



The Source

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Flu shot passé for lay people and doctors

Verbatim

Everything happens for a reason

by CORALIE TRIPIER

Ask new Vancouverites why they decided to settle in Vancouver, and many of them will give you a logical answer; a worthy reason, as if their choice were a reasonable one – a job offer, relatives, studies, maybe even an interest in the West Coast.

At age 19, I came here from France by chance armed with an academic background gained in Ottawa, and with a vague idea of what to expect. The main thing was to keep travelling, discovering, and challenging my ideas. I have to admit that I did not know much about Vancouver, except that it was far away, pretty rainy and a great spot for skiing. And that the sushi was great, too. That was enough to convince me.

I started working as a translator, quite a logical step for a traveler with a passion for languages. Australians, Japanese, Russians, Germans, Chinese, Mexicans. I quickly realized how diverse Vancouver was. A run on the seawall, a walk in Stanley Park, a coffee in Gastown are enough to immerse oneself in dozens of languages, to imagine people's conversations and their different stories and origins, or to pretend to be an interpreter. Vancouver, this small sample of the world, was inviting me to dive into its different aspects, its culture shocks and its multiple identities. I did not object and played the game.

Cosmopolitan Vancouver, unknown Vancouver, but more than anything else, unpredictable Vancouver.

One thing leading to another and quite unexpectedly, I ended up volunteering for the federal Liberal Party's political campaign – me, a young French girl with no political

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▲ Ajaib Kaur cooks up a traditional Ayurvedic meal, which she believes helps to ward off the flu and is a better alternative to the flu shot.

by SASHA LALLOUZ

To get the flu shot or to not get the flu shot, that is the question. But in Vancouver, there is no shortage of alternative preventions to the flu.

For some this flu season, non-Western medical practices such as Ayurveda and Traditional

Chinese Medicine offer alternative methods to prevent the flu.

For Ajaib Kaur, growing up Ayurvedic in northern India meant preventing the flu with a combination of caram seeds, holy basil and ginger tea with milk and honey. At 61 years of age, Ajaib packed up her growing family and her traditions and

moved to Canada. A vegetarian since youth, Ajaib incorporates fresh herbs from her garden in every meal, using her Ayurvedic teachings.

"I still give my family the same remedies I used in India. I have never taken the flu shot and have never needed too. I stay healthy with my herbs," she says.

Naturopathic physician Dr. Sonya Jensen, who also grew up following Ayurvedic philosophy, does not choose the flu shot either. "My understanding of the flu shot is that they pick a strain and that's what they give to the individual," she explains, "along with other additives and components

See "Alternative Medicine" page 12

Also in this issue

Sliding into snowy comfort
Page 6



Growing compassion for marijuana users
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My Turn

SERGE CORBEIL



Photo by Sandra Pupatello, Flickr

▲ There were only two women out of seven Liberals who ran for leadership of the Ontario party. But one, Kathleen Wynne, won.

Where are the women?

Some may have recognized the question posed by singer Patrick Juvet many years ago. Well, it seems that part of an answer to that question could be located in political headquarters. More specifically, here in Canada, in

“Let’s face it, a long road has been travelled since the election of the first woman in the House of Commons, some 90 years ago.

the offices reserved for female Premiers. I must be explicit on gender in order to reflect the Canadian reality.

The choice made by members of the Ontario Liberal Party, by



Photo by Stephen Dyrkas, Flickr

▲ Christy Clark, Premier of B.C.

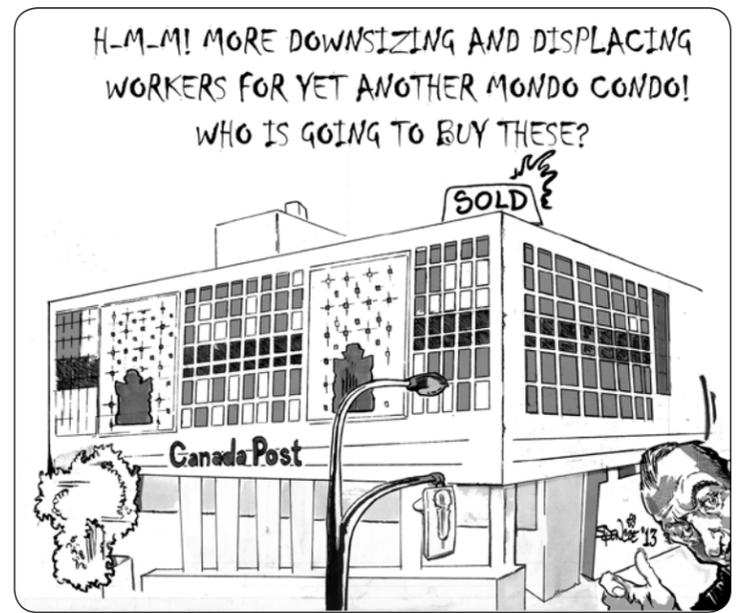
of Commons, some 90 years ago. For example the 2011 federal election saw a record number of women elected to the House of Commons, amounting to 76 MPs. Yet it’s still but a third of all MPs to sit in the Commons. At least it’s a start.

Attention given to gender parity in parliament composition isn’t anything new. It happens in many other countries as well. There is an organization dedicated to women’s electoral promotion in Canada. In fact, according to the Inter-parliamentary Union, a group affiliated with the United Nations, 20 per cent of all members of parliaments around the world – whether they be lesser chambers such as our House of Commons or higher ones such as our Senate – are women.

However, you might be surprised to learn that Canada is far from making the top of the list in the matter at hand. Our country scores 45th in worldwide ratings. You might be even more surprised to learn that the winning score goes to Rwanda, with 56 per cent of its parliamentary members being women.

It will be interesting to see how these two provincial leaders will fare as they were not duly elected but rather inherited their posts as leaders of their respective parties, as is the case both in Ontario and here in B.C. In B.C.,

Spencie's View



the last time a woman inherited her position as Premier was in 1991 – it was Rita Johnson and she didn’t survive the following general election.

Far from me to suggest that women in B.C. are cursed, but we’ll remember Kim Campbell, another one of our provincial politicians who ravished her party’s leadership position only to bite the dust when it came to the next election.

Let’s bet that Christy Clark has all the intentions in the world to

reverse the tendency. We’ll know next May 14th.

Meanwhile, let’s not forget that whether they be a man or a woman, government leaders face enormous pressures that are not diminished by the fact that a woman may be in command. As do the majority of our decision-makers, they too must be judged by their results. I can only hope that this mindset will be central to the choices voters will be making. ✍

Translated by Monique Kroeger

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Local Brazilians promote health benefits of jiu-jitsu

by SAM SHOAI

In Brazilian *jiu-jitsu*, two participants grapple ferociously on the floor, desperately trying to gain a chokehold or apply a joint-lock that causes enough pain to force their opponent to submit. Yet, when the two rise from the mat at the end of the bout, there is no trace of animosity or violence – what is remarkable are the bonds of deep mutual respect and admiration created by this sport and martial art.

