



Life coach
fosters confidence
in identity
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Celebrating mother languages

by FLORENCE HWANG

Linguists are increasingly realizing that more and more languages are becoming endangered. At the moment, at least 50 percent of the world's languages look like they're not going to make it to the end of this century. 50 per cent is a conservative estimate.

"What extinct means is that when the last person who speaks any language as a native language dies, then we consider that the language is dead. In many cases, that's the last speaker altogether," says Päivi Koskinen who is with the Linguistics Faculty, Department of Language and Cultures at Kwantlen Polytechnic University.

To promote mother languages in British Columbia, most of the Lower Mainland municipalities will celebrate International Mother Language Day on Feb. 21. The United Nations Educational, Scientific and Cultural Organization (UNESCO) announced on November 17, 1999 that International Mother Language Day would be formally recognized by the United Nations General Assembly and established 2008 as the International Year of Languages.

In this year's event, which takes place Feb. 11, Kwantlen University will be highlighting the five languages that the department of languages and cultures teach, including French, Japanese, Mandarin, Punjabi and Spanish. There will be musical performances from each of these cultures.



"Language Day is for individuals to learn to appreciate their own mother languages but also to share them. So there are also other events in the lower mainland," says Koskinen.

Language preservation efforts in Surrey

The Mother Language Lovers of the World Society first proposed the idea to UNESCO, which proclaimed the first official day to take place in 2000.

Mother Language Lovers of the World Society used the City of Surrey as a model city of implementation for International

Mother Language Day. The Society is working with school boards to make younger people aware of the value of their mother tongues.

"We must respect all mother languages. First Nations and immigrants' languages, as well as linguistic minorities, like braille and sign language," says Mohammad Aminul Islam, who immigrated to Canada from Bangladesh in 1987.

Rafiqul Islam, the late founding president of the Mother Language Lovers of the World Society, came up with the idea for International Mother Language Day.

"We are enriching the [whole of] Canada by sharing all the cultures. For example, my culture, heritage, and language is 1,000 years old. I am bringing all this history to enrich society. Everyone is sharing," Mohammad Aminul Islam says.

In Surrey, there are 175 mother languages and Islam hopes that one day all of Canada will declare February 21 as International Mother Language Day.

If society can introduce the mother language day in the Vancouver School District school calendar, at least 56,000 stu-

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Verbatim

Everyone should live in Vancouver at least once

by WENJIE SHEN

I have been in Vancouver for a year and a half or so. I grew up in Shanghai, the biggest city and financial centre in China. After twenty-two years living there, I made the biggest decision of my life. With the support of my family, I came to Canada to study at UBC's School of Journalism. A top university in Canada situated in a beautiful city seemed to be a perfect package.

Studying abroad has been a turning point in my life. I experienced a brand-new city with incredible new activities, cultures and landscapes. Vancouver is different from Shanghai in some ways, but both cities have one thing in common: cultural diversity.

Just like Vancouver, Shanghai attracts tourists from all over the world as an international city, and different neighbourhoods embrace diverse cultures just like a salad bowl. No one needs to be concerned about integrating into the main culture. Many neighbourhoods are kept westernized, such as Biyun International Community where most westerners reside. High-end pubs are scattered nearby, and soccer and rugby games are in full swing. Cheerful but diverse languages resound in the air, just like on the bus in Vancouver, where I can hear various languages fill my ears.

Before moving to Vancouver, I thought cities were places where everyone walked fast, worked hard and where few cared about what was happening around them. My stereotype of a city has gradually changed. Vancouver helps me to believe in humanity, helps me to realize that many emotions are universal, especially love. I have witnessed the kindness of strangers in my

