



Photo by Breabach

Verbatim

Vancouver: cosmopolitan and/or multicultural?

by HAKIM FERRIA

Vancouver is often considered cosmopolitan and multicultural. However, one attribute does not necessarily imply the second. Cosmopolitan comes from the ancient Greek *kosmopolitês*, which means “citizen of the world,” whereas “multi” is a Latin prefix denoting many and therefore implying multiplicity. A

“You realize very quickly that most city-dwellers speak at least two languages, if not more.

cosmopolitan city is a city where everyone picks some parts of the different cultures existing in the city to create its own identity, whereas a multicultural city is a city where these different cultures just live together. Thus, it seems a city should be multicultural before being cosmopolitan. What about Vancouver? Cosmopolitan and/or multicultural? This experience is lived out in as many ways as the city has inhabitants. Here is one tale amongst so many others.

Getting lost in the streets of a city is an inescapable step for a traveler, be it on purpose or not. In order to lose yourself in Vancouver, you must experience its sounds, its tastes and its many languages. With so many cultures, you might sometimes wonder where you are. Rubbing shoulders with people with different outlooks is a reality here, and if someone assures you that he has not felt this diversity, watch out, he is probably a phony.

For instance, the numerous language schools are a good indicator of the diversity of

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Exploring new sounds at Vancouver’s summer music festivals

by AUDREY TUNG

This summer, Vancouver’s music festivals present a unique opportunity for audiences to expand their musical palate, featuring performances by both local and international artists that span a multitude of multicultural genres and styles.

Major musical events include the 38th annual Vancouver Folk Music Festival at Jericho Beach Park from July 17 to 19, the TD International Jazz Festival at multiple venues from June 18 to July 1, and

the Burnaby Blues and Roots Festival at Deer Lake Park on Aug. 8.

Vancouver Folk Music Festival

The Vancouver Folk Music Festival brings a global perspective to the stage with around 60 music acts from over 14 countries, 10 U.S. states and seven provinces and territories. In addition to hosting big names such as local favourite Said the Whale and blues legend Taj Mahal, the event will provide new artists with the opportunity to showcase their talent and unique musical styles.

The lineup includes the Scot-

tish band Breabach, who will be presenting a modern take on its cultural roots.

“We source our inspiration from the roots of Scottish traditional music and allow our modern influences to blend together as organically as possible,” says band member James Lindsay. “Elements of ancient pipe music, Gaelic and Scots song, step dance and traditional fiddle tunes merge with a driving guitar and bass rhythm section – it is this combination which gives us our defining sound.”

Although it puts a modern spin on Scottish musical traditions,

Breabach treats its heritage with the utmost respect. It will showcase this approach at the festival, where audiences can expect to hear an energetic fusion of old and new.

Keeping in line with this approach, Breabach will be performing an adaptation of a 300-year-old piece of classical pipe music, which it selected because of the way its strong melodic character fits with the band’s music.

“We’ve taken it to stages all over the world and our rearrangement with expanded har-

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Two rappers at the top of their beat
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Aboriginal duo pays homage to a painful past
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Community Profile



▲ Frank and Vince Murdocco of Cafe Calabria.

The good ol' days: Italian family traditions and friendships

by ALISON CHIANG

Café Calabria, Vancouver's oldest Italian coffee shop, and Fratelli, a long-established local Italian bakery, are gearing up for Italian Day on Commercial Drive, which will involve revelling in good food, coffee and family. A highlight of Italian Heritage Month, the Italian Day street festival takes place on June 14 and will celebrate the contributions made to Vancouver by Italian immigrants and their descendants.

"People still say the size is too small," says Café Calabria owner Frank Murdocco, 70, referring to the size of the cup.

For Murdocco, true espresso is a single shot served in a small cup without any sugar or cream and bitter to the taste.

Born in Calabria, Italy – hence the name of his café – Murdocco moved to Montreal when he was nine years old.



▲ Lori Hibbert of Fratelli bakery.

"You can't take the Italian out of me; I have an accent. I'm Italian all the way but became Canadian because I live here," he says.

Murdocco tries to cater to everyone's taste.

"If you don't like what you see, we can make you what you want—we want to make everyone happy," says Murdocco.

No longer just for the boys

Coffee shops on Commercial Drive in the 1960s and 1970s had a distinctive culture, says Vince Murdocco, Frank's middle son.

"It was a gentleman's club—a kind of place where guys would hang out, play cards, chat, have coffee and then go home or to work," says Vince Murdocco, 48.

Frank opened Café Calabria in 1976 on Vince's 10th birthday and changed all of that.

"My dad didn't want this taboo of men only – [he] wanted my mom and families there," says Vince Murdocco.

The senior Murdocco says his café doesn't even have a television screen.

"We don't even watch soccer; 50 guys gonna sit there and scare everyone off," laughs Frank who was a soccer player himself and does enjoy watching the game.

"My father tells it like it is, and for most people, my dad is the closest thing to having a family," Vince says.

Working for his father is tough, Vince adds, but he acknowledges his father's strong influence on maintaining a positive attitude and family values.

"We all take care of each other, and everyone that comes in sees that," says Vince.

Frank says a visit to Café Calabria is an essential part of Vancouver culture.

"If you're in Vancouver and you don't visit [the café], it's like being in Rome and not visiting the Coliseum," Frank says.

The Murdoccos enjoy Italian Day on the Drive and spend most of the day preparing ice coffee and ice cream for customers.

Italian Day

For Lori Hibbert, a manager at Fratelli Bakery, Italian Day brings back fond memories of her childhood.

"I grew up always remembering coming here; the crowds, people you see, the authenticity of the Drive and all the different cultures now on the Drive," says Hibbert.

The main stage is located across from the bakery and Hibbert says she can hear the music throughout the day.

Hibbert will be busy with customers, selling baked goods and pastries such as biscotti. Biscotti, she says, is basically a 'double-baked cookie' made with olive oil and is traditionally lemon-almond flavoured.

"My favourites are the cranberry-pistachio and hazelnut-blueberry flavours," says Hibbert.

Hibbert, who has been with the bakery since day one, in 1997, says their baking methods are still 'old school.'

"The mix is made in the machine but we weigh it out by hand and it's rolled out by hand. That's the way we learned it and we'll keep doing it that way," says Hibbert.

Like the Murdoccos, Fratelli is about creating an enjoyable and comfortable environment for its customers. It's a 'family environment.'

"Everything we make, we know about. It's a way of showing pride—to provide homemade goods for people to enjoy and showing them that we put our heart and soul into it," says Hibbert. ☺

www.cafecalabria.ca/index.php
www.fratellibakery.com/home
www.italianday.ca



Maitreya Loving Kindness Tour

Exhibition of the Buddha's Ancient & Sacred Relics Comes to Vancouver

Maitreya Loving Kindness Tour, a free to attend public exhibition of ancient and sacred relics of the historical Buddha Shakyamuni and 44 other Buddhist masters from India, Tibet & China is currently touring the world.

"People are deeply moved when they come in contact with the relics... there are so many stories. This is definitely one method for bringing people to enlightenment. The relics have incredible benefit to the world...people want them very much...and there is greater and greater benefit now...." - Lama Zopa Rinpoche, Spiritual Director, Maitreya Loving Kindness Tour

In all there are 3,000 relics in this collection including those offered to the tour by His Holiness the Dalai Lama which are more than 2,600 years old, a collection from the Sakya Reliquary in Tibet and also from Meiktila Museum in Burma. Most of the relics in this collection resemble multi colored pearl-like crystals that in Tibetan are called 'ringsel' and in Sanskrit they are known as 'Sarira.' It is believed that relics embody the master's spiritual qualities of compassion and wisdom and are deliberately produced by the master at his death. The crystal relics were found among the cremation ashes of these masters.

