseasonably warm and sunny weather we've been enjoying of late.

Last Friday, a packed house at the W2 Media Cafe in Vancouver heard stirring speeches from student leaders from Quebec. The event was billed as a victory party, since these students had just recently pulled off a stunning hat trick: helping drive Jean Charest from power, blocking the tuition hike, and forcing the repeal of an attack on civil liberties known as Bill 78.

At his Vancouver talk, it was very clear why he got under the skin of those who support the status quo. He's a precocious, attractive kid who can distill and present complex, radical ideas in clear and compelling language.

Speaking in a second language he's only very recently used with any regularity, GND outlined the ideological importance of fighting tuition fees – no matter how small the proposed hike. Once young people and society at large accept education as a commodity, or as just another financial investment, you have already begun to lose. Education is a right,



Photo by Alexandre Guédon, Flickr

▲ Young Canadians mobilize for political and social change for a second time since Occupy Vancouver.

All this was the result of what has become known as the "Maple Spring," an unprecedented social movement that included the largest protests in Canadian history.

Chloe Zawadzki-Turcotte and Gabriel Nadeau-Dubois both played key roles during this year's momentous student movement with CLASSE – the largest of the student unions on strike – and their speeches in Vancouver revealed wisdom far beyond their years.

Gabriel became a polarizing figure throughout Quebec society, emerging as the media face of the strike. As a symbol of the students' unity and determination to defeat the government, he was demonized, smeared and belittled by many right-wing voices in the press and in political life.



Photo by Justin Ling, Flickr

▲ Gabriel Nadeau-Dubois at a protest in Quebec.

Gabriel explained, and defending that right is essential for defending equity throughout an entire society.

He also urged the audience to take what they could learn from Quebec's example – especially in terms of the democratic structures which were crucial to the strike's power – and apply it strategically to their own, local political circumstances. This openness to progressives throughout the rest of Canada bodes well for building a truly powerful cross-country movement against the Harper agenda.

Those of us in the rest of Canada, especially progressive-minded people out West, have to reciprocate this generosity of spirit that seeks out understanding and united action.

We should – I feel pretty safe writing this in the pages of a bilingual newspaper – brush up on our French, and start to follow politics in Quebec more seriously. Along with that, we should bone up on our history, and we should be ruthlessly honest.

The Quebecois people suffered under the boot of a colonial enterprise, even before Canada had its present name. Whatever your position on Quebec independence, only an ignoramus would deny this. Yet too many do. The right-wing chauvinists are able to get mileage out of cheap anti-Quebec rhetoric in the rest of country because too many in the political centre and even on the left are, well, pretty clueless.

Sorry, John A. Macdonald: We know the truth, and so the dogs are still barking, only there's a lot more of us now. Glory to Riel, Gabriel Dumont and all those who fought for equal rights for French-speaking and Indigenous peoples.

All of that is my own digression, as the students did not address issues relating to sovereignty. But their talk provoked these thoughts. Whatever has kept us apart in the past must be cleared away to allow common struggle against common enemies. Forget the *Clarity Act*. Let's just act and speak with clarity and honesty about the realities of our shared history. The rest will take care of itself. (This, of course, must include the reality of colonialist dispossession of Indigenous peoples at the hands of both English and French.)

The beautiful slogan that CLASSE carried on its website's masthead and had written on the banners leading many a mass march through the streets of Montreal was crystal clear: *Ensemble, bloquons la hausse*. Together, block the tuition hike.

After the inspiration of this year's Maple Spring, and after the inspiration of last night's event, I dare to dream that we can win real, tangible victories here in BC and against Harper.

Ensemble, bloquons Enbridge et Kinder Morgan. Together, block Enbridge and Kinder Morgan.

Ensemble, bloquons l'austérité. Together, block austerity.

