



The Source

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Photo courtesy of Ryan Catherwood

▲ Rob Lyons (with camera) and Dr. Yvette Lu filming House Call with Dr. Yvette Lu.

Verbatim

Here, no one fights with anyone

by VICTOR VAN DER MERWE

Everything smelled like cookies. It had been a week since I had slept in a comfortable bed. It had been a 48 hour flight and a two hour wait in customs. But, we made it from South Africa to Canada and now, everything smelled like cookies.

The tumultuous '80s in South Africa was my childhood. School assemblies that told you what to do if you spotted a landmine, and a poster in every classroom to keep the images fresh in your mind. My sisters and I were rushed to the neighbours once because my mom and dad were in a grocery store that was bombed. It got better, of course, and by 1996 an uncertain peace was in the country. With his early redundancy at his job, his oldest child just out of high school and two more just about to graduate, my dad decided that Canada would hold a more certain future.

The plane landed on May 4, 1997. "Don't think for a moment it is going to be easy here. It's like South Africa here too." That was the warm welcome we received from two South African expats that met us at YVR with Tim Hortons coffee. I am sure they wanted to be kind and prepare us for the hard times that were ahead of us, but it sounded very ominous. This is, after all, a very mosaic culture where people from all over the world come to live together in a new place. What if no one gets along with each other? What if this is just like South Africa? If we could not have black and white people live together in harmony, what are the odds that people from all walks of life could come together? I looked at my tired-eyed family and wondered if they suddenly doubted our decision to immigrate too.

The first family decision we made in our new country

See "Verbatim" page 3

Storytelling in the Digital Age

by BETTY SHEA

As society turns increasingly to online sources for news and entertainment, storytelling becomes more and more about creating digital content.

Fortunately for local artists, Vancouver is a hub for digital creativity. From producers to social media specialists, here are some messages from the local talent.

Pay attention to your audience and to social media

"When you're making a film, it's

really important to think of your audience early on," says Dr. Yvette Lu, actor, filmmaker and family physician. "Build your audience when you're making your film by starting social media accounts, posting behind-the-scenes pictures, so that when your film comes out, you already have a following."

Lu is host and co-producer of *House Call with Dr. Yvette Lu*, a series of short online films about caregivers across Canada. The series is nominated for two categories, Best Reality and Best of BC, at the 2018 Vancouver Web Festival taking place

this month. Founded in 2013, the festival has attracted digital submissions from over 24 countries this year. The 3-day event includes screenings, panel discussions, workshops and more.

For those who rarely spend time on social media, venturing beyond Facebook, let alone facing an online audience, can seem daunting. One way to gain a foothold is by attending a workshop. Stephanie Michelle Scott, social media specialist of Wildfire Effect Consulting, and Holly Carinci, founder & CEO of HollyWords Publicity Group, are co-leading a workshop enti-

led 'Social Media, How To Build An Audience For Your Personal Brand' at the Vancouver Web Festival.

Scott explains that good stories appeal to a wide range of people but, more importantly, they are highly relevant to a niche group. Therefore, it pays to spend time on one's social media presence.

"Getting [the stories] in front of that niche group is 'internet gold'," says Scott. "When you hear about a 'viral' video or a friend says, 'did you see that social media post?'" This is what

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Cultural Spotlight

Scandinavian fishing stories

by MASHA RADEMAKERS

The Scandinavian Cultural Society is organizing its annual Nordic Spirit Heritage Images Exhibit at the Scandinavian Community Centre. The exhibit will move to the Gulf of Georgia Cannery in Steveston on May 5 before returning to the Scandinavian Community Centre. This year's exhibit will focus on early Scandinavian-Canadian fishing activities in BC.

"The immigrants who came to Canada from Scandinavian countries were often sea-going boys. Most would have grown up in farming families, but even those liked to fish for additional food during the winter. They knew how to handle themselves around

bition displays photos from one or more of the five Scandinavian Community groups: Swedes, Fins, Norwegians, Danes and Icelanders. This year focuses on all the groups together.

"Scandinavians have a lot in common. They don't like showing off, and they value honesty. Another similarity is that they like to work together. If you look at the history of co-operative movements in western Canada, you notice that many early leaders of these groups were Scandinavian," says Thauberger.

More than 3000 members are connected to the Scandinavian Community Centre in Burnaby where people from Nordic countries and anyone interested can join a club or attend Nordic cultural events. Thauberger is a member of

Canada mostly for economic reasons in the early 1900s.

"It was a time where land had run out in the Scandinavian countries, and often only the oldest son could inherit the farm while other sons and daughters had to fend for themselves," says Thauberger. "The Norwegian government started providing technical education, which made my grandfather a blacksmith and my grandmother a seamstress, but even with these skills, jobs were scarce."

An important reason that Canada became a settler's destination was the fishing industry. As Thauberger explains, there was poverty in the Scandinavian countries after the Second World War. People started to come to Canada where they hoped to be able to continue to fish and sell their catch for a good price.

"One group of Norwegians connected to the Community Centre escaped from Norway during the war. They had been secretly ferrying refugees from Norway to the British Isles with their fishing boat until one day the Germans got a hold of this information. Before they could come after them, the Norwegian smugglers put all their family members – about 20 people – and as much food as possible onto their fishing boats and sailed to Canada," says Thauberger.

Dog

The photo exhibit will feature pre-1950s photos of commercial and sport fishing, which have been gathered from the families connected to the Scandinavian Community Centre.

"The pictures come with a lot of interesting stories. One of the stories came from Norm Enridge, who got into trouble when he went ocean fishing with his younger brother when they were young. They called the Coast Guard, but when help arrived, the boys were already in the water next to their capsized boat. Norm had already been pulled out of the water when one of the men asked, 'Do you want us to save your dog too?' But Norm didn't have a dog. That hairy head still struggling in the water was his little brother," says Thauberger.