The relationship between Eduardo Jovel and Rodrigo Carvalho, co-owners of the Gracie Barra Vancouver Jiu-Jitsu School, serves as a shining example of the joy and friendship that Brazilian *jiu-jitsu* can bring.

“He became my professor, and to this day I don’t see him as anything but a brother,” says Jovel of Carvalho. “He’s always smiling

and you won’t find a bigger kid.”

Brazilian *jiu-jitsu* involves no striking, but instead focuses on grappling and ground fighting, promoting the concept that a smaller person can defeat a larger opponent through leverage and training. This allows males and females of all levels of experience, and even children as young as three years old to participate in the sport. Many young children train at the school, learning the importance of family, community, and education. Jovel and Carvalho actively promote both the mental and physical benefits of *jiu-jitsu*.

“*Jiu-jitsu* is a lifestyle and a way of building character, confidence, and values,” says Carvalho. “It’s not just about teaching people to fight or to defend themselves. That’s not the point. The point is changing people’s lives and preparing them for all the challenges they face in life.”

Like all martial arts, *jiu-jitsu* demands respect for one’s opponent. However, like its Brazilian counterpart *capoeira*, *jiu-jitsu* also incorporates much of the Brazilian joy of life. The passionate and welcoming atmosphere in the gym, instilled by the joy of the sport itself and by the friendship of its co-owners, is felt by all participants.

Steve Bourgeault, who trains at the school, is a middle belt in taekwondo but became hooked on *jiu-jitsu* as soon as he tried it.

“[It] has much less formality and much more warmth than the other kinds of martial arts,” he says.

Jovel opened the school in Vancouver eight years ago, adding to the long international history of *jiu-jitsu*, which began in 1904



▲ Students grapple at Gracie Barra Jiu-Jitsu school. Brazilian Jiu-Jitsu is said to strike a balance between aggression and mutual respect.



▲ Rodrigo Carvalho.

when judo founder Kana Jigoro sent five of his students overseas from Japan to spread his martial art. One of the five, Mitsuyo Maeda, arrived in Brazil in 1914 and accepted fourteen-year-old Carlos Gracie as his student.

Together with his brothers, Gracie adapted the judo style to emphasize leverage over strength and timing over speed, founding what became known as Brazilian *jiu-jitsu*.

In 1986, Carlos Gracie, Jr. founded the first Gracie Barra school and, in 2001, the Gracie Barra Brazilian Jiu-Jitsu Schools Association. The franchise now has over 300 schools around the

world, including the Vancouver branch located on Main Street.

Carvalho, a two-time *jiu-jitsu* world champion and native of Brazil, joined Jovel at the school in 2009. While in Vancouver visiting a family friend, he instantly fell in love with the city.

“I loved how beautiful Vancouver is and how active everybody is. I first arrived in Vancouver in July and everyone was biking and running, and I really loved the atmosphere,” says Carvalho.

In Brazil, Carvalho – who has a masters’ degree in physiotherapy – operated a clinic specializing in intensive care for newborns in addition to teaching

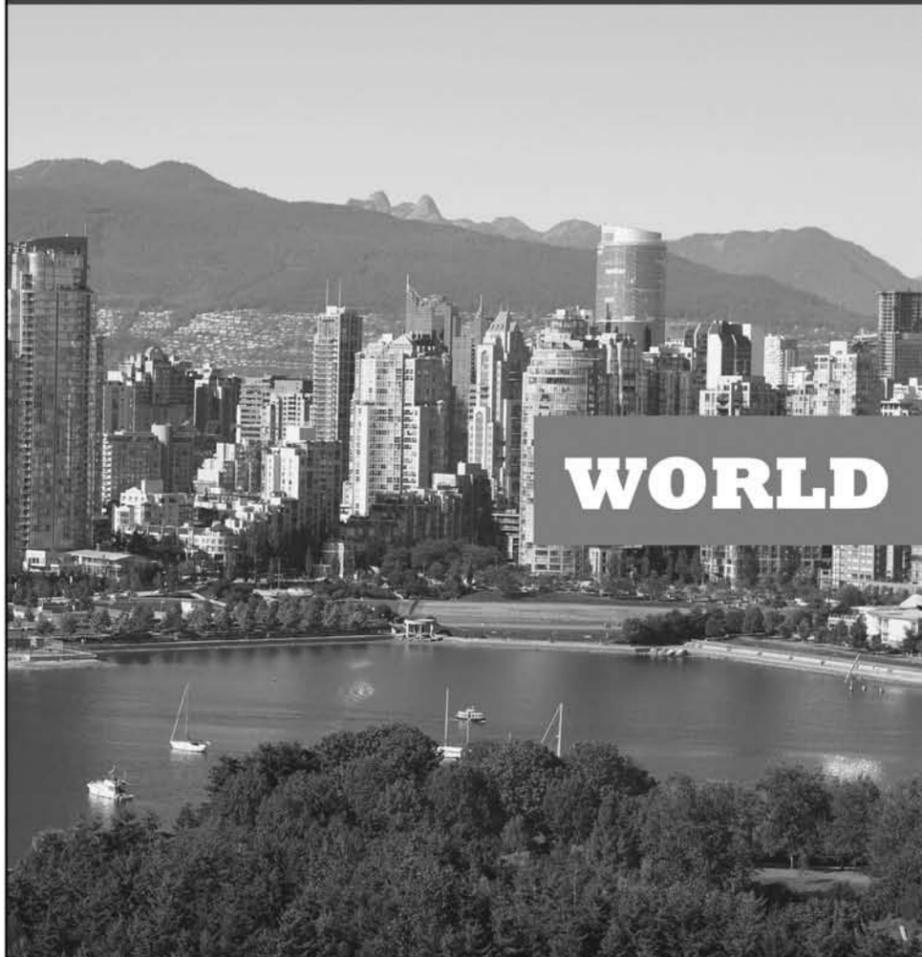
jiu-jitsu. After consulting with his family and fiancée, Rodrigo decided to relocate to Vancouver and to dedicate himself solely to teaching *jiu-jitsu*.

He became a co-owner and head instructor of Gracie Barra Vancouver.

Jovel hopes to open another Gracie Barra school in White Rock in the near future. Given *jiu-jitsu*’s growing popularity in Greater Vancouver, it is likely the second location will also be successful. Regardless, in the words of Master Carlos Gracie, Jr.: “There is no losing in *jiu-jitsu*. Either you win or you learn.”

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Left Bank



The domino effect:
Misleading TV ads
won't stop the B.C.
Liberals from falling

Photo by Peter Fiskerstrand, Flickr

With less than 100 days to go until the B.C. election, the governing Liberals are throwing millions of public dollars into a TV advertising blitz.