Ensemble, nous bloquons Harper. *Nous vaincrons.* ☘

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Program helps abused immigrant and visible minority women to find their voice

by TOMOMI IGUCHI

This fall, the Vancouver & Lower Mainland Multicultural Family Support Services Society is offering a leadership training program for immigrant, refugee and visible minority women who have experienced abuse at home. “Some elements are key in their lives,” says Shashi Assan-

set up a non-profit organization aimed at serving women and their families experiencing domestic violence. Through its initiatives like the Leadership Training Program and The Children Who Witness Abuse Program, VLMFSS offers free individual and group counseling, advocacy and support. Foschi works with women

clearly or assertively. After undergoing simple discussion sessions, Foschi’s client became firmer and more confident in her speech.

“We don’t even teach them, but we ask them to share. They have their own voices to express themselves,” Foschi says.

Immigrant and refugee women are often most vulnerable

lence, says some cultures justify violence against women.

“Those women should be educated that they live in Canada where violence is not allowed by law,” Smyth says.

She believes immigrant women have to change their fundamental recognition of woman’s rights, so they can rebuild their lives.

Foschi first learned about family violence through a TV series she helped produce as a journalist. She decided she wanted to join an organization that helped women like the ones who inspired her in the show.

“I wanted to get involved with helping those women and give them a hand,” she says.

When she started working for VLMFSS, Foschi was astonished by the realities of women who have been abused.

But Foschi knew her work was having a clear impact on her clients’ lives. She had one woman report she learned that “[it] is not the person we are angry at but their actions which make us angry; anger is not bad, how we deal with it is important; how anger happens and how I can deal with it better.” Another par-

ticipant learned how to be more assertive and improved her self-esteem. She found the sessions very educational and uplifting, according to Foschi.

Even so, Foschi still can’t believe there are so many women suffering from violence.



▲ Anna Foschi.

“I never can get used to seeing [them], even now,” she says. ✉

For more information about VLMFSS and their programs, visit www.vlmfss.ca.

“We don’t even teach them, but we ask them to share. They have their own voices to express themselves.

Anna Foschi, volunteer coordinator, VLMFSS

and, executive director of VLMFSS. “[It means] being independent, responsible, and learning how to make a decision.”

She emphasizes self-development and decision-making as the tools that broaden women’s opportunities.

Anna Foschi, who works directly with the participants, hopes it will give them the opportunity to explore their own strengths.

VLMFSS formed in 1991 when Immigrant Visible Minority Women of BC submitted a proposal to the B.C. government to

who were abused by their partners.

“It is meaningful for women to find a circle of community, because some women simply need to be heard,” she says.

Foschi believes VLMFSS offers a safe atmosphere where women are protected by confidentiality and are able to share their stories. Foschi, through her sessions, tries to raise the level of self-awareness and self-knowledge of women who have experienced abuse.

Recently, she worked with a woman who could not speak

when it comes to different kinds of violence. According to Foschi, women facing language and cultural barriers in Canada also deal with past experiences of violence in their home countries.

“Some women come from countries where there is an ongoing war, so it is important for them to make a circle and get to know each other,” Foschi says. “When we are alone, there would be a lot more difficulties in our lives.”

Mary Smyth, a counsellor and psychotherapist in Vancouver, who specializes in family vio-

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Cuisine of South America

In its September 11 issue, *The Source* Newspaper published a photo mosaic of Jan Hilario's travels through South and Central America. Here is a visual update with a food theme.

Hilario has been traveling since April, and hopes to cover as much ground as she can on her one-year trip. After South and Central America she hopes to visit Europe, Africa and Asia.

Fritanga is another name for a restaurant that specializes in authentic Nicaraguan foods. Traditional foods include white rice, beans, fried *plantain* (a type of banana), *queso frito*

(fried cheese), *yucca* roots with garlic butter, and cabbage salad.

Patacones, or fried green plantain slices, are also popular in Latin America, as is *ceviche*, a seafood dish from the coastal regions of South America. Traditionally, *ceviche* is made of snapper cooked with lime and lemon juice. *Carachama sin Costilla*, a type of armored catfish, is native to Brazil and Peru.

THE SOURCE STAFF



▲ Fritangas in a market in Cuenca, Ecuador.