The pictures and their accompanying stories, live interviews and an evening concert will all be part of the Nordic Spirit Heritage Images Exhibit, on April 14 and 15 at the Scandinavian Community Centre.

For more information, visit www.scandinaviancentre.org



▲ Icelandic settlers' fishing boats, Hunter Island, BC, 1915.



▲ Icelandic settlers' sail powered dories being towed to the fishing grounds by steam powered tug, 1915, Hunter Island, BC.

water," says Carolyn Thauberger, who organized the Nordic Spirit Images Exhibit alongside John Stuart, Isaac Vanderhorst and members of the Scandinavian Cultural Society.

Vikings

Every year, the photo exhibit

several such groups, among them the Viking Society.

"My Norwegian background gives me an interest in Viking history," says Thauberger. "My family name, Mære, is connected to a church in Norway that goes back to Pre-Christian Viking times. The church, which carries the same name as my family and the farm they lived on, was mentioned as a Norse sacrificial site in one of the Icelandic Sagas."

Jobs

Scandinavians migrated to

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A gala to celebrate Muslim women in B.C.

by OZLEM SULEYMAN

Voices of Muslim Women (VMW), a non-profit organization, will be holding their annual gala on April 22, 2018 at the Bell Performing Arts Centre in Surrey to celebrate and inform the community about the accomplishments, talents and fearlessness of local women in Metro Vancouver.

Hosts of this year's gala include UBC Associate Professor and Canada Research Chair, Ayesha Chaudhry, and Aliza Vellani, a Canadian television actress from Little Mosque on the Prairie.

"I am very excited but also a little bit nervous," says Vellani. "The gala provides a space for the community to come together and engage in a discussion in shared experience, and I want to do my very best to contribute on that day."

The gala

Part of the gala will be a film festival and storytelling showcasing some films. The second half will have an award ceremony that recognizes and honours local excellence in Muslim women in different fields such as athletics, business, social justice, education, and arts and culture.

"The gala will be showcasing an external partner and an internal member this year," says Fatima Ahmed, co-founder and program's director.

Tayybeh Syrian Cuisine, a caterer in Vancouver and the external partner of VMW, will have an opportunity to share their story.

The gala will also showcase one of the internal members, Aliza Youssef, who is the creator of The Sisters Project, a portrait series that aims to diversify women, in a photography exhibition.

According to Ahmed, besides making new friends and finding new allies to talk about causes that affect everybody, the gala can "give the youth something to look forward to" and they can become inspired by their role models.

The gala gives people the chance to dress up and experience some amazing food and



▲ Aliza Vellani, one of the hosts of the VMW Awards Gala.

performances, explains Ahmed. Muslim events are not usually open for everyone to share the experience so it is quite a unique occasion.

"The gala and VMW's programs allow Muslim women to enter their respective industries without feeling defined by their faith while also being empowered by their faith," says Vellani.



▲ Aisha Amijee and Fatima Ahmed, co-founders of Voices of Muslim Women, in their office.

"And that's something people need to see!"

For Muslims and non-Muslim alike

In April 2017, Aisha Amijee, founder, board president and executive director of VMW, organized an event called "The Voices of Women Festival" in Coquitlam. Ahmed attended that even as a representative from another organization co-sponsoring part of the event. Amijee and Ahmed discussed how to turn the event into an ongoing service for a wider demographic over a cup of coffee. The two decided to start a non-profit organization that would offer programs, services and events to target women of all ages and backgrounds.

Voices of Muslim Women (VMW) is a non-religious, social

and professional organization that provides space for self-identified Muslim women, while also building relationships with the larger community. Although VMW focuses on Muslim women because they are marginalized, non-Muslims and men are welcome to join and participate in their events.

"We are not a religious organization," Ahmed explains. "The point of using 'Muslim' is as a cultural identity, and there are lots of ways that people choose to live that culture."

VMW members hope to have sustainable support for their ongoing programs such as digital storytelling and art therapy in the future.

"What I think makes VMW so unique is the fact that the programs run by VMW are taught

and supported by Muslim women," says Vellani. "It makes such a difference when you attend a class and see fellow Muslim women teaching and executing that profession to the fullest."

VMW was founded in B.C. but Ahmed is hoping to reach out across Canada and the world to build a strong network to face challenges such as mental health, addiction, racism and internal biases.

"We are growing. We are young. We are open to feedback, collaboration and ideas," Ahmed adds. "So, we are willing to talk to everybody who is out there. Whatever you think you know about the group, you don't. Please talk to us." ✍

For more information, visit www.voicesofmuslimwomen.com.



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► "Verbatim" from page 1

was to take a limo instead of two cabs. That did make us all smile a bit. The limo was packed to capacity with heavy suitcases and five tired and nervous people.

"Where are you from?" asked the driver.

"We just moved here from South Africa." There was a small pause.

"Welcome to Canada! Here no one fights with anyone."

A nervous laughter filled the limo accompanied by tears. We learned that he was from Israel and had lived here for almost 50 years. His welcome was warmer than the coffee the South

that meat is murder, and drivers tell us that the bike lanes are taking away room from cars. 9/11 and the racial climate of Trump also shows us that Canada is not averse to racism. Let us also not forget that just after the wonderful show of the 2010 Olympics, Granville was turned into a disaster zone because the Canucks did not take the cup.

To live in Vancouver means having friends and neighbours from everywhere. To live in Vancouver means that you ask and get asked the question "Where are you from?" more than "What do you do?" To live in Vancouver means that



▲ Learning to deal with each other's differences.

Africans gave us. We were positive again about the move and ready to take on the challenges that lay in front of us.

It has been over 20 years since we took that first ride in a limo, and the driver was not exactly accurate. People here do fight with other people. Vegans are constantly telling us

people have different points of views. To live in Vancouver is to know warmth and politeness. To live in Vancouver means that yes, there are problems we need to face, but to live in Vancouver means that it is a civil discussion with the hope that we can elevate our community even higher. ✍

Accidental tattoo artists

by VICTOR VAN DER MERWE

The Vancouver Tattoo and Culture show will be at Vancouver Convention Centre in Canada Place, Hall C on Apr. 20–22. With almost everyone nowadays having at least one tattoo, it is hard to believe a time when being a tattoo artist was not seen as a good profession.