The tour was founded by Lama Zopa Rinpoche in 2001. The Tour has visited 68 countries and 2.5 million people have viewed the relics to date.

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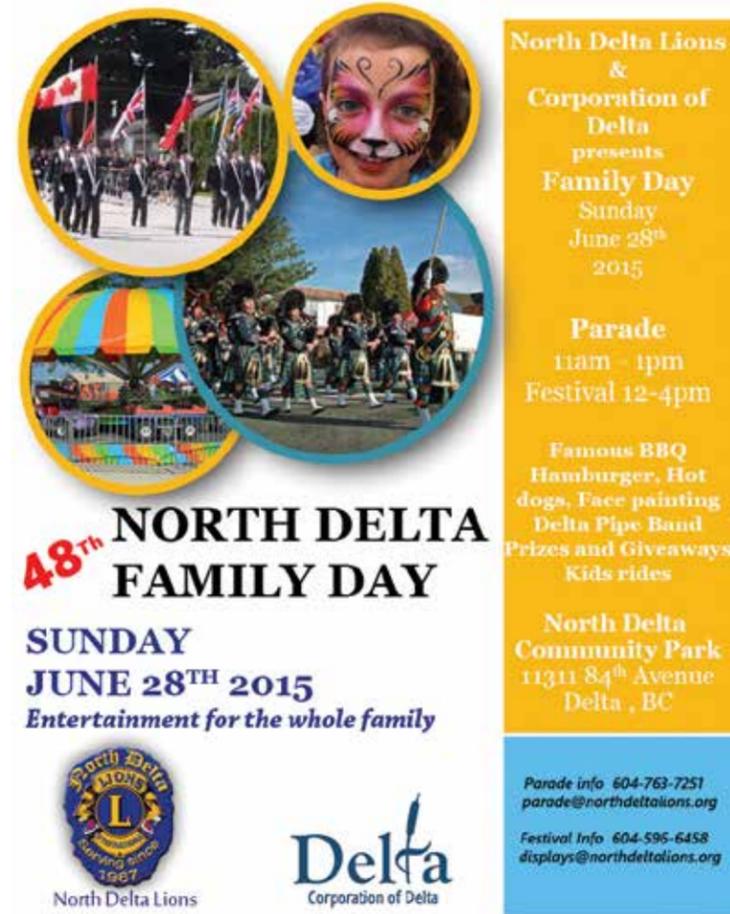
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Two young rappers making a difference

Kwantlen Polytechnic University students awarded Top 25 under 25 Awards

by FLORENCE HWANG

Even though Calvin Tiu and Rick Kumar of rap duo Big Love are no strangers to fame, they were still floored when they learned they had won spots on the Top 25 Under 25 Awards from the Surrey Board of Trade.

Tiu had just got out of class. He was looking forward to catching up on sleep when he learned he had won the big award.

"I felt like I had conquered the world," says Tiu.

Kumar couldn't believe it, nor did he expect it. The 22-year-old student was in the Guildford Town Centre Wal-Mart when he read the email.

"My first instinctual reaction standing in the produce section was to let out a really loud, 'FREAKKING EHH!!!'," says Kumar, who at age 17 had promised himself that he would eventually be on the Top 25 Under 25 list.

Accomplishments

Tiu and Kumar are proud to be making a difference in people's lives. The two best friends set up

a bursary from the proceeds of one of their three CDs.

In the three CDs they have produced, they have not been afraid of rapping about topics that stray far from traditional hip-hop topics. For example, their *Become the Teacher* album focused on the hardships of teachers and

identified with rap artist Eminem's struggles with being bullied. Tiu began journaling his experiences in rap.

In 2005, he adopted 'Kalvonix' as his official rap name. In 2010, he performed at the Vancouver Winter Olympics and also met with Grammy-winning producer

“ While [Rick Kumar’s] poetry was great, his rapping skills were terrible!

Calvin Tiu, member of Big Love

students while *The Stuff Dreams Are Made Of* focused on children's literature.

Aside from making music, Tiu and Kumar toured an interactive workshop about anti-bullying, mentorship, and building up community through creativity, "Frontier Poetics," to 16 high schools in the Lower Mainland between November 2014 and February 2015.

Beginnings of a dynamic duo

Growing up with cerebral palsy, Tiu was often bullied by classmates. However, in Grade 7, he

Chin Inieti, who has worked with Drake, 50 Cent and Eminem.

When Kumar was looking for his voice in high school, he found it in writing poetry, which helped him deal with his social anxiety. Writing eventually broke free some of his social restraints.

The two met in Grade 11 at Johnston Heights Secondary.

"Because we saw rap as a form of poetry, when I reached out and invited him to get on a song with me he was more than willing. While his poetry was great, his rapping skills were terrible!" says Tiu.

The two quickly became best friends. Their friendship was strengthened when they studied at Kwantlen Polytechnic University.

Future plans

Tiu is studying to become a high school English teacher and a counselor.

"I truly believe that God has given me all of these blessings and I can only hope I will accomplish much more with the help of God and all the wonderful people I am constantly surrounded with," says Tiu, who still has one year left in his university studies.

Kumar, who also plans to be a teacher, has been accepted into Simon Fraser University's Professional Development Program.

"I don't try and wish for much, but I do wish that I can give back to my students what my teachers gave to me.

My teachers and my mom have made me the man I am today, so I owe it to them to give back as much as I can," says Kumar, who recently graduated from Kwantlen Polytechnic University with a Bachelor's in English and a Minor in Counselling.

When asked if there would be another album arriving in the near future, they wouldn't say.

"Perhaps we will come together to make another rap album when we feel the time is right," says Tiu. 



▲ Rick Kumar (left) and Calvin Tiu, recipients of Surrey's Top 25 Under 25 Awards.

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Left Bank



What will it take for a scandal to stick to Teflon Premier Clark?

A man is dead and now it turns out the government misled the public for years

It's a scandal so big it could take down a government. That is, if anyone were paying attention.

Last week, documents revealed shocking new dimensions to the B.C. government's scandalous handling of the firing of seven health researchers back in 2012. At the time, and in the following months and years, the B.C. Liberal government and health minister claimed that an RCMP investigation into the researchers was underway.

But nothing ever came of that so-called investigation. Most of the researchers ended up settling wrongful dismissal cases with the government. One of them, co-op student Roderick MacIsaac, committed suicide after he was fired.

It turns out the government was lying about that RCMP investigation. It never happened, but the government misled the public into believing it was ongoing, even as it failed to provide the RCMP with information that could have been used to carry out a proper investigation.

This shocking fact was revealed in documents obtained by the Vancouver Sun through a Freedom of Information request:

"Despite inferences in the media that the RCMP has undertaken an investigation or received information from the Province, this has not been the case," wrote Const. Dean Miller from the RCMP's Federal Serious and Organized Crime section, in a late 2014 report. "No tangible evidence or reports related to the allegations have been handed over. As such, no investigation has been initiated."