▲ Coffee liqueur shots in Columbia.



▲ Patacones in Somoto, Nicaragua.



▲ Street food vendors in Leon, Nicaragua.



▲ This burger from Salento, Columbia is the best Jan Hilario's ever had.



▲ Fresh tortillas at the Chichicastanengo Market in Guatemala.

VIFF

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Re:Generation Music Project

(USA, 82 min.)

Amir Bar-Lev's fascinating high-profile project asks leading contemporary musicians and producers to broaden their chops and play to a different groove. Skrillex joins the surviving members of the Doors; DJ Premier conducts the Berklee Symphony Orchestra(!) with Nas; the Crystal Method backs R&B singer Martha Reeves; Pretty Lights play with Dr. Ralph Stanley and LeAnn Rimes; Mark Ronson joins Zigaboo Modeliste! Music triumphs over all.

Tue. Oct 9, 9:15 pm, Vogue



Step Up to the Plate

(France, 90 min.)

For those foodies who can't make the pilgrimage... to visit Michel Bras' legendary hotel-restaurant in the remote plains of Laguiole, France, director Paul Lacoste's smart and mouthwatering documentary... offers a captivating cinematic alternative... An incisive exploration into Bras' kitchen wizardry and a moving portrait of family ties and the passing of generations...—*Hollywood Reporter*

Tue. Oct 9, 9:15 pm, Granville 7
Thu. Oct 11, 10:30 am, Granville 7



Camion

(Canada, 95 min.)

Rafaël Ouellet's exquisite film, set in rural Quebec, follows a veteran truck driver named Germain. After the tragedy that ends his career, Germain's sons join him at their family home. They share a familial malaise of loss, but, quietly, hope arrives. Winner, Best Director, Karlovy Vary 2012.

Tue. Oct 9, 9:30 pm, Vancity Theatre
Wed. Oct 10, 10:30 am, Granville 7
Fri. Oct 12, 9:15 pm, Vancity Theatre



El gusto

(Algeria/France/Ireland/UAE, 88 min.)

Uplifting and entertaining, Safinez Bousbia's doc celebrates the power and the passion of her native Algeria's musical form known as "Chaabi" (a precursor to Rai) as well as the streets and courtyards of Algiers. "Toe-tapping and infectious on emotional and intellectual levels, *El gusto* is... Bousbia's heartwarming tribute to her native country's lost egalitarianism as much as to the elderly exponents of the popular music... Comparisons are being made to *The Buena Vista Social Club*..."—*Variety*

Wed. Oct 10, 6:30 pm, Vogue
Thu. Oct 11, 12:00 pm, Granville 7



Rebellion

(France, 135 min.)

Mathieu Kassovitz (*La haine*) directs and stars in this powerful docudrama centred on a principled police negotiator caught up in New Caledonia's struggle for emancipation on the eve of France's 1988 presidential election. The film pairs high-octane action sequences with an intricate plot about how the insidious nature of politics and pride can undercut the efforts of even the most admirable of men.

Wed. Oct 10, 9:30 pm, Granville 7
Fri. Oct 12, 3:30 pm, Granville 7



Indignados

(France, 88 min.)

Long a champion of the marginalized, Tony Gatlif (*Latcho Drom*, *Exiles*) fashions a sumptuously visual and typically musical docudrama from 94-year-old French Resistance veteran Stephane Hessel's surprise anti-capitalist best-seller *Indignez-vous!* Gatlif melds real protest scenes with the plight of an unwanted African immigrant in France in this impassioned *cri de coeur*.

Wed. Oct 10, 9:30 pm, Granville 7
Fri. Oct 12, 1:15 pm, Granville 7



Our Children

(Belgium/France/Luxembourg/Switzerland, 114 min.)

Un prophète's Niels Arestrup and Tahar Rahim reunite as the de facto father and son who send a subjugated woman (Émilie Dequenne) spiralling into madness. Joachim Lafosse's psychological drama serves as "a spare but furious attack on patriarchal authority. As tragedy, *Our Children* is both classical and contemporary."—*Film Comment*. Winner, Best Actress, *Un Certain Regard*, Cannes 2012.

