Local fare goes global

by SANDRA ZIMMERMANN

Be it Italian Day, the Buskerfest or night markets, food plays a significant role in the lives of Vancouverites. While sushi is certainly one of the most popular dishes in town, the city’s culinary scene offers much variety. Michelle Ng, food lover and founder of Vancouver Foodie Tours, says the culinary cuisine has changed a lot over the last decade. Vancouver’s culinary scene seems to be defined by people’s lifestyles and the geographic peculiarities.

According to Ng, Vancouver’s food scene is primarily characterized by eating local, fresh ingredients. “The ingredients might not be fancy or expensive, compared to other food scenes around the world – especially Asia. But we are all about local food,” she says.

Ng notes that people in Vancouver love to eat according to the season - whatever is fresh. Her favorite dish depends on the season. According to her, atypical, yet unique, seafood of Vancouver is spot prawns.

“Every visitor should experience it if they arrive during spot prawn season, which is typically during the months of May and June,” she adds.

Ng considers fresh seafood something that sets Vancouver’s food scene apart from other cities. Thus, one of the most popular dishes among visitors is B.C. salmon, explains Ng. She feels that being outdoors and feeling good are essential for people in Vancouver, which is why healthy food is so popular. A foodie at heart, Ng points out that she, however, not only indulges in healthy food but also loves to eat everything “that tastes good.”

Van and Amy Loc, owners of Lotus Seed Vegetarian Restaurant, have a passion for healthy food, and share it with Vancouverites. Van says he founded his business because he wanted to make better choices for himself and his family; in terms of food, that meant offering healthy and vegetarian dishes. Originally from Vietnam, Van chose to do fusion cuisine for his restaurant, and he believes that Vancouver is a good place for a place like this.

Local race raises international interest

Page 6

Beats reign at Caribbean festival

Page 12

A plateful of cultural diversity

By ANNA CHEMERY

After dropping my bags in a land unknown to me, the aspect of my culture that I miss the most remains French cuisine. Suddenly I find myself dreaming of grandmother’s recipes, of St-Marcellin cheese from my cousin’s farm, the market stalls of my neighbourhood or of lemon tarts from my favourite bakery... A host of flavours and souvenirs follow me in my travels.

I arrived in Vancouver a year and a half ago with a few michocos in my pocket (soft round caramel candies wrapped in dark chocolate). I had a lot on my plate and would require a lot of energy to explore a new city. I strode through the neighbourhoods and let my eyes soak in the jagged coastal scenery before sitting down to discover Canadian food: poutine, caesar cocktails, maple sausages, bison burgers, muffins with their clusters of blueberries...

In two shakes of a lamb’s tail I was hungry again and left with the impression that I had covered all the bases. But it’s not my style to travel abroad to cook and eat French food, might as well stay home. So in time I faced the facts: there were as many Japanese restaurants in Vancouver as bakeries in France, an Indian restaurant was among the top five Lonely Planet recommendations for the city, my new friends dined out in Albanian, Nepalese and Thai restaurants... Was this the miracle recipe: use the city’s multiculturalism to widen my taste palette? And so it was that I set out to discover Vancouver’s exotic restaurants. In my own way I dived into the cultural diversity of the City of Vancouver and I wasn’t disappointed. A year and a half later I have a full address book and delicious memories. The eastern part of town has been and
The Korean Cultural Heritage Festival expands beyond Korean community

by KATRINA TRASK

On Aug. 8, the Korean Cultural Heritage Society will hold its annual festival at Burnaby’s Swangard Stadium to celebrate Korean culture, arts, entertainment and food, and the multiculturalism of the Lower Mainland.

Mike Suk, the director and spokesperson for the Korean Cultural Heritage Society, says the 14-year-old festival began as an event for the local Korean community but for all communities in the Lower Mainland. Swangard Stadium is close to Vancouver, New Westminster, Surrey and Langley.

According to Suk, the festival is also important for younger generations. He feels it encourages young people to be open to new cultures and different kinds of food and entertainment.

Korea and the world

This year, the festival’s theme is “Walking, singing and audience interactions.” He points out that the festival’s location in Burnaby makes it easier for different ethnic communities within the Lower Mainland to attend, and this allows for multicultural interactions.

“Burnaby is a central location,” explains Suk. “We want to have as many people as possible, so we moved our location from Coquitlam to Burnaby a couple of years ago. Swangard Stadium is close to Vancouver, New Westminster, Surrey and Langley.”

According to Suk, the festival is also important for younger generations. He feels it encourages young people to be open to new cultures and different kinds of food and entertainment.

Korean culture is important not only for the local Korean community but for all communities in the Lower Mainland.

“I think Koreans are very proud of this festival, of showcasing our culture, history, and heritage,” he says. “This event allows our community and other communities to interact with each other.”

The festival’s multi-cultural spirit is important not only for the local Korean community but for all communities in the Lower Mainland.

“It is going to be a fun and lively event,” says Suk, adding that the main stage performances are only one part of the festival. There will also be art exhibitions and activities for children.

“As in previous years, Suk expects that Korean food will be the highlight of the festival. “Koreans are known for their food,” he says. “We are going to have great barbecue and food that you do not always get to try at restaurants. We are going to make food a big part of the festival.”

For more information, please visit www.koreanculture.ca

The Source is going on Summer vacation!

Look for our next issue on August 25.

by MONIQUE KROEGER

The Source is going on Summer vacation! Look for our next issue on August 25.
Ramadan

A celebration of devotion from dawn to dusk

by SOPHIA DELAFONTAINE

Almoor Gova of the UBC Faculty of Education is an expert on the celebration of Ramadan, the Muslim celebration of the ninth month of the Islamic calendar where in which the Quran was revealed. One of the Five Pillars of Islam is to fast during daylight hours of dawn to dusk during the month of Ramadan.

"Ramadan was the month of the first revelation of the Quran to Muhammad. Fasting commemorates on the visual sighting of the first crescent moon after the new moon lasts the month, from sunrise to sunset," Gova explains. "Fasting in Islam like in other monothestic traditions, such as Lent, is prescribed and obligatory."

Sacrifice for spirituality

Fasting does not only mean to abstain from food or drink during Ramadan. Many acts are given up during this holy month, such as smoking, intercourse, insulting, backbiting, cursing, lying, lust, and generally all bad habits. "For example fasting of the tongue, the eyes, hands, ears, and ill thoughts typically involves offering more salat (supplication and prayers), reading and understanding the Quran cover to cover and performing dhikr, a form of prayer," says Gova.

Seif Mansour, a Muslim family man with personal feedback regarding Ramadan explains when fasting is not required. "Muslims that can not perform the ritual of fasting, due to chronic illnesses, or a hard and tough work environment would be required instead of fasting to donate money that is equivalent to one meal to feed poor or needy people, regardless of their religion background."

When Ramadan reaches a close, the tradition does not. Days of Eid are celebrated at the end of the month of fasting. "Muslims celebrate this end by days of Eid, where Muslims offer food, and sweets to all people that visit their home regardless of their religion," adds Mansour.

Personal and philanthropic priorities

During the time of Ramadan Muslims make an effort to reach out to non-Muslims, in an act to better the general community. "Generally there is more attention and action to the disadvantaged sectors of society. For example, in Vancouver there is a tradition of Muslims feeding the hungry at the Carnegie Community Centre," says Gova.

"Iftar dinners, where Muslims break their fast is often held to gether with neighbours, friends, and colleagues, Muslim and non-Muslim alike," Ramadan expert Armaan Kassam explains. "It's a chance for Muslims to reach out to, build relationships, and celebrate with their communities at large."

"For Muslims in Vancouver and all across Canada, it is evident that charity is a central aspect of Ramadan, as many Islamic groups work with philanthropic groups in an effort to give back to their communities. "Ramadan has surrounding it a culture of celebration," says Kassam. "The blessed nature of this month is met as an opportunity for increased spiritual vigour, where people re-prioritize their faith in their lives through a variety of religious observances."

"Ramadan has a huge impact on the individual, by changing one’s habits and enforcing beliefs," says Mansour, "for communities Ramadan strengthens the relationships within, because of mosques and family organized group fasting break meals, which helps to build a sense of unity among the group."

By sharing the endeavor of fasting, Muslim communities share a spiritual bond through the struggle.

"Ramadan is a time to really "polish the soul," providing a time where believers can prioritize their spiritual lives and make a concerted effort to truly make faith a part of their lives," says Kassam.