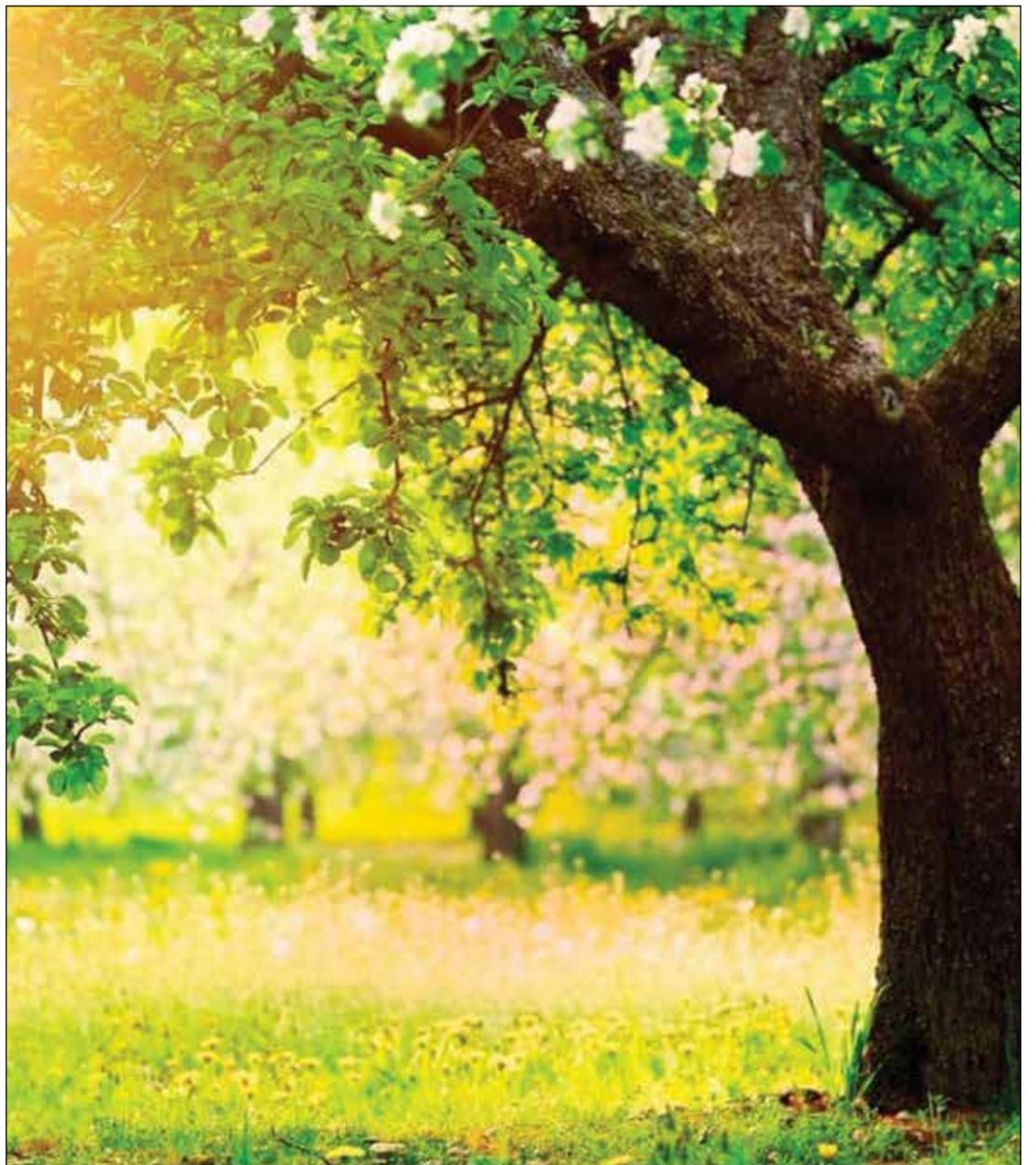
Clark at first refused to apologize for the small matter of her government carrying on for years about a non-existent RCMP investigation. According to CBC News, Clark said, "I don't have anything more to add to that... what I've said in the past is we, government, very much regrets that mistake that was made. It shouldn't have been made and (government) has apologized for it. It was wrong."

According to the report on CBC, it took a follow-up question to force an apology: "Asked whether she was referring to an apology for the firings or for misleading the public, Clark answered, 'Both'."

So Clark offered a forced apology, sounding a bit like, "Sorry you're so offended we lied to you."

The Health Ministry firings and their fallout are just one example of just how opaque and arrogant the B.C. Liberal government has become. Recently a former employee exposed the government for deleting emails requested under the Freedom of Information Act.

Whistleblower Tim Duncan paints a shocking picture of an unethical government almost out of control behind the scenes. He objected when his bosses told him to delete emails related to the investigation of missing women on northern B.C.'s Highway of Tears. He told the Vancouver Province, "Here was the government playing games with these families. Instead of helping them get the answers they deserve, they were deleting emails and playing political games."



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▲ Premier Christy Clark with Health Minister Terry Lake.

NDP critic Adrian Dix said the documents 'show a government that not just misled the public but misled the police. And it's a very serious thing.'

In other words, for more than two years, the B.C. Liberal government carried on with a fake story about a very serious matter that contributed to the death of one person and damaged the livelihoods and reputations of others.

In 2014 the government apologized to Roderick MacIsaac's family, but only after his sister called them out publicly. And what was the government's response to the revelation that they had been misleading the public all this time? Another forced apology. Or rather, a non-apology apology.

When questioned by reporters last week, Premier Christy

These scandals make the news, but it often feels like the B.C. government is out of sight and out of mind for most people. Maybe it's because the legislature has so rarely been in session in recent years, but no scandal, no matter how outrageous, has yet to really stick to Premier Clark.

The Teflon premier just moves on to the next shiny photo-op. In this case that meant standing on the shore of False Creek behind a podium decked out with the logos of Lululemon and AltaGas and announcing that on Sunday, June 21, the Burrard Bridge would be closed all morning for a giant yoga session.

Let's not be distracted by the LNG-sponsored yoga spectacle. British Columbians need to work on being more mindful of provincial politics. ☘



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Travelling the world on a motorcycle

by SANDRA ZIMMERMANN

Food and culture are part of a new travel documentary series from Vancouver-based film production company QE Productions. It is hosted by American author and adventurer Allan Karl, who will traverse several countries on his motorcycle and spend 30 days in each one. The pilot for the series, planned as several one-hour episodes, will first lead the crew to China in mid-June where they hope to connect with locals.

"We want to focus on small villages as opposed to big cities," says Panayioti Yannitsos, a Canadian Greek filmmaker based and graduate of the Art Institute of Vancouver, who is currently based in Vancouver. "We want to show the country's beauty and its rich history."

In order to keep the connection with locals as intimate as possible, Karl will travel on a budget and will be accompanied by only a small crew of four people.

Troubles with Chinese customs

While the pilot episode was originally scheduled to be filmed in May and June, QE Productions had to postpone this due to bureaucratic problems: Karl's motorcycle "Doc," which was shipped to China in April, has been held by Chinese customs since its arrival.

"So far, we weren't able to clear it," says Yannitsos, producer & co-director.

If they had known of the diffi-

culties, they would have started the journey in another county, adds executive producer Randolph Paul Kelman.

While the status of "Doc" is currently unclear, the crew will still leave for China to shoot the pilot since they have purchased another motorcycle.