Thu. Oct 11, 6:45 pm, Granville 7



The Invisible Ones

(France, 105 min.)

The "invisible ones" in Sébastien Lifshitz's (*Wild Side*) candid documentary are the gay men and women who came of age well before the days of sexual liberation. In conservative France, their voices were rarely heard but Lifshitz does more than just give them a platform—incorporating archival footage he weaves their fascinating, often poetic memories into a cinematic tapestry.

Fri. Oct 12, 11:45 am, Granville 7



Holy Motors

(France/Germany, 116 min.)

The return of Leos Carax (*Pola X*) caused a huge stir at Cannes. Denis Lavant plays one Monsieur Oscar in a wildly dreamlike trip through Paris, as this trickster changes identity the way some people change their socks... "Exhilarating, opaque, heartbreaking and completely bonkers... a deliciously preposterous piece of filmmaking that appraises life and death and everything in between, reflected in a funhouse mirror."—*Hollywood Reporter*

Fri. Oct 12, 7:00 pm, Center
Fri. Oct 12, 9:30 pm, Granville 7

INFORMATION

VIFF.ORG
Film Infoline:
604-683-FILM

BOX OFFICE

ONLINE: VIFF.ORG
BY PHONE: 604-685-8297
(Noon – 7 pm)
IN-PERSON:
Vancity Theatre
1181 Seymour Street
(at Davie) (Noon – 7 pm)

TICKETS

Adult \$13
Weekday Matinee \$11
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**Vancouver
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JON WASHBURN, CONDUCTOR



AUDITIONS FOUR BOY TREBLE VOICES

Sunday, October 14, 2012, 2–4 pm

Jon Washburn and the Vancouver Chamber Choir are excited to announce a performance of Britten's Saint Nicolas cantata, with tenor Ben Heppner singing the title role. It will be performed at 8 pm Friday, December 7 at the Orpheum Theatre in Vancouver.

Maestro Washburn will be holding auditions on Sunday, October 14 from 2–4pm for four boy treble roles:

- Young Nicolas: able to sustain a high E
- 3 young boys (often referred to as the "three pickled boys"): range A to high F-sharp

Please note: only unchanged boys' voices will be considered.

Candidates are asked to prepare one song of their choice. An accompanist will be provided.

To schedule an audition or for more information, contact Steven Bélanger:
sbelanger@vancouverchamberchoir.com
(604) 738-6822 ext 22

Vancouver Chamber Choir
www.vancouverchamberchoir.com
info@vancouverchamberchoir.com 604-738-6822
1254 West 7th Avenue, Vancouver, BC, Canada V6H 1B6



▲ A casual afternoon bite with new friends from around the globe.

Kitsilano Neighbourhood Welcomes The World

by JUSTINE LEONHARDT

For Michele Fayadas, adjusting to life and a foreign language in Vancouver are still struggles. Originally from France, she left Paris in 2004 to immigrate to Canada with her husband because of safety issues and economic concerns.

"For me, it's very different," says Fayadas of her birthplace. "It is good to visit [Paris], but I see it with another view."

Initially, Fayadas and her husband settled in Quebec City, where she found it difficult to understand the Quebecois dialect. Then, in 2010, her husband received a job opportunity that took them to Edmonton for four months, followed by Vancouver, where they have resided since Sept. 2010.

"It [felt like] a different country," she says. "The west is very, very different from the east," says Fayadas.

Hoping to improve her English, she joined the Welcoming Neighbours (WN) program at Kitsilano Neighbourhood House (KNH), a non-profit charitable organization located in Vancouver's west side that caters to people of all ages and cultures.

"The program is geared towards newcomers and welcoming Canadians," says Julie Rieter, Volunteer Programmer and Fund Developer for KNH. "It's a bridge between the two."