"The prime purpose of Ramadan is to practise self restraint through behaviour introspection and modification, self discipline and living a pious and spiritually uplifting life," says Gova. "This rigour of transformation, both personal and social, of God consciousness is hoped to be sustained thought the rest of the year producing greater empathy and social consciousness towards the plight of the less fortunate. Ramadan aid is also a time for giving and charity."

This year Ramadan began June 18, and ends on the evening of July 17.

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

Maitreya Loving Kindness Tour

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 ‘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.

Venue: Thrangu Monastery, 8140 No.5 Road, Richmond www.thrangumonastery.org

When: Friday, August 7: 11am to 6pm; Saturday, August 8: 11am to 6pm; Sunday, August 9: 11am to 5pm

Food from Vancouver’s House of Dosas.

"You want to split the difference? Sushi Yama is not much to look at but the ambiance is friendly and relaxed and the sushi melts in your mouth, don't miss out on the caterpillar roll. If you prefer seafood I suggest the Sandbar. Their mussels in Provençale sauce are divine and the view out over the Bay is fabulous. For fans of sweets Marché is a little café with a European ambiance. You could easily spend the afternoon devouring a good novel while savouring a Nutella crêpe. For a savoury crêpe head over to House of Dosas, a divine Indian restaurant offering up crêpes 18 inches across stuffed with exquisite dishes such as their famous lamb tikka, beef masala and butter chicken. As for those market stalls you can always visit the renowned farmer’s markets. Vancouver’s multiculturalism has enabled me to discover many cuisines, nevertheless I don't forget to concoct some good homemade dishes from time to time!"

Translated by Barry Brisebois

The Mansour family.
B.C. government AWOL on just about everything but LNG

Sometimes it feels like British Columbia doesn't really have a premier.

Whenever there's big news in this province, Christy Clark can't seem to be found. Think back to the Mount Polley mining disaster last summer, or to the Vancouver oil spill this spring. On both occasions Premier Clark was AWOL, nowhere to be seen or heard at these moments of urgency and concern for the citizens she is supposed to serve.

This glaring absence of leadership in B.C. was again evident last week when it was announced that the 'No' side had won the Lower Mainland transit referendum – a drawn-out, ill-conceived and doomed plebiscite that was the premier's idea.

On the day that news broke voters had rejected a hike in the PST to pay for necessary transit services and infrastructure, it was left to Vancouver's Mayor Gregor Robertson to address the media. It was a listless performance by Robertson, forced to admit there was no "Plan B" for transit funding. He gently noted that the ball was back in the provincial government's hands.

Robertson and his fellow mayors should have been more strident: the referendum was a fiasco from the beginning, the wrong issue to put to voters and the wrong proposed funding mechanism. No other big infrastructure projects have been put to plebiscite in B.C. – whether it's new bridges, highway expansion or hospital renovations – they are funded out of general government revenues.

The bureaucratic mess that is Translink was foisted on the mayors by the B.C. government; local governments should demand a return to local control over transit and a serious commitment of provincial funding. All of this to say that the next time you're stuck in traffic think of Premier Clark, who gave us this referendum and then bailed out, while others invested months of campaigning and political capital.

Clark's latest absence has been noticed. Stephen Quinn wrote in The Globe and Mail on Friday, "Where is the Premier? This was, after all, her baby. But 28 hours after the vote was announced she remains MIA." As of July 5, B.C. had still heard nothing from their premier. Her Twitter account had been dormant since July 1 (not even an emergency evacuation of Port Hardy due to a forest fire couldrouse her to communicate via social media with British Columbians.)

Although this pattern of disappearing at key moments is long-standing, it's worth pointing out that Clark has more reason to hide from the media and public than ever. Calls for an inquiry into the 2012 firings by her government's Health Minister have been growing for the past month. Finally, last week, the B.C. Liberals conceded that there needed to be more scrutiny on these firings and their tragic aftermath. Health Minister Terry Lake announced that the provincial Ombudsperson will be looking into the matter, still well short of the public inquiry that's needed.

We don't know what Christy Clark will finally reappear, but we can be sure she'll show up on July 13, when the B.C. Legislature opens for a rare summer session. The agenda is limited to LNG, the premier's favourite topic, with the government pushing through their latest sweetheart royalty agreement with Malaysia's Petronas. The deal was announced despite a resounding rejection of the project by the Lower Mainland council. The deal will be worse than ever for B.C.\'s LNG industry, with the government pushing through their latest sweetheart royalty agreement with Malaysia's Petronas. The deal was announced despite a resounding rejection of the project by the Lower Mainland council. The deal will be worse than ever for B.C.

The expansion of fracking is unacceptable environmentally and the whole industry is disastrous for the climate. Besides, why help give away the store when there's so little in it for B.C.?

There are signs the NDP might be ready to take a tougher stand on Clark's LNG folly. Horgan has become fond of telling the story of legendary Saskatchewan Premier Tommy Douglas emerging from a meeting with foreign oil executives and telling the press there was good news and bad news. The bad news was that the oil companies were leaving Saskatchewan. The good news? "They're leaving the oil behind."
 Volunteer with The Source

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The Source / La Source is Canada's only bilingual English-French publication, is searching for outstanding writers to join its English writing team. We're looking for journalists – or building reporters – who have what it takes to seek out and produce articles with multicultural lenses. If you have an interest in the arts, we want to hear from you.

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Send your resume to monique.kroeger@gmail.com

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The Source is currently looking for a cartoonist for the English section to replace Georgia's "Pink Eye" feature. Candidates should have previous experience with editorial, opinion cartoons and knowledge of British Columbian/Canadian political and social issues.

Send your resume to info@thelasource.com OR Monique Kroeger

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We are looking for an experienced graphic designer to help design and produce our newspaper. Your position is on the weekends only, for at least one weekend per month.

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When applying, email your resume and a few examples of previous design work to info@thelasource.com to the attention of the Art Director.

Spatial Poetics XIV presents a new way of looking at art

Volunteer with The Source

by DANIELLE TAN

Art is not just about something that hangs on the wall: art implies a progression in action that creates new forms of practice and artwork. This year’s performance, titled In the Shadow of the Archive [July 9 at 8 p.m., at the Vancouver Japanese Language School] draws on a theme related to Japanese history.

“It’s about giving artists a chance to explore something they’d never done. We have a time-based frame, but other than that, I just want to have a surprise. Artists always surprise me with what they thinking,” says Makiko Hara. “It’ll be an interesting and unexpected performance.”

Spatial Poetics, started by Cindy Mochizuki and Millo Hoffman, gives artists the opportunity to have interdisciplinary collaborations with other artists within a determined time frame.

Artists Mochizuki and Makio Yamamoto explore kendo, a Japa- nese sport from the Edo period, and Stacey Ho and Julia Aoki present sangaku, Japanese folklore geometric puzzles. Both performances are curated by Hara.

In the shadow of the archive

Inspired by family history, lead artist Mochizuki and her collaborator Yamamoto integrate the styles and movements of kendo into their performance.

“The boys in my family have a history in pursuing kendo as a sport. My uncle was a kendo athlete in the 1970s expo in Osaka, Japan. What I think is a big, special event is quite erased now,” says Mochizuki. “I wouldn’t know unless I asked about it.”

Mochizuki is interested in looking at peripheral objects and people on the street. What gets captured and archived: she wants to see what new things can be discovered.

“In that sense, it’s in the shadow of the archive, not a direct gaze at the actual kendo and the actual objects, but an offshoot of things around it,” says Mochizuki.

Instead of replicating the real- ness of kendo, Mochizuki and Yamamoto will create fiction using historical elements.

“I’m definitely not going to run Art on the stage and do a full-on kendo performance,” says Mochizuki. There are few artifacts that I’ll wear or we’ll have, and we’ll rep- licate some of them in the gigan- tic and miniature. We’re creating it, but also beyond fiction in the some-placeElse. There’s a mysterious crane character.”

For Mochizuki, the performance is a starting point for fu- ture projects and a touchstone for the different ideas and tradi- tions she wants to investigate and break down.

Sangaku

The idea behind lead artist Ho and her collaborator Julia Aoki’s performance started out with Ho researching about sangaku. With an interest in mathematics, Ho takes courses in the subject alongside her art. She has an interest in aesthetics, so it’s a bit of a weird project.

