Doctors take an eastern medical approach for eye diseases, eye strain

by FLORENCE HWANG

Two Lower Mainland eye doctors who have backgrounds in Chinese medicine say they are concerned with the increase in eye strain conditions and diseases they have seen in their patients due to excessive use of screens.

Dr. Cheryl Wang has been practising 16 years in acupuncture, and six years in micro-acupuncture. Micro-acupuncture is a relatively new acupuncture system that involves 48 acupuncture points located only in the hands and feet, and is generally not associated with any other acupuncture system. It’s used for a variety of health conditions and is effective for treating pain. She points out that Western eye doctors are able to see the physical detailed conditions inside the eyes, such as swelling, bleeding, macular holes, retinal tearing and scar tissue.

According to Bright Focus Foundation, an American non-profit organization that supports research to end Alzheimer’s disease, macular degeneration, and glaucoma, the number of people living with macular degeneration is expected to reach 196 million worldwide by 2020 and increase to 288 million by 2040; 60.5 million had glaucoma in 2010. Given the aging of the world’s population, this number may increase to almost 80 million by 2020. Wang feels there will be more need for the micro-acupuncture treatments.

Screen syndromes and strains

She is seeing more of the “Computer Eye Syndrome” or “Digital Eye Strain,” specifically in the younger generation who are spending more time in front of screens like cell phones, tablets, computers and televisions.

“We have started seeing more eye disorders such as eye fatigue, dry eyes, tearing eyes, eye inflammation, blurred vision, and nearsightedness which [is] caused by the blue lights from these electronic screens,” she says.

She points out that these disorders are different from degenerative eye diseases. But if ignored, all these symptoms will eventually lead to retinal damage and eventually vision loss.

Dr. Andrew Lin, a registered Chinese Medicine Practitioner and Acupuncturist, also sees screen syndromes and strains in his patients. He notes that discrimination does not matter little. Everyone has their place; everyone is welcome. It is absolutely impossible to proclaim loud and clear that discrimination does not exist in Vancouver, but it is fair to point out that the environment is calmer than in France.

The great diversity of Canada and Vancouver has enriched me. And my (and still current) work experience confirms this. I am a language teacher who works with children from many different cultural backgrounds. I have taught in a French immersion school for several years, and my students speak not only French but also Mandarin, Arabic, Spanish, Japanese, Hindi and Italian spoken at work. This diversity has fueled my curiosity and opened me up to many other cultures that were completely foreign to me before, especially Asian cultures. These differences push us to adapt to others with respect, indulgence and empathy. This cultural diversity also bring a lot of variety to the level of cooking and music. In short, there is something for everyone!

See “Eye Health” page 5

Verbatim

I wanted another way of life

By MARC-AURELIE NÉGRI

Leaving for Canada was a choice I had made a long time ago. Originally from the French countryside, from a family that takes little or no vacation and where we work hard, travelling is somewhat foreign to us. Despite that, leaving my comfort zone and leaving alone for far, far away from home tempted me. Having had the chance to have a childhood close to nature, in Normandy, France, I was looking for a place that allowed me to achieve several travel objectives. I wanted to improve my English but also to have easy access to the outdoors. In short, I wanted another way of life. The Vancouver option fulfilled both of these objectives.

First of all, if there is anything that surprised me about Vancouver, it is the multiculturalism. Through Caucasian, Asian, South American, African, etc. communities, Canada has developed a society where origins, colour and religion matter little. Everyone has their place; everyone is welcome. It is absolutely impossible to proclaim loud and clear that discrimination does not exist in Vancouver, but it is fair to point out that the environment is calmer than in France.

The great diversity of Canada and Vancouver has enriched me. And my (and still current) work experience confirms this. Daily, I hear English and French, but also Mandarin, Portuguese, Spanish, Japanese, Hindi and Italian spoken at work. This diversity has fueled my curiosity and opened me up to many other cultures that were completely foreign to me before, especially Asian cultures. These differences push us to adapt to others with respect, indulgence and empathy. This cultural diversity also bring a lot of variety to the level of cooking and music. In short, there is something for everyone!

See “Verbatim” page 6

AU CSF, LE FRANÇAIS, C'EST BIEN PLUS QU'UNE LANGUE!

Inscrivez votre enfant dans une des écoles publiques francophones du CSF

Pour plus de renseignements, communiquez avec la dirección de l’école la plus près de chez vous, en vélo !

CSF BC CA

Vol 19 No 8 | October 23–November 6, 2018

Also in this issue

Play tackles seniors and social isolation
Page 7

Life and times of Kut, the polar bear
Page 9
Islamic History Month carries in some ways a double edge of separation, as different, as Other,” says Bulbulia. “I’ve seen women in my family getting their mehndi done before big events.”

Starting conversations Bulbulia is new to Vancouver, having emigrated from South Africa a year and a half ago. “Every community has a lot to offer in terms of understanding the diverse nuances of histories that populations have experienced,” he says. “Whether it’s learning about the histories of African origin, whether it’s a geographic origin or a religious orientation that’s privileged – there’s always a lot to learn.”

This form of education has been at the centre of Bulbulia’s time in Canada. “I found very beautiful people here with really good hearts who are able to learn from,” he says. “The way indigenous communities are starting conversations [to] recognize and try to rectify injustice [to] me a tremendous motivation for social change.”

Changing society is something about which Bulbulia feels strongly. “To be an accepting, multicultural, multi-religious society means accommodating and celebrating the needs of every community within the country,” he says. 

For more information, please visit www.spl.ca.

Henna is a dye made from leaves [and used for beautification purposes] for religious holidays and wedding celebrations, [often with] flower motifs,” says Bulbulia. “I’ve seen women in my family getting their mehndi done before big events.”

Starting conversations Bulbulia is new to Vancouver, having emigrated from South Africa a year and a half ago. “Every community has a lot to offer in terms of understanding the diverse nuances of histories that populations have experienced,” he says. “Whether it’s learning about the histories of African origin, whether it’s a geographic origin or a religious orientation that’s privileged – there’s always a lot to learn.”

This form of education has been at the centre of Bulbulia’s time in Canada. “I found very beautiful people here with really good hearts who are able to learn from,” he says. “The way indigenous communities are starting conversations [to] recognize and try to rectify injustice [to] me a tremendous motivation for social change.”

Changing society is something about which Bulbulia feels strongly. “To be an accepting, multicultural, multi-religious society means accommodating and celebrating the needs of every community within the country,” he says. 

For more information, please visit www.spl.ca.

Henna is a dye made from leaves [and used for beautification purposes] for religious holidays and wedding celebrations, [often with] flower motifs,” says Bulbulia. “I’ve seen women in my family getting their mehndi done before big events.”