Started in Sept. 2010 with the help of funding from Building Welcoming and Inclusive Neighbourhoods (BWIN), the program grew out of the ideas and feedback from members of the local community. When WN finally took physical form, there were two different programs under its umbrella – socials and out-trips and English conversation circles.

While the social trips provided opportunities to explore areas like Gastown and Granville

Island, visit places like the Museum of Anthropology, and even learn how to use public transit, the English conversation circles gave participants a chance to practice and learn English in a casual environment.

It was participation in KNH and its programs that assisted Fayadas in making friends and integrating into Vancouver's community.

For Rieter, this is a perfect demonstration of what KNH is all about.

"We aim to build community capacity," she says, "That is a prime example of us serving our community and them giving us a wonderful gift in that they are making us available to other newcomers."

Though KNH has not had funding for the socials and out-trips

“For new immigrants, [Kitsilano Neighborhood House] is the place you must go.

Michele Fayadas, French immigrant to Vancouver

"When I share with other people, I learn from these people and I learn about myself," she says.

Last year, many of the women Fayadas met through Multicultural Women's Support Group, another KNH program, started their own group, Multicultural Food Lovers. The women, who moved here from countries as diverse as Venezuela, China, Germany, Egypt, and Iran, host a blog and get together to translate and cook the recipes of their homelands while sharing their individual experiences.

Last August, the group applied for and received a Neighbourhood Small Grant from the Vancouver Foundation to create a program that benefits the local community.

since March of this year, they still hold the English conversation circles and are currently considering having craft conversation circles where people can come to participate in an activity like knitting or art, have tea and cookies, and practice their English.

"What I continue to find inspiring is how people come from all walks of life and they seem to find commonalities with a welcoming and inclusive environment that [Kitsilano Neighbourhood House] tries to create," says Rieter.

Fayadas is still learning English, a process she finds both tiring and exciting depending on the day. But she is grateful for the Welcoming Neighbours program.

"For new immigrants, [KNH] is the place you must go," she says.



▲ Program members enjoy the sights and sounds of Downtown Vancouver.



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Diaspora Contributions to the National Reconstruction of Rwanda -- Post Genocide

515 West Hastings Street, SFU Vancouver, Room 2200

Monday, October 15, 5:00 - 6:30 pm

Please RSVP at: <http://bit.ly/SABpyO>

This event features a panel discussion with diaspora leaders who are playing a role in the reconstruction of Rwanda. Panelists will highlight the ways in which the Rwandan diaspora is involved in the sustainable development of Rwanda.

Panel Moderator: James Busumtwi-Sam

James is an Associate Professor in the Department of Political Science at SFU. He specializes in International Relations and comparative Development.

PANEL SPEAKERS



Lama Mugabo is the founder of BBR -- Building Bridges with Rwanda Consulting Services, a community development-planning firm based in Kigali, Rwanda. An SFU alumnus, Lama studied and worked in Canada before repatriating to his native Rwanda where he currently facilitates North-South collaboration projects, creating a platform for Rwandan and North American change agents to foster sustainable development work.



Jean de Dieu Tuyisenge is the founding director of Edu-Africa, a registered charity dedicated to bringing education and awareness to Canadian and the international community about the genocide in Rwanda. Jean's organization works with orphans without the financial means to attend school, particularly technical secondary schools.



Elizabeth Mujawamaliya Johnson was born in Rwanda and lived through the genocide in 1994. While in Rwanda, she worked for the Ministry of Agriculture and for Care Australia and World Vision. Elizabeth earned a BBA after immigrating to Canada in 1999 and is presently pursuing an MA degree. Her work includes developing public support for Grace Rwanda projects and speaking to groups across Canada to raise awareness about the Rwandan genocide.

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Depuis sa création en 1995, le Conseil scolaire francophone de la Colombie-Britannique offre des programmes et des services éducatifs valorisant le plein épanouissement et l'identité culturelle des apprenantes et apprenants francophones de la province. Le conseil compte aujourd'hui plus de 4 800 élèves, 37 écoles publiques et dessert plus d'une centaine de communautés réparties dans l'ensemble de la province.