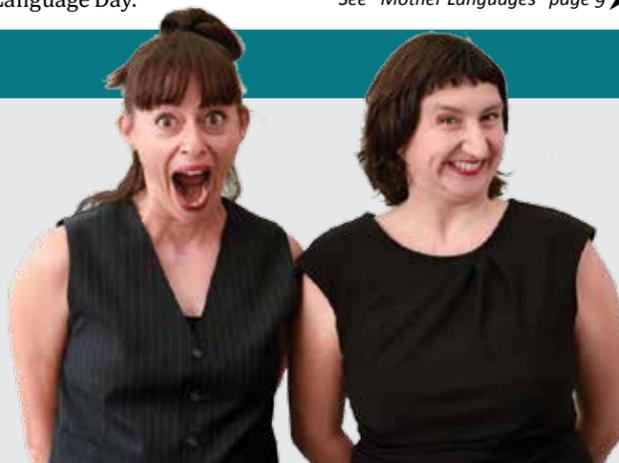
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Community Profile



A neglected history: Hogan's Alley

BY JANMIE GUNAWARDENA

Hogan's Alley has played a significant part in Vancouver's history, yet is one aspect of this city's past often ignored that goes unacknowledged by its citizens. The documentary, *Secret Vancouver: Return to Hogan's Alley*, will be showcased by the Simon Fraser University (SFU) Seniors Life-long Learning Society at SFU's Vancouver campus on Feb. 18.

Secret Vancouver: Return to Hogan's Alley is a short documentary directed by Spotlight Productions' Melinda Friedman that observes the history of a largely black neighbourhood in Vancouver. It investigates the overlooked institutionalized racism towards black people in this city. Hogan's Alley was destroyed due to gentrification and urban renewal. These programs were aimed at poor and often black communities across North America in the late 1960s.

"I'd like viewers to take away from the film the same things I have, which is to appreciate and recognize the city's history before it's gone. Every day some part of Vancouver's backstory gets torn down to make way for new development," says Friedman.

Friedman, who always had a keen interest in history, especially African American history, grew up in New York City prior to moving to Vancouver.

A history ignored

Friedman discovered old photos and mementos while working on a documentary about the now gone Jimi Hendrix shrine that was in a building leftover from the Hogan's Alley days.

"[I was intrigued by] what almost seemed like rumours about a black neighbourhood that was now gone," says Friedman.

While the black population in Vancouver may not have been

prominent, it had always existed and Hogan's Alley played an essential role in keeping this community alive and together.

"There has been a black community in Vancouver since before there was a Vancouver," says Wayde Compton, Simon Fraser University lecturer and featured contributor to the film.

While Hogan's Alley holds value simply because it is a part of Vancouver's history, Friedman points out the importance to document and to share.

"A lot of the information about the neighbourhood and its people is still largely unknown to the average Vancouverite," says Friedman.

People are quick to assume there is no black history in Vancouver; however, *Return to Hogan's Alley* makes it clear there is an electrifying backstory to this neighbourhood.

"All too often people suggest that there are no black people in Vancouver, and this is, and always has been, a false assumption," says Compton.

Rediscovering Hogan's Alley

The film includes passionate Vancouverites retelling the history of Hogan's Alley through their personal experiences. It also has archival photos, films, music and other memorabilia.

Although a predominantly black neighbourhood, it is also home to many Italian, Chinese and Japanese Canadians. Established by Jimi Hendrix's grandmother, Nora Hendrix, the city's only black church, the African Methodist Episcopal Fountain Chapel, also stood in Hogan's Alley.

"Hogan's Alley wasn't just a handful of streets and houses, it was also the collective experience of generations of black residents. That shouldn't be forgotten, it should be commemorated," says Friedman.

Sitting on the edge of Chinatown, it is also where the Crump Twins taught Sammy Davis Jr. to dance. It was a hot spot for dancers, singers and entertainers in general like Ella Fitzgerald, Duke Ellington and Count Basie – Hogan's Alley was the original 'Hollywood North.'

"There are lessons to be learned about how institution-

alized racism once worked, and how we might stop it and other forms of displacement, in the present and future," says Compton.

Friedman and Compton will be present at SFU's Saturday Forum discussion. 

For more information, visit www.sfu.ca/continuing-studies/events.