“What’s specifically interesting to me about math is that it’s pre- sented as a subject that is com- pletely removed from any cultural context, yet I’m interested in the intersection of cultural contexts,” says Ho.

Ho started looking into the cultural context of math in Japan. What she discovered were beau- tiful geometric puzzles known as the sangaku.

“I used sangaku as a starting point to talk about math from a specific cultural context; and then to move into other shapes or ideas that sangaku allude to, talking about it through art and primarily image-making. I took up calligraphy, and I’ve been look- ing into virtual-reality creation and world-building,” says Ho.

Ho and Aoki’s performance will be a story-telling lecture presented with a quasi-fictional voice.

“I started with an idea and tailoring it through gestures, ab- straction, a positivist or his- torical approach,” says Ho. “My collaborator Julia is writing a beautiful, dreamy text, so it’s very much based on our writing as well as gestures.”

Although the lead artists at Spatial Poetics generate their own ideas, their partners’ input constantly changes and shapes the direction of the performance.

“Spatial Poetics is about step- ping forward with art experi- ment and interdisciplinary art practice. Old traditions are being incorporated into the contempo- rary ways of looking at things,” says Hara. &c

For more information, visit powellstreetfestival.com

by JAKE McGRAIL

Involved in environmental work since elementary school, Salina Kung is the recipient of this year’s Youth Award, one of the City of Burnaby’s Environ- mental Awards. From participating in elementary school cleanups to directing large waste campaigns, Kung has been heavily involved with environmental work since she was young.

Kung’s first experience with environ- mental work came in Grade 5, when she took part in a school cleanup. It was then that she realized how much garbage was floating around the area.

“There was so much garbage that had accumulated in the area,” says Kung. “It was an elementary school!” says Kung. “Kindergart- ners were actually getting cut from plastic and other garbage in the area. It was disrupting what kids were able to do on the play- grounds and at the school. There was garbage everywhere, and I thought we really should do something about it.”

She took matters into her own hands and along with some friends, organized another clean- up not just for the school but for the surrounding areas as well.

“At long along with a few parents we just went around collecting gar- bage,” says Kung. “Some of the younger kids joined in too, and it was really fun!”

Kung started hosting com- munity cleanups at the school on Earth Day, inviting other grades to come and join in.

When she was still in Grade 5, her teacher had a new project for her class.

“My teacher brought in salmon eggs,” says Kung. “We incubated them and took care of them un- til they hatched. It was a fun and unique way of learning about the salmon.”

In Grade 9, Kung wrote and sent an article to Environmen- tal Defence Canada about her school’s efforts to save the de- clining salmon populations and the first place in the youth article category, and Kung received an award and a grant, which she used to start her own salmon- raising project.

“Every year in [January] we’d bring in soy salmon eggs and hatch them in a tank at our school,” says Kung. “We held workshops in other classes, raising aware- ness about the salmon and giving another chance to have hands on experience with the salmon.”

The salmon would be cared for until they were ready to live on their own.

Branching out

As president of the Green Team at Alpha Secondary, Kung oversaw the re-creation and maintenance of the school garden.

“We started the garden two years ago,” says Kung. “We’ve grown kale, peas, carrots, toma- toes, squash, raspberries and po- tatoes.”

The produce grown was used in home economics classes and eaten by the students. Over time, the completely student-run proj- ect has flourished.

“It was rewarding to see stu- dents work together,” says Kung. “It creates a collaborative culture between students, and that is crucial.”

Kung worked with the work done at her school, Kung also serves as the president of the Burnaby Youth Sustainability Network. One of the network’s projects was an electronic waste campaign.

“We had kids collect electronic waste from their homes and other places and bring it to their schools. It was a hands-on ex- experience to raise awareness of the waste. It’s not as much of it there is,” says Kung.

Eco projects are created to pro- vide as much hands-on experi- ence as possible in an attempt to make it fun for everyone involved.

“It’s the best way to learn, and it’s not boring,” she adds.

Organizing and coordinating everything with so many people involved can be tough, but Kung says being able to work with peo- ple of all ages is worth it. To her, it’s about creating a close-knit community.

“What’s helped me succeed is the network of students, teachers, volunteers and sponsors, every- one who has helped me turn my ideas into reality,” she says. “The award isn’t mine. Everyone’s that I’ve worked with.”

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The Source

by JACOB McGRAIL

Youth takes on environmental challenges

"...volunteer with the source..."
Fun toppings a hit at Soft Peaks.

by Carl Densem

As the FIFA Women’s World Cup comes to an end, Burnaby locals can look forward to another world-class sporting event right in their own backyard as pro cyclists take to the city streets July 16 for this year’s Giro di Burnaby.

The proliferation of cycling clubs, races, and other biking events now includes everything from the B.C. Bike Race, a seven-day single-track mountain ride from Victoria to Whistler, to the fast-paced B.C. SuperWeek, a multi-event road race through neighbourhood streets.

Giro di Burnaby

“We’re told that our event is one of the fastest and most challenging,” event organizer Greg Dion about the Giro di Burnaby, meaning “tour of Burnaby” in Italian, one of the SuperWeek races.

Riders reach up to 60 km/hour on the enclosed 1.3 km course along Hastings Street by staying behind other riders to take advantage of the group leader’s drafting like NASCAR races.

The Giro is a ‘critérium’ racing event and takes place on Thursdays in the Burnaby May or, Derek Corrigan, set to fire the starter pistol for the men’s race.

The winner is the first to complete 45 laps, but team strategies differ markedly. Faced with the prospect of a ‘prime’ lap, some riders go all out for cash prizes while others pace themselves for a strong finish.

Now in its eighth running, the Giro attracts professional riders from across Europe and North America. The Colombian national team featured in last year’s race.

“What some people don’t realize is that we’ve got some of the top professional cyclists from around the world racing in our own backyard,” Dion says.

Besides the main spectacle, there are plenty of other activities for the community and avid cyclists alike. There is the Giro Kids Race, which kicks off at 3 p.m. on race day, and introduces youngsters to cycling safety and skills. At 5:30 p.m. is the youth race, the Giro Breve, Italian for short or brief, followed by the women’s pro event at 6 p.m.

All opportunities are for young riders to meet and greet world-class athletes right in the comfort of their own backyards.

Giro heroes

Rainy Kent, a runner and event organizer, has been with the Giro since its inception in 2006, even before it became part of the larger B.C. SuperWeek. Her expertise in event planning, with the help of the local Parks and Recreation department, brought the vision of Burnaby Councillor Pietro Calendino to life.

Calendino moved to Vancouver from Italy in 1959, studied languages at UBC and worked as a teacher for 30 years. He is strong believer in community involvement, and has volunteered for numerous multicultural and professional organizations. In 2002, he was elected to the Burnaby City Council and continues serving today through his post as a city councillor.

“Near and dear to [Rainy’s] heart” are the affectionately named Giro heroes, a team of 250 volunteers who raise over 8,500 feet of fencing around the course within minutes of closing Hastings Street to traffic at 6 p.m.

Appropriately, the logistics has become a race of its own as the volunteers race last year’s time to clean it all up again after the men’s podium presentation.

Encircling the action, roughly 5,000 spectators will be treated to the new Steamworks Brewing Company beer garden and the Giro Expo, exhibiting sponsors and local vendor products, ice cream shops, like the Glenburn Soda Fountain & Confectionary and local retail stores.

“ar your left?

So what does the future of the Giro hold? The race organizers hope to bring more of the community out to watch – Dion hopes to see the attendance climb towards 10,000.

The added visibility will attract sponsors, greater prize money and more international teams.

“For what can seem like a small community event on the streets of the Burnaby Heights, we’re always very proud to see participation by pro cycling teams from around the world,” Dion says.

For additional information, please visit www.girodiburnaby.com

Definitions

Prime (prēm): A sprint contest notified via bell signals for money or prizes on the next lap. Spectators, including local businesses wanting exposure, can donate a prize by handing the announcer cash during the race.

Criterium: Action-packed, spectator-friendly form of bicycle road racing consisting of many laps on a course no longer than 2 km in length and rarely lasting more than 90 minutes. The race is a chess match of strategy played at high speeds. Teams must decide whether their best chance of a victory is in keeping the field together for a mass sprint to the finish line on the last lap, or getting a strong rider into a smaller breakaway group of racers.

Food

People are very health-conscious here, and Vancouver is a diverse and open city,” he says.