- programme d'enseignement public de la maternelle à la 12^e année;
- services à la petite enfance;
- service de transport scolaire;
- programme d'anglais de qualité;
- haut niveau de réussite scolaire;
- portables pour tous;
- programmes de musique, théâtre;
- programme du Baccalauréat International.



Cultural Calendar

October 9–October 23, 2012

by NATALIE MUNDY

Happy Harvest, Vancouver! This is the perfect time for overindulging, and there are plenty of opportunities to do so: get a face full of Greek food at the Big Fat Greek Gala; pick a pumpkin at the Pumpkin Fest; sample 60 varieties of apple at the Apple Festival; and service your sweet tooth at the Baker's Market. And the best part? It's guilt free now that fall sweaters can hide the evidence. It's also BC Craft Beer Month, so keep an eye out for Oktoberfest events and newly released seasonal beers like Pumpkin Ale. Yum.

The Big Fat Greek Gala

Thursday, October 11, 7 p.m.
Hellenic Community Centre
4500 Arbutus St.
604-738-2819
www.westsidefamilyplace.com

Benefitting the West Side Family Place, the gala will transform the Hellenic Centre into a magnificent Greek taverna. A silent auction, belly dancing, live music and loads of tasty Greek food will keep you entertained all evening. Tickets: \$25.

Knit City

October 13–14
Saturday, 11–7 p.m.,
Sunday, 11–5 p.m.
Croatian Cultural Centre
3250 Commercial Dr.
knitsocial.ca

Knit, crochet, spin and mingle alongside vendors, instructors and volunteers at the Knit City marketplace. There will be a Kick-off Party on Friday at 7 p.m. The first 50 people in line for Saturday will get a bag of goodies. Tickets: \$25 (party and weekend pass); \$10 (weekend pass).



▲ Knitters rejoice at Knit City 2012.

Pumpkin Fest 2012

October 13–14
2121 Marine Dr.
westvanpumpkinfest.ca
604-925-7270

Join family, friends and neighbours for a weekend of old-fashioned fun celebrating the harvest season. Pick your pumpkin at the Pumpkin Patch, build a scarecrow, see a honey extraction demonstration, take a workshop, or shop at the open-air Harvest Market. Open to the public, see website for times and workshop tickets.

Apple Festival

October 13–14, 11 a.m.–4 p.m.
UBC Botanical Gardens
www.botanicalgarden.ubc.ca
604-822-4529

Every year approximately 20,000 kilos of apples are sold to thousands of attendees. Visit the



▲ Celebrate the harvest season and prep a pumpkin for Halloween at Pumpkin Fest.

tasting tent to try up to 60 varieties for \$5, learn about grafting and cider pressing through demonstrations, and be inspired to take your own tree home. Don't leave without exploring the gardens with complimentary entry. Tickets: \$4 (free for children under 12).



▲ For those "other" types of Apple fanatics.

Artists for Conservation Festival

October 13–21
Grouse Mountain
festival.artistsforconservation.org

This world class conservation-themed art and education event connects people to nature through guest lectures and workshops, an international art and exhibit sale, First Nations performances, African drumming, a "meet the artists" wine and cheese and more. See the website for programs and tickets.

Baker's Market

October 6–December 8
Saturdays, 11 a.m.–3 p.m.
Moberly Arts and Cultural Centre
7646 Prince Albert St
www.bakersmarket.com

Buy or sell all kinds of baked goodies made by local, creative, professional and home bakers. Try breads, waffles, croissants, cookies, cakes, muffins, chocolate pies, cupcakes and scones.



▲ Save room for dinner after the Baker's Market.

Free parking, free samples, free admission. The market is always indoors, see website to register as a vendor.

Zombie Syndrome

October 12–31



▲ More undead than you can shake a machete at.

Downtown

www.thevirtualstage.org

An interactive, site-specific theatre adventure is turning audiences into zombie fighters on the streets of Vancouver. The exact location is kept secret until the day before when ticket holders receive a phone call from a character in the story with details about where to be and when. Tickets: \$25.