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Mailing Address
Denman Place PO Box 47020
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Office
204-825 Granville St., Vancouver, BC

Telephone (604) 682-5545
Email info@thelastsource.com
www.thelastsource.com

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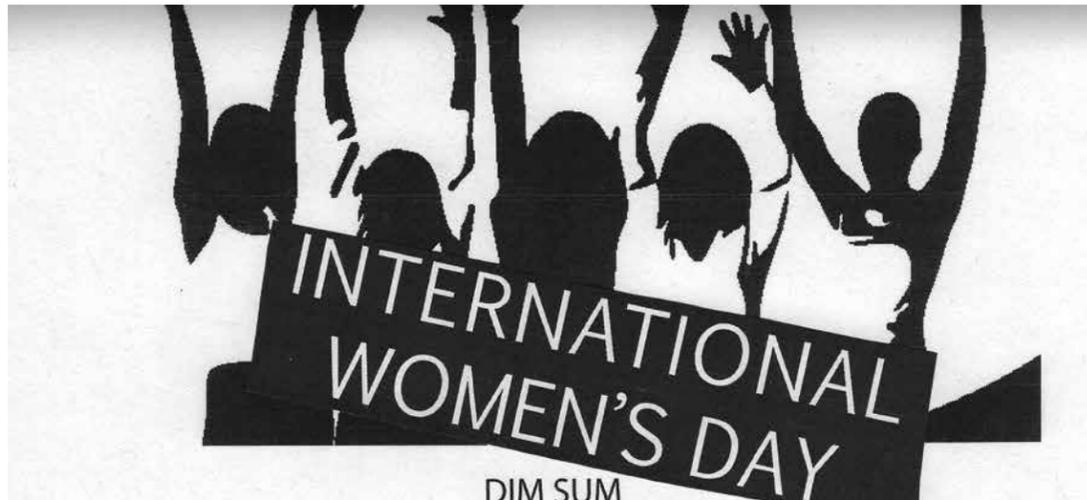
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INTERNATIONAL WOMEN'S DAY CELEBRATION
MARCH 25th, 2017
SHAKTI AWARDS 2017

Do you know a woman who deserves to be recognized as a leader, advocate, artist, visionary or a source of strength? This is your opportunity to have them celebrated by nominating them for the Shakti Award.

The *Shakti* Awards were founded in 2000 to recognize and honour women who have displayed *Shakti*-strength and energy, in their community, locally and/or globally. *Shakti* is the mother Goddess, the source of all, the universal principle of energy, power and creativity and represents the dynamic forces that are thought to move through the entire universe. Not only is Shakti responsible for creation, it is also the agent of all change. Similarly, the Shakti that resides within every woman is a force to reckon with and to celebrate on this International Women's Day.

The women who have displayed Shakti amongst us represent an inspiring account of positive social, cultural and economic change in the world. The Shakti Awards are an opportunity for us to recognize these women and share their vibrant stories.

If you would like to nominate a woman that embodies Shakti, please use the information below and email your nomination to shaktisociety2000@gmail.com no later than March 8th, 2017. Awards will be announced at the Shakti Awards Gala on March 25th at Bollywood Banquet Hall at 6:30 p.m..

Please note that nominations must be submitted via email. Submissions sent through other means, (social media, in-person or phone/text messages will not be considered).

Ensure that the description of the nominee's accomplishments reflect the category in which she is being nominated and provide clear examples of how the nominee has excelled in the specific field and why you feel she deserves the Shakti Award in that specific category.

Categories:

- ♀ Academic Achievement Award (High School or University/College student)
- ♀ Public Service/Volunteer Award
- ♀ Business Entrepreneur Award
- ♀ Artistic Achievement Award
- ♀ Sports and Recreational Award
- ♀ Resilience Award - A woman who has overcome adversity and has used her personal journey in a way to inspire and motivate others to be positive despite challenges and setbacks. Her achievements may reflect one of the above categories or she can simply be a woman who takes care of her children, parents or herself.