Starting conversations Bulbulia is new to Vancouver, having emigrated from South Africa a year and a half ago. “Every community has a lot to offer in terms of understanding the diverse nuances of histories that populations have experienced,” he says. “Whether it’s learning about the histories of African origin, whether it’s a geographic origin or a religious orientation that’s privileged – there’s always a lot to learn.”

This form of education has been at the centre of Bulbulia’s time in Canada. “I found very beautiful people here with really good hearts who are able to learn from,” he says. “The way indigenous communities are starting conversations [to] recognize and try to rectify injustice [to] me a tremendous motivation for social change.”

Changing society is something about which Bulbulia feels strongly. “To be an accepting, multicultural, multi-religious society means accommodating and celebrating the needs of every community within the country,” he says. 

For more information, please visit www.spl.ca.

Henna is a dye made from leaves [and used for beautification purposes] for religious holidays and wedding celebrations, [often with] flower motifs,” says Bulbulia. “I’ve seen women in my family getting their mehndi done before big events.”

Starting conversations Bulbulia is new to Vancouver, having emigrated from South Africa a year and a half ago. “Every community has a lot to offer in terms of understanding the diverse nuances of histories that populations have experienced,” he says. “Whether it’s learning about the histories of African origin, whether it’s a geographic origin or a religious orientation that’s privileged – there’s always a lot to learn.”

This form of education has been at the centre of Bulbulia’s time in Canada. “I found very beautiful people here with really good hearts who are able to learn from,” he says. “The way indigenous communities are starting conversations [to] recognize and try to rectify injustice [to] me a tremendous motivation for social change.”

Changing society is something about which Bulbulia feels strongly. “To be an accepting, multicultural, multi-religious society means accommodating and celebrating the needs of every community within the country,” he says. 

For more information, please visit www.spl.ca.
A mobile application available on both Android Apps and the App Store, offers families a virtual tool to care for aging parents. The application customizes and stores client medical information and preferences in any language to support caregivers and family members.

"People in care often need routine and consistency to reduce anxiety," says Christina Chui, the founder and chief executive officer of Caren. "For instance, if someone has dementia, using a specific coffee cup is important of being addressed," says Chiu. "This information helps create open communications and trust between the caregiver and the person under their care."

The flexibility of this application allows families to personalize the information to fit their needs, which could include preferences based on language, culture, social economics, and education levels.

"In a typical Southeast Asian family, it’s more common for the wife, daughter or a daughter-in-law to care for the elderly," says Chiu. "But there are male family members who would like to participate, but culturally don’t feel comfortable to navigating their daily routine. If the cup is missing, their entire day is off."

Caren is designed to store medical history and preferences of aging parents. This information can be shared with professionals, family members or a rotating schedule of different care workers who are responsible for administering medications and support services in the absence of a family member.

As a graduate student at UBC working towards her Masters in Health Administration, Chui is in contact with many physicians and nurses who observe hospital emergencies of seniors caused by a decline in care.

"Many hospital emergencies by seniors are preventable," says Chui. "Consistent care ensures that aging parents are eating proper meals every day, taking correct doses of medications and maintaining proper hygiene."

Language and culture key design element for mobile app

Caren is designed to share data in any language. This is a significant feature that allows people to communicate in their first language. As a graduate student in health administration, Chui is interested in the benefits of language and culture as part of caregiving, observing that seniors often feel more comfortable speaking in their first language.

"I believe that people who care for seniors should be able to speak their language to communicate," says Chiu.

Respecting a client’s culture is also important to consistent care. Chui is trained to refer to seniors by their last name, but she recognizes that there are nuances; for example, some older Chinese men like to be called Uncle. This type of information can be uploaded to the mobile app so caregivers know how to address their clients.

"Caren recognizes that a person in care has a preferred way of being addressed," says Chiu. "This information helps create open communications and trust between the caregiver and the person under their care."

The flexibility of this application allows families to personalize the information to fit their needs, which could include preferences based on language, culture, social economics, and education levels.

"In a typical Southeast Asian family, it’s more common for the wife, daughter or a daughter-in-law to care for the elderly," says Chiu. "But there are male family members who would like to participate, but culturally don’t feel comfortable.

Next level of senior care

Chiu has her sights on developing a leading senior’s care platform with the launch of her mobile app Caren. In the future, she envisions it being able to make smart recommendations to prevent hospitalization and keep seniors healthy at home.

"One of our clients is using the app for his dog," says Chiu. "People are using Caren in creative ways. Our target is seniors because it’s my passion."

Chiu first pitched her idea at Hacking Health Design Challenge in 2016, winning the people’s choice award. The following year, she won the Frazer Health Hackathon. In 2018, Chiu joined the e@UBC’s Lean Launchpad program, incorporating her company, CareCrew Technologies, to start raising business capital.

By the summer of 2018, Chiu had moved into Innovation Boulevard’s Surrey office and became a client of SFU’s Coast Capital Savings Venture Connection, which provides mentoring and startup support to new innovators. More recently, CareCrew won the SFU Coast Capital Savings Venture Prize social impact award.

"I wanted to do something that would alleviate the stress on our healthcare system," says Chiu. "In my studies, I found the missing link was family. Families are willing to play a bigger role if we empower them with the right tools."

For more information, visit www.carenapp.com.

Photo courtesy of CareCrew Technologies
A celebration of Vietnamese heritage

by VINH NGUYEN

In celebration of Vietnam’s culture and heritage, the Southeast Asian Heritage Society (SEACHS) will be holding Mai Dao: A Glimpse into Vietnamese Culture at the St. John’s Theatre on Oct. 27.

Reminiscing on his time in Vietnam, Mai Dao theatre director Dennis Gupta says he is fond of Vietnamese water puppet show, which is what first introduced him to Vietnamese culture.

“I was stunned with the playfulness of the puppets, floating, diving and playing with the pool of water,” Gupta says. “It was fantastic!”

It was when Gupta helped with organizing Mai Dao that he says he truly immersed himself in the beauty of Vietnamese culture.

“Mai Dao sees the beauty of sharing one’s culture, language and history in a theatrical space, and the community that forms this event brings sincerity and love,” he says.

Gupta hopes his theatrical talents will engage the audience at the event.

“There is always greatness in bringing your visions of hope and connectedness through performative expressions,” he says. “It makes it present, alive and heartfelt.”

More than pho

Thai Hoa Le, SEACHS executive director and Mai Dao organizer, seeks to make Mai Dao welcoming to the public, especially second generation Vietnamese-Canadians who are still figuring out their identities.

“It is an opportunity for Vancouver residents to experience more than just pho or banh mi in Vietnamese culture,” she says. “The show is born out of the collaboration that happens within the community.”

In a significant portion of his childhood in Montreal, where he learned about his heritage from his parents. Le then pursued his acting career in acting school abroad and came back to Canada later on.