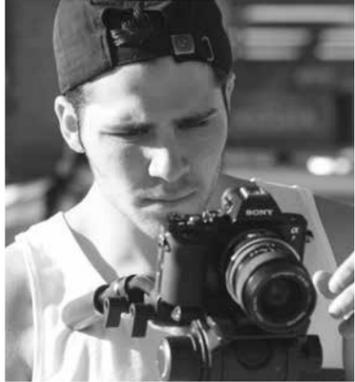
"We are officially green-lit for production," says Yannitsos. "Allan is ready to hop on a motorcycle and travel north to south across China!"

Once in China, Karl expects navigating Chinese traffic to be one of his biggest challenges as he does not want to travel on major highways.

An experienced adventurer

Having visited over 60 countries, Karl is an experienced traveller and adventurer. He traversed most of the countries on his motorcycle: his favorite means of transportation.

"When travelling on a motorcycle, you are more exposed



▲ Panayioti Yannitsos, producer and co-director of new travel documentary film series.



▲ Allan Karl, American author and adventurer.

and approachable for people," says Karl.

He usually travels alone and focuses on getting to know the people and the culture, as well as real local food.

This adventure is no different. Karl hopes to connect with locals as easily for the travel documentary series as he did for his book *FORKS*.

For his book *FORKS – A Quest for Culture, Cuisine, and Connection*, Karl spent three years on the road.

Karl says his favorite places were: Argentina because of the blend of European and Latin lifestyles; Ethiopia because of the people's integrity; and Syria

because people were always helpful and genuine.

For this documentary series, he is particularly excited about doing things he did not get to do for his book.

"When travelling for *FORKS*, I barely touched Asia. I look forward to exploring that part of the world now," says Karl.

Once the team returns from China, Yannitsos expects an intense post-production schedule and believes editing will take a month or two.

"Additionally, our executive producer Randolph Paul Kelman will join us periodically throughout the production. He will usually be at our production office in

Ningbo, China," says Yannitsos.

Kelman adds nothing will be staged, and that they might visit areas whose inhabitants have not met foreigners before. In each country, the film crew will try to hire local talent.

"Liu Jia, our secondary camera operator, is from Shanghai and will join us for the entirety of this pilot episode in China," says Yannitsos.

Afterwards, the film crew plans to leave and shoot the second episode in a yet-to-be-determined country. ✂

For more information about the travel documentary series, visit www.qeproductions.ca.

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► "Verbatim" from page 1
the population. There you encounter a multitude of people: foreign students and established immigrants – even the majority of the teachers are not necessarily Canadian, and English is not their first language. You realize very quickly that most city-dwellers speak at least two languages, if not more. After only living here for two months, it feels like I have already traveled around the world several times via the language schools, the restaurants and the accommodations: Ireland, the Philippines, Ghana, Spain, USA, Japan, Saudi Arabia, Slovakia, Poland, Brazil, Syria, etc. The dynamism of Vancouver

gift – a birthday greeting in languages of the world, that is to say in their native language, and then in French. Finding them was not very difficult. It was rather easy actually – work, school, leisure activities. And, it is just this proximity that allows the cross-pollination of minds and leads to the birth of new ideas.

Multiculturalism is the co-existence of different cultures in the same location and it is this multiculturalism that makes me feel more cosmopolitan. Nonetheless, there is no guarantee that there will be a blending of cultures. It is that blending that would be advantageous to develop further here; in Van-



ver comes, to a large extent, from this cultural wealth.

This cultural capital provides fertile ground for creativity, which I used to create a present to a childhood friend who lives in France. What could be more caring than a birthday present from the entire world? That's the appeal I made to more than 10 people to create this international

cover's case it is already well represented in the foodservice industry. Cultural diversity is certainly present, but cosmopolitanism might reside in that generation of children of immigrants and young adults full of hope that live in Vancouver today all the while retaining their original culture. ✂

Translation by Barry Brisebois

Initiative helps low-income Cambodian women farmers become entrepreneurs

by JADE MIRAND

Fish on Farms, a project of UBC's faculty of land and food systems and Helen Keller International (HKI) in partnership with UBC's Sauder School of Business Arc Initiative, aims to fight malnutrition among poor women and children in rural Cambodia.

Since 2012, Fish on Farms has helped women farmers establish fishponds and gardens at their homes, providing them with greater access to nutrient-rich foods to improve both their diets and livelihoods.

Fortifying diets in Cambodia

The Prey Veng province in Cambodia produces plenty of rice – it is the region's staple food.

"But people need more than rice to stay healthy. A diet short of protein, vitamins and minerals creates enormous problem," says Jeff Kroeker, Sauder instructor, founder and leader of the Arc Initiative.

Rice-based diets in rural Cambodia tend to lack adequate protein, fat and micronutrients, which can lead to anaemia, vitamin and mineral deficiencies and stunting in children's growth.

According to the project's research, in Cambodia 55 per cent of young children and 44 per cent of women of childbearing age are anaemic. Five per cent of children die before their fifth birthday, with one-third of those deaths due to malnutrition. Cambodia has more stunted children than any other Asian country. Stunted growth puts people at a lifelong disadvantage.

"There's only a certain point in which to grow during development. If you miss that point, then you're going to be stunted for the rest of your life," says Tim Green, UBC Human Nutrition professor.

Fish on Farms seeks to increase and diversify local food



▲ Maricel Saenz, Lawrence Leung, Mr Khon Son and Ms. Nuong Norm with Cambodian farmers. Photo courtesy of Jeff Kroeker

production and provide low-income households with affordable and nutritious foods as well as new sources of income. So far, 300 fishponds and 600 gardens have been established.

"When they eat the small fish, they eat the entire fish. That contains all the vitamins and minerals, all the other good things," says Green.

Empowering women

The project also educates mothers about child feeding, nutritional intake, sanitation and hygiene practices, and provides entrepreneurial training to women. Women have control of this enterprise, which tends to increase women's share of household income and decision-making.

"We targeted, specifically, very poor women-headed households, and these are women farmers. There's good evidence from

around the world that if you improve a woman's situation, you will improve the whole family's situation, which isn't necessarily true for men," explains Green.

To carry out that project UBC students will travel to Cambodia for rotating four-month internships, along with Sauder alumni who will act as advisors. They will help the farmers launch business ventures or social enterprises with the food they grow. Kroeker and a team of Sauder students and alumni travelled to Cambodia last month to start the work.

On the ground they had the help of Ly SokHoing, who works for HKI in Cambodia, and her ability to speak Khmer is an asset.

"It is the partnership with HKI and UBC that makes this amazing project possible," says Kroeker. "Working with these farmers to facilitate the productivity of

their farms will be a tremendous opportunity for our team."

Kroeker sees Fish on Farms as a catalyst for long-term change.

"It will give us the chance to sow the seeds of new ventures that have the very real potential to improve the health and economic wellbeing of people in the region," he adds.

The project also helps reveal the new talents of tomorrow. For example, one of the students, Maricel Saenz, who also volunteered in 2013 with Arc Initiative in South Africa, came from Costa Rica to study at Sauder and will be starting her career in consulting at Deloitte in Vancouver.

Kroeker is proud to see a new generation of business students who take part in these projects selflessly, as they even pay their own way to go to those countries. ✉

For more information, please visit Arc Initiative on Facebook.

► "Summer Festivals" from page 1 monies, heavy grooves and two sets of bagpipes always has the audience surprised and gets their feet moving," says Lindsay.

Audiences can also look forward to the eastern sounds of Jewish ensemble Shtreiml and Turkish musician Ismail Fencioğlu, who will be collaborating to perform original music that infuses Ottoman and Jewish traditions with hard rock sensibilities.