Nomination Information

- Name
- Age
- Address, phone number(s) and email
- Name, phone number and email of nominator
- Brief summary of reason for nomination - how the nominee's accomplishments relate to the stated category, the impact of their role, and why they should be chosen to receive a specific award.
- Identify how the nominee will contribute to Shakti: Empowerment of Women, Children and Families Society

Bringing European concepts of architecture to Vancouver

by NAOMI TSE

Michael Geller will be hosting his 4th annual lecture series at SFU Harbour Centre on Feb. 15, 2017. This year, the focus will be on higher density housing with insights based on his travels in Europe.

Geller is an architect, planner, real-estate consultant and property developer. Born in the UK but raised in Toronto, Geller has always been interested in creating buildings. After traveling extensively in Europe over the last few years, Geller had accumulated numerous photos of inter-

has four decades of experience in property development.

According to Geller, the main benefit is that low or mid-rise buildings can fit next to single family homes or within single family neighbourhoods much better than high rise buildings. Geller is not opposed to high rise buildings but he feels that there is room for different kinds of buildings in Vancouver and that we should study building developments in other countries. In addition, Geller will be discussing both individual buildings and the new planned communities that he has seen across Europe.



▲ SFU lecture brings to the fore European urban development.

esting developments and initially planned to use them for Christmas cards. But he rethought his original plan and came up with the idea to share them with the public at this year's lecture entitled Higher Density Housing and New Communities: Lessons from Europe. In this way Geller combines his work and personal life.

"When I travel, it's for leisure and professional interest," says Geller.

Adopting low and mid-rise buildings

Geller explains that in Vancouver, people tend to think that densification means building more high rises. However, in countries such as Germany, France and the Netherlands, many of the new housing developments are actually low and mid-rise buildings (4-10 stories high).

"Part of the message I want to deliver is that there are these new forms of smaller mid-rise buildings that are so common in Europe but not very common in Vancouver and elsewhere in North America," says Geller, who

The challenge with building these low and mid-rise buildings is simply that we're not used to doing them. Geller feels that developers tend not to build them because they're unfamiliar with the type of construction and also because they may follow a herd mentality. In short, developers build what other developers are building.

"I like to think that by presenting images and pictures from other places, and promoting these ideas, eventually they will catch on," says Geller.

He stresses that the ideas that he'll be presenting are not his original ideas but rather hopes that through this presentation Vancouver can begin to adopt the best of the European approach to architecture. There has already been some small-scale adoption of European tradition in Vancouver, for instance, the "car-free" housing development. This means that apartment complexes are built with little to no parking spaces for residents.

"These projects are becoming feasible thanks to changing attitudes towards car-ownership, the rise in popularity of car-sharing and improved public transit," says Geller.

Affordable housing

In early April, Geller will also be giving another lecture on affordable housing. This year, the City of Vancouver will be implementing a relocatable modular housing project. These small and easily transportable housing units will be set up on unused plots of land to provide temporary housing for those in need. Geller, who wrote a thesis on the subject 45 years ago, has been promoting this idea for several years now.



▲ Michael Geller: architect, planner, real-estate consultant and property developer.

For more information, please visit www.sfu.ca/continuing-studies/events.



Left Bank



Keep calm and read on

Education is one of our best weapons against racism and hate

This past weekend people from coast to coast braved the cold to hold vigils and rallies in response to the horrific massacre carried out by a white supremacist at a mosque in Quebec City. More than 40 cities and towns across Canada held actions to mourn and to stand in solidarity with our Muslim brothers and sisters across the country.

In Vancouver, several vigils took place on a snowy Saturday evening, culminating in a large gathering at Jack Poole Plaza where city staff lit up the old Olympic cauldron for the occasion.

Listening to the parade of speakers at the vigil held outside the Vancouver Art Gallery I was struck by the power and, despite the grimness of the occasion, the spirit of resolve and

from the world. But even if that provided a temporary, personal relief, it would never be justified to surrender to bigotry.

A better remedy is to find more reasons to assemble with our neighbours and our communities. It shouldn't always take a tragedy of the scale of Quebec to bring us together and engage in multi-faith ceremonies and exchange.