“Finally at the age of 31, setting aside his career, I had more time to improve my Vietnamese and connect with my peers,” says Le.

Besides his acting credits in the blockbuster movie X-Men: Days of the Future Past, Le also contributed to a notable Vietnamese film during his time in Vietnam: The Lady Assassin.

Teaching for community

For Pearl Nguyen, a teacher at Tran Huu Trang Theatre in Ho Chi Minh city, her immediate connection with organizing Nguyen also gives her the heart she guided her to the land of Vietnamese theatre, as she has always been an art lover at heart.

Nguyen takes pride in her role as a teacher as well as in her research on contemporary Vietnamese theatre, which is recognized by the University of Massachusetts Boston in Boston, United States.

“After graduating university and getting my art degree in theatre direction, I have taken on the path of teaching the younger generations,” she says. “I am proud to be a teacher teaching about acting methods and the history of the theatres."

Participating in the Vietnamese community in Vancouver, she notices that the community is quite different from what she experienced in other Canadian cities.

“I have been to Toronto and Montreal multiple times, and I find that the Vietnamese community in Vancouver has a different presence,” she says. “The community has a hard time finding a common voice here."

Shedding a more positive light on this subject, Hoang Nguyen, a student at Langara College who moved to Vancouver 4 years ago, says that the Vietnamese students may be timid at first. However, after they have gotten to know each other, their bonds strengthen greatly.

“As a Vietnamese international student, I think there is a really strong connection between Vietnamese students in general. However, I think growing up in the South East Asian culture, people are shy to start conversations with others,” he says. “But once we become friends, we have a strong sense of community.”

Le also says that Vancouver is a vibrant city full of diversity, where he can embrace his culture.

“Vancouver is a very multi-racial city, where everyone is treated fairly without discrimination or racism,” he says. “I have always been proud of my Vietnamese heritage.”

For more details and tickets, visit www.exploraasian.org.

MOSAIC Settlement Services
604 254 9626 ext 1010
clee@mosaicbc.org
www.mosaicbc.org/sp

Public Service Announcement: November 1 – 2018 Free Community Activities

Culture Smart Conversation (Hindi, Urdu, Punjabi)
Join us in a friendly and warm environment where you can have a conversation about Canadian culture and current affairs or topics you are interested in.

Wednesday, October 3 – November 28, 6:00 – 8:00 pm
MOSAIC Surrey Office, #200-7134 King George Blvd
Attn: 778 591 9334 ext 126 | nahan@mosaicbc.org

Canadian Citizenship Preparation
Open for two day workshop to prepare for Canadian citizenship! The sessions will be facilitated by MOSAIC staff. We will talk about topics such as Canada’s history, symbols, government and geography, as well as the rights and responsibilities of citizenship. Free, service registration required.

November 7 & 8, 10:00 am – 1:00 pm
South Hill Branch, Vancouver Public Library, 6075 Fraser Street
Angel 604 254 9628 ext 2111 | ashe@mosaicbc.org

Tenants’ Rights (Mandarin)

What should I pay attention to when renting a house or apartment
• Lease agreement
• Tenants rights and responsibilities
• How to complain to the landlord

FACs

Wednesday, November 9, 10 – 12 am

CDM Centre, 27th floor Crystal Mall, 4500 Kingways, Burnaby
Angel 604 254 9628 ext 2111 | ashe@mosaicbc.org

Francophone Language and Culture Sharing

Learn more about the Francophone language and culture, exchange ideas and knowledge

Fridays, October 5 – November 30, 6:30 – 8:30 pm
MOSAIC Surrey Office, #200-7134 King George Blvd
Pausien 778 591 9334 ext 105 | fikllans@mosaicbc.org

MOSAIC Settlement Services
604 254 9626 ext 1010
clee@mosaicbc.org
www.mosaicbc.org/sp

Citizenship Preparation 1, 2, 3 (Tigrinya)
Prepares for the Canadian citizenship test by studying some of the content in the Canada guide book.

November 3, 17 & 24, 4 pm – 6 pm
MOSAIC Highgate Office, #310-7155 Kingways, Burnaby
Telros 604 696 4712

How to Deal with Emergencies (English/French/Swahili)

Learn how to identify emergencies, call for help and emergency toolkits to keep at home or in the car.

November 6, 10 am – 12 pm
MOSAIC Highgate Office, #310-7155 Kingways, Burnaby
Gubon 604 616 4712

Newcomers Group – Crafts (Arabic)
Connect with other newcomers, learn some new skills and practice English.

November 9, 10 am – 12 pm
MOSAIC Highgate Office, #310-7155 Kingways, Burnaby
Ahmal/Suhir 604 636 4712

MULTICULTURAL WOMEN’S GROUP

English Conversation Circle for Persian-Speaking Women
Join this free conversation circle for women to improve your English. Persian-speaking volunteer assistants provide support to Persian-speaking women of all English levels. Topics are relevant to everyday life and are chosen by the group.

Tuesdays, 10 am – 2 pm
MOSAIC Hand Office, 5755 Boundary Road, Vancouver
Mehfred 604 254 9626 ext 1013 | mstal@mosaicbc.org

SENIORS CLUB ACTIVITIES

Activities at MOSAIC 5755 Boundary Road, Vancouver

English Conversation Circle (Lower Beginner)**

When: Thursdays, September 27 – December 6, 6:24 pm
English Conversation Circle (Intermediate)**

When: Thursdays, September 27 – December 6, 2-3 pm
Computer, Smartphones & Tablets Application

When: Tuesdays, October 9 – November 27, 7 – 9 am
Killing Circle

When: Tuesday, September 25 – November 27, 7 – 9 pm
Arts and Crafts**

When: Wednesday, November 7, 7 – 9 pm
Activities at MOSAIC 5980 Kingways, Burnaby
English Conversation Circle (Beginner)

When: Thursday, November 8, 9:30-11:30 am
Activities at Brentwood Community Resource Centre, 2055 Rosier Avenue, Burnaby
English Conversation Circle (Beginner)**

When: Wednesday, November 7, 7:30 am – 9:30 am
English Conversation Circle

When: Friday, November 9, 7:30 am – 9:30 am
Tel: 604 254 9626 ext 1006
diana@mosaicbc.org

For more details and tickets, visit www.exploraasian.org.

MOOVING AHEAD

Cultural Smart Conversation (Hindi, Urdu, Punjabi)
Join us in a friendly and warm environment where you can have a conversation about Canadian culture and current affairs or topics you are interested in.

Wednesday, October 3 – November 28, 6:00 – 8:00 pm
MOSAIC Surrey Office, #200-7134 King George Blvd
Attn: 778 591 9334 ext 126 | nahan@mosaicbc.org

Canadian Citizenship Preparation
Open for two day workshop to prepare for Canadian citizenship! The sessions will be facilitated by MOSAIC staff. We will talk about topics such as Canada’s history, symbols, government and geography, as well as the rights and responsibilities of citizenship. Free, service registration required.