Two artists who saw the possibilities in the medium are Emilio Hidalgo who can be found at The Fall Tattoo Studio and Mirella Stefanucci of Mirella's Touch of Class Tattoos in Burnaby.

Old country, olden days

Born and raised in Lima, Peru, Hidalgo wanted to be an artist, but his parents wanted him to study something more respectable.

"They wanted me to study architecture, but I wanted to do art," he says.

Once in art school in Peru, Hidalgo discovered tattooing. He left school and went to a shop in the city to help out and in 2000, he started tattooing as a career. Tattoos still carried a stigma in Peru: his first clients were gangsters, the kind of people that did not care about stigma and could afford tattoos. In 2007, leaving his shop in the hands of his sister, he moved to Canada with his Canadian wife and started working as just an artist at the Fall. With the headaches of owning a shop gone, he likes that he can focus



▲ Emilio Hidalgo trained in Peru, where he was born.

on his art and leave the business to other people.

New world pioneer

Vancouver born Stefanucci has been tattooing for over 25 years, but tattooing came into her life almost by mistake when she was in high school.

"I hated school, but I loved art so I took every art course I could take. I was going to become a graphic artist when just by fluke I met a tattoo artist." Says Stefanucci.

The tattoo shop she walked into was Curly's Tattoos. He thought she was a great artist and asked her if she would like to come help out in the shop and

it took off from there. Just like Hidalgo, Stefanucci had a bit of pushback from her parents.

"I was the little Italian girl and Mom and Dad wanted me to work in an office and conform to that kind of life and it really was not my cup of tea."

Directly from her apprenticeship Stefanucci opened her first studio in Vancouver, becoming the first female artist to own her own tattoo studio in Canada.

The future

For Hidalgo the future lies back in his home country of Peru. He wants to develop his art and broaden his influence on the tat-

too world and then go and maybe own a small shop in the country. Where people who want his kind of tattoo will come and find him.

"I would like to move back to my country one day and be more relaxed. Somewhere out of the city and people who like my work will follow where I am," he says.

For Stefanucci the industry is headed for a bright future.

"I don't know if it could get any better than what it is. These young artists are just phenomenal. When I started no one was aspiring to be a tattoo artist and now kids are going to art school



Photo by Gurk Bains

▲ Mirella Stefanucci was the first woman to own a tattoo studio in Canada.

so that they can become tattoo artists," she says.

For both these artists who have made a career out of practicing art in a way they did not originally thought possible, it has become clear that the stigma of tattoos are going away and art schools are now not accidentally giving us tattoo artists, but eagerly training the next generation of body artists.

Some of those young tattoo artists will be displaying their art and capability at the Vancouver Tattoo Show. ✂

For more information, please visit www.vancouvertattooshow.ca

SFU is in a new _space

by MUNATSI MAVHIMA

Business of Design students and faculty at Simon Fraser University have carved out a makerspace leading students to make more than just connections in the classroom and hopefully reaching people across the Lower Mainland.

The Business of Design program is a very young, year-long program that began in the fall of 2016. According to the program's website, "The program is for you if...you want to make a positive impact in the world through sustainability."

_Space for sustainability

This initiative is described by co-director of the Business of Design program, Lisa Papania, Ph.D. as "the prototype before the prototype of what a space could be."

Since 2007 she has been looking for ways to bring practical craftsmanship to her business classes. As Papania explains, "the focus that I've always had, besides understanding the value of work, is also on sustainability... you can't keep pushing the price of products down and expect those things not to negatively impact the environment."

The push for a makerspace

Efforts to advance these ideas were initially thwarted. This was because workstations and makerspaces were restricted to students of specific faculties, whether it was in fine arts, interactive art and technology or communications, art and technology. Business students were left to borrow space where they could. This would not have been possible without the collaboration of students and faculty from

the Emily Carr University of Art + Design. This was a collaborative effort, namely City studio, an initiative that presented students with real life problems facing different groups in Vancouver. The program was offered by both SFU and Emily Carr in partnership with the City of Vancouver. As connections with Emily Carr grew, especially with Theunis Snyman of Basic Design, he opened his space in Maker Labs to SFU business students in 2014.

The students are the future

At SFU's Surrey campus, room 190B (which is 1800 sq. ft) has become a space unrestricted by the divisions of different faculties where anyone is able to make a positive impact. Students, teachers and entrepreneurs from different backgrounds in SFU and beyond have created a space that is all-encompassing. It works as a workshop, meeting area or to fit the needs of any of its occupants at the time they require it. It is driven by students of the Business of Design cohort program, specifically those from the fall 2017 program. Jay Tseng, Benta Cheng and Henry Lin are some of the students involved in making _Space a reality at the Surrey campus. By meeting with leaders and stakeholders from SFU, including student groups, student society members and the wider community, these students were able to create a space that brings people together in a creative and productive way.

"Our goal is to help students explore their passion and also to turn any concept into reality," says Lin.

At the heart of _Space and all that has been achieved are the students who've been in charge of moving the SFU physical maker strategy forward. Jay Tseng, one of the Business of Design students integral to _Space told SFU's Beedie School of Business, "We believe that our space is not just a makerspace but a design space, art space, social space, start-up space, inspirational space and so much more. When people use our space, they will naturally define what this space is to them."

It is also all in the name. _Space is a makerspace, a study space, and a creative space that joins a growing number of collaborative workspaces across Vancouver that are designed to be interdisciplinary and interactive. This expands what it means to work with people of different backgrounds and expertise and allows a space for it. There are big plans for a _Space and places like it, says Papania. "We want to create a makerspace and a maker's experience that feeds into those other [makerspaces across the Lower Mainland]," she adds. ✂

For more information, go to: www.sfu.ca/sfunews/stories/2018/03/business-of-design-students-launch-makerspace-at-sfu-surrey.html



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▲ Lisa Papania, Ph.D. (far right) with students at _Space, the makers' space at SFU's Surrey campus.