And, as the speaker at the vigil implied, studying and learning is crucial to preventing the spread of racist ideas and organizations. Our public schools already play a key role in developing in our children values like pluralism and the celebration of diversity. But the joys and responsibilities of education shouldn't end when our schooling is over. Perhaps the most effective thing we can



▲ Crowd gathers at Jack Poole plaza for the vigil Saturday night.

even joy that comes with physically assembling alongside our neighbours and fellow citizens. The vigils were both mournful and restorative; the tens of thousands who participated across Canada no doubt went home with renewed determination to stand against hate and anti-Muslim bigotry.

One speaker, an imam from a Vancouver mosque, made an essential point: The killer had hated what he did not know; he had attacked and massacre those he did understand. This struck me as a remarkably forgiving interpretation of the mass murder committed by someone who apparently held white supremacist ideas and admired the likes of Marine Le Pen and the new occupant of the White House. The point of the imam's remark, however, is crucial in these dangerous times we are living: the road to fascism and all forms of violent extremism is paved with ignorance.

The Quebec shooting, of course, came just days after an executive order from President Trump that bans Syrian refugees as well as residents of seven Muslim-majority countries from entering the United States. Trump, whose every utterance showcases a spectacular and almost unfathomable crudity and ignorance, has turned the most powerful political office in the world into a megaphone for misinformation and fearmongering. In defence of his travel ban targeting Muslims, which has already been ruled unconstitutional by various federal judges, Trump and his spokespeople churn out a steady stream of fiction and more or less subtle bigotry.

In this political climate, characterized as it is by hatred disseminated in real time across social media, it's hard to shake the feeling of anxiety bordering on existential dread. It might seem like the only way to overcome such feelings is to retreat

do in the long-run to stop the Trumps of the world is to read more widely and seriously.

To that end I'm resolving to close my Twitter tab a little earlier each night, in order to read more books.

The novel I'm reading right now, *The Man Who Loved Dogs*, is a Russian-style epic by Cuban author Leonardo Padura, chronicling the exile years of revolutionary Leon Trotsky as well as the life of the Spanish Communist who would eventually assassinate him in Mexico. The book captures the double-horror of the 1930s, with the once-powerful Trotsky unable to find safe refuge let alone stem the murderous rise of both Stalinism and then Nazism. On the non-fiction front I've been re-reading the late great Carl Sagan, a popularizer of science and astronomy sans pareil, and dipping into a new study of the Kurdish resistance movements in Syria, who are bravely fighting off ISIS and other murderous foes while forging a society that prioritizes gender-equality and greater local democracy.

I find this extra reading is already helping my sense of perspective. Things are frightening now, but people in other lands and in other times have lived and struggle through much worse. Exchanging browsing social media feeds for turning pages of physical books has started to relieve my Trump-era omnipresent feeling of anxiety.

After Quebec we must be ever-vigilant against racist extremists. This will of course require physical mobilizations and actions to defend Muslims and all minorities.

But these dangerous times also demand that we raise our game when it comes to educating ourselves and sharing what we learn. Trump is weaponizing ignorance; let's weaponize knowledge. Keep calm and read on. ✍



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Seniors Club Wai Dan Gong

🕒 Fridays, 9:00 AM – 10:00 AM

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🕒 February 6 Monday, 7:00 PM – 9:00 PM

📍 MOSAIC Head Office, 1720 Grant St, Vancouver

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MOSAIC is a multilingual non-profit organization dedicated to addressing issues that affect immigrants and refugees in the course of their settlement and integration into Canadian society.



Photo from After Spring's website.

Documentary looks at life in refugee camps

by LEY DOCTOR

After Spring, a 2016 documentary, uncovers life in the Zaatari Refugee Camp by following two families and an aid worker. The film is being presented at KDocs Film Festival, Kwantlen Polytechnic University's annual documentary screening event. The festival runs Feb. 16 to Feb. 19.

Since the start of the Syrian conflict six years ago, more than four million