Local ingredients, local supplies

A rising trend in sweet treats is found in an increased use of organic ingredients. Dan and Ken Kim, owners of Soft Peaks, a soft serve ice cream shop in Gastown, that opened early this year, say healthy, organic ingredients are essential for them, too. Dan Kim believes that Soft Peaks’ success is mainly due to the healthy choices he and his brother made.

“Our soft serve consists primarily of organic ingredients; if it’s not organic, it’s at least natural,” he explains.

Kim says he and his brother want to use the best possible ingredients. Since the most important ingredient in their soft serve is milk, the brothers spent a lot of time finding the right one for their store. In the end, they decided on local organic milk.

Additionally, they receive equipment like cups, spoons, and napkins from local suppliers. Their signature soft serve includes honeycomb topping from the Okanagan and Fraser Valley. Kim believes that this topping, which originated in Asia, draws attention to the store – he and his brother are passionate about offering variety.

“It’s fun to choose from a wide array of toppings!” he says.

Born in Korea, the brothers, who have always shared a passion for food, came to Canada as children. They travelled a lot, and visited places where soft serve gained popularity long ago.


Emerging ethnic cuisines

Compared to ten years ago, Ng noticed one major change in Vancouver’s culinary scene: the rise of ethnic cuisine.

“Vancouverites have become more and more adventurous,” she says, explaining that a decade ago, there were barely any authentic ethnic restaurants.

Ng believes this trend will continue, and people in Vancouver will become even more adventurous. She explains that ten years ago, cuisines such as Vietnamese, Thai and Indian were not as popular or accepted as they are now.

Ng launched the Vancouver Foodie Tours in 2009 because of her love for food, and she enjoys sharing her food adventures with other people. According to her, Vancouver is the perfect place for a business like hers, because people in the city are very passionate about food. And while she started it on her own, the business has expanded and she now employs ten professionals.

Some great places for adventurous food lovers, according to Ng, are the various regular night markets happening in and around Vancouver.

“The stalls offer very authentic food and the atmosphere is great,” she adds.

Loc also emphasizes the culturally diverse food stalls, and loved going to the night markets as a child. The International Summer Night Market in Richmond includes iconic street food, as well as innovative street food, such as banana spring rolls and deep fried avocado and crabmeat.
Earthquake shakes youth into action

By Simon Yee

The 2010 Haiti earthquake devastated that country's economy - many urban areas were destroyed and over one million citizens were left homeless. After seeing the devastation on television and social media, four high school friends wanted to help by collecting bottles to raise funds for relief efforts.

Today, Youth Transforming Society (YTS) continues its volunteering efforts with food drives, breakfast preparation and volunteer promotion. The four founding friends have each been honoured by the Surrey Board of Trade’s Top 25 Under 25 for their efforts to raise awareness of global issues and encourage community volunteerism. “It’s always nice to be a part of positive change,” says Amanbir Atwal, YTS co-founder and 2015 recipient of a Top 25 Under 25 Award this past May. “You can accomplish a lot by simply giving your time. If you’re ever looking to get involved, I would encourage others to take that first step.”

A call to action

Atwal, along with Kiran Mann, Livleen Pannu and Amneet Athwal, started the society in 2010, following the Haitian earthquake. But even before then, the four friends had been keen on volunteering and helping out in the community at a young age. “All four of us were involved in volunteering with various organizations and charities,” says Mann. “The next step from there was leadership, and the Haiti earthquake gave us a reason to come together and take that step of being leaders, putting on a fundraiser and taking the initiative.”

Their first project was a bottle drive in March 2010 for which they collected bottles over the spring break to raise $8,000 for Haitian relief. The experience proved to be worthwhile and fulfilling for the team. “It was just a thousand dollars, but it was a really big deal for us, it being our first fundraiser,” says Mann. “Even back then, we didn’t think we would reach a thousand.”

“We were pleasantly surprised,” adds Atwal. “We had a lot of fun doing it. We just wanted to keep going and not stop there.” Some of their other drives have included a holiday breakfast for the homeless, handmade flower food drive, with the proceeds to go to the Surrey Food Bank.

Fostering volunteerism

In addition to their fundraising, they are proud of their efforts to foster volunteerism among fellow youth. Last October, they organized Volunteering and Beyond, a fair that brought over 50 organizations and charities to the scene.

You can accomplish a lot by simply giving your time. “YTS has become such a big part of our lives, it’s something that we hold close to us. We would love it if someone else would be able to experience a similar journey of volunteerism,” says Atwal.

Buoyed by their success, and supported by their families, peers and community, YTS was able to expand and attract new volunteers to help brainstorm, organize and run the various projects over the past few years. They hope their experiences can inspire others to heed the call of volunteering for a good cause.

“YTS has become such a big part of our lives, it’s something that we hold close to us. We would love it if someone else would be able to experience a similar journey of volunteerism,” says Atwal.

Amanbir Atwal, co-founder of Youth Transforming Society

To learn more about their initiatives, drives, and volunteer programs, visit their website www.youthtransformingsociety.com

Advertise in the print or digital version of The Source newspaper Email info@thesource.com or call (604) 682-5545.

Find out more about the Cultural Grants Program at www.surrey.ca/community/12555.aspx

Surrey’s Cultural Grants Program

The vision of the Cultural Grants Program is to support and enhance arts and heritage in Surrey through:

• Building organizational capability and sustainability in existing and new local cultural organization;

• Investing in community-based cultural activities that promote awareness, access, participation and appreciation of arts and heritage; and

• Encouraging collaborative opportunities and partnerships.

GRANT CATEGORIES

Grants are awarded in each of the following three (3) categories:

Capacity Building Grants

Under this category, grants up to $2500 are provided to qualified groups to support the organizations’ development needs, including but not restricted to any of the following:

• training;

• workshops and conferences;

• applying for registered not-for-profit status;

• Board development activities;

• marketing; and

• strategic planning.

Project Grants

Under this category, grants are provided to encourage partnerships and collaborations that result in cultural programs and initiatives.

The grant award contributes up to fifty percent (50%) of the program budget on a matching basis, which could include in-kind contributions.

The maximum grant under this category is $9000.

Cultural Sustainability Grants

Under this category, grants are provided to assist with costs for an organization to provide cultural-based servicing in the City. Such a grant would be a “one-time” grant.

The grant is limited to the lesser of $6000 or twenty percent (20%) of the organization’s annual budget and could recognize the value of in-kind contributions by the organization.

APPLYING FOR ONE OF SURREY’S CULTURAL GRANTS

• Read the Program Guidelines & Eligibility Criteria

• Complete and submit the 2016 Cultural Grants Expression of Interest form by Friday, October 2, 2015.

Key Dates for 2016 Cultural Grants

• Friday, October 2 – Expression of Interest forms due (on Friday, October 4 eligible applicants will be emailed an Application form and invited to the Application Information Session)

• Tuesday, October 20 – Application Information Session for eligible applicants

• Tuesday, November 3 – One-to-One Application Mentoring Sessions for eligible applicants

• Thursday, November 12 – Cultural Grant applications due

Sign up for Surrey’s Cultural Grants Program e-newsletter at www.surrey.ca/culture-recreation/12518.asp, which will be sent out four times a year in January, June, September, and December (select “Cultural Grants Program”).

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Vol 16 No 3 | July 7–August 25, 2015

The Source
Public Notice

National Energy Board | Office national de l’énergie

NOVA Gas Transmission Ltd.
NORTH MONTNEY MAINLINE (Aitken Creek and Kulta Sections)
Notice of Proposed Detailed Route Pursuant to
Paragraph 34(1)(b) of the National Energy Board Act

IN THE MATTER OF the National Energy Board Act (the Act) and the regulations made thereunder;

IN THE MATTER OF the Certificate of Public Convenience and Necessity GC-125 approving the general route of the North Montney Mainline (Aitken Creek and Kulta Sections), a proposed extension of the NGTL system to the North Montney area of northeastern BC consisting of two integrated pipeline segments (the Aitken Creek Section and the Kulta Section) of new 1 067 mm nominal pipe size (NPS 42) sweet natural gas pipeline:

- Aitken Creek Section - approximately 181.5 kilometres (km) in length, from an interconnection with the existing Saturn section of the Groundbirch Mainline at 14-21-80-20W6M to a point located in Unit 44, Block L, Group 94-A-13 (Aitken Creek Section), and
- Kulta Section - approximately 119.1 km in length, from the Aitken Creek section located in Unit 44, Block L, Group 94-A-13 to a point located in Unit 30, Block K, Group 94-G-7 (Kulta section).