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Photo courtesy of Rebecca Graham

More than just plants

by RAMAN KANG

“I like introducing people to plants they’ve been walking past – sometimes for years – but never really seen or met before,” says Rebecca Graham, facilitator of the Urban Food & Fibre walk, which will be taking place Apr. 14 at Coquitlam Heritage.

“Most of us are completely disconnected from nature these days – and even from each other,” says Graham.

Graham says the Urban Food & Fibre walk is meant to show us the marvels that live in our own backyard, not only to connect us with nature, but to also help us realize that we too are a part of nature. She says it’s not just about using plants for food but recognizing that everything that comes from our backyard can be used as a resource.

“We can’t live without fibre any more than we can live without food or shelter,” says Graham, who notes that clothing, rope, fishing lines, nets and baskets are all made with fibre.

She says it’s also important to recognize our impact on the environment; what we do, how we consume and what we take changes our ecosystem. She feels this walk is an opportunity to have conversations about the land we live on and to learn more about it.

“Learning about the plants and our ancestors’ ways of life is how we can reconnect ourselves to the land and also to each other, even across cultural and language differences,” says Graham.

Respect and reciprocity

“It’s not just about taking; we have to ask ourselves what we can offer in return, and find ways to reciprocate and give back,” says Graham.

“[It’s about] respect and reciprocity” says Graham, something that echoes in her teachings as well.

Think and reflect

Born and raised in the Squamish territories, Indigenous herbalist Lori Snyder says the woods were her backyard and also her safe place.

Snyder grew up not knowing much about her First Nations background. It wasn’t until

“ Learning about the plants and our ancestors’ ways of life is how we can reconnect ourselves to the land and also to each other...”

Rebecca Graham, facilitator of the Food and Fibre walk

She explains we can’t just go in with a mindset of taking all we can. Instead, Graham encourages people to build a relationship with plants and ask for permission before taking them.

“This idea of giving back to the land is hard for many people, because it’s completely foreign to our culture and leads to uncomfortable questions about how we live the rest of our lives, too,” says Graham.

she got older that she became curious.

“Plants are tied back to my history. Plants became like my elders; I felt guided and taken care of,” says Snyder. “We’ve been marketed away from our true nature. It’s empowering to know we’re all connected, we’re a part of the ecosystem – what we do impacts the environment.”

Snyder says plants can tell us about our soil, environment and the weather. She says the dandelion, a weed usually seen as undesirable, has been trying to get our attention for years.

“The dandelion only grows where there are people,” says Snyder. “It helps to flush toxins, gives us minerals and vitamins, depending on how she’s [dandelion] extracted. She’s a little misunderstood.”

Both Snyder and Graham believe humans have a responsibility to the plant kingdom and future generations.

“It’s exciting to see everyone’s eyes going wide with wonder,” says Graham. “Facilitating that experience for people is some of the most important work I do.”

For more information on the walk, please visit www.coquitlamheritage.ca/eventslist/2018/4/14/urban-food-fibre-walk



Photo courtesy of Rebecca Graham

▲ The Food and Fibre Walk is one of four programs Rebecca Graham is leading this spring at Mackin House. She’s wanted to learn how to weave baskets and eat wild foods ever since she was a child.

A conversation with Lee Maracle

by BRITTANY THOMSON

As part of the New Legends of Vancouver Author Readings, author Lee Maracle will be reading from her latest book, *My Conversations with Canadians*, at the Vancouver Public Library (VPL)'s Central Branch on Apr. 22.

Written in the Notes application on her iPhone, this collection of prose essays started as a pipe dream for Maracle that eventually became a reality. Broken up into thirteen different con-

versations, *My Conversations with Canadians* dives head first into the questions Canadians have been asking First Nations people for years – questions Maracle says have followed her throughout her whole career. When starting out, Maracle said she was told that “Indian books don’t get published because Indian people can’t read.”

Curriculum addendum

As a parent and grandparent, Maracle worries about future generations being uneducated in their own culture. She also has some thoughts on how Ca-

“ I missed the classroom experience as an Indigenous student. Make our stories part of curriculum. We need to be able to study our own work.

Lee Maracle, author

nadian parents can prepare their children for dealing with racism in and out of school. “Kids emulate us. We need to ask ourselves as parents, what kind of human being do I want this child to be? Kindness is the way to raise a child. Be thoughtful if you want them to be thoughtful. Be good if you want them to be good,” she says.

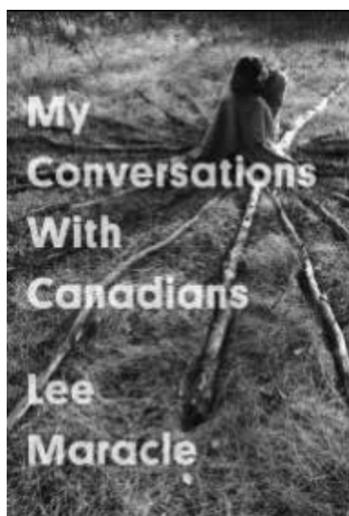
Maracle hopes to continue the conversation and jokes that her next book might be titled *Conversations with First Nations*, since Indigenous people have just as many questions about Canadians, and continue to educate both Canadians and First Nations people.

“I missed the classroom experience as an Indigenous student. Make our stories part of curriculum. We need to be able to study our own work. We need that to advance as a country,” she adds.

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and she has taken it upon herself to better educate the masses. Maracle says she often finds herself repeating, ‘Nothing about us, without us.’

Residential schools: a cultural genocide

According to Maracle, until Canadians begin to prioritize issues in their own backyard versus those overseas, the misunderstandings between Canadian and First Nations people will continue to grow. The thirteenth conversation of the book is titled ‘Reconciliation and Residential Schools as an Assimilation Program’.