The ads, ostensibly promoting the BC Jobs Plan, promote the idea that Christy Clark's govern-

Best Place on Earth ads – only stripped of any attempt to enlist the natural beauty of the province in the Liberal cause. The Late Liberal era in B.C. politics is more explicit about its single-minded focus on digging up the province and exporting raw materials, so

“Most sentient viewers will rightfully be offended or at least unimpressed by multi-million dollar T.V. ads boasting of prudent government spending.

ment has kept this province a bastion of prosperity and stability in a world beset by economic crisis. The most prominent TV spot features a line of dominoes falling across a map of the world, symbolic of the economic woes from Greece to the United States. When the black dominoes reach B.C., however, a tall and strong line of white dominoes stop them in their tracks.

B.C.'s economy, the voiceover tells us, is “standing strong” because of low taxes, controlled government spending and investment in skills training.

The ads are crude and misleading. With Clark trailing significantly in the polls, they are a sign of desperation.

This PR campaign harks back to the B.C. exceptionalism promoted by the Gordon Campbell

it makes sense they've dropped the Tourism B.C.-esque visuals.

These Liberals are straight up: it's about money, money, money.

But even on economics alone, I think these ads will fail. Here's a few reasons why.

First, the obvious: most sentient viewers will rightfully be offended or at least unimpressed by multi-million dollar TV ads boasting of prudent government spending.

The opposition NDP is all over it, promising to bring in new legislation limiting government advertising as thinly veiled partisan self-promotion. Adrian Dix recently described the NDP's pledge to the *Vancouver Sun*: “We intend to introduce legislation to ensure that every ad run by government-meaning television, radio, print, online – is reviewed by the audi-

tor general to make sure it meets that standard of government advertising... These rules ... would satisfy and demonstrate our seriousness in banning partisan advertising with public funds.”

The second reason these ads will fail is that they will ring false for many in rural B.C., especially people in mill towns which have been completely abandoned to their fate. By appealing to the smug superiority of the well-heeled in Vancouver and Victoria, they risk alienating the so-called “heartland” of B.C., those whose economic dominoes have fallen.

On a similar note, the ads won't do much for everyone in Metro Vancouver living paycheque to paycheque in one of the most absurdly expensive urban centres on the planet. Their domino could fall any given month, if they can't make the rent or if their greedy landlord decides to ‘renovict’ them.

Sure, there's no foreclosure epidemic like the one in the United States that the government ads alludes to, but hundreds of thousands in this province live in constant danger of being unable to make the rent or the mortgage. Personal debt loads are dangerously high.

Finally, all this is connected to the real economic menace facing B.C.: inequality. The stats don't lie, and can't be covered up by glitzy ads. BC Stats released a report last year entitled *Mind the Gap*, showing that inequality has been growing for the past 15 years; as of 2009, in fact, B.C. ranked last of all provinces, with the largest gap between the top 20 per cent and the bottom 20 per cent of income earners.

This gap will only be narrowed by serious changes to levels of taxation and government spending priorities. For decades now, the rich and powerful have been knocking over the living standards of the majority.

We can help stop these dominoes from falling by voting out the B.C. Liberals. But that's only the first move in the game. Social assistance rates need to be drastically increased and taxes on the rich and corporations need to be restored to previous levels. The details on these needed measures will be discussed in future columns here on the *Left Bank*. ✂



▲ BC NDP leader Adrian Dix.

Photo by Erin Loxam, Wikimedia Commons

Vancouver
Chamber Choir

JON WASHBURN, CONDUCTOR



POETRY IN MUSIC The Conductors' Symposium Concert

8 pm – Saturday, February 9, 2013
Ryerson United Church
2205 West 45th Avenue (at Yew Street),
Kerrisdale, Vancouver

Vancouver Chamber Choir
Jon Washburn, conductor
Stephen Smith, piano
and five conductors from the
National Conductors' Symposium

The choral art is a rich one, offering the double gift of both music and poetry.

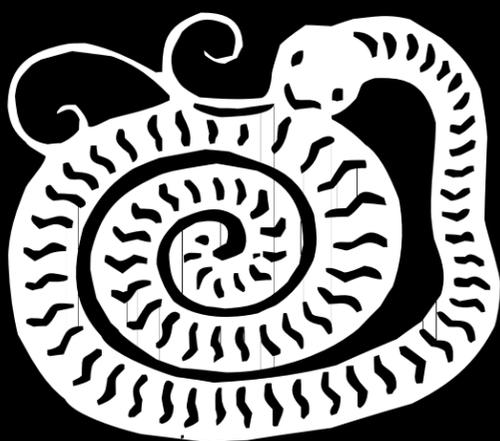
In this concert the Vancouver Chamber Choir, led by Jon Washburn and five conductors from the 33rd annual National Conductors' Symposium, performs music based on verse from some of the world's greatest poets: Goethe, Shakespeare, Auden, Whitman, Eliot, Rossetti, Dickinson and more.

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Franz Schubert – *Chor der Engel* Johann Wolfgang von Goethe
Johannes Brahms – *Warum* Johann Wolfgang von Goethe
John Rutter – *Blow, blow, thou winter wind* William Shakespeare
Steven Sametz – *When he shall die* William Shakespeare
Jaakko Mäntyjärvi – *Double, double, toil and trouble*
William Shakespeare
Vincent Persichetti – *sam was a man* E.E. Cummings
Lukas Foss – *Cool prayers* Carl Sandburg
Stephen Chatman – *On the beach at night alone* Walt Whitman
William Hawley – *My River runs to thee* Emily Dickinson
Ralph Vaughan Williams – *Rest* Christina Rossetti
Jon Washburn – *Lullaby* Christina Rossetti
Alice Parker – *To Kathleen* Edna St. Vincent Millay
Benjamin Britten – *Rosa Mystica* Gerard Manley Hopkins
John Paynter – *New Hampshire* T.S. Eliot
Benjamin Britten – *Blues* W.H. Auden
Samuel Barber – *The Monk and his Cat* W.H. Auden

Tickets to POETRY IN MUSIC are \$24.50-\$28, available at Ticketmaster. Student rush tickets are available for \$10 when doors open one hour before the concert. Visit Ticketmaster.ca to purchase online or phone 1-855-985-ARTS (2787).

The Vancouver Chamber Choir acknowledges the generous assistance of the Canada Council for the Arts, the City of Vancouver, the British Columbia Arts Council, the Province of British Columbia, The Vancouver Sun, London Drugs and RBC Foundation.



The Source wishes
you a happy
Year of the Snake

Chinese New Year
February 10, 2013

Sit-skiing frees wheelchair-bound snow lovers

by ERNA VAN BALEN

Grouse Mountain's Skyride spits out its human cargo of about one hundred skiers and snowboarders, excited about the 27 centimeters of freshly fallen snow. Snow and wind blow into their faces as they exit the tram and fasten their skis. But for Richard Thompson, it's not as simple to hit the fresh powder; it takes some time to get into his new sit-ski and start his first lesson of the season.