November 7 & 8, 10:00 am – 1:00 pm
South Hill Branch, Vancouver Public Library, 6075 Fraser Street
Angel 604 254 9628 ext 2111 | ashe@mosaicbc.org
Vol 19 No 8 | October 23–November 6, 2018

Refugees share their stories of struggle and success in resettlement

by KATY THOMPSON

The Unique Lived Experiences of Refugees in Metro Vancouver, A Public Forum, will be held on Saturday, Oct. 27 from 10 a.m.–3:30 p.m. at MOSAIC located at 5575 Boundary Road in Van-
couver.

The forum aims to highlight the contributions and resettlement experiences of refugees who put down new roots in Metro Van-
couver. “Each refugee who arrives in Metro Vancouver brings their own unique experiences,” says Saleem Spindari, manager of Refu-
egees and Migrant Workers Pro-
grams at MOSAIC and the forum’s moderator. “They come to seek

safety and protection. At the same
time, they bring their talents and have strengths. At the forum, all these issues will be discussed.”

The forum

As the forum’s moderator, Spin-
dari will invite panelists to share their stories of settlement and the ups and downs of their new lives in Canada.

“Keenote speakers are former
refugees who are very active within their own communities,” says Spindari.

According to Spindari, about eight people are expected to talk at the forum, including a rep-
resentative from Squamish and Nisga’a Nations.

The predicted turnout of
120 participants will have op-
cussions. During the forum, at-
tendees will also be able to net-
work and gain access to resourc-
es for refugee resettlement.

In addition to panel ses-
sions and small group discus-
sions, there will be a screen-
ing of the film Wolverine & Songs
of Separation, by Amar Che-
hob. The film tells the tale of three friends living in Alep-
po, Syria who use their love of
music to find meaning in the
aftermath of the revolu-
tion while they face their traumtic pasts and rebuild
their lives in exile.

If Judi Sketch Lewinson will also
provide live music lunch
provided by Calabash Bistro. Spindari hopes that the use of
multiple mediums will help make the forum more in-
teractive and informative for
participants.

Diverse topics

crucial time

Many topics covered at the fo-
rum include talks by refu-
eliving with disabilities,
refugees that come from
LGBTIQ communities, and
refugees who self-identify as
members of diverse ethnic,
religious, gender and social
groups.

Spindari stresses the
importance of giving each
refugee’s story equal consider-
ination; every story lends a new
perspective and teaches a valu-
able lesson about what settle-
ment can look like for refugees in Metro
Vancouver. “It is important to hear from

Each refugee who arrives in Metro Vancouver brings their own unique experiences.

Saleem Spindari, manager of Refugees and Migrant Workers Programs at MOSAIC

The platform aims to highlight contributions and resettlement experiences of refugees.

“Eye health” from page 4

the effects of excessive screen
time in the younger generation,
causing a lot of damage in their
retina and macula, noting there
are more macular degeneration
cases he has seen. But he’s indi-
cated there are other influences
on a person’s vision.

“In Chinese Medicine, there
are many organs that have a
direct influence on your vision, especially the liver. Which is very
common as a lot of patients who
suffer from vision loss may be
on some kind of medication
that is very toxic to the liver,” ex-
plains Lin.

He feels it’s important to ad-
dress the eye strain due to in-
creased screen time.

“It can cause a lot of harm and
damage to the rod and cone cells
in your retina. In the future this
may lead to a rise in age-related
macular degeneration epidemic,” he
says.

Macular degeneration has in-
creased slightly more than oth-
er eye diseases like glaucoma.
While macular degeneration is
impossible to cure, micro-acu-
upuncture combined with other
treatments can slow down or
stop the progression and im-
prove vision, Wang says.

She says micro-acupuncture
can treat macular dystrophy or
macular edema, glaucoma, dia-
abetic retinopathy, to name a few.
It can’t cure any of these dis-
eases, but can be an effective treat-
ment for most diseases.

Treat the body as a whole

Lin says his eastern medicine
approach contrasts to the west-
ern counterpart.

“We do not see the eye as a sep-
arate organ but rather we treat
the body as a whole. We use Chi-
inese herbs, micro current stimu-
lation, electrical stimulation and
the micro-acupuncture system
to stimulate the optic nerve
to deliver more blood flow to the
retina and the macula,” he says.

Seeing more clearly

Like Wang, Lin’s patients have
their vision tested by their
Ophthalmologist or their Op-
tometrist before he starts his treatment. After a series of treatments, Lin re-tests them and
checks for measurable im-
provements in his patients.

Dr. Sherris Hopkins University
had done a study on this ophthalmic
micro-acupuncture system for
patients with retinitis pigmen-
tos, which is an irreversible
degenerative condition, and has
shown 30 percent improvement
in all the subjects in that study,” he
says.

Wang also noticed patients’
improvement in their vision af-
ter she has treated them.

Some of her patients say street
lights are no longer distorted,
they are able to drive again
when their eye doctor said they
wouldn’t, there is a reduction or
elimination of swelling, no
more dry eyes and no more pro-
gression since the treatment.

Lin has trained with the
world’s top eye specialists like Dr. Andy Rosenfarb helping pa-
tients with various degenerative
conditions. He had been in general practice for
four years before meeting his
mentor Dr. Rosenfarb, a natura-
pathic doctor and licensed acu-
puncturist based in New Jersey.
Dr. Rosenfarb is the pioneer of
Ophthalmic Acupuncture, Lin
says.

“It really interested me be-
cause he was helping patients
with various degenerative eye
conditions regain lost vision and
preserve it long term. Especially
conditions that conventional
medicine has very little solution
to. I knew right away this was
what I wanted to embark on,”

Lin will be speaking at the
Vancouver Health Show on Oct. 28
about The Effects of Screen Time & Eye Health. For more information, visit www.healthshows.com.

A thrilling BC adventure and the basics of flying
for ages 7 to 9, only $14.95 at most bookstores
danielle.s.marcotte@weebly.com

SCAMPER
AND THE AIRPLANE THIEF
by DANIELLE S. MARCOTTE

A thrill of the time adventure - A thrilling BC adventure and the basics of flying for ages 7 to 9, only $14.95 at most bookstores.
Festival of lights and culture

by BRITANY THOMSON

This year’s Diwali Festival in B.C. promises to both entertain and educate. Founded by Rohit Chokhani, Diwali in B.C. is an artistic platform and a celebration of the festival of lights during the Indian New Year. A multi-cultural festival, Diwali promises to engage artists and people from different backgrounds and specialties.