“You cannot reconcile something that is continually happening,” says Maracle.

She appreciates that the Truth & Reconciliation Commission describes residential schools as a cultural genocide, but admonishes the fact that



▲ Lee Maracle, author of *My Conversation with Canadians*.

Maracle hopes her book will inspire other Indigenous writers and wishes to continue supporting new and upcoming writers in the Indigenous community.

“I hope that I manage to support emerging writers and leave a legacy behind that I was the lead goose in a flight of a lot of writers,” she says. ✍️

For more information on the VPL Author Readings please visit www.vpl.bibliocommons.com/events



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Unleash your best: fundraiser for Rohingya refugees

by SIMON WILLIAMS-IM

The first photography exhibition of Marco Francesco Lilliu was unveiled April 5 in the cultural playground of Commercial Drive at The Drive Coffee Bar and runs the rest of the month.

Lilliu, a family and business lawyer, is a Vancouver-based photographer showcasing his work after long time encouragement from friends and admirers. Lilliu's donation of the exhibit's profits to charity has sparked further public interest in his project.

The exhibition focuses on the photographer's own experience of Cambodia and Myanmar. All funds will support Rohingya refugees, who face the daily pain of living in crowded camps after fleeing an ethnic cleansing campaign last year.

Lens focuses on refugees

In less than six months, over 670,000 Rohingya (an ethnic and religious Muslim minority) fled the brutality of Myanmar's military and found themselves sheltering in neighbouring Bangladesh.

The crisis has been highlighted by the United Nations as a 'textbook example of ethnic cleansing' and reports that 100,000 refugees are in danger of landslides, floods and disease as the monsoon and cyclone season approaches.

The situation motivated Lilliu to propose an exhibition after becoming aware of the situation during his travels across Myanmar (formerly known as Burma). As a photographer, he documented his journey from multiple trips to the area, ranging from photos of the bustling streets of Phnom Penh to the rebel-run lands on the border with China.

"While the photos I'm exhibiting are curated from five trips to Myanmar and Cambodia over the past few years, I'm excited that the proceeds are going to help people in need affected by this tragedy," he says.

Juggling work and passion

Lilliu believes that travel is a fantastic way to explore the world and helps him to engage with his future projects. He's currently planning to go to Cox Bazar in Bangladesh where a majority of Rohingya refugees



▲ Marco Francesco Lilliu, lawyer and photographer.

are located, across from the border with Myanmar, Erbil (Arbil) which is the capital of Iraqi Kurdistan to explore the daily life experiences of locals and later to visit Nepal for a hiking and photography expedition.

When asked how this is possible with a full time job, Lilliu smiles.

"I take a couple weeks off work. I do work on the flight to my destinations," he says. "I work on the plane, distraction



▲ Boating in Shan territory, Myanmar.



▲ Hei Teak Na Festival, Cambodia.

free, and usually travel for 2–3 weeks as work doesn't allow for long trips."

During his travels, Lilliu

spends time exploring and taking shots; and when on location, he meets people in the legal world and networks.

In terms of his artwork, he doesn't rely on Photoshop but uses such programs for small edits in terms of sizing.

Lilliu recommends finding a passion and driving it forward.

"Just do it. I came up with an idea and then drove it forward," he says. "When you have a side project, you need to focus, set hours to spend reading and learning about the topic."

The exhibition offers a vast array of photographs, which Lilliu says are "affordable for people." The money raised by the project will go to BRAC, an international charity with operations in 12 countries and is focused on ending extreme poverty. ☞

For more information, please visit: www.instagram.com/marcofrancesco news.un.org/en/story/2018/03/1004232

► "Storytelling" from page 1

has happened. Most people have to work at finding brand advocates, but there are tactics that can help."

Social media is just as important for established actors and digital storytellers.

"Casting directors, producers, directors – they ALL look at the actors' socials when they're considering bringing them in for key roles," says Carinci.

Differences in social media profiles can be the deciding factor for which of two shortlisted actors wins a starring role.

Find your message and create a community

Going from concept to distribution can also be intimidating. What advice do the experts have?

"The one piece of advice I'd give to digital storytellers is to first invest their time into really understanding the message themes they want to be associated with," says Scott. "The goal, the tone, the digital marketing plan, audience impression and the audience values you will attract are all results of your messages."

Coming up with a clear message for digital storytelling is a combination of passion and hard work. Lu is an enthusiastic advocate for raising awareness of the important roles that caregivers play. She notes that there are over eight million Canadians, about 28 percent of the population, who are unpaid caregivers. Replacing family caregivers with paid caregivers would cost the economy an estimated \$25 billion a year.

"It's hard and it really is a job even though caregivers are not



▲ Holly Carinci.

paid," says Lu. "Between 20 to 40 percent of them report depression. They also experience social isolation and financial stress."

Lu has three goals for *House Call*: building a community for caregivers, promoting practical solutions for caregiver self-care and empowering caregivers by connecting them to



▲ Stephanie Michelle Scott.

resources. The videos are but one part of a digital ecosystem that she hopes to create for caregivers.

"The website that *House Call* is hosted on, called the Stories

of Caregivers site, contains a board called the Inspiration Board," says Lu. "Caregivers and anyone associated with caregivers can go there and post their own story about caregiving. What we're hoping is that this would help build a community where people would help each other and mutually support each other."

Building a digital community is key to long term success. Carinci encourages her clients to experiment with social media postings that are aligned with their message. Consistent social media posts allow one to find their 'superfans' and their target audience. It also generates feedback and lead to essential insights.

"It does take work, but one of my greatest joys is helping clients find ways to make social media a part of what they do, not add to their workload, and watch them genuinely enjoy the process," says Carinci. "Because it's social it should be fun."

Do your research and make a plan

Whether in topic research or in budgeting, successful digital

storytelling requires a degree of planning. Lu likes to be prepared before interviewing her subjects.