Both Turkish and Jewish music are characterized by heavy ornamentation and improvisation, with melodies traditionally passed down through oral tradition.

Part of the group's signature sound is the unusual instrumental combination of the Turkish *oud*, a traditional instrument played by the world-renowned master Ismail Fencioğlu, and the harmonica, played by Shtreiml band member and composer Jason Rosenblatt (a protégé of Howard Levy of Bela Fleck and The Flecktones).

"We explored the commonalities between Jewish and Turkish repertoires, modes, ornamentation and improvisational motifs. As we became more comfortable with each other's styles we began composing new music based on Turkish and Jewish tradition, while borrowing from the sounds of urban Montreal," says Rosenblatt.



▲ Jazz ensemble Gypsophilia will perform at the TD International Jazz Festival.

After many years of touring across the globe, the group has developed a sound that incorporates modern elements, yet remains reverent toward their traditional roots.

TD Vancouver International Jazz Festival

This year marks the 30th anniversary celebration of the TD Vancouver International Jazz Festival. It will showcase the global reach of jazz and its multicultural influences with its jazz series, *Made in the UK Jazz Concert Series* and *Spotlight on French Jazz*, and the new *South Africa Now!* series.

Among the numerous performers slated to perform at the festival is Gypsophilia, a Halifax-based sextet that seasons its energetic jazz perfor-

mances with cross-cultural elements.

"There are many different musical threads that we weave together in our music," says band member Ross Burns. "The first inspiration when we got started was the hot jazz of Django Reinhardt, but with that as a foundation we have begun integrating lots of different musical elements from Klezmer, Jamaican, Brazilian and Balkan music."

Also performing at the event is Nils Berg Cinemascope, a trio that is exploring new global frontiers of music through experimentation with digital media.

"All the music we will play is based around a series of YouTube video clips of musicians and singers from all over the globe. We want to shrink the world for a moment by colliding these clips

with our own music and fitting it all into the Performance Works space [on Granville Island]," says band member Nils Berg.

During their performance, the audience will meet people through YouTube video clips: a shepherd boy from Afghanistan, a banjo teacher from Maryland, U.S., a Romanian Cimbalom maestro and a couple of high school kids from Brunei, among others.

Burnaby Blues and Roots Festival

Deer Lake provides a tranquil backdrop to the Burnaby Blues and Roots Festival, which features an eclectic mix of local and international artists such as The Sheepdogs, Devin Cuddy and Lee Fields and The Expressions.

One of the headlining acts is the Grammy-nominated musician Ruthie Foster, who draws upon her Texan roots to infuse soul, blues, rock, folk and gospel influences into her music.

To Foster, blues music is an intrinsic part of life that also forms the backbone of modern music.

"The blues is everywhere, and in everything," says Foster. "You woke up this morning feeling sad, you got the blues; someone did you wrong, you got the blues. It's where most modern genres of today's music came from. It's history, present and the future." ✉

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Please call 604-324-7733, go to www.pics.bc.ca, or visit us at 200-8161 Main St., Vancouver, to find out how we can best help you.



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elam@mosaicbc.com
www.mosaicbc.com/settlement-services

Free Community Workshops & Activities June 8–21 English & Multilingual

Canadian Citizenship Preparation

⌚ June 11 & 12, 10am–1pm
📍 Vancouver Public Library Champlain Heights Branch, 7110 Kerr St
☎ 604 254 9626 ext 227

Canadian Citizenship Preparation

⌚ June 13, 10am–4pm
📍 Brentwood Community Resource Centre, 2055 Rosser Ave, Burnaby
☎ 604 292 3907

FreeRunning Friendship Circle

Meet newcomer youth and share ideas and experiences.

⌚ June 12, 4–6pm
📍 MOSAIC Moving Ahead Office, #310–7155 Kingsway, Burnaby
☎ 604 779 1398

Canadian Citizenship Preparation

⌚ June 15 & 16, 5:30–8:30pm
📍 Bob Prittie Metrotown Burnaby Public Library, 6100 Willingdon Ave
☎ 604 254 9626 ext 114

Building Awareness on Elder Abuse: Free Workshop, BBQ Lunch and Volunteering

Registration required

⌚ June 15
☎ 604 254 9626 ext 273

PR Status Workshop

⌚ June 16, 10am–12pm
📍 Brentwood Community Resource Centre, 2055 Rosser Ave, Burnaby
☎ 604 292 3908

Basic Computer Skills for Newcomers

Learn how to use laptops, create windows and folders, navigate the internet with search engines and more!

For students with beginners' English: June 16–July 28, Tuesdays, 12–1pm
For students with intermediate English: June 18–July 30, Thursdays, 12–1pm
📍 MOSAIC English Language Centre, 304–2730 Commercial Dr., Vancouver
☎ 604 254 9626 ext 288

Social Services Available for Work Permit Holders

Learn about your rights as work permit holders as well as the services you can access. Topics include medical services, employment standards, residential tenancy, legal services and victim services.

⌚ June 18, 6:00pm–8:00pm
📍 Brentwood Community Resource Centre, 2055 Rosser Ave, Burnaby
☎ 604 292 3907

Résumé Workshop & Clinic for Work Permit Holders

Join a workshop with tips on résumé and cover letter writing, then come back for a 1-to-1 consultation on your personal résumé!

Workshop on June 20; 1-to-1 consultation on June 27
⌚ 10am–12:30pm
📍 Brentwood Community Resource Centre, 2055 Rosser Ave, Burnaby
☎ 604 292 3907

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.

Kimono as a hobby and career

by DANIELLE TAN

While the untrained eye may not be able to spot the differences, Japanese kimonos come in a wide range of styles for different occasions and seasons. As warmer weather approaches, kimono instructor Fumiko Horan will offer a workshop at the Nikkei Centre focused on the yukata, a type of casual summer kimono.

“When you wear the kimono, everybody thinks that you look beautiful. So why not wear it? It makes people happy,” she says.

Horan, who learned the art of kimono dressing in Tokyo 25 years ago, now makes her own kimonos and teaches people how to dress in kimonos.

Learning the kimono

Horan says that learning to put on a kimono and an *obi* – the sash which secures it – is difficult.

pan today just as they were in the past.

Kimonos for every occasion

Kimonos vary in style and material for formal and casual occasions. The *furisode* is a formal kimono worn for *Seijin Shiki*, a coming-of-age ceremony for 20-year-old girls. The *furisode* has long, elegant sleeves that almost touch the floor. Formal kimonos are also worn by 3, 5 and 7-year-old boys and girls at *Shichi-Go-San*, a celebration for the well-being of children that takes place in Japan every year.

Casual kimonos, on the other hand, can be worn as working clothes.

“It can look like a uniform, and it can be long or short,” Horan says. “Sometimes when you go to a Japanese restaurant, you see the worker wearing a uniform that looks like a kimono.”

Horan also makes casual summer kimonos. The material for



▲ Kimono teacher Fumiko Horan holding a summer kimono.

She explains that many people, rather than learning the process themselves, go to a hair salon where a kimono professional can style their hair and dress them in a kimono.

Those who enjoy dressing in kimonos can go to kimono school and become a kimono professional, which is what Horan did.

Born in Taiwan, Horan moved to Tokyo when she was 16 years old. Once there, her mother wanted her to study Japanese culture and learn to dress in Japanese kimono. Horan worked in a dance company for 10 years, and travelled to Malaysia, Singapore, Hong Kong and Thailand. The beautiful costumes she wore in dance performances further inspired her love of kimonos and eventually led her to become a professional.