AND IN THE MATTER OF an application by NOVA Gas Transmission Ltd. (NGTL) respecting the determination and approval of the detailed route for the construction of a sweet natural gas pipeline from the interconnection with the Saturn section of the Groundbirch Mainline at 14-21-80-20W6M to a point located in Unit 30, Block K, Group 94-G-7 (as shown on the maps provided with this notice).

NGTL proposes that the detailed route for the North Montney Mainline (Aitken Creek and Kulta Sections) is as shown on the maps in this notice. This notice is being published to comply with the requirements of paragraph 34(1)(b) of the Act. The pipeline route is proposed to cross those lands noted in the accompanying tables.

If you anticipate that your lands may be adversely affected by the proposed detailed route of the North Montney Mainline (Aitken Creek and Kulta Sections), you may propose the detailed route by filing a written statement of opposition with the Board within 30 days following the publication of this notice. Any such statement must set out both the nature of your interest in these lands and the grounds for your opposition to the detailed route.

A copy of any such written statement of opposition must be sent to the following addresses:

National Energy Board, 517 Tenth Avenue SW, Calgary, AB T2R 0A8
Attention: Sheri Young, Secretary; Toll Free Fax: 1-877-280-8803; Website: www.neb-one.gc.ca

NOVA Gas Transmission Ltd., 450-1st Street SW, Calgary, AB T2P 5H1
Attention: Patricia Zucek; Phone: (403) 920-5378; Fax: (403) 920-2456;
Email: patricia_zucek@transcanada.com

Where a written statement is filed with the Board within the 30 days period of the publication of this notice, the Board shall forthwith decide, subject to certain exceptions as noted below, if a public hearing be conducted within the area in which the lands to which the statement relates are situated with respect to any grounds of opposition set out in any such statement.

The Board is not required to give any notice, hold any hearing or take any other action with respect to any written statement of opposition filed with the Board and may at any time disregard any such written statement if the person who filed the statement files a notice of withdrawal, or it appears to the Board that the statement is frivolous, vexatious or is not made in good faith.

If the Board determines to hold a public hearing, the Board will fix a suitable time and place of the hearing and publish notice of the hearing in at least one issue of a publication, if any, in general circulation within the area in which the lands proposed to be acquired are situated. The Board will also send such notice to each person who files a written statement of opposition with the Board.

The Board or a person authorized by the Board may make such inspection of the lands proposed to be acquired for an affected by the North Montney Mainline (Aitken Creek and Kulta Sections) construction as the Board deems necessary.

At the hearing, the Board will permit each person who filed a written statement to make representations and may allow any other interested person to make representations before it as the Board deems proper.

The Board will take into account all written statements and all representations made at the hearing to determine the best possible detailed route of the North Montney Mainline (Aitken Creek and Kulta Sections) and the most appropriate methods and timing of constructing the Project. The Board may impose in any approval such terms and conditions as it considers proper. Where the Board has held a hearing in respect of any part of the North Montney Mainline (Aitken Creek and Kulta Sections) and approved or refused to approve the plan, profile and book of reference respecting that part, it will forward a copy of its decision and reasons to each person who made representation to the Board at the hearing.

The Board may fix such amount as it deems reasonable in respect of the actual costs reasonably incurred by any person who makes representations to the Board at such a hearing and the amount so fixed will be paid forthwith to the person by NGTL.

A copy of the plan, profile and book of reference for the detailed route is available for inspection by you at the locations listed below:

NOVA Gas Transmission Ltd.
c/o Patricia Zucek
450 – 1st Street SW
Calgary, AB T2P 5H1
Phone: 403-920-5378

Please contact Patricia Zucek at 403-920-5378 should you have any questions concerning this Notice, the Plans, Profiles and Books of Reference or the detailed route procedures.

A copy of the plan, profile and book of reference for the detailed route for the North Montney Mainline (Aitken Creek and Kulta Sections) in northeast British Columbia is available to you for inspection at the following locations:

CALGARY
National Energy Board Library
517 Tenth Avenue SW, Calgary, AB T2R 0A8
City of Fort St. John
10631 – 100 Street
Fort St. John, BC V1J 1J7
Phone: 250-789-3313

FrontCounter BC
100, 1000 – 110 Avenue
Fort St. John, BC V1J 6W7
Phone: 250-787-3415
Fax: 250-361-2094
Email: FrontCounter@bc.gc.ca

DAWSON CREEK
Dawson Creek Municipal Public Library
1001 McMillan Avenue
Dawson Creek, BC V1G 3V7
Phone: 250-782-4663
City of Dawson Creek
10105-12A Street
Dawson Creek, BC V1G 3V7
Phone: 250-784-3600

CHETWYND
Chetwynd Public Library
5012 – 46th Street
Chetwynd, BC V0C 1G0
Phone: 250-789-3733
City of Chetwynd Municipal Office
5400 North Access Road
Chetwynd, BC V0C 1G0
Phone: 250-401-6100

HUDSON’S HOPE
Hudson’s Hope Public Library
9905 Dudley Drive
Hudson’s Hope, BC V0C 1G0
Phone: 250-783-9414
City of Hudson’s Hope City Hall
9904 Dudley Drive
Hudson’s Hope, BC V0C 1G0
Phone: 250-783-9901

Dated at Calgary, Alberta this 24th day of June, 2015.

NOVA Gas Transmission Ltd.
By its Agent RoyNorthland Land and Environmental
Lance Webley, c/o RoyNorthland Land and Environmental
10912-100 Ave, Fairview, AB T0N 1L0
Phone: 780-835-7515

Please contact Lance Webley at 780-835-7515 or the National Energy Board offices at 1-800-899-1265 should you have any questions concerning this Notice, the Plans, Profiles and Books of Reference or the detailed route procedures.
Public Notice
Vancouver Folk Fest –
Global and holistic

By AMY CHENG

For Linda Tanaka, music is one of the things that can cut across all lines and overcome barriers.

As artistic director of the Vancouver Folk Music Festival (VFMF), now in its 38th year, Tanaka says, “It’s inspiring to see the festival as a creative platform for cultural values and artistic mediums to flourish and thrive on the shores of Jericho Beach – rendering opportuni-
ties for open dialogue, truthful thinking and community en-

gagement. At the same time, the festival will include workshop stages that partner up artists from various backgrounds.

“Usually, by the end, [the art-
tists] wind up collaborating. That spirit of collaboration and working together are what make our motto. It’s something very posi-
tive and uplifting,” says Tanaka.

Inspiriting community

Tanaka is excited by the combi-
nation of artists that contribute to the festival’s unique atmo-
sphere and community.

“We do the festival links us to a wide sphere and community of musical talents from around the world. In that sense, I think it’s great. It makes our community all the more exciting in bringing new outlooks, cul-
tures and voices,” she says.

Tanaka wishes to show that music can bring together differ-
ent cultures and draw all kinds of people to meet.

“The festival links us to a wide range of demographics of all in-
come brackets – in some cases, even three generations of peo-
plesays Tanaka. “This creates a really nice sense of community where we’re able to discover and connect in many ways.”

In that vein, the 38th annual Vancouver Folk Music Festival will be a celebration of community spirit and artistic voices and creativity. As with the previous years, the event will continue to nurture positive relations be-
tween a sum of artists and our community.

For more information, visit www.thefestival.bc.ca.

Little art warrior

Poised for success

By CLAUDIA BOS

Poised is the best word to de-
scribe artist Mandy Tsung: she is prepared for a journey to-
ward success and loaded with discipline, determination and various concerns about wom-

en’s issues. Along with partner Russell Alton, Tsung will present a series of small female portraits on wood panel in Creatures of Habit, an upcom-
ing exhibition at Hot Art Wet City gallery.

The only grandchild of her family in Hong Kong, Tsung singlehand-
edly carries the torch of future prosperity. She has successfully shown her work in commercial galleries, and is now proudly supporting herself.

Both sides of her family are proudf of her accomplishments, says Tsung, who financed her art college education on a volleyball scholarship. She feels that her family in Hong Kong sees her art-
istry as the culmination of all the hard labour and entrepreneur-

ship of past generations and that her Western upbringing pushes her to follow her dreams.

Education

Tsung explains that her college experience has taught her to see art as something that renders an experi-
ence.

“Art is something that changes you or your perspective,” she says, adding that she learned lit-
tle about materials or craftsmen-
dship in college.