"If I was interviewing someone who is taking care of somebody with multiple sclerosis, I make sure I know what MS is, what the disease course is and what are the kinds of things that somebody taking care of MS needs to do," she says.

When it comes to budgeting, Scott believes that it is important to have a well-designed plan.

"When planning your budget, concentrate on what would be the most efficient path, not the least expensive one," she advises. "Identify your shortfalls and find the best people to fill them. But look around, great campaigns have been done on shoestring budgets because their memorable content connected to their audience in a genuine way." ☞

For information on the Vancouver Web Festival, visit www.vancouverwebfest.com. For information on *House Call with Dr. Yvette Lu*, visit www.storiesforcaregivers.com.

Complex characters drive a whodunit

by JAKE MCGRAIL

***Nine Dragons*, a play set in 1920s Hong Kong, traces the journey of Tommy Lam, Hong Kong's best detective, as he struggles against both the criminals and the colonial system that shape his job and his life.**

The show runs at the Gateway Theatre April 12–21, and is a co-production with Vertigo Theatre and the Royal Manitoba Theatre Centre.

Setting the stage

Written by Jovanni Sy, *Nine Dragons* is a crime thriller set in colonial Hong Kong. Lam is a detective on the police force, but though he is the best detective around, the colonial system and blanket discrimination in



Photo courtesy of Gateway Theatre

▲ Craig Hall, artistic director of Vertigo Theatre and director of *Nine Dragons*.

his home-country means he is always being held back from reaching his full potential.

"Tommy is an extraordinary character," says Craig Hall, director of the show. "He's Sherlock Holmes-like, very capable, but he's hit by a glass ceiling, held back because of who he is. He struggles with his cultural identity in a world where who he is creates barriers."

Hall is also the artistic director of Vertigo Theatre, a company that devotes itself specifically to mystery theatre.

"I've always been drawn to the genre," says Hall. "Mystery, police procedure, ghost stories; they're all rife with potential to both entertain and shock."

Jovanni came to Hall five years ago, when he was writing the piece, with a request for them to try and help him nail the genre.

"We saw huge potential in it, and we helped him develop it," says Hall.

The mystery genre can sometimes be seen as simply a world of "whodunits" – full of plays that are purely entertainment-driven, but Hall pushes back against that idea. He sees the genre as richer than that, and while he still wants to make sure its viewers are entertained, he wants this show to pack a well-rounded punch.

"We get the tropes," he says, "the archetypes of the characters, it's a fun night out; but there's a social core to this piece. I'm hoping the audience is entertained, but that there's something that resonates beyond just a fun evening out at the theatre."

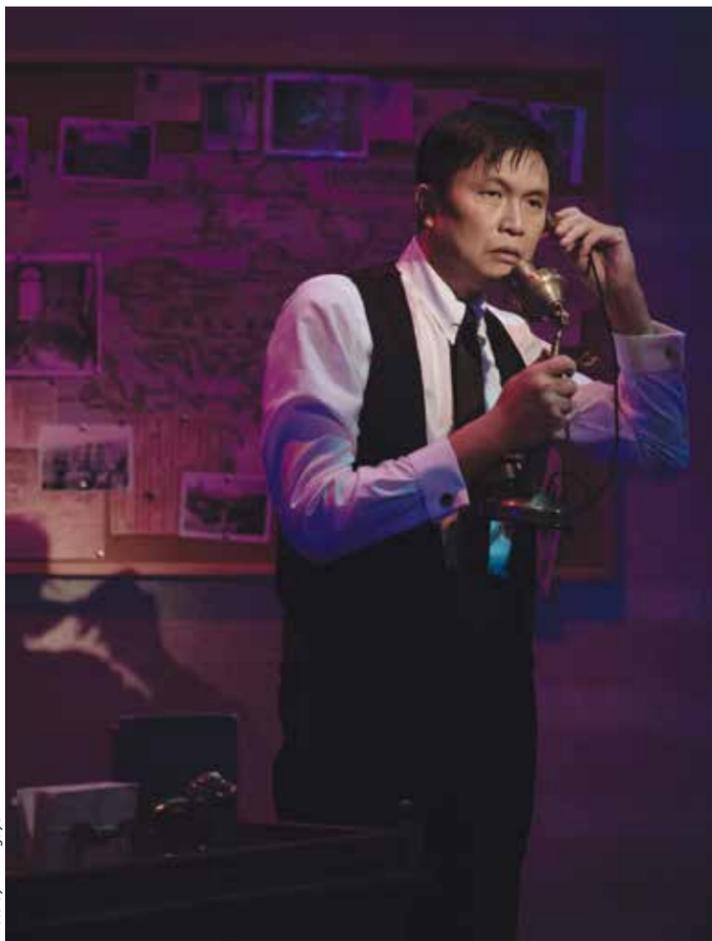


Photo by Tim Nguyen

▲ John Ng plays Tommy Lam in *Nine Dragons*.

One of the pieces of the social core is a struggle with cultural identity, and it's something that not only Lam but a multitude of characters attempt to deal with on-stage.

"They're making their way in a time where they're not empowered," says Hall, "but through their nature and audacity they're burning a new path. There's also

some moral ambiguity in this piece; everyone is working inside and outside of the law, making complex moral choices that make them much more interesting. They're complex characters, not just heroes and bad guys."

Filling the role

The character of Lam will be played by John Ng, an actor

who has been a part of the development of the show since its initial stages around five years ago.

"I knew Jovanni from way back," says Ng. "When he wrote the play, I became involved in the initial workshop and its development. He said that the Tommy Lam character was perfect for me, so I've been a part of it since."

Ng himself is originally from Hong Kong, as he was born and raised there before moving to Ottawa at the age of eight. When he was a child, Hong Kong was still under British rule so he has an understanding of the history *Nine Dragons* represents – and an appreciation of Lam's struggles.