In two years of kimono school, Horan was taught about the different kinds of material used to make kimonos and the various floral designs for each season in kimono wear.

“For example, in springtime, there are cherry blossom kimonos,” she says.

Students also learn to match the kimono with the *obi*.

“When you wear a purple kimono, you can match it with a yellow *obi* and when you have a green kimono, you can complement it with a red *obi*,” says Horan.

According to Horan, kimono schools remain popular in Ja-

this kimono is usually cotton, which makes it comfortable to wear in summer.

Kimono class

“When a student comes to my class, they need to bring the whole kimono set,” says Horan.

If a student doesn't have their own kimono, they can rent it from her. If they don't have the other items, such as the *obi* – the sash used to secure the kimono – or the *nagajuban* – the slip underneath the kimono – she can teach them how to make it.

Horan's students come from various backgrounds. Many are Japanese Canadians who wish to reconnect with their Japanese heritage. Some are European ladies who love Japanese culture. Others include the costume staff from movie companies who need to know how to dress their actors in kimonos for film productions.

Horan's course consists of four weekly workshops where she teaches her students how to put on a kimono and tie the *obi* step-by-step.

Horan enjoys her role as a kimono expert.

“It's my hobby. I like to help people dress up. It makes me very happy,” she says. ✍

Yukata Workshop
Nikkei National Museum
& Cultural Centre
June 20, 1–4 p.m.

For more information, visit
centre.nikkeiplace.org/yukata

The Source is looking for Journalists / Writers – Arts for the English section

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Culture through art

Canada's National Aboriginal Day and the West Coast celebration

by NICOLE ALIVOJVODIC

Celebrating Aboriginal peoples and their contributions to Canada has Gillian Thomson and her brother Robert gearing up for their celebratory performances for National Aboriginal Day (June 21) and the main stage at Canada Place (Sat. June 20 at 12:00p.m.). The siblings are frontmen for Vancouver's soulful band Sister Says; and given the recent reconciliation events, Thomson says it is a particularly special performance.

"For most Indigenous people, art is a way of life," says Thomson.

On Canada's west coast, musicians, dancers and storytellers from local aboriginal communities, including, but not limited to, Squamish, Haida, Lil'wat, and Musqueam, will gather in Vancouver to perform for the public and share their culture through art.

While the name Sister Says, seemingly a friendly joke between the siblings, suggests Gillian as the leader of the duo, both siblings contribute

creatively and artistically to the bands music and performances.

Sister Says shifts from an intimate duo to a full band during their live performances, with Gillian on vocals and percussion and Robert on keyboard and guitar.

"Their sound is smooth, their lyrics intelligent and their creative chemistry produces a new take on songs redolent to Annie Lennox and The Eurhythmics," says Janet Rogers of BC Musician Magazine.

Having just released their second album "Heart Placement," Sister Says have many shows planned in the upcoming summer months.

Artistic influences

Growing up in Port Coquitlam, the Thomson siblings' Haida and Tsimshian communities were grounds for their artistic development.

"It's what you grow up with and encouragement of being creative is just natural," says Thomson, referring to the influence of art in indigenous communities.

Their family always supported them being creative and artistic. And as for the performance gene: their father, a self-taught blues guitar player, is who they travelled and performed with in shows across Canada.

Although now based in Vancouver, Sister Says has been writing and performing for about seven years and carry their family and communities with them.

"Our ancestry is part of who we are. Who we are influences the music we make," says Thomson.

Family, community and ancestry are inherent to their art - making this medium an appropriate and effective way of sharing their Indigenous culture for National Aboriginal Day.

Reason to celebrate

Given its significance as the longest day of the year, Aboriginal communities have historically celebrated their culture on or near June 21, thus prompting the date being officially dubbed National Aboriginal Day.

National Aboriginal Day, part of the Celebrate Canada program, is dedicated across Canada to the celebration of the heritage, culture and achievements of Canadian First Nations, Inuit and Métis people.

"[I feel] positive in knowing that events like this are a way forward for Indigenous and non-Indigenous people," posts Thomson, on the Sister Says website.

Sister Says will showcase new material and also their collaboration with Indigenous Hip Hop



▲ Sister Says, a soulful band.

Photo by Leigh Righton



Photo by Leigh Righton

▲ The Thomson siblings Gillian (left) and Robert.

artist InfoRed on "I Remember," a song dedicated to Residential School survivors.

"Residential school had a ripple effect. It contributed to our Grandma's strained relationship with our father who is always wanting to connect more with his Indigenous roots," posts Thomson, on the Sister Says website. "Residential school and racism had a major impact on our Grandma's feelings of self-worth as she was ashamed to be an Indigenous woman and was shell

shocked by bad experiences that had happened in her life."

Vancouver's Canada Place celebration (June 20, 11:00 a.m. to 5:00 p.m.) will involve a variety of Aboriginal performances, including traditional dances and storytelling. ✉

For more information:
www.sistersays.com
www.canadaplace.ca/Events/
National_Aboriginal_Day_Celebration



SATURDAY, JUNE 13TH

General Admission

Spanish Party presents

Paella Party!

Place: <http://www.brocktonpavilion.ca> (Stanley Park).

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Go to <https://www.facebook.com/SpanishPartyInVancouver> for more information or contact SpanishPartyInVancouver@gmail.com.

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8 SESSIONS TUESDAYS AND THURSDAYS 8:45AM-9:45AM

5 TO 8 YEARS OLD KIDS YOGA
8 SESSIONS TUESDAYS AND THURSDAYS 3:45PM-4:45PM

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When: Friday June 5th and Friday June 26th at 5:30pm

Where: Stretch

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Tsawwassen First Nation Youth Centre

Japanese art of the people featured at Nikkei Centre

by JAKE MCGRAIL

Starting on June 20, the Nikkei National Museum and Cultural Centre will host a vast and beautiful collection of *mingei*, handcrafted arts from Japan.

Mingei, meaning “arts of the people”, is handmade, inexpensive art often bought by tourists in Japan. Kokeshi dolls, Daruma dolls and Maneki-Neko, or Lucky Cat, are all *mingei*, and are all iconic objects from Japan.

Mingei is a fairly recent art form, dating back to the 1920s and 1930s. Considering many of Japan’s art forms trace back to the samurai age, *mingei* is a relative upstart on the Japanese art scene.

The objects are often things that don’t look out of place in the house, like toys, ceramics, textiles and many other functional and wearable items. Certain items are only made in certain regions, and the Japanese often buy *mingei* from one part of the country to take it back to their home in another.

The unknown artists

Another important part of *mingei* is the idea of the unknown artist. *Mingei* is presented without knowing who made it; only knowing the area it came from. That and the production of the objects helps make *mingei* unique.

“*Mingei* is very family based,” says Sherri Kajiwara, director-

curator at the Nikkei Centre. “The way you make the objects is passed down through family, helps keep everyone different, and special in their own way.”

Each object of *mingei* comes from a specific craftsman or family. If the details on how to make an object aren’t passed down, then the knowledge will disappear.

“There’s a special pottery, a vessel for sake (a Japanese al-

cohol drink). The man who made it was an amazing craftsman, but he died before he had someone he could pass on how to make it, so the secrets have been lost. Though certain *mingei* figures are instantly recognizable, every one of them is unique, all different in their own way,” says Kajiwara.