Thompson started sit-skiing in 2011 with the help of Vancouver Adaptive Snow Sports (VASS), the local volunteer-run organization that offers ski and snowboard lessons to people with both mental and physical disabilities on the North Shore mountains.

Diagnosed with multiple sclerosis in 1999, Thompson lost most of the strength in his legs the year that followed. He is determined to become an independent sit-skier so he can go

ple who will never be able to ski independently because of the nature of their disability. Still, Paul Fulford, one of the coordinators who started the intermediate program, believes everyone should be able to enjoy the mountains.

"It's not just taking a guy for a ride, it's giving him a few hours in the snow; it's giving his parents some time on the mountain and some time to themselves, and it's giving him a sense of well-being that he'll take back to his family," Fulford explains.

Most people who become independent sit-skiers just want to ski with their families, but some continue on to racing programs such as the B.C. Para-Alpine Ski Team (BCPAST). BCPAST coaches sit-skiers and other athletes for provincial and national competitions and, eventually, the Canadian National Paralympic Team. All three sit-skiers on the team for Sochi 2014 hail from BC.

Rob Gosse, former member of BCPAST, says that sit-skiing has done more than just free him from the wheelchair he's been in since a motorcycle accident in 2006 left him unable to walk without crutches.

"When I get on the hill, I know that people are watching me. [...] I can ski better than most people on the hill, it's something I excelled in quite quickly," says Gosse.

This newfound self-esteem spilled over into the rest of his life and gave him the confidence to go out in public and not be ashamed of the wheelchair



▲ Anya McRae (left front) with adaptive sports advocate Paul Speight and her instructors at Sun Peaks Ski Resort.

anymore. His injury had closed doors in his life, but many more have opened. BCPAST took him travelling where he met Prince Edward and the governor general and was part of the 2010 Paralympic Games – all because of sit-skiing.

Sit-skiing is not that well known in areas where there are no mountains or adaptive ski programs. As a sit-skier living in Chilliwack, Anya McRae often has to explain what sit-skiing is. Having grown up in subtropical Taiwan, she had never even imagined herself skiing. And now she has skied all over B.C..

"It's my passion," she says. ☞



▲ Rob Gosse during the torch relay of the 2010 Paralympics.



▲ Richard Thompson with his instructors on Grouse Mountain.

For most people, skiing is a fun way to be active in winter. But for people who are otherwise wheelchair-bound, sit-skiing is more than just fun: it frees them from their wheelchairs and increases their self-esteem.

According to the Disabled Skiers Association of British Columbia (DSABC), an organization that oversees eleven adaptive snow sports clubs in the province, there are approximately 560 people with disabilities participating in adaptive snow sports, including adaptive snowboarding, adaptive skiing and sit-skiing.

skiing with his son. He loves to ski, and it's now one of the very few sports they can do together since he can no longer skateboard or mountain bike.

"My son is involved in at least ten different sports, but I can't do any of them with him. [With skiing] it's the freedom that you get, the fresh air... it's pretty special," he says.

Of the two sit-ski programs that VASS offers, one is aimed at beginner sit-skiers, while the other is aimed at making intermediate students like Thompson independent skiers. The beginner program also caters to peo-

"Traditions are a big part of my culture. Unfortunately, so is diabetes."

Bernie, First Nations counsellor

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SYNOPSIS

I am Nasrine is an intimate journey of self-discovery and ultimately reveals the unfolding of a soul. Set in modern day Tehran, and the UK, the film follows the paths of Nasrine and Ali, sister and brother in a comfortable, middle class Iranian home. Arriving in Britain, their fate and their future are far from certain.

Things spiral further out of control when an unimaginable tragedy occurs. Nasrine must discover an incredible courage within her to accept what fate has dealt her; discovering that the end of her journey is really just the beginning. Can hope, simple untainted hope, overcome the darkest of tragedies?

I Am Nasrine explores these questions and more, and offers answers that are sure to surprise. "A Life enhancing Film. An important and much needed film" Sir Ben Kingsley.

ABOUT ATIRA

Atira Women's Resource Society is a community based not-for-profit organization that supports women and children who have been affected by violence / abuse. Through education, outreach and driven by our feminist philosophy Atira is an active voice in the struggle to end men's violence against women and children. Since 1983, Atira Women's Resource Society has and continues to provide a large range of services in BC's lower mainland. For more information about Atira Women's Resource Society, visit www.atira.bc.ca.



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Photo by Steven Miliham, Flickr

Vancouver society seeks help to raise money for male victims of sexual abuse

by BLANCA BLANDON

Andrew Bhatti, 33, was only nine years old when he was sexually abused by his Big Brother from the Langley Big Brothers Association. The abuse continued until the age of 14. Bhatti is now an activist for male sexual abuse and a patient at the B.C. Society for Male Survivors of Sexual Abuse (BCSMSSA), the only one of its kind in B.C.

The BCSMSSA supports boys and men who have been sexually abused at any time in their lives by providing victim services, group and individual therapy.

usually no resources for men that are ready to receive help," says the BCSMSSA founder and executive organizer, Don Wright.

They have faced countless financial hardships since opening. The society's main goal is to raise two hundred thousand dollars over the next six months to provide additional treatment and services and to expand their facilities. This requires a substantial amount of money and support, two things they don't receive enough of.

"Lack of awareness has led to a lack of funding and has prevented male survivors from coming

"I have been in treatment on and off for the past six years and the way it has changed my life is significant.

Andrew Bhatti, sexual abuse survivor

For years, they've struggled for government grants, often being rejected because they do not fit specific criteria. Many of these grants specify victims must be women or young girls, overlooking thousands of men and young boys that suffer the same abuse. Although they receive three grants yearly from the B.C. Ministry of Justice, Vancouver Coastal

out for fear that they won't be supported. There is also a stigma that is often attached," says Wright.

If the society could no longer operate, Bhatti says he would feel isolated, suicidal and most likely resort to using drugs again. Prior to treatment, he was a heroin user for 14 years. Since starting treatment, he has been clean for seven years and is the father of a six year old boy.

"I have been in treatment on and off for the past six years and the way it has changed my life is significant," says Bhatti.

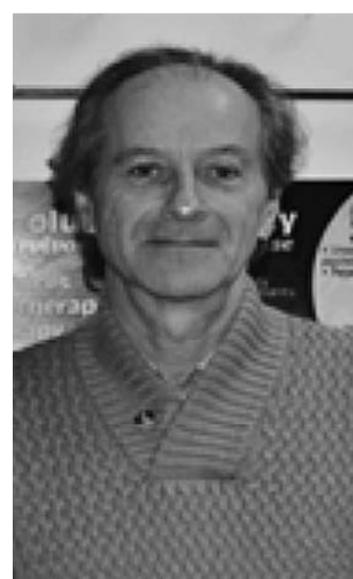
Bhatti's personal goal is to give back to the place that helped him turn his life around by raising twenty-five thousand dollars through a Ride for a Reason fundraiser on June 27. Cyclists will bike from Vancouver to Vernon in a movement aimed at garnering donations and shedding light on male sexual abuse.