"Tommy's main motivation is to prove people wrong," says Ng. "To show that we, as Chinese citizens, can fulfill our own destiny; we don't need to rely on Europeans in order to succeed."

The mystery and crime thriller genre is one that Ng had never worked in until this show, so he is excited to bring the character of Lam and the world of *Nine Dragons* onto the stage at the Gateway Theatre.

"I want the audience to feel like they've gone through a roller-coaster ride," he says, "because of all the twists and turns in the plot. I hope that they want to see more of the character, see more of him trying to solve different cases." ❧

For more information, visit www.gatewaytheatre.com.

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Anatolian folk songs revisited

by CURTIS SEUFERT

To celebrate the Turkish National Sovereignty and Children's Day, the Ministry of Culture and Tourism of the Republic of Turkey and the Turkish Consulate General in Vancouver presents Arpanatolia, the Turkey-based musical, at the Chan Centre Apr. 24.

"The Turkish government is inviting children from all around the world, every April 23rd, to celebrate it all together. We are trying to continue that tradition," says Anil Inan, Turkish Consul General of Vancouver.

Arpanatolia brings the Anatolian past to the present. The trio, comprised of Çağatay Akyol (harp), Ferhat Erdem (Anatolian instruments) and Cemal Ozkiziltas (percussion) brings together Anatolian folk songs, many of which have been around for millenia, with the modern Western harmonic system, showcasing a long and rich history of Anatolian culture through music.

A history with the harp

Since he was a child, Akyol knew that he wanted to become a musician, but up until his first day at his music conservatory, he had his eyes set on the violin. His instructors stated that only right-handed people could play violin, and since Akyol is left-handed he was forced to pick another instrument. Sensing that Akyol was unimpressed by the other options, the harp instructor asked if he would be interested in becoming a student of the harp. Akyol, having overheard a conversation describing the instrument earlier that day, agreed despite never having seen the instrument.

"The harp teacher asked me, 'Would you like to play harp?' I said 'yes', and she asked me what it looked like," says Akyol. "And I heard a bit about it at the

tion he has held since he was 19, as well as being the harpist for Arpanatolia.

A 'kitchen' of music

Founded nearly five years ago, Arpanatolia has pursued the goal of bringing the past to the present. By showcasing folks songs and instruments that date back to the Hittite empire (founded around 3600 years ago), Akyol aims to bring that era of music to audiences today.

"Arpanatolia has a mission, I can say, because we are playing Anatolian music, our traditional music, our folk songs, which means we

“ Music is a bridge from the past to the future.

Çağatay Akyol, harpist
in Arpanatolia trio

move the history of these pieces from the past to the future. We try to remember for the people, from their past and for the future also. Generally, music is a bridge from the past to the future," he says.

Akyol feels that each song is like telling a piece of Anatolian history to the audience through a part of its own culture, so to help contextualize the music, the trio divulges a bit of the history behind each song before performing it.

"Arpanatolia is not only a concert, but also a kind of lecture, a musical lecture, you could say, because each of the pieces is telling the history of the song to the people," says Akyol.

For Akyol, the richness of Anatolian history and culture shines through its music, and it's a richness you can find no matter which part of its culture you look at.



▲ Turkish trio Arpanatolia brings together Anatolian folk songs and the modern Western harmonic system.

door [of the conservatory], so I said 'it's like a triangle, with the strings and such' and she said, 'Congratulations, then I'll take you!'"

Playing the harp for nearly 40 years, Akyol is the second ever known male harpist from Turkey and has built a lengthy career of performance roles, including current solo harpist for the Turkish Presidential Symphony Orchestra, a posi-

"We have very rich culture: if you look at a country to their food, to their 'kitchen,' you can see how they live," he says. "So we have incredible foods, and for each village you can find 30, 40 different [ones], which means you have a rich culture. So Arpanatolia has the likeness of a kind of 'kitchen' of music." ✎

For more info, please visit www.chancentre.com

Cultural Calendar

April 10–24, 2018

by SIMON YEE

Spring is here and a lot of events happening around town are focusing on the beauty and importance of our environment. Check out the cherry blossoms at this year's Vancouver Cherry Blossom Festival. Experience a visual feast of wildlife and nature, conservation and the environment, through the lens of international and local filmmakers at the Elements Film Festival. And march down Commercial Drive in honour of Earth Day, a global event dedicated to bringing awareness of the multitude of environmental catastrophes affecting our planet.

Vancouver Cherry Blossom Festival

April 3–29
Various neighbourhoods around Vancouver
www.vcbf.ca

The Vancouver Cherry Blossom Festival story is one of romance. It is an annual celebration that marks the reawakening in our community of all that makes us alive and human. We smile at one another. We take our lunches under the spreading blossoms. We spend the warming nights beneath illuminated clouds of flowers. We celebrate as people have celebrated since time immemorial, with poetry, music, dance, good food and drink, laughter and love. This April visit the myriad neighbourhoods for events centered on the cherry blossom tree. Visit the festival website for more information.

Incident at Vichy

April 11–22
Studio 16, Vancouver
www.theatreintheraw.ca

Arthur Miller's tale *Incident at Vichy* playing at Studio 16 this month portrays persecution and anti-Semitism during the early days of the Second World War. During the Nazi occupation, a group of people are detained in a warehouse in the "Free Zone" of Vichy, France under suspicion of being Jewish. Their unease, fear and confusion is stirred up as they contemplate what options they may have left. What fate awaits them? For tickets and showtimes, check out Theatre in the Raw's website.