“We’ve split the exhibit into three sections,” says Kajiwara. “The first is a section to do with play, toys and such. The second is home, with textiles, ceramics and other functional and wearable objects. The third is spiritual, with religious or ceremonious objects.”

Unlike most *mingei* collections, where the collection focuses on a

“ *Mingei* is very family based. The way you make the objects are passed down through family.

Sherri Kajiwara, director-curator at the Nikkei Centre

few things, and gets objects to fit that range, this collection shows everything that Saint-Gilles has. “The scope is huge. It’s art from everyday life. It’s remarkable to see the care and artistry from so many craftsmen together in one place,” says Kajiwara.

The exhibit

Though hugely popular in Japan, *mingei* is close to unknown in many places outside of the country. There is no *mingei* produced outside of Japan, which doesn’t mean that it shouldn’t be known.

“*Mingei* is humble, and might seem simple, but that’s what makes it unique, what makes it beautiful,” says Kajiwara. ☞

For more information visit centre.nikkeiplace.org



▲ Wheeled dragon toy Tatsu guruma (top), lucky cat Maneki Neko (left) and wooden Kokeshi dolls (right).

Travels open new creative forks in the road

by SIMON YEE

Terry Sasaki, a Japanese artist and craftsman, practices his artistry by creating a fusion of traditional Japanese sensibilities with Western techniques and craft materials from throughout Asia in order to produce a wide range of visual media and wearable art.

Sasaki will be hosting his latest exhibit, *A Journey through Flows and Currents* at the Vancouver Chinese Classical Gardens until June 30. He shares his thoughts on his latest creations, how he gains inspiration through traveling and on his efforts to give today's creative minds an opportunity to express themselves.

"There are three things that are important in my life: being healthy, having innovations and engaging with society," says Sasaki. "I'm here because society helped me, and I want to use my influence to help others."

Bringing worldwide art and antiques to Vancouver

Sasaki has been working as an artist for over 35 years working with traditional Japanese rice paper collages with ink wash. Since coming to Canada, and after going from city to city showcasing

sees his expanding repertoire as a natural progression of his desire to innovate.

"You try going to the right, but if you can't, go left. You'll find something which, when put together, is something unique and magical. That's how I do art," says Sasaki.

The works in *Flows and Currents*, most of which were created by Sasaki in the past year, include paintings, clothing and jewellery. Some of the works on display include *Journey to Tibet*, a necklace crafted using Tibetan turquoise; *Serenity*, a painting about the feeling of jumping or flying to another level; and various women's fashions like overcoats, scarves and jackets. Sasaki says all of his pieces are handmade, and he spent the year travelling around Tibet, India and Southeast Asia in order to find inspiration for many of his latest creations.

"When I'm in Vancouver during the winter I don't get much creative energy. I don't like to just sit and wait, I act. And I am lucky how I can get energy when I travel abroad," says Sasaki.

Thankful for the opportunities - spreading it around

Although Sasaki has been working on art for many years, he



▲ Terry Sasaki poses in front of *Splash*, one of his latest paintings.



▲ A collection of his jewellery, including the *Turquoise Talisman* (far left).

his artwork, Sasaki was offered a space to showcase and sell his art at the Pan Pacific Hotel in 1989, where he has maintained a presence ever since.

In 2009, while continuing to develop his painting, Sasaki expanded his creativity into fashion design, such as clothing and jewellery. In the same way he combined and adapted Western acrylic paint to create Heian-period style Japanese rice paper collages in his earlier days, he

feels as energized and creative as ever - thankful for the opportunities that have presented themselves to him. And as a way to give back to fellow artists he has influenced a chance to showcase their creative talents and make important connections. The opening reception at the exhibit featured a Chinese *guzheng* musician, calligraphy artist and fashion models given an opportunity to perform by Sasaki.

"The most important thing is to open your heart, and you will open your mind to new opportunities. There's an old Japanese proverb: '*suterukami areba hirou kami ari*' - some gods throw you out, some gods pick you up," says Sasaki. "Some people won't like what you do, but as long as you're faithful to your work, there's always someone watching, to lift you up." ☞

To learn more about the exhibit, visit vancouverchinesegarden.com

To learn more about Terry Sasaki's art, visit www.sasakiartgallery.com

Photo by Simon Yee

Photo by Simon Yee

Photos by Peter Carroll

Cultural Calendar

June 9–23, 2015

by SALENA TRAN

Festival and outdoor events season is here! With the warm weather comes an exciting lineup of festivities for the whole family to enjoy. From jazz festivals to children's festivals, there's something for everyone. Enjoy events from all over the Lower Mainland and explore places you've never been.

* * *

12 Minutes Max

June 12, 8 p.m.
Scotiabank Dance Centre
677 Davie St., Vancouver
www.thedancecentre.ca
(604) 606-6400

12 Minutes Max is an eccentric performance of five different contemporary dance pieces that last 12 minutes or less. These up-and-coming dancers and choreographers show off their hard work in this hour-long showcase. 12 Minutes Max provides support, feedback and performance opportunities to new dancers. For more information on the performance, please visit the website.

* * *

Strawberry Festival

June 13, 1–4 p.m.
Barclay Heritage Square
1447 Barclay St., Vancouver
www.wesn.ca/strawberryfestival
(604) 669-5051

The 25th annual Strawberry Festival is back this year for another fun gathering! Presented by the West End Seniors' Network, this family-friendly affair has photo booths, bouncy castles and tons of strawberry desserts! Admission is free for everyone, so come out and join in on the fun.

* * *

Inclusion Festival

June 13, 12–4 p.m.
Ernie Winch Park
7680 15th St., Burnaby
www.latincover.ca

This newly running festival allows people to learn more about their community and the diverse cultures that live within it. The afternoon is filled with multicultural performances, diverse foods and games for the kids! Enjoy the music as you learn more about the diversity that comes with living in the Lower Mainland.

* * *

Spanish Paella Party!

June 13, 2 p.m.–2 a.m.
Brockton Pavillion & Clubhouse
1151 Stanley Park Dr., Vancouver
www.latincover.ca

Learn more about the wonderful country of Spain at this fun event! The event presents the gastronomy, values, people and rich culture of Spain. There's olive tasting, wine tasting, flamenco dancing and much more. Dance the night away with live Spanish music with Sureando and embrace the Spanish culture.

* * *

Italian Day on the Drive

June 14, 12–8 p.m.
Commercial Drive
From Venables St
to Grandview Cut
www.italianday.ca
(604) 251-2884

Italian Day on the Drive is back for its sixth annual celebration of Italian culture and the contributions of Italian immigrants to Vancouver. This 13-block celebration celebrates the rich history of the Italian community and the wonderful distinct culture. Join this wonderful affair that has food, music and so much more.

* * *

Ya Helwa IV

June 14, 7 p.m.
Rickshaw Theatre
254 E. Hastings St., Vancouver
www.rickshawtheatre.com
(604) 681-8915

This fourth annual belly dance performance showcases the works of Rahel, her students and other special guests. Win prizes and learn more about the beautiful art of belly dancing. The dance is intricate and extravagant. This event is 19+. For more information, please visit the website.

* * *

The Value of Things

June 17–20
Scotiabank Dance Theatre
677 Davie St., Vancouver
www.thedancecentre.ca
(604) 606-6400

Plastic Orchid Factory presents the work of Dora-nominated Montreal artist Jacques Poulin-Denis. Voted Best Dance Show in 2014 by the Montreal Voir, The Value of Things is a performance that reveals contradictions about our beliefs and ambitions. The Value of Things is a stunning performance that touches on the themes of choice and ethics that govern our lives.