Raised in Mumbai, Chokhani grew up with the mindset that he would become a doctor or a lawyer. While pursuing a career in computer science, he managed only to participate in the arts as a side project.

Fast forward to 2018 and Chokhani is now an award-winning artistic director of Diwali in B.C. Having only founded Diwali B.C. in 2017, Chokhani has made a great deal of progress in making Diwali B.C. a B.C.-wide celebration. Chokhani’s day-to-day is filled with content curation, collaboration, partnerships, and a lot of cha. Though making space for different perspectives can be difficult, he credits his passion for providing a platform for artists that are not often represented as his driving force.

This year’s celebrations are themed New Horizons.

The theme MOA-ise an artistic response to racial tensions and gender abuse that continues to threaten the existence of the world in which we live,” says Chokhani. Both the performances this year reflect this choice of theme. In the production A Vancover Guidalasta, there are conversations around trauma and healing through the lens of a Punjabi-Sikh family living with a Vietnamese refugee in Vancouver. In The Believers Are But Brothers, through the world or technology it takes a deeper look at toxic masculinity, and Shyama explores different colours of love, the price of desire, forgiveness, and moral identity through one of India’s most celebrated playwrights - Rabinudranath Tagore. The theme also refers to Diwali B.C.’s geographical expansions. This year Diwali is expanding to three new cities, including Vernon, Nanaimo and Maple Ridge.

Chokhani hopes that this year’s celebration encourages more local productions. He also hopes Diwali B.C. will experience growth both organizationally and financially, allowing the organization to undertake projects that have a more culturally specific process for creation. “We want to develop and produce more theatre shows locally. We want to represent more underrepresented groups from different backgrounds and abilities, provide more free accessible residencies, mentorship opportunities and internships,” explains Chokhani.

Universal artistry

Another project Chokhani has been working on is Project SAT (South Asian Theatre). Described as an initiative aimed at creating a network for developing, touring, producing and presenting national and international South Asian theatre projects in Canada, Project SAT serves to inspire the next generation of South Asian artists. Through a series of workshops, artists can learn producing, playwriting, dramaturgy and New Media (performing arts). As the program enters its third year, Chokhani says he has been overwhelmed by an overwhelmingly positive response. Many applications are already fully booked, but there are still opportunities for those eager to learn. With hopes of developing more workshops and opening their doors to different underrepresented communities, Chokhani has high hopes for expanding the project.

“Making out and representing underrepresented voices is part of living my truth. I know what it is like to be ignored, to be on the outskirts or feel unseen. It has happened to me and it made me stronger and hungrier to not let it affect me and so I want that platform to exist that can offer space for folks who need it the most,” says Chokhani.

Diwali in B.C. takes place between Oct. 3 and Nov. 17. Through theatre, dance, and culturally specific workshops, Chokhani promises a rewarding experience for all who attend. For more information, please visit www.diwalibc.ca and www.projectt.ca.

Marking the Infinite: Contemporary aboriginal women artists from Australia

by PETRA GIFFARD

Marking the Infinite will make its Canadian debut at UBC’s Museum of Anthropology (MOA) in November. The show seeks to celebrate and preserve Indigenous knowledge, languages and traditions through the eyes of nine Aboriginal women’s artworks.

“It is a series of firsts for us,” explains Carol E. Mayer, curator of the Pacific at MOA. “It is our first Australian exhibition, our first contemporary art exhibition and the first all woman exhibition we’ve ever held at MOA.”

The show was originally curated by art historian and curator Henry Skerritt. Mayer has helped contextualize the works.

“The women were initially helped by individuals in Austra- lian Outreach Stations to produce videoed canvases and then helped market the artworks.

“Once the buyers and curators saw what they were doing and how different it was to recognize aboriginal artwork it just leapt into the contemporary art world,” says Mayer.

Borders and boundaries

Almost all of the works featured in the exhibition are paintings, with the exception of one weaving. Other weavings were in- tended for the show but these were stopped by customs due to feathers being incorporated into the works.

“What is so interesting is that there are no borders in the wom- an’s work and it took a border of our making to stop them coming across,” says Mayer.

The show also blurs the boundaries between museum and gallery displays. “We have a lot of trouble with Indigenous art because we have this ethnographical debate that goes back and forth like ‘should this be in a gallery or museum?’ says Mayer. “This one is in a museum and in our museum we have shown many contemporary art shows and art. Many cultures do not have a word for art so we’re the ones that angst about it. They don’t.”

A map of Indigenous territories in Australia has also been included in the exhibition to help contextualize the works. According to Mayer, the map looks like a dot painting because there are so many territories, and all the edges are fuzzy because there are no edges.

“All of the paintings are about land. It is not just land physical it is land spiritual because the land is walked. When you are walking you sing the world into existence, and when your song ends that’s the end of your territ- ory,” she says.

Indigenous knowledge

When asked about how the exhibition helps to preserve Indigenous knowledge, Mayer simply states that it does so by being the real thing. She also adds that sharing their stories around the world is incredibly significant for them because they know that In- digenous knowledge is relevant.

“It is something we’ve ac- cepted here in British Colum- bia but a lot of the world is still needing to learn that. Indigenous knowledge like much good knowledge is globally applica- ble,” she says.

For more information, please visit www.moa.ubc.ca.

Translation by Barry Brisebois
In the upcoming theatre production *The Ones We Leave Behind*, viewers are invited to experience a character play that subtly addresses one of society’s major issues: social isolation, abandonment and loneliness.

With the support of the Vancouver Asian Canadian Theatre (VACT), the seminal MSG Lab play will be making its debut from Oct. 24–Nov. 3 at The Cultch’s historic theatre.

Disappearing into loneliness “In our increasingly interconnected world, how has social isolation become an epidemic?” asks Loretta Seto, the playwright of *The Ones We Leave Behind*.

According to Statistics Canada, as many as 1.4 million elderly Canadians report feeling lonely. In the last year, the UK government has opened an official position: Minister of Loneliness. However, it wasn’t Seto’s initial intent to address the social issue in the script. It surfaced when she was encouraged to write a short piece for the MSG Lab, by the artistic director of VACT, Donna Yamamoto.

“The idea came when I was reading a small news article about a man who passed away in his home and wasn’t discovered until years afterwards. It really struck a chord for me,” Seto says. It seemed unfathomable to Seto how someone could disappear without anyone even noticing. Over the years, the idea percolated until she received the request from VACT. From that time, Seto started to fill in the gaps and out came the first act.

Yamamoto knew right away the short play, comprised of eight pages, had something.