Born in 1994, Tsung belongs to a generation of artists who spend only a small part of their time in the “real” world, and get most of their information, joy, friend-
ships, support, stories, news and education online. The Internet is also where Tsung finds the source material for her drawings and paintings.

“I don’t draw from life, where you have to treat the human figure as a shape that creates shades and catches light in some spots,” she says, “I see it as a liv-
ing thing with emotions and sto-
ries to tell.”

Tsung identifies with anime and animation heroes, which she describes as powerful war-
rior spirits. This influence can be seen in her earlier female nudes, which have cartoonlike eyes that stare out at the viewer.

“Being inspired by comic books, not in-
tended to seduce, but to demand attention,” says Tsung, “while downcast eyes would objectify and make the subject seem sub-
misive and powerless.”

Although she is drawn with the heroes of anime, Tsung has painted and drawn seductive Caucasian women for many years.

Fine Art consultation

Now, Tsung is looking to tran-
sition into Fine Art, where the artist can move away into the thousands. She seeks advice from Bau-Xi Gallery curator Pen-
nylane Shen, who advises her that her work will appeal more to the Fine Art circle if she goes back to the basics, simplifies her colour palette and does more work in portraiture. Tsung has considered Shen’s advice but says that she is not ready to let go of her bright colours just yet.

Currently, Tsung is moving from depicting female figures toward portraiture. Her col-
lection of work demonstrates a transition from portraying at-
tractive modern women and those who fight for a cause,”

to telling stories about real people who inspire her. She shows a small series of portraits of women who are looking into the lens with an inscrutable or angry expression.

“The portraits are based on photos women sent me. I asked them to take a selfie when they’re not self-con-
scious or trying to be pretty – just a neutral face. That is called my ‘bitchy resting face’ series,” says Tsung, adding that the se-
r ises to tell.

When her artwork is done, and often when it is not nearly done, Tsung posts it on Instagram for an audience of 40,000 follow-
ers. The format of most images is a small square, and she has no qualms about this adjustment to her media platform.

“It does not matter how big or small the artwork is, because most people will never see it in real life – only the little square on Instagram,” says Tsung.

From July 9–25. For more in-
formation, please visit www.cherrygirl.com/
creaturesofhabit

The web has a forum of diversi-

ty.

Visit us online at www.thelasource.com

Twitter: @thelasource Facebook: thelasource

Vol 16 No 3 | July 7–August 25, 2015
The Source 11
Mostly Marley:
Classic reggae vibes and a groovin' time
by MARIAM BALDEH

Mostly Marley, the Vancouver-based classic reggae band that has been bringing smooth reggae vibes to audiences across B.C., will be performing at this year’s Caribbean Days Festival. The festival takes place on the last weekend of July at Waterfront Park in North Vancouver and is a large cultural event that fuses parading, dancing, carnival and cuisine in a celebration of Caribbean culture.

Formed in 2003 by vocalist Mike Henry, Mostly Marley also features the talents of guitarist Russ Klyne, drummer Tim Proznick and bass player Matt Reid. “It started off as just a trio [with] a piano player, drummer, and [me] on vocals,” says Henry. “But once the band really took off, we brought in a bass player, and that helped us move from a sort of lounge reggae to what reggae should back to her roots.”

The shift from left-hand bass on keyboard to string bass also helped produce more of a reggae sound, he says.

Cruise ship beginnings
As for how he got his start in reggae music, Henry says that he was never really a fan of the genre and was always more into R&B soul and pop. It was when he worked as an entertainer on a cruise ship to Scandinavia in the late 90s that he started to get into reggae music. “On my breaks or off days, I would go down to this disco where they would play lots of reggae music – Ziggy Marley – and I was like wow,” Henry explains. “It was from that point that I decided that I was going to start a reggae band when I got back to Vancouver.”

“I was just more familiar with [Bob Marley’s] work,” Henry says regarding the choice of band name. “Whenever I thought of reggae, I thought of Bob Marley. He’s the most well-known reggae artist in the world – he introduced reggae to the world.”

Henry also says that he did not have a name for the band at the time and several people would ask him what kind of music they played as a band. “I would say we play this and that kind of classic reggae, but mostly reggae. So that just stuck Mostly Marley,” Henry explains.

Connecting with the Caribbean community
The band has frequented several locales around B.C. Most notable among them is the Rusty Gull in North Vancouver where they originally got their start and continue to perform biweekly on Sundays.

This year will be the band’s second time performing at the Caribbean Days Festival, following their successful spot at last year’s festival. However, securing a spot hasn’t been so easy, according to Henry. “I once finished a very small concert thinking to myself that I needed to get a ‘real’ job when a woman in tears came up to me. She said my song about residential schools made her cry. I felt really bad and apologized. She started laughing and said that she hadn’t been able to cry in years and that these were tears of joy. That was the last time I got down on my choice of career,” says van Lieshout.

Your typical Canadian
The Folk Festival website refers to van Lieshout that “Mostly Marley Band members – Reggae as a state of mind.”

For more information, visit www.caribbean-days.ca.

A not their state of mind in the heart of the west side
by NICOLE ALIVIOVIC

The Vancouver Folk Music Festival presents over 60 acts for its 38th annual event this July. New to the festival this year is Aboriginal singer/songwriter Diyet van Lieshout from Burwash Landing, Yukon.

After moving to Vancouver at the young age of 13 to study music, going to university in Victoria and then getting married and settling down in Vancouver, van Lieshout ultimately moved back to her hometown. “I love Vancouver but when you are born in the mountains in the North the feeling and desire for space and freedom never leaves you. It was only a matter of time before I came home,” says van Lieshout.

The surrounding environment serves as van Lieshout’s main musical inspiration and so it is not surprising that she was drawn to study music going to university in Victoria and having multiple performances at the Yukon and having two kids as well.

However, she is actively touring with her trio, including husband Robert van Lieshout on acoustic guitar, foot percussion and backing vocals, Rob Hamilton on electric guitar, mandolin and backing vocals and herself on bass and lead vocals.

“We’ve got a pretty fat sound for a trio,” van Lieshout says.

Receiving nominations for Best New Artist and Songwriter of the Year at the Aboriginal People’s Choice Music Awards in 2010 and 2011 and Album of the Year at the Canadian Aboriginal Music Awards, van Lieshout has achieved a substantial amount of success in her career. Her validation, she says, does not come from this success but from the positive effect her music has on people.

“I once finished a very small concert thinking to myself that I needed to get a ‘real’ job when a woman in tears came up to me. She said my song about residential schools made her cry. I felt really bad and apologized. She started laughing and said that she hadn’t been able to cry in years and that these were tears of joy. That was the last time I got down on my choice of career,” says van Lieshout.

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For more information: www.thefestival.bc.ca www.facebook.com/Diyetmusicwww.diyetmusic.com

Need the skills to find a job? We can help!

Design a fantastic resume and cover letter, fine tune your interview techniques, learn valuable skills to succeed in the Canadian workplace, gain insight into the job market, access special services for skilled workers at NO COST. The Progressive Intercultural Community Services (PICS) Society, Vancouver Branch, has been helping immigrants and newcomers to Canada for over 14 years!

Our Group Job Search Workshops are flexible, 5 module rotating program, running weekly, 16 sessions each month. This includes basic computer orientation, with instruction on using Word and Excel, and accessing the Internet. Workshops are held within a culturally diverse environment, led by qualified facilitators.

Past and current E/C recipients are always welcome. Knowledgeable case managers are available to guide you through the process of reaching your career goals.

PICS offers an on-site employment assistance, paid on-the-job-work experience through the Wages Subsidy program, and a one-stop Career Centre with a broad range of job hunting resources. Funding for all programs is provided by the Ministry of Social Development, Employment and Labour Market Services Division.

Please call 604-324-7733, go to www.pics.bc.ca, or visit us at 200-4161 Main St., Vancouver, to find out how we can best help you.

Mostly Marley: Classic reggae vibes and a groovin' time

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Please call 604-324-7733, go to www.pics.bc.ca, or visit us at 200-4161 Main St., Vancouver, to find out how we can best help you.
Boy is it ever good to be lucky.

That’s how Canadian writer Wayson Choy feels after passing each barrier put in front of him throughout life. Choy’s good luck streak doesn’t seem to be ending. He was recently awarded the George Woodcock Lifetime Achievement Award for outstanding long-time contributions to B.C. literature. He received $5,000 and a name plaque on the library’s Writers Walk of Fame.