Eco Fashion Week

October 16–19
Various venues
ecofashion-week.com



▲ Eco-wear that's more fashionable and practical than a well-placed fig leaf.

The third most environmentally damaging industry in the world is getting a shake up. Vancouver will be showing that green living doesn't equate to hemp anoraks and all-weather trek pants. Sustainable innovations will be showcased during a week of fashion shows, events and seminars by the world's top ethical fashion designers. Check the website for schedule and tickets.

Light the Night Walk

Saturday, October 20, 5 p.m.
Lumberman's Arch, Stanley Park
www.lightthenight.ca

Across the country teams of families, friends, co-workers and corporations come together to raise funds for The Leukemia & Lymphoma Society. Take an inspirational, leisurely walk carrying an illuminated balloon to bring light to the dark world of cancer. See website for registration.

Burnaby Farmers' Market

Sundays, 9 a.m.–2 p.m.
Burnaby City Hall Parking Lot
4949 Canada Way
www.burnaby.ca

This is the place to find locally grown conventional and organic produce, salsa, vinegar, tea, jam and honey as well as local artisans showcasing pottery, woodwork, jewellery and soap. The market also features live music and a used book exchange. Bring your own shopping bags. Open to the public.

Retro Design and Antiques Fair

Sunday, October 21,
10 a.m.–3 p.m.
Croatian Cultural Centre
3250 Commercial Drive
www.21cpromotions.com

Enhance your eclectic abode with 175 tables and booths of fabulous finds. Discover vintage and estate jewellery, fold art, funky 50s kitsch and pop culture classics. There will also be drop-in appraisals for your dusty treasures. Tickets: \$5.

Room at the Roxy

This shot was taken from a shop facing Hamilton St. in the atrium of the Vancouver Public Library. The colour of actual trees contrasts with the black and white image adding to the mystery of the photo's subject matter.

It's the current exhibit on *The Wall*, a public art initiative reflecting the city's "built environment" or manmade space in which people live, work and recreate. It's a collaboration between CBC, its neighbour JJ bean and the Vancouver Heritage Foundation. The space is 38 by 29 feet of CBC wall at the CBC Plaza on Hamilton St. The exhibit is an enlarged 4 by 5 inch photographic negative of a production still from the 1957 CBC television drama *Room at the Roxy*. It depicts a mother about to enter a run-down hotel in search of her drug-addicted son, as relevant today as in 1957.

The enlargement and placement of the image on The Wall creates an artistic perspective



© 2012 Denis Bouvier | denisbouvier.com

of something intended as an archival document. Bouvier's picture furthers that artistic per-

spective, illustrative of one of the myriad ways the public can view art.

The photographer of the still was Alvin Armstrong who worked at CBC from 1954 to 1973. The ex-

hibit was curated by CBC media librarian Christine Hagemoen. *Don Richardson*

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FOCUS ON SENIORS FORUM



As part of our series of FORUMS FOR SENIORS and their caregivers, this forum will raise awareness of issues impacting seniors as well as provide valuable information about legal, safety, and support resources available to seniors and their caregivers here in Surrey.

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Saturday October 13th - presented in Urdu
10:00am-3:00pm
Chuck Bailey Recreation Centre | 13458 - 107A Avenue
Registration# 305439

Saturday October 27th - Presented in English
9:00am-3:00pm
Newton Recreation Centre | 13730 - 72 Avenue (gym)
Registration# 4305440

Saturday November 17th - Presented in Mandarin
10:00am-3:00pm
Guildford Recreation Centre | 15105 - 105th Avenue
Registration# 4305441

Saturday December 1st - Presented in English
9:00am-3:00pm
South Surrey Recreation Centre | 14601 - 20th Avenue
Registration# 4305442

THREE EASY WAYS TO REGISTER

- 1 604-501-5100 Monday - Friday 8:30am-4:30pm
- 2 At any City of Surrey's Community or Seniors Centres
- 3 www.surrey.ca/register Community or Senior's Centres

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