Two events explore the unifying and healing power of music in response to the horrors of war, and the internal conflicts of human beings. On Nov. 3rd and 4th and 5th and 6th, the UBC Opera Ensemble will perform the Pulitzer Prize-winning opera *Silent Night* by Kevin Puts, which recounts the remarkable true story of the 1914 Christmas Truce: a spontaneous cease-fire during World War I. In a spring performance, the music of a soldier’s violin is a central theme in Stravinsky’s *L’Histoire du Soldat* as he explores the ancient story of making deals with the devil in the hope of happiness and fortune. UBC’s Director of Bands, Dr. Robert Taylor conducts a chamber ensemble of faculty and guest artists with a narration and custom projections on our Music on the Point series on March 12th.

Chamber Music Intimate Conversations | Collaborations and Intersections

You are invited to “listen in” on intimate conversations of musicians as many chamber music concerts throughout the season.

One highlight is a recital by internationally-recognized artists: Josephine Bruscello clarinet and Jane Cooper piano of works by Brahms, Schumann and Weber in our Music on the Point series on March 1st. In February, John Cooper unveils a two-day event of concerts and workshops entitled “Collaborations and Intersections,” which explores ideas about the Chamber Music realm, and collaborations with Mathematics, Medicine, Medicine, and more.

New Energy and Perspectives The School is pleased to welcome new faculty member Valerie Whitney from who will bring her energy and fresh perspective to our explorations. Whitney is featured in a solo recital on January 23rd and performs chamber masterworks by Dohnanyi and Prokofiev with faculty and guests on November 21st. Both are on our popular Wednesday Noon Hour series.

The Pions - A powerful tool of communication in the hands of masters Pianos recitals are plentiful this season, ranging a wide range of voices, emotional and agreeable. Concerts include solo piano recitals by faculty members: Mark Anderson and Cory Hemen, with Anderson playing works by Köticken and Brahms on October 24th, and Harris performing pieces by Prokofiev, Dukas, Lislevand, and Kapustin on January 18th. Guest artists David Jaffe and Douglas Firth will also give solo piano recitals.

Invoking Pearce, interception and jubilation this holiday season On December 4th, UBC Choirs and UBC Symphony Orchestra conclude their season-long theme of performances of Paulus’s Gloria and Vaughan Williams’s *Ode Miserere* in a concert conducted by Jonathan Grind.

Scheduling note The UBC Opera Orchestra at the Omen Centre have new start times this year: 7:30 pm (previously 8:00 pm).

The above is a small sampling of our many exciting concerts and events. Please explore our concert calendar and visit music.ubc.ca/Groups for the latest updates!

“Ah, music; he said, wrapping his eyes. “A magic beyond all we believed!”

- Dunsclaire in J.K. Rowling’s Harry Potter and The Sorcerer’s Stone

THE UNIVERSITY OF BRITISH COLUMBIA

"Traditions are a big part of my culture. Unfortunately, so is diabetes." Bernice, First Nations counsellor

HELP SOMEONE YOU KNOW, CALL 1-800-BANTING

2018-19 Concert Season: Exploring the Power of Music

UBC School of Music 2018-2019 Concert Season: Exploring the Power of Music

Vancouver — The UBC School of Music is excited to announce its 2018-19 season. Scientific research is confirming what music lovers and musicians have known since the dawn of time: our brains are hardwired to respond to music, which serves to ease pain, evoke memories, stir emotions, change our physiology and mood. This year, our concert offerings continue to explore the power of music, with performances by our large and small ensembles, faculty and guest artists.

Concert of Winners! Showcasing the School of Music’s brightest young pianists

We begin this season with a showcase of the winners of the inaugural Robert and Ellen Sielmann Piano Concerto Competition. Held last March, the competition was a brilliant success, and we are thrilled to present this concert of the premier pianists, each performing with the UBC Symphony Orchestra at the Chan Centre on September 23rd. The grand prize winner, Benjamin Hawkins, performs Beethoven’s Piano Concerto No. 4. While the other prize winners, Eugenia Rabinovich, Ayatue Squire and Aydan Czerw, will perform solo movements of concertos by Beethoven and Mozart, all conducted by Dr. Jonathan Grind.

By Theresa K. Howell

In the upcoming theatre production *The Ones We Leave Behind*, viewers are invited in a character play that subtly addresses one of society’s major issues: social isolation, abandonment and loneliness.

With the support of the Vancouver Asian Canadian Theatre (VACT), the seminal MSG Lab play will be making its debut from Oct. 24–Nov. 3 at The Cultch’s historic theater.

Disappearing into loneliness “In our increasingly interconnected world, how has social isolation become an epidemic?” asks Loretta Seto, the playwright of *The Ones We Leave Behind*.

According to Statistics Canada, as many as 1.4 million elderly Canadians report feeling lonely. In the last year, the UK government has opened an official position: Minister of Loneliness. However, it wasn’t Seto’s initial intent to address the social issue in the script. It surfaced when she was encouraged to write a short piece for the MSG Lab, by the artistic director of VACT, Donna Yamamoto.

“The idea came when I was reading a small news article about a man who passed away in his home and wasn’t discovered until years afterwards. It really struck a chord for me,” Seto says. It seemed unfathomable to Seto how someone could disappear without anyone even noticing. Over the years, the idea percolated until she received the request from VACT. From that time, Seto started to fill in the gaps and out came the first act.

Yamamoto knew right away the short play, comprised of eight pages, had something.

“Initially, I go with my intuition then I watch the audience for feedback,” says Yamamoto. “With, *The Ones We Leave Behind*, people were crying at the end, yet laughing all the way through.”

The story unfolds Agnes Tong, a local Asian-Canadian actress, plays the lead character of Abby, an investigator for the Public Trustee. She is assigned her first case alongside a career investigator, Greg, played by James Yi. They need to find the next-of-kin for an elderly woman named Beatrice, played by Alannah Ong, a Hong Kong film and TV actress.

Beatrice has died without any family or friends to claim her. As Abby uncovers more details of Beatrice’s lonely life, she is confronted by her own demons and is forced to face the mystery of her own life: the truth about her her mother years ago.

Digging deep Initially, Yi read for the part during the MSG Lab workshops.

When Yamamoto offered him the role in the full-scale production, he didn’t hesitate to say yes. Yi’s been working with VACT ever since he relocated from Alaska over five years ago. He joined the community theatre group and took on as many roles as he could.

“I consider doing theatre like being in class; I learn so much,” says Yi.

During rehearsal, Yi credits director John Cooper for helping him to flesh out his role. Greg, Yi’s character, has proved to be challenging. Cooper directed Yi to dig deep into the subtext of the character.

“This really allowed me to grow as an actor. This play is very well-written, and the characters are well-developed,” he says.

Yamamoto, with her 30 years of experience in acting plus her current five years at VACT, knows brilliant writing. She recently won a Jessie Award for her outstanding leadership in developing works by three Asian-Canadian writers and performers to the forefront. With this current production, she has managed to do both.