“When I wrote my book, The Jade Peony (1995), it happened to be a best-seller. I came along at the time when people were more ready for stories like that,” says Choy. “But, I think that happened because there was now enough people interested in the history of Vancouver. Again, I was lucky. I wrote it at the right time.”

Choy defines being lucky as when you get something you wouldn’t have otherwise gotten by what seems like serendipity that is by chance. “It’s like finding a $100 bill when you needed it. I had a golden kind of aura of luck. So far, so good. Still lucky. My God, is it ever good to be lucky,” says Choy.

Writing in the early days

When Choy joined the writing program (1958–59) at UBC, the faculty was very pleased to see an Asian person who wanted to write because it was unusual. “It was an amazing time because the West Coast was discovering that we had every right to be represented in a published book-like tamarack review, which was centred in Ontario,” says Choy. One of his stories, The Sound of Waves, featured in Prism magazine ended up in an American publication called Best American Short Stories, 1962. He considered himself very fortunate to be printed internationally when he was about 20 years old.

But he didn’t write for a long time after that. “There’s no money in writing. So I had to make a decision. Will I write and not get anywhere? Even if I win prizes? Because there was no money in Canadian writing, at that time. I wasn’t that interested, I wanted to earn money,” says Choy.

Writing on hold

Vancouver-born Choy moved to Toronto in 1962, and worked a brief period of time in advertising, where all the money was supposed to be made. He didn’t like it. “By chance, he fell into a career in teaching. And even though Choy considers himself a writer, he specifies he never had a writing career – but a teaching career. “I have to be clear about that because I wasn’t one of those who thought even though I succeeded with some of my writing that I wanted to write because it was hard work. And not only that, you didn’t get anything for it practically,” says Choy.

Chinatown. People like Sky Lee and Paul Yee, who are younger than him, wrote about China-town before he did. Choy is working on some short stories based on the family featured in The Jade Peony, particularly stories that have been haunting the grandmother character. “These ghosts come back to me and suddenly I have to deal with them,” he says.

When Choy was growing up, he thought ghost stories were stupid. But, he notes people would tell these stories so well that he would believe them. “You could really get me if you said I’ll tell you about the ghosts that live on Pender Street. That was even better!” he says.

Chinatown was filled with village folk tales told by the Chinese working class. Now, Choy realizes how important these stories were because they were carried through the oral tradition. “Stories are my life. I hope other people will treasure their own stories and not be afraid to acknowledge them and make them a part of their daily life. If you understand that, you will live three times your life more than anybody,” says Choy.

I hope other people will treasure their own stories.

Wayson Choy, author

A little luck goes a long way: Chinese Canadian author reflects on career

By Florence Hwang

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But he didn’t write for a long time after that. “There’s no money in writing. So I had to make a decision. Will I write and not get anywhere? Even if I win prizes? Because there was no money in Canadian writing, at that time. I wasn’t that interested, I wanted to earn money,” says Choy.

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Writing on hold

Vancouver-born Choy moved to Toronto in 1962, and worked a brief period of time in advertising, where all the money was supposed to be made. He didn’t like it.

"By chance, he fell into a career in teaching. And even though Choy considers himself a writer, he specifies he never had a writing career - but a teaching career. “I have to be clear about that because I wasn’t one of those who thought even though I succeeded with some of my writing that I wanted to write because it was hard work. And not only that, you didn’t get anything for it practically,” says Choy.

"I hope other people will treasure their own stories.”

Wayson Choy, author
Celebrating Vancouver’s Latin flair at the Carnaval del Sol

by Judi Zienchu

Paola Murillo and Latincouver are proud to present the seventh annual Carnaval del Sol, a festival aimed at bringing an authentic Latin American fiesta to Metro Vancouver.

For the past seven years, the Carnaval del Sol has showcased and promoted the Latin American community’s cultural flair. “It’s a space for people to think ‘Wow! I’m in Latin America,’ while being in Vancouver. We want to bring the community here,” says Murillo, CEO and founder of Latincouver.

Bringing Latin America to Vancouver

This year’s event will take place July 11 and 12 at Concord Pacific Place with events and activities featuring all aspects of Latin American life.

In addition to sports, the Food and Arts Culture Plazas at the Carnaval are also a big draw and have a lot to offer to the festival. “I’d like to check out the music and the food, all the cultural stuff basically,” remarks first-time attendee, Mike Myrask. The Main Stage will host performances like Alex Cuba, who is one of the festival’s top artists and will be showcasing his pop-soul music at 6:20 p.m. on July 11.

The Food Plaza will be open throughout the duration of Carnaval del Sol and will feature numerous local vendors selling dishes like seafood paella, jalapeno cheese puffs, tacos and pan con lechon (roasted pork on a bun).

A new addition to the food this year is the Sol Y Playa Lounge. “Sol y playa is sun and beach, it’s the first time we’re selling beer at Carnaval, so we’re hoping this will add a little extra. You eat, you have beer and life is good,” says Murillo.

Shining together

Murillo was inspired to organize the festival to bring an awareness of Latin culture to all of Vancouver’s residents. “I just wanted to make a name for Latinos. To showcase who we are and celebrate with everyone. It doesn’t matter if you are from India, China, Columbia, wherever. Let’s have culture, let’s have fun - together,” says Murillo.

With increasing support from the community and the city of Vancouver, the festival has grown from a small event for 500 to an attendance of close to 100,000 last year.

“We grew so fast, I couldn’t dream we would become so big. The team of volunteers we’ve gained through the whole thing was just outstanding,” says Murillo.

With a small team of 16 in the Carnaval del Sol’s first year, there are now over 380 volunteers helping to bring the festivities to life this year. Volunteers are the backbone of the operation, says Murillo. “It’s the whole volunteers’ commitment and awesome energy that attracts people to support Carnaval del Sol,” says long-time volunteer Anna Paula Viveros Milla.

All events, activities and performances are family friendly and will be held in the Pacific Concord Place.

“It’s all about us shining through as a community together,” says Murillo.

For more information, please visit www.carnavaldelsol.ca and www.latincouver.ca

Visual arts reveals Latin soul.

“Cooling drinks tame the heat.”

Latin rhythms on display at Carnaval del Sol.

MINGEI

JAPAN’S ENDURING FOLK ARTS

JUNE 20 – OCTOBER 11, 2015

June 27, 3 – 5pm Artist Talk + Opening Celebration with Amaury Saint-Gilles

MINGEI <民芸> (mins-people, gei-art), featuring objects collected by Amaury Saint-Gilles from across Japan during the 1980s and published in his book Mingei: Japan’s Enduring Folk Art, offers an intimate glimpse into the world of the unknown craftsmen of Japan.

Over 200 works: charming items of daily use made of wood, bamboo, paper, straw, shell, lacquers, clay, metal, stone and other materials are presented in collaboration with the Canadian Society for Asian Arts. Curated by Margo Palmer, Sam Carter, and Sheri Kajiwara.

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Cultural Calendar

July 7–August 25, 2015

By SAIKANA TRAN

July and August are prime months for fun cultural festivals! Learn more about the wonderful cultural events that make up the Lower Mainland and expand your knowledge. There are many family events that admit kids for a low price or absolutely free.

Tea Zen by Don Wong, Lam Wong & Brian Mulvihill
July 1–Aug. 31
Dr. Sun Yat-Sen Classical Chinese Garden
573 Carrall St., Vancouver
www.vancouverchinesegarden.com

Tea has a very special place in Chinese culture. Join Don Wong, Lam Wong and Brian Mulvihill as they explore the art of calligraphy of tea. The exhibition also includes a documentary made by Lam Wong, which allows attendees to see how the use of tea encapsulates the human spirit.

Music at the Cannery
July 3–Aug. 28
Gulf of Georgia Cannery
12638 4th Ave., Richmond
www.gulfofgeorgiacannery.org

The Gulf of Georgia Cannery has its summertime concert series again this year! Join in on the fun every Friday night at 6:30 p.m. and listen to a wide range of musical acts. Come down and experience Jazz, Folk and Blues music like never before. The beautiful location of the Cannery allows for a fun concert setting outdoors! For the full line-up and schedule, please visit the website.

Indian Summer Festival
July 9–19
Various Locations, Vancouver
www.indiansummerfest.ca

For the fifth time, Indian Summer Festival is back with more guests and events! The events are located all across the Lower Mainland, with the opening gala happening at the Roundhouse Community Centre. Learn more about East Indian culture by attending one of the many art exhibits, musical events or movie showings. For more information on the schedule or festivities, please visit the website.