▲ Plastic Orchid Factory treads on our beliefs and ambitions.



▲ Choreographers MAYCE create a unique experience for viewers of 12 Minutes Max.

ue of Things is a performance that reveals contradictions about our beliefs and ambitions. The Value of Things is a stunning performance that touches on the themes of choice and ethics that govern our lives.

* * *

26th Festival d'été francophone de Vancouver

June 18–25
Various Locations
www.lecentreculturel.com
(604) 736-9806

Celebrate the diversity of Canada at the 26th annual Summer French Festival. With performances from different French-speaking groups, this is an event francophone and francophone-lovers won't want to miss. This six day festival is jam-packed with French fun. To learn more about the scheduling, please visit the website.

* * *

Vancouver International Jazz Festival

June 18–July 1
Various Locations
www.coastaljazz.ca
(604) 872-5200

Enjoy the smooth sound of the saxophone or the upbeat rhythm of jazz? The Vancouver International Jazz Festival is back again for more foot-tapping, fun-loving jazz sounds. With guests like the Roots, Chris Botti and many more, the Vancouver International Jazz Festival is filled with musicians from all over the world. For more information on scheduling, please visit the website.

* * *

4th Annual ArtWalk South Granville

June 20, 10 a.m.–6 p.m.
Gallery Row Vancouver
2117 Granville St., Vancouver
www.southgranville.org/artwalk
(604) 734-3195

ArtWalk is a unique and creative experience that allows all participants to bask in the beautiful artwork that Vancouver has to offer. Participants wander up and down South Granville Street and listen to artist talks, participate in wine and cheese tastings, and attend over 16 art exhibitions. For more information, please visit the website.

* * *

Queensborough Children's Festival

June 20, 11:30 a.m.–3 p.m.
Ryall Park, 920 Ewen Ave.,
New Westminster
www.newwestpccr.ca

Bring the kids out to this fun-filled afternoon festival. There will be live entertainment, interactive fun and games, and much more. The Queensborough Children's Festival is fun for all ages and will have something for all kids, from tots to teens. For more information on the event, please visit the website.

* * *

2015 Milton K. Wong Lecture Series by Wade Davis, PhD

June 22, 7–9 p.m.
Frederic Wood Theatre
6354 Crescent Rd., UBC Vancouver
www.thelaurier.ca



▲ Wade Davis, professor of anthropology at UBC.

Join Wade Davis as he discusses the wisdom of the world's indigenous cultures. All cultures have a different way of approaching themes of humanity and existence. Davis takes attendees on a journey all over the world as he discusses the significance and beliefs of different cultural groups. From the Amazon to Australia, Davis will help participants rediscover a new appreciation for what it means to be human. Free admission. Tickets must be reserved in advance.



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InsideOut

Parcours Lumière sur l'art: Art Light Path is an outdoor installation on Avenue Cartier in the heart of Quebec City which opened in December 2014. It consists of 34 giant cylindrical lampshades backlit with LED strips. Each shade is five feet high and eight feet in diameter displaying the artworks of Québécois artists Fernand Leduc and Alfred Pellán. They are mounted on a metal structure bolted to the sidewalk and overhang the street at a height of about 22 feet. The installation extends for five blocks on Avenue Cartier between Grand Allée and Chemin Sainte-Foy.

Avenue Cartier is close to the Plains of Abraham and Old Quebec City, and at the centre of the Montcalm District, an area rich in cultural venues. Avenue Cart-

ier has over 100 stores and businesses including restaurants, bars, gourmet shops, boutiques and an arts theatre. The lamps described as "an art gallery floating in space" provide an indoor-like warmth accenting an already colourful and lively district.

Avenue Cartier and the Montcalm District were not always so culturally evolved. Until the early 70's, it was an ordinary shopping area, family oriented with a significant amount of older people, many English speaking. The transformation began with a trendy bar and a fashionable boutique, shortly followed by the Cartier Cinema becoming a repertory theatre. More cafes, bars, and shops followed, making the Avenue Cartier busy and noisy for local residents. However, people who supported this lifestyle began to move into

the Montcalm district and a sort of gentrification began. Today you could say the area is a bastion of Québécois culture.

The concept of the lamps was developed by Lightemotion, a Montreal based lighting firm with a theatrical background. They apply the latest innovations in design and technology for their projects and have illuminated building facades and interiors in Europe, North America, Asia and Oceania. They worked in collaboration with the Montcalm neighbourhood's business improvement association, the Quebec Office of Tourism, and the Musée National des Beaux-Arts du Québec which provided reproductions of the artwork of Pellán and Leduc.

Alfred Pellán was a famous Quebec artist who was influ-

enced by Picasso and Dali and was included along with them in the 1939 Washington exhibition, Paris Painters of Today. His paintings employed abstracted simplified forms and surrealist images. His use of colour has been described by Canadian writer Maurice Gagnon as an enchantment – shining, bursting, vibrating and resounding with intensity.

Fernand Leduc was a contemporary of Alfred Pellán who also worked in colourful abstract painting. He is considered one of the key figures in Quebec modern art. He was one of 16 signatories of Le Refus Global, a 1948 anti-establishment and anti-religious manifesto, widely seen to have been one of the factors that led to Quebec's Quiet Revolution in the early 60's.

The lampshades on Avenue Cartier illuminate on many levels. They brighten the streets of Quebec to promote tourism, especially in winter. They also function to beautifully highlight the rich cultural identity of the area, and they display the work of Quebec artists. The current installation was meant to finish in March, but its success is so great it will continue through to the fall of 2015. The lampshades are designed to be flexible, and the works mounted on the shades will be replaced annually with the works of other artists for at least the next five years. Moreover, there is a master plan by Lightemotion for the illumination of several more areas of Quebec City.

Don Richardson

Recipe by Selma van Halder

Brown rice congee

Congee is a rice based porridge that can be eaten for breakfast, lunch, or dinner and is praised for its therapeutic value by traditional Chinese medicine. It's very easy to make and stretches a little bit of rice a long way.

This congee is made with short grain rice. Short grain

rice provides an abundance of starches necessary to produce a silky smooth porridge. Using brown rice will give the congee a nutty flavour. Congee is a perfect carrier for all kinds of flavourful toppings. I had mine with black sesame seeds and fried onions, but everything is allowed: pork belly, peanuts,

vegetables, whatever you like! Makes four servings.

Ingredients

- 1/2 cup short grain brown rice
- 3 cups water
- 1 cup vegetable broth
- ground ginger
- spring onions

Method

1. Wash the rice well and combine together with the water, ground ginger, and vegetable broth in a medium saucepan.
2. Bring the rice to a boil. Turn down to a low simmer and cook for about 2,5 hours, stirring occasionally.
3. Keep an eye on your rice. As soon as the starches start breaking down, there will be more chance of the porridge burning, so stir a bit more frequently at that point and taste for seasoning.
3. Add salt and white pepper if necessary.
4. The finished texture of the congee is completely up to you, I like mine a bit watery, but you can also go for the texture of oatmeal porridge if you prefer.
5. Finish with some sesame oil and/or soy sauce and some sliced spring onions.
6. Serve hot and with toppings of your choice.



▲ Congee – nourishing and therapeutic.



June 13, 2015 ◀
12:00 noon - 4:00 pm

INCLUSION Festival

at **Ernie Winch Park**
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