For more information, visit www.thecultch.com.
Art with an alternative perspective

by CURTIS SEUFERT

Javaad Alipoor, writer, co-director and lead performer, brings The Believers Are But Brothers to centre stage at the Culture Lab Oct. 30–Nov 10.

The one-actor play deals with identity, insecurity and fantasy while taking on the topics of toxic masculinity and far-right extremism in the online world.

A representation of masculinity and extremism

With just a few years of experience under his belt, writer-director-actor Javaad Alipoor has received acclaim and buzz for his work. Alipoor recognizes the proliferation of this discussion topic and says he is critical of the common approach of Western media outlets in how they seek to understand white far-right extremism and its online roots.

Alipoor says this becomes especially apparent when compared to media discourse around Islamic extremism, but the two extremes are not simply two sides of the same coin either: for both sets of beliefs there are similarities and differences in their inciting factors and consequences.

“I don’t make a simple comparison or argue that there are two reflected extremisms. What the show is really about is fantasy, resentment and digital screens as a sort of political catalyst – that’s the conversation I’m hoping to have with people,” says Alipoor.

A need for new perspective

Mainstream media is not his only source for discussion – Alipoor says that the need for a new perspective extends beyond the news. He feels art can be just as powerful in either helping or hindering such a re-framing of discussion, and the world of theatre is an engaging platform for novel perspectives.

“I think the background has always made me really bored of the parochialism of lots of Western theatre: the idea that the white and European view is international and universal by default is nonsense to me,” says Alipoor. “I think if you come from working class immigrant communities there is an easy cosmopolitanism, an internationalism that comes from below that I hope is present in my work.”

Alipoor is a British-Iranian Bradford, England native, whose background spans from DJ-ing in the U.K.’s unlicensed rave scene to advocating for alternative community work. He feels the success of The Believers Are But Brothers arguably marks another commercial success for art with an alternative perspective.

But Alipoor insists that for the frame of artistic discourse to truly open up, the worth of art must extend beyond its financial value.

“As artists I don’t think the commercial argument is the final or most important one for us. The leadership of our industries is still primarily upper class, white and male. It’s when that changes that I think the really interesting things happen – not just a change in who makes art, but why and how it’s made,” says Alipoor.

For more information, visit www.thecultch.com.
A polar bear’s life

by RAMAN KANG

Filmmaker, Julia Kwan explores themes of aging and the abandonment of the elderly in her first animation film, The Zoo.

Animated by Jesse Cote at Jester Coyote and co-produced by the National Film Board (NFB) and Telus, The Zoo takes us on a journey through the story of Kut, a polar bear cub who finds himself living in a confined, cemented pit at a zoo and a young Chinese boy named Jun, who visits him from their youth, well into their old age.

SPARK will be showing The Zoo Oct. 27 at the Vancity Theatre.

Inspiration

Dedicated to her dad, the film, written and directed by Kwan raises the question of how much we value seniors in our society, she says.

In The Zoo, we see both Kut and Jun age together until they are in their twilight years.

The concept of The Zoo came from Kwan’s real life experiences from visiting Tuk, the real bear who once lived at Vancouver’s Stanley Park Zoo and was left there to wait out his life after it closed because he was too old to be moved and tied into her experience with taking care of her aging parents.

“Seeing the ravages of time and disease on a loved one is heartbreaking,” says Kwan.

Kwan also drew her inspiration for The Zoo from her 2014 documentary Everything Will Be, which explored the feelings of abandonment and loss through the lives of Chinese seniors living in Vancouver’s Chinatown, says Kwan.

Kwan says the details Cote put into a senior Jun, reminded her of her dad.

“I see my dad’s physicality in that old man especially in the crooked back,” she says.

Finding her voice

For Kwan, visiting the Stanley Park Zoo was a magical experience for her as a child, she says.

“There was no way my parents could afford to take us on a safari, it was the only chance I had as a child to be up close to animals, it fueled my imagination,” she says.

Kwan’s parents immigrated to Vancouver from China.

“I was such a shy kid that I didn’t really have a voice and I found my voice through my writing,” says Kwan.

Her mother, a school teacher and her father a manager/bus boy at a restaurant, Kwan says no one in her family ever pursued the arts.

Kwan’s love for film would lead her into a scriptwriting and when she told her mom she was pursuing writing, she got a phone call from her sister saying “you know, mom thinks you’re studying calligraphy.”

On her first animation film, Kwan says “it’s exciting, because I want to try different things, challenge myself as a filmmaker.”

Kwan says “it’s exciting, because I want to try different things, challenge myself as a filmmaker.”

Show don’t tell

The Zoo is Kwan’s first film without dialogue.

“It was a challenge for me, I didn’t hear a voice for the bear, I wanted the emotions to play out in action, through facial expressions or circumstances of story,” says Kwan.

Although not an animator herself, Kwan says The Zoo lends itself to animation and wanting to convey Kut’s emotions without dialogue or voiceover meant that she had some research to do.

Kwan was also faced with showing how her two characters aged through the film without the use of dialogue.

She credits her animator Cote, for coming up with the concept of showing the two characters at different stages in life through a series of photographs.

Kwan says “it’s exciting, because I want to try different things, challenge myself as a filmmaker.”

Irish Mythen

I had no idea what to expect when this five-foot-nothing lady took the stage, all smiles and twinkling eyes and guitar. Then, she opened her mouth and out flew a voice that came straight from the heavens with all the power and the glory and the truth of someone destined to be a singer.

I’ve been blessed with seeing and hearing a lot of talented musicians in my life, but I have never experienced anyone quite like Irish Mythen. She is a force of nature and a gift from Almighty Himself.

~ Lisa Schwartz, The Philadelphia Folk Festival

Thursday, October 25th at the St. James Hall
3214 West 10th Avenue - $24 ($20 members)
Info: 604-736-3022 - Tickets: Highlife, Tapestry or
www.roguefolk.com

MARTIN YERR

Martin’s soaring voice, storytelling and intelligent lyrics connect with hearts of all ages and backgrounds. Born and raised in England, he traveled to 35 countries, gathering experiences and stories that would later become the inspiration behind his songs. Now living in Edmonton, his last album debuted at #2 on iTunes Canada and he sold out the 1700-seat Winspear Centre.

Saturday, November 10th at the St. James Hall
3214 West 10th Avenue - $24 ($20 members)
Info: 604-736-3022 - Tickets: Highlife, Tapestry or
www.roguefolk.com

SPARK will be showing The Zoo Oct. 27 at the Vancity Theatre.
**October 23–November 6, 2018**

*By Simon Yee*

“Double, double toil and trouble; fire burn and caldron bubble!” Once again, the spine-tingling, hair-raising, heart-pounding Halloween season has returned, and there are plenty of Halloween-themed activities for the whole family (and for adults only for the really frightening stuff). But if the scary season isn’t for you, not to worry. As always, there are many other (non-scary) festivals and events going on! Have a fun and safe Halloween season everyone!