Wright is currently in the process of applying for a grant from the B.C. Gaming branch in order to provide individual therapy to incarcerated male survivors. Both men will continue to raise awareness and look for support so young boys and men that have experienced sexual abuse do not have to suffer in silence.

Group therapy sessions offered by BCSMSSA

Mondays, Jan. 10–Mar. 28
Call 604-682-6482 or email bcsmssa@hotmail.com

Victim services and individual therapy also offered. Visit www.bc-malesurvivors.com for more information.



▲ Don Wright.

Health and Mental Health Addictions, these funds only cover 50 percent of ongoing costs, including therapists, almost four thousand dollars a month in rent and all costs associated with continuous projects. The society also pays for patients that want help but can't afford treatment.

"Out of ignorance, many people assume that males aren't as vulnerable or as likely to get abused in comparison to women. Aside from our facility, there are vir-

Photo courtesy of Don Wright

Issues and Ideas



Photo by Rachael Dudley

State of our arts

by RACHAEL DUDLEY

The recent rally of thousands of B.C. film workers has people wondering whether the importance of our film industry is being recognized by the powers that be. The film industry in B.C. provides around 85,000 jobs every year. TV shows, documentaries, feature films, commercials and independent films all contribute to this employment figure; however, within the film sector, the number of people out of work has reached an all time high.

Why is this? Well, it is largely because productions are being shot in other provinces where tax incentives are more attractive and where companies can make back better labour costs on the millions they spend.

How can B.C. compete with that? Understandably, the filming community is trying to draw more business to the West Coast and get the thousands of unemployed back to work in the industry that they love.

And it's not just the tax benefits that are important, but the community benefits as well. The film industry is and has been a valuable contributor to the B.C. economy for decades, spending billions of dollars each year.

Many communities like First Nations are heavily entwined in the giant web of Canadian film production. A local filmmaker, who has asked not to be named, and has designed costumes on several Native film projects explains, "on every single level of film there are First Nations people, from production assistants to producers and directors...it affects First Nations the way it affects everyone else. We're all in it together" she says.

And of course, let's not forget location, location, loca-

tion. First Nations are rich in wildlife and culture; often embedded in natural landscapes like Squamish, these communities attract adventure filmmakers who are drawn to opportunities for filming outdoor sports.

Brenda Chambers is a founding instructor with the Aboriginal Film and Television Production program at Capilano College, and an active member of the Champagne and Aishihik First Nation. As a film producer and business owner in Vancouver, she has seen dramatic change over the 17 years that she has lived here.

Programs like the one Chambers founded are creating people qualified for the industry; however, she finds that there is a shortage of jobs and support at the other end.

"Communities are becoming culturally stronger and young people are more attracted to telling their stories through filmmaking. It's just unfortunate that there isn't that support politically. B.C. is a fantastic, beautiful landscape and with such talent here, it's a real shame," she says.

Chambers hopes to remain in Vancouver, and to continue producing, no matter what the future of film has in store.

She has played a large role in shaping the Aboriginal Peoples Television Network into what it is today, and is currently developing a television series on the empowerment of indigenous women.

British Columbia used to be the third largest hub for film and TV production in North America, and now there are only six TV shows in production here. It seems the beauty of our province and the thousands of skilled film professionals here isn't enough to bring back film business. The film industry in Ontario is booming. Is B.C. being left out in the cold? ☞

Latino organization digs into cross-continental opportunities

by LEO NEWMAN

Heather Bell is no stranger to the difficulties of being a foreigner in a new country. Having completed her master's degree at the University of Manchester in the U.K. and spent time working abroad in Ecuador, Mexico and Malawi, she knows the chal-

Bell notes that there is some controversy over how many foreign workers should be brought in, with the ultimate responsibility to answer this question resting with both the government and individual companies.

Her own experience with immigration makes Bell sensitive to the challenges faced by workers

"I'll offer information and educate about the opportunities to bring foreign workers to Canada that may specialize or have the skills that we need.

Heather Bell, immigration consultant

lenges of relocating to a new country and culture. Yet Bell, now an immigration consultant and vice president of Bell Global

who can bring new skills and experience to Canada.

"The experience [of] not understanding the language, not knowing how to do the paperwork, starting a whole new life, setting down, and that first time I did it I came back and had a new appreciation of those that were coming to Canada who are basically going through the same thing I did," says Bell.

The expo will provide a platform for local and international companies to discover business opportunities, with participants coming from Latin American countries, Western Canada, and the northwestern U.S. The main focus will be on the mining, construction and green technology industries, with a wide array of speakers addressing each of these subjects and what they have in common. Alan Minz, regional director for the Pacific Region at the Vancouver Regional Office of Foreign Affairs and International Trade Canada, Dallas Kachan, executive director at Clean Mining Alliance, and Vancouver mayor Gregor Robertson will be among those speaking.

With a large and lively Latin American community in Vancouver,



▲ Heather Bell.

Alliance Immigration Services, Inc., also recognizes the plethora of opportunities offered by immigrants who may have unique skills and experience they can bring to Canada. It is precisely this type of potential that will be explored at ExpoPlaza Latina, the first ever Latin American cross-sector business expo to be held in Vancouver, which will take place on Feb. 7.

Bell will be one of many speakers at this day-long conference, which is designed to promote business connections between North America and Latin America.

"[I'll] offer information and educate about the opportunities to bring foreign workers to Canada that may specialize or have the skills that we need," says Bell of her role at the expo.

Bell hopes to help people engage with the larger picture of how Canada can benefit from having foreign workers. According to Bell, filling labour gaps, whether those are in knowledge or experience with sustainable technologies or in other industries is an immense benefit for Canada. However, when it comes to balancing opportunities for Canadian and foreign workers,

ExpoPlaza Latina Agenda

Opportunities from Sustainable Cities

Sustainable innovative alternatives that successful firms in North America can benefit by supplying green technologies in Latin America: learn what opportunities are available.

How to Fill the Labour Gap for Mining and Construction Industries

Solutions and alternatives to the need for labour in mining and construction.

Taking Advantage of the NAFTA Agreement

Supporting trade and commerce within Canada, USA & Mexico: lessons that can be drawn from NAFTA efforts in the region, and with other free trade agreements.