Elements Film Festival

April 14–15
Telus World of Science, Vancouver
www.elementsfilmfest.org

The Elements Film Festival will be held at the Telus World of Science on April 14 and 15, featur-



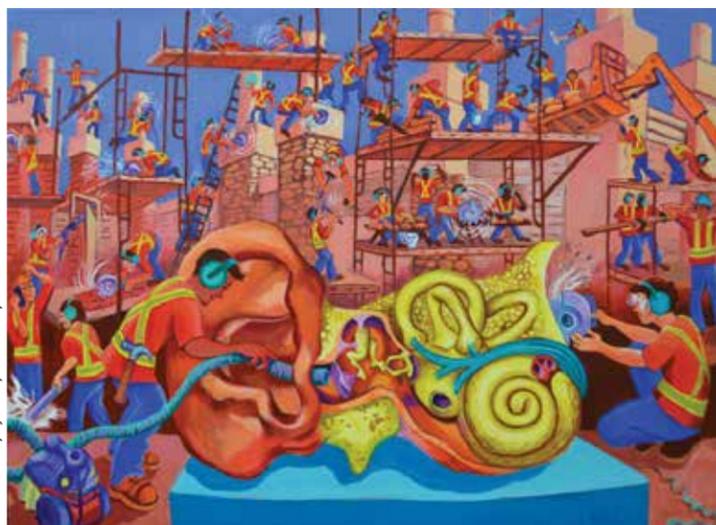
▲ Enjoy a few weeks under the cherry blossoms.

ing dozens of environmentally-focused films, both shorts and feature length, from countries all over the world. Experts, filmmakers and accomplished scientists will engage in panel discussions and Q&A's following the sessions. Take an extreme look at the waters of the Indian Ocean, the peak of Mount Kilimanjaro and the Marañón River in Peru through the lenses of some of the world's most intrepid filmmakers. Check out the film festival's website for a complete schedule of events.

Elizabeth Hollick: Body Politic

April 14–June 10
Surrey Art Gallery
www.surrey.ca/culture-recreation/26081.aspx

The Surrey Art Gallery will be showcasing the works of White Rock painter and muralist Elizabeth Hollick until June 10. Often startling and always colourful, the paintings by Hollick unite the human body with the world at large. She is celebrated throughout Surrey for her lively figurative paintings of local places, stories and characters. For many years she has also been fascinated by human anatomy, as well as



▲ Elizabeth Hollick's paintings unite body and world.

the architecture and landscape of White Rock. With her signature humour, each painting in *Body Politic* portrays the connections between the privacy of the interior world and the development of society at large.

Daymé Arocena and Roberto Fonseca

April 15, 7 p.m.
Chan Centre for the Performing Arts at UBC, University Endowment Lands
www.chancentre.com

The Chan Centre for the Performing Arts will present Afro-Cuban neo-soul singer Daymé Arocena and Havana-born piano virtuoso Roberto Fonseca in an exhilarating co-bill on April 15. These shining talents who draw from Cuba's storied musical tradition will each ignite the stage – Arocena with her intoxicating vocals and Fonseca with his sophistication on the keys – offering a fresh and modern take on the styles rooted in their Caribbean home country. For tickets and more information, please check out the Chan Centre's website.

National Canadian Film Day

April 18
Various venues across Canada
www.canadianfilmday.ca

The National Canadian Film Day has always been about encouraging all Canadians to celebrate the incredible achievements of the country's filmmakers. On April 18, join your fellow Canadians in theatres, libraries, schools, public squares and drive-ins across the country as we celebrate our nation's cinema. For a complete list of films playing around Metro Vancouver, please visit the NCFD's website

Light Transforming: Choral Explorations II with Michael Zaugg

April 20, 8 p.m.
Dunbar Ryerson United Church, Vancouver
www.vancouverchamberchoir.com

On April 20, the Vancouver Chamber Choir will be presenting *Light Transforming*, a collection of choral works guest conducted by Swiss-Canadian conductor Michael Zaugg. This last choral presentation of this musical season will bring the whole range of vocal expression – from the majesty of choir and orchestra to the multi-hued palette of unaccompanied voices. Zaugg's programme will have many new and intriguing choral works by Rautavaara, Rheinberger, Whitacre, Archer, Saint-Saëns, Elgar, Knudson and Joby Talbot. Visit the choir's website for a full repertoire list.

Make It! The Handmade Revolution

April 20–22
Pacific National Exhibition, Vancouver
www.makeitshow.ca/vancouver

Since 2008, Make It has grown to become one of the most popular

and well-attended craft fairs in Canada, with biannual shows in Vancouver, Edmonton and Calgary. Over 180 Makies (and some brand new ones too!) are bringing their beautiful handmade goodies back to the Forum at the Pacific National Exhibition for a fabulous spring show! Stock up on accessories, jewellery, clothing, art, home decor, food, baby/kid items and lots of other beautifully crafted goods. As always, there will be delicious food trucks and a beer garden so make sure you come hungry and thirsty! Check out the Make It website for more information.

Eighth Annual Earth Day Parade

April 21, 1–5 p.m.
Commercial Drive, Vancouver
earthdayparade.ca
www.earthday.org

Earth Day is a global event campaigning on behalf of environmental protection of our precious Earth. On April 21 at 1 p.m., there will be an Earth Day parade on Commercial Drive from Broadway-Commercial Station to Grandview Park to bring awareness of the problem of excess plastic pollution. Participants will be greeted by a celebration complete with speakers, musicians and all the good things that come with gathering together as a community to address the things that matter most today. The event is family friendly, and youth from the across the Lower Mainland are welcome and encouraged to come. To learn more about the parade visit earthdayparade.ca. To learn more about the global initiative, please check out earthday.org.

Spirit Horse

April 21–29
Waterfront Theatre on Granville Island, Vancouver
www.carouseltheatre.ca

Spirit Horse will be playing at the Waterfront Theatre from April 21 to 29. This powerful production follows the adventures of two First Nations children whose family is caught between traditional ways and urban culture. Angelina and Jesse's lives are changed forever when their grandfather, who lives by the old ways on a prairies reserve, brings them a horse that has mysteriously appeared to him. The children feel an incredible bond to this majestic animal, which links the girls and their dad to their Stoney Nation heritage. The play is recommended for ages eight and older due to some challenging themes, intense moments and high-stakes scenes of action and adventure.



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