* * *

**Potter’s House of Horrors**

**Until Oct. 31**

25260 72nd Avenue, Surrey

www.pottershouseofhorrors.com

Potter’s Farm & Nursery, a local garden centre in Surrey supplying plants, pottery and garden gifts, converts into the Potter’s House of Horrors every October. Featuring terrifying custom haunted houses, loads of holiday-themed acts and heaps of fun, their goal is to ensure patrons have the best time possible while also hoping to provide a delightfully frightful Halloween experience. There are two versions of the haunted house: one for the family, where the scariness factor is reduced; and an adult version. For more information, please visit their website.

* * *

**Heart of the City Festival**

**Oct. 24–Nov. 4**

Downtown Eastside, Vancouver

www.heartofthecityfestival.com

With a focus on the rich and diverse communities of the Downtown Eastside, the 15th Annual Downtown Eastside Heart of the City Festival celebrates the creative and committed artists and activists who thrive in the heart of Vancouver. The 2018 festival features twelve days of exhibits, mixed media, art talks, dance, spoken word, forums, conversations, gallery exhibits, mixed media, art talks, history talks and history walks. This year’s theme is “Seeds of Justice, Seeds of Hope.” For more information, please check out the website.

* * *

**Spirit of Hungary**

**Oct. 26, 7:30–10 p.m.**

Commercial Drive, Vancouver

www.dustyflowerpotcabaret.com

Enjoying the world with significant success. The 2018 North American Tour is a special engagement to commemorate the 80th anniversary of the 1938 Hungarian revolution and present authentic Hungarian folklore in a dazzling performance. The first part of the show will feature thematic dances commemorating the 1938 Hungarian revolution. The second half of the program will feature authentic Hungarian folk music and dances from the Carpathian Basin. Check out the Massey Theatre’s website for tickets and more information.

* * *

**The Parade of Lost Souls**

**Oct. 27, 7–10 p.m.**

Commercial Drive, Vancouver

www.dustyflowerpotcabaret.com

Tighten your boots, folks, ‘cause your socks are gonna get blown right off! The Parade of Lost Souls invites you to indulge in this year’s theme of Magic and Realism! Come prepared to feast your eyes and ears on live bands, art installations, clowns galore, delicious food trucks and much more from the minds and hearts of our beloved city’s artists! Please visit the website for more information!

* * *

**Halloween on the Heights**

**Oct. 31, 3:30–8:30 p.m.**

(Trick or Treat and Fireworks)

Nov. 1, 5:30–9 p.m. (Pumpkin Parade)

Burnaby Heights Neighbourhood

www.burnabyheights.com

Halloween belongs in the neighbourhood and this is very true on the Heights. Halloween on the Heights is the true folkloric event that is meant to be – safe, fun and a celebration of a good spooking! On Halloween, there will be trick-or-treating on Hastings Street from 3:30 p.m. at Gilmore Community School. On Nov. 1, there will be a Pumpkin Parade at Confederation Park. For more information, please visit the website.

* * *

**Aquarela do Brasil: An Explosive Celebration of Music and Dance**

**Nov. 8–9, 8 p.m.**

Vancouver Playhouse

www.vlacc.ca

In honour of the 60th anniversary of the birth of Brazil’s esteemed Bossa Nova musical movement, the Vancouver Latin American Cultural Centre Society will present a dazzling concert showcasing Brazil’s multi-faceted musical culture in Aquarela do Brasil: An Explosive Celebration of Music and Dance, happening Nov. 8 & 9, 8 p.m. at Vancouver Playhouse. Created by internationally renowned percussionist Sal Ferreras, an ensemble of award-winning musicians and dancers will ignite the stage with some of Brazil’s most infectious musical styles, from Rio’s exuberant carnaval rhythms and Bahia’s iconic samba-reggae to the fiery steps of Recife’s frevo, soulful choro classics and lyrical Bossa Nova melodies. Check out the website for tickets and more information.

* * *

**Theatre Calendar**

All information is subject to change. For more information, please visit the websites provided.

**Then and Now:**

1968–2018 Conference

Nov. 2–4, 10 a.m.–6 p.m.

SFU Vancouver

www.sfu.ca/humanities-institute/public-events/conferences/1968conf.html

On the 50th anniversary of 1968, SFU Vancouver will host a conference that will consider various aspects of “the Sixties” in light of what has developed since. The conference will consider our current situation and its prospects: from women’s liberation to contemporary feminism, indigenous politics then and now, the philosophical situation of the 1960s, changes in labour and labour politics, and the role of SFU and Vancouver, from anti-psychiatry to contemporary therapies. The speakers will take up one of the strands of the politics and culture of the 1960s to illuminate contemporary concerns. Check out SFU’s website for a list of speakers and schedule information.

* * *

**Fifth Annual Vancouver Turkish Film Festival**

Nov. 2–4

Goldcorp Centre for the Arts, Vancouver

www.vff.ca

As a “melting pot” of many cultures for thousands of years, the land of modern Turkey has so much to offer from a cultural sense, and the Fifth Annual Vancouver Turkish Film Festival is one of the ways to share Turkey’s multicultural heritage with the residents of Metro Vancouver. Turkish cinema has celebrated its centennial recently and flourished over the years. The festival this year will take place from Nov. 2–4 at the Goldcorp Centre for the Arts. There will be a panel discussion on Nov. 3 related to a theme in some of the films that will be screened. For more information, please visit the festival’s website.

* * *

**Vancouver Tea Festival**

Nov. 3–4

Dr. Sun Yat-Sen Classical Chinese Garden, Vancouver

www.vancouverteafestival.ca

Come explore the world of tea, interact with like-minded tea lovers and taste dazzling examples of one of the world’s most beloved beverages returning once again to the Chinese Classical Garden in Vancouver. Savour the elegant, timeless beauty of the Classical Chinese Garden as you experience a true pan-cultural celebration of tea in all its forms. For tickets and more information, check out the festival’s website.

* * *

**Spirit of Hungary**

**Oct. 26, 7:30–10 p.m.**

Massey Theatre, New Westminster

www.masseytheatre.com

Established in 1949 in its original form, the Hungarian National Dance Ensemble has been touring the world with significant success. The 2018 North American Tour is a special engagement to commemorate the 80th anniversary of the 1938 Hungarian revolution and present authentic Hungarian folklore in a dazzling performance. The first part of the show will feature thematic dances commemorating the 1938 Hungarian revolution. The second half of the program will feature authentic Hungarian folk music and dances from the Carpathian Basin. Check out the Massey Theatre’s website for tickets and more information.

* * *

**Cultural Calendar**

To see more about cultural activities happening in Metro Vancouver, please visit the websites listed above.