Part 1: Green is Black Socially Responsible Mining in Latin America

Part 2: Future in Mining Clean Tech and New Options for Latin America

Socially responsible mining in Latin America: what it means, and alternatives to operate with clean technologies.

ver, growing business opportunities in Latin American countries, and discussions that will deal with topics like filling the labour gap in mining and construction industries in Canada and sustainable economic development in the mining industry, ExpoPlaza Latina promises to be an event of interest. ☞

ExpoPlaza Latina will take place Feb. 7 at Harbour Centre, Simon Fraser University. More information can be found at www.expoplazaLatina.ca



▲ ExpoPlaza will have presentations on the three industries that are booming in Latin America: construction, mining and green technologies.

Photos courtesy of ExpoPlaza Latina

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Photo courtesy of BC Compassion Club

Marijuana organization continues to push benefits of cannabis use

by PHOEBE YU

A year after the Liberal party approved a resolution for the legalization of marijuana during the last Biennial Convention, the party released its first draft policy paper on January 18, 2013. The draft outlined a policy framework for its legal implementation, including the sale, distribution and taxation of marijuana.

For the dispensaries and compassion clinics in Vancouver, legalization has been a long and distant dream, but from a medical standpoint, making cannabis a legal substance is not the only task at hand.

Isaac Oomen, Communications Coordinator for the BC Compassion Club, says that the proposed policy is progressive because it sets out a framework for regulating cannabis, in addition to legalizing it.

A young Vancouver actor who has asked not to be named, is in favour of legalizing cannabis, as long as it's also regulated. He uses medical marijuana for his insomnia because he finds it helps him sleep. He prefers it to sleeping pills because it has fewer side effects.

But because it's still a drug, he says that it needs to be used responsibly.

"There's a difference between use and abuse," he says. "Smoking pot all day, everyday, is obviously abusing the drug, but for me, personally, I'd rather smoke a small joint to help me get to bed at night."

Despite the policy proposal's progressive stance, Oomen believes that what's missing from the policy is that it doesn't make a distinction between medical and recreational use.

"Our position, of course, has always been that there's a massive

difference between those who are using it medically because to use it medically requires really safe strains," he says.

Oomen explains that at the BC Compassion Club alone they have over sixty different safe strains available, because different strains have different effects.

A strain called Indica, for example, can help some people to sleep, while strains like sativa provide an energy boost, says Oomen. Currently, the status of cannabis is still illegal in Canada. Under the Controlled Drugs and Substances Act, possession of marijuana is a criminal offense

but there are medical exceptions. Health Canada is the only organization legally allowed to supply marijuana for medical purposes.

Under the present legal framework, compassion clinics and dispensaries have largely been operating in a legal grey zone. They exist because they provide a service that Health Canada hasn't been able to match, says Oomen.

Oomen points out that Health Canada's medical marijuana program is limited because it only provides one strain of the plant; however, patients can apply to grow it for themselves or designate others to grow it for them. This option also has limitations because not everyone wants to grow their own cannabis or ask someone else to grow it for them, he says.

Oomen has observed that a large number of people prefer to have a safe, medically tested source, and several strains of cannabis that can be consumed in a variety of ways. Some cannabis consumers want alternatives to dry cannabis, such as hashish, baked goods and so on.

But even if they don't have legal status, Oomen maintains that compassion clinics and dispen-

saries do have safety standards. In 2011, a group of dispensaries in Canada came together to form the Canadian Association of Medical Cannabis, which serves as the self-regulating body for the safe production and distribution of cannabis.

Today, Oomen indicates that the club is a place of community. Some people still face shame when smoking cannabis, but the club provides a welcoming environment where patients become educated about marijuana and talk to each other, says Oomen.

The Vancouver actor also expresses the need to keep marijuana production local instead of corporate if legalization does happen.

If legalization does occur, suppliers of medical cannabis and patients will finally get what they've been hoping for.

Oomen suggests that it would also be helpful if the MSP could cover costs for medical cannabis.

"For us, it basically means that we move to a position that we've really wanted," says Oomen. "Especially if that legalization includes regulation to come along and making it more accessible to people." 



Photo courtesy of BC Compassion Club

▲ The apothecary at the BC Compassion Club.

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Facilitators Marcel Chenier, Facilitator and ESL Teacher whose worked at University and College level in Canada, as well as internationally, for many years. Colleen Gillis, a Recruiter with 9 years experience placing new hires with national corporate and independent organizations in Canada.

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

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



Community Portrait: Kingsway-Edmonds

The Burnaby Edmonds area is home to a number of independent businesses and is rife with culture, variety and delicious food. Within only five blocks one can find Turkish, Thai, Chinese, East African and Balkan cuisine. Halal meat shops, Iranian grocery stores and an East African spice market are just a few of the unique stores to discover when exploring the surprising streets of Kingsway and Edmonds.



▲ Anatolia's Gate: The machine that gets the job done, making rich and delicious Turkish Coffees.



▲ Anatolia's Gate: A Turkish specialty! Fresh lavash is prepared and baked in house.



▲ Lucy Market: Proudly displaying spices and goods from East Africa.



▲ Anatolia's Gate: Proud workers displaying their finished product, a soft flatbread called lavash.



▲ Lucy Market: A Variety of spices straight from East Africa.



▲ Bernie's Balkan Bakery: Fresh Bureks! Bernie's famous homemade Balkan fillo pastry pies.



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We acknowledge the financial assistance of the Province of British Columbia.

► "Verbatim" from page 1
 experience. I had vaguely heard of the Conservatives and the Liberals, of a not-so-loved Mr. Harper and of some guy called Trudeau who looked like a pop star. I skimmed through the newspapers and filled in the gaps in order to help one of the candidates spread his message across the country.

or if I had enough experience to be allowed to get experience. I was no longer just a resume, a few awkward lines summing up an experience too atypical to be summarized. I was a person like anyone else, and I was given a chance. Imagine my surprise. The experience turned out to be an incredible one, but a tough one too, as is any incred-



▲ Writer Coralie Tripiet gets on the Canadian political bus.

The message was not the only one to travel: for six weeks, I crisscrossed the country on the campaign bus, with our team. Three or four cities per day, many conversations, little sleep, and more than 15,000 kilometers, an intensive program through all the provinces, from one ocean to the other.

Big political meetings in Newfoundland, some door-to-door in Calgary in -20°C weather, interviews in Northern Ontario, meet-ups in Quebec. A surreal experience for a young French person recently arrived.

I was given a chance and I was trusted for my abilities – quite unusual these days. I wasn't asked if my academic background was perfectly relevant to the duties I would be given,

ible experience. More than the discovery of Canada's political landscape and the 15,000-kilometres travelled, it gave me a global overview. An overview of the country, of the world, and of myself. A global overview that made me understand that you have to trust yourself and others, know when to get off the beaten path and appreciate the uncertainty of the future.

I still can't say what brought me to Vancouver, but I know what Vancouver brought me – everything I did not expect. And that is the uniqueness of this city – its very essence.

If Vancouver happened randomly, in the end, everything happens for a reason. ✍

Translated by Coralie Tripiet

Diversity Health Fair

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www.amssa.org/healthfair2013

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► "Alternative Medicine" from page 1 that I don't think are healthy for the body."