Time, People, Money, Crickets
July 10–Aug. 30
The Contemporary Art Gallery
555 Nelson St., Vancouver
www.contemporaryartgallery.ca
(604) 681-2700

Presented by Los Angeles based artist Mungo Thomson, Thomson’s exhibition brings together pieces of artwork produced during the past five years. The exhibition features several large-scale mirror works that alludes to the iconic TIME magazine borders. It references a variety of cultural and cosmological notions of time. For more on the exhibition, please visit the website.

Khatasalano! Music and Arts Festival
July 12, 11 a.m.–9 p.m.
202-487 West 4th Ave., Vancouver
www.khatasalano.com

Advertised as Vancouver’s Largest Free Music and Arts Festival, the Khatasalano festival is back for another year to celebrate the summer! There are many bands playing on different stages throughout the night. The festival also includes a kids’ zone with performers for the young ones! Explore the wonderful neighbourhood on West 4th and enjoy the fun!

Theatre Under the Stars Presents Oliver!
July 25–Aug. 22
 Malkin Bowl in Stanley Park
600 Pipeline Rd., Vancouver
(604) 662-3207

Theatre Under the Stars is a non-profit organization that provides families with entertainment in beautiful Stanley Park. This year the group presents Oliver!, based on the classic Charles Dickens’ novel Oliver Twist. Join the cast for an unforgettable evening under the stars to watch a musical performance of Oliver! For more information on the show and other performances, please visit the website.

Enchanted Evenings Concert Series
July 16–Aug. 20
Dr. Sun Yat Sen Classical Chinese Garden
573 Carrall St., Vancouver
www.vancouverchinesegarden.com
(604) 662-3207

Enjoy a wonderful evening at the Enchanted Evenings Concert Series at the beautiful Dr. Sun Yat-Sen Classical Chinese Garden. The Concert Series presents a variety of performers for a gourmet picnic in the park. Bring your special person for a night they won’t forget. For more information on the performance schedule, please visit the website.

ArtRich 2015
July 25–Aug. 16
Richmond Art Gallery
7700 Minoru Gate, Richmond
www.richmondartgallery.org
(604) 273-8700

Presented by the Richmond Arts Coalition, ArtRich is an exhibition that features local and regional artists. It is an exceptional exhibition to discover new regional artists featured in six categories: painting, drawing, mixed media, printmaking, 3-D works, textiles, photography and digital media.

Caribbean Days Festival
July 25–26
Waterfront Park
200 W Esplanade, North Vancouver
www.caribbeanbeadays.ca
(604) 315-2400

Come down to the beautiful Waterfront Park and celebrate all that the Caribbean has to offer. Embrace the tropical rhythm, cuisine and carnival feel! With performers straight out of the Caribbean, this fun celebration combines all the fun things about summer into one. Indulge in Caribbean cuisine and come down and walk the Waterfront Park with thousands of others.

Multicultural Fair: Sharing Our Unique Cultures
July 28, 11 a.m.–7 p.m.
Spirit Square
3051 East Broadway, Vancouver
www.culturalfair.com
(604) 929-6920

Celebrate your multicultural community by attending the Multicultural Fair! The day includes live entertainment, music and dance from many different cultural backgrounds. There are many multicultural groups that will be represented at the fair such as Chinese, South Asian and Korean performances. This free fair will have many fun activities for the kids!

Davie Street Block Party
July 31, 6 p.m.–12 a.m.
Davie St. between Burrard and Jervis St.
www.vancouverpride.ca
(604) 687-0955

The Davie Street Block Party is all about the LGBTQ+ Community and the businesses of Davie Street. The party includes carnival games, a beer garden and favourites like giant Jenga and Twister. This year the party also has human foosball! See what the LGBTQ+ community groups are up to and also discover new artists from the community.

Powell Street Festival
Aug. 1–2
Oppenheimer Park
www.powellstreetfestival.ca
(604) 729-0389

The Powell Street Festival is an iconic festival that celebrates Japanese culture. Located in the previous location of the Asahi baseball team, the Powell Street Festival hopes to celebrate the Japanese history of Vancouver. With drum performances and traditional dances to Japanese desserts and food trucks, this fun summer festival is something you won’t want to miss.

Latin Summer Fest
Aug. 16
Trout Lake Park
3700 Victoria Dr, Vancouver
www.latinsummerfest.com
(604) 533-2488

Latin Summer Fest hopes to promote Latin culture in a one-day outdoor event. This year’s event has import markets and food pavilions surrounding an outdoor stage. The stage will also host community groups and young talent performers! For a full lineup, please visit the website.

Pet-A-Palooza
Aug. 23, 10–4 p.m.
Yaletown
1100 Mainland St., Vancouver
www.petapaloozawest.com

When festival season is on, it’s easy to leave our furry friends indoors for pet-free events. Now there’s the Pet-A-Palooza, an event that not only encourages pets, but is all about our little companions! The event has photo lounges, French and English dog races and much more to see. Come down and spend a special day dedicated to your smallest best friend.

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www.dahongpilipino.ca

Photo by Noah Photography

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Meet Tim Doyle, the owner/operator of Greylag Boat Tours running out of Cowichan Bay, B.C. Tim had had a wonderful career as a shipwright, building and repairing boats for 40 years, mostly in the Lower Mainland. His passion was to build wood-en boats but unfortunately the practice was fading just as he was starting his career. He end-ed up mainly building yachts where fiberglass is widely used. Like many people visiting the Cowichan Bay and the Co-wichan Valley, Tim became arrested by its beauty and lifestyle when he moved to the area in 2012. This region is highlighted in *The Circle Comes Round* featured in the July 2014 edition of *The Source.* Cowichan Bay, located just outside Dun-can, B.C., became North Ameri-ca’s first CitaSlow community in 2009. Begun 10 years earlier in

**Ingredients for the salmon**
- 1 side of salmon (ocean wise)
- 1 lemon
- 1/3 cup of your favourite spice rub (like cajun)
- 1/2 cup of white wine
- Olive oil
- Chopped parsley
- Salt and pepper

**Method**
1. Bring the water for the funchi to a boil in a pot on the stove. Stir in the cornmeal and seasonings, cook for 10 minutes. Stir frequently. The funchi should be just thick enough to hold its shape. Take the salmon off the grill when the flesh flakes at the touch of a fork.
2. Lay a sheet of aluminum foil out onto the plate from a little bowl or shallow dish to season the salmon. Turn out into a bowl and cut into portions for serving. Serve with a nice chunky salad.
3. Slice the lemon and red onion.
4. Serve with nice fluffy rice, ripe pineapple, or mango, whichever twist you like!

**Recipe by Selma van Halder**

**Summer BBQ salmon and Funchi**

What better way to celebrate the summer than with a nice dinner from the BBQ? This summer salmon is cooked en papillote (in parchment) which makes for juicy and flavourful fish, cooked with aromatics. It is served with a nice chunky salad.

**Ingredients for the salmon**
- 1 side of salmon (ocean wise)
- 1 lemon
- 1/3 cup of your favourite spice rub (like cajun)
- 1 red onion
- 1/2 cup of white wine
- Olive oil
- Chopped parsley
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**Like many people visiting the Cowichan Bay and the Cowichan Valley, Tim became arrested by its beauty and lifestyle when he moved to the area in 2012. This region is highlighted in *The Circle Comes Round* featured in the July 2014 edition of *The Source.* Cowichan Bay, located just outside Duncan, B.C., became North America’s first CitaSlow community in 2009. Begun 10 years earlier in Italy, this designation is given to those communities which feature slow food – meaning food that is sustainably produced using high quality, locally grown products, and encourages the interaction of local small businesses. For example, one business might produce the flour, another mill it, another create baked goods from it and sell them to the public and other local businesses. Everything is done from scratch and is just the opposite of mass produced fast food. The concept extends to the physical space of a community that encourages the pleasure of walking through an area full of shops, art, shops and restaurants in a beautiful natural setting.

**All this is Cowichan Bay and the Citaslow concept is practiced in many places in the Cowichan Valley. One of them is nearby Genoa Bay Cafe which features fresh local seafood, and produce, cut into portions for serving.**

**For more information:**
- www.youtube.com/greylagtours
- https://www.facebook.com/greylagtours