Dr. Jensen and her husband, Dr. Nicholas Jensen, opened their Kitsilano clinic, Divine Elements, in 2009.



Photo by Bel, iStock Photography

▲ Dr. Sonya Jensen.

"Vancouver is open to Ayurveda, and Naturopathic services are generally a part of extended medical benefits," says Dr. Sonya Jensen. She is hopeful that "people are beginning to take control of their health."

Ayurveda focuses on our connection to food, the seasons and our constitution. We are a unique combination of three Doshas or humours: Vata, Pitta and Kapha. Dr. Jensen explains what this means for your health:

"Your Dosha tells you what your tendencies and characteristics are, what maintains your balance. Each Dosha has a role within the body, for instance if we look at digestion – Vata is in charge of movement, Pitta is the digestive fire and Kapha is the stability," she says.

Doshas are also attributed to seasons, and winter is categorized as Vata. "Those with a more Vata constitution will be most unbalanced during the winter months, with more susceptibility to colds, flus and digestive issues," says Dr. Jensen.

In contrast to Western medicine, which focuses on the disease, Ayurveda looks at systems and balance. "We look at the body as a whole, so it can support itself, essentially preventing things before they happen," says Dr. Jensen. Despite her non-Western approach to health, Dr. Jensen believes that every practice has a role and looks forward to when different teachings can unite.

Like Dr. Jensen, Traditional Chinese Medicine (TCM) practitioner at YYoga Flow, Irene Sanchez looks at health from a different perspective. Sanchez was born and raised in Mexico, where she worked as a general physician before moving to Canada to pursue TCM.

Breaking down the fundamentals of her practice, Sanchez explains, "it is based on a philosophy of yin and yang – complementary opposites. Yin represents water, coolness and femininity in contrast to the fire, warmth and masculinity of yang."



Photo by Asi Suddhi

▲ Irene Sanchez.

Similar to the balance sought after in Ayurveda, TCM is founded on five elements which require balance with food, lifestyle and the environment, to achieve optimal health and well being.

"TCM is an integral approach to wellness, we treat from the root and the cause, unlike western medicine which treats the symptoms," says Sanchez.

As the flu shot does not align with TCM beliefs, it is not surprising that Sanchez does not get the flu shot. "It is a personal choice. In Chinese medicine we work with chi and if you have

a strong defensive chi, then no evils or toxins will affect you," says Sanchez.

Similar to the susceptibility of the Vata constitution, Sanchez recommends that patients with a low defensive chi should strengthen it through preventative treatments and take defensive herbs during season transitions.

How does TCM approach flu prevention?

"Stay in a positive attitude," and "do things that make you happy and this will uplift your immune system," says Sanchez. ✍

Tips for the Cold and Flu Season from Irene Sanchez (R. TCMP, R.Ac)

1. Food: Ginger, ginger, ginger! It will warm your body and strengthen your energy. Incorporate garlic into recipes or for the brave among us: try it raw.
2. Herbal Tea: Lemon, ginger and honey tea.
3. Supplements: Try Echinacea, Astragalus and Bee Propolis.
4. Treatment: Enjoy acupuncture during the seasonal transitions – this is when your energy is most vulnerable.
5. Stress Reduction: Be happy! Do mild exercise and walk in the woods breathing clear air.
6. Grow your own herbs right in your backyard



Photo by The Geetesi, Flickr

Tips for the Cold and Flu Season from Ajaib Kaur

1. Cut a red onion and put it in your room to absorb the germs – just don't eat it the next day!



Photo by Keith Deverport

2. Dushanda: a collection of dried herbs that are boiled and enjoyed as a tea.
3. Malathi (Licorice): Boil into water and drink as a tea.
4. Besan Poora (Chick-pea flour pancakes): Great for breakfast, lunch and dinner – packed with ginger and warming spices.
5. Grow your own herbs right in your backyard



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Segal Graduate Business School, 500 Granville Street, Vancouver

Tuesday February 5, 2013

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SFU International and the **British Columbia Council for International Cooperation** invites you to a panel discussion and dialogue with four eminent Canadians making a difference. Panel and dialogue topics include:

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- The role of governments globally
- The increased involvement of the private sector
- Civil society organizations as vital players

PANEL MODERATOR

Alexander Dawson is the Director of the SFU School for International Studies and is a historian of Modern Mexico.

SPEAKERS

Barry Carin is a Senior Fellow at the Centre for International Governance Innovation, University of Victoria.

Don Cayo is a columnist at The Vancouver Sun.

Ben Hoogendoorn is the President/CEO of Food For The Hungry (FH) Canada.

Hawa Mire is the Program Director of Leave Out Violence (LOVE) BC and Co-Founder of [Point Youth Media](#).

Tips for the Cold and Flu Season from Dr. Sonya Jensen:

1. Food: Eat kiwis, oranges and anything green.
2. Herbal Tea: Brew a pot with ginger, turmeric, and warming spices such as cloves and cinnamon.
3. Since Vata is off balance, have soups, stews and shakes – meals that are easy to digest. Skip the dairy, gluten and bananas.
4. Treatment: Try the homeopathic flu shot in October to increase your immunity with an intravenous vitamin and mineral therapy.
5. Stress Reduction: Yoga, meditation, walking, exercise!

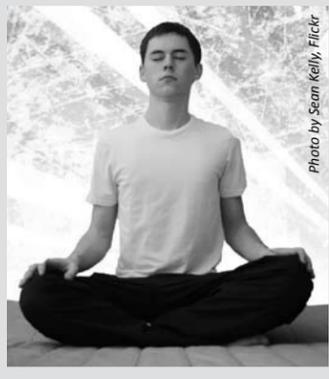


Photo by Sean Kelly, Flickr



Canada

Cultural Calendar

February 5–19, 2013

by NATALIE MUNDY

Drizzle, fog and gray skies continue to be ignored this month as Vancouver presents some cracking things to do. Get into history with the Gritty City mini-film festival; carb load at the Winter Farmers Market; or warm up by sampling the offerings of the Hot Chocolate Festival. And let's not forget Valentine's Day. Whether you're in love, looking for love or hating on love – there's plenty to distract you.

* * *

Chutzpah! Festival
February 7 to March 3
Various venues
604-257-5145
chutzpahfestival.com

Entering its thirteenth year, the Chutzpah! Festival strives to foster artistic growth through dance, theatre and music. It continues to cross cultural and generational boundaries with a wealth of extraordinary work by emerging and established artists. See website for schedule and tickets.

* * *

February Food Truck Fest
Saturdays
Nat Bailey Stadium
4601 Ontario St., Vancouver
www.eatlocal.org/
foodtruckfest.html

During the month of February, the Vancouver Farmers Markets will feature double the regular number of food trucks. New recruits include Slavic Rolls, Old Country Pierogi and Ze Bite. Open to the public.

* * *

Jan Ken Pon! Family Games Day
Saturday, February 9,
1 p.m.–4 p.m.
Nikkei National Museum
and Cultural Centre
6688 Southoaks Cres., Burnaby
604-777-7000

Experience over 20 traditional Japanese heritage games and toys, make your own sumo wrestlers and beanbags, and a rock-paper-scissors tournament with prizes. Admission: \$5.

* * *

B.C. Family Day
Monday, February 11
Various venues

B.C.'s first Family Day statutory holiday has prompted many local attractions to post special offers for families to enjoy together. The Vancouver Aquarium is extending its hours; the Vancouver Lookout is hosting a scavenger hunt and orienteering, and check out the local ski mountains for discount rates.



▲ Local foodies will line up in front plenty of food trucks during this month's Food Truck Festival at Nat Bailey Stadium.

* * *

**Gritty City:
Vancouver in the 60s**
February 12 and 26, 7:30 p.m.
Hollywood Theatre
3123 West Broadway, Vancouver
604-264-9642
vancouverheritagefoundation.org

Catch the final two nights of Gritty City, the Vancouver Heritage Foundation's mini-film festival featuring Vancouver's earlier days of neon, mid-century architecture and the evolution of the West End. Entry by donation at the door.

* * *

**Dances for a Small Stage 28
Valentine's Edition**
February 14–16, 8 p.m.
Legion on the Drive
2205 Commercial Dr., Vancouver
604-831-6856

Local dancers and choreographers will create and perform works about love, lust, complication, infatuation and everything in between. Doors open at 7 p.m. and audience members must be 19+. Tickets: \$20 at the door (cash only).

* * *

**Martial Artists of the World
Lunar New Year Gala**
Sunday, February 17, 6 p.m.–10 p.m.
River Rock Casino
8811 River Road, Richmond
604-255-5149
www.shouyuliang.com

Vancouver invites elite martial artists from around the world to gather for a once in a lifetime event hosted by seventeen organisations and they're expecting international media to spotlight this one of a kind masters demonstration. Tickets: \$95 for show and dinner; \$60 for show only.

* * *

Hot Chocolate Festival
Until February 14
Various Venues
www.cityfood.com/events/
hotchocolate2013

The Vancouver Hot Chocolate Festival is back for its third year with more chocolate makers than ever. There are over 60 flavours to try at 23 different venues across the city. Search by venue or flavour at the website. Funds raised go to A Better Life Foundation.



▲ Warm up at the Hot Chocolate Festival.

* * *

**Object(ing):
The Art/Design
of Tobias Wong**
Until February 24
Museum of Vancouver
1100 Chestnut St.,
Vancouver
604-736-4431
www.museumofvancouver.ca

Wong engaged in a range of mediums including installations, performances and fashion design. Considered a forerunner of conceptual design, Wong continues to fascinate and outrage through his art. MOV admission: \$12 adults; \$10 students; \$8 youth.

* * *

How Has My Love Affected You?
February 28–March 23
(except Sundays)
Revue Theatre
1585 Johnston St., Vancouver
604-687-1644
www.artclub.com

The Arts Club Theatre Company presents a family memoir about a young playwright who discovers a storage locker full of his mother's journals. The nature of familial obligation is questioned through humour, tension and affection. See website for tickets.



▲ How Has My Love Affected You?: Zak with photo of Roleene Youssef (left) and Marcus Youssef (right).

Photo by Simon Hayter, courtesy of The Arts Club Theatre Company

PACIFIC THEATRE

LEAVE OF ABSENCE

a new play by Lucia Frangione

Jan 25-Feb 16

"I believe in God the Father and/or Mother Divine, maker of heaven and earth and the big bang theory."

604.731.5518
www.pacifictheatre.org

Asphalt Renaissance

The sidewalk is Nikola Vujašinović's 2 ½ m² canvas. In white and pastel chalks, he is recreating the face of Botticelli's *Birth of Venus* outside the Robson Street entrance of the former Sear's building. He enjoys painting faces from the works of artists of the Renaissance period as well as faces from Rembrandt and Rubens. He feels his work gives the public easy access to classical art. This type of art, especially with chalk, is ephemeral. The pleasure is in its creation. A few days after the work is finished, the site is cleaned and Nikola finds another downtown location.

Nikola studied art in Bosnia and has practised his street art in many European cities. In Canada, he has worked in Quebec and has been "painting" in Vancouver for about 3 months.

This form of street art has existed throughout Europe since the 16th century. It has variously been called street painting, pavement art, chalk art and sidewalk art. In Italy the artists are historically known as Madonnari. Between working on cathedral projects, they traveled to various religious festivals recreating images of the Madonna and other church paintings. In England, the



artists are traditionally called Screevers from the Latin: to write. During the 18th century, their street art served as a sort of pictorial newspaper for

its illiterate viewers and was accompanied by political and moral written commentary for its literate viewers who could show their appreciation in

larger monetary rewards. Today, it's a performance street art celebrated at international festivals. Some of the more spectacular works are

Trompe l'oeil, French for "deceive the eye", creating a 3-D effect.

Don Richardson

YOU ARE INVITED TO THE GRAND OPENING

**SATURDAY, MARCH 9TH, 2013
OPEN HOUSE 10:00 AM TO 4:00 PM**

PLEASE JOIN US FOR OUR OFFICIAL GRAND OPENING WITH "WELCOME" SPEECH AND OPENING CEREMONIES BY OUR DIRECTOR, NICHOLAS BOUGHEN, AND THE CITY OF NEW WESTMINSTER.

FIND OUT WHAT'S SO DIFFERENT ABOUT CG MASTERS - RECEIVE PERSONALIZED FEEDBACK ON YOUR PORTFOLIO EXPERIENCE DEMONSTRATIONS AND PRESENTATIONS TRY OUT A STUDENT WORKSTATION TAKE A TOUR. TAKE A MINI CLASS. ENJOY REFRESHMENTS AND DOOR PRIZES!

FOR MORE INFORMATION OR TO RSVP: PLEASE EMAIL VICKIE@CG-MASTERS.COM OR CALL 604-553-2462.

DIRECTIONS:
We are on the New Westminster Skytrain Platform in The Shops at New West Station.
Take the escalators or elevator up to Level 3 (P4), the platform level on the south side. The school is to the left, four doors down from the Rocky Mountain Chocolata Factory.
If arriving by Skytrain from Vancouver, exit the Skytrain and turn left. We are at the end of the platform.
If arriving by Skytrain from Surrey, exit the train, take the escalator down to cross the track. Take the escalator back up and turn left. We are at the end of the platform.
If driving, parking is available underground at Curran Street.

Le français au CSF,

c'est bien plus qu'une langue !

Inscrivez votre enfant dans une des écoles publiques du CSF !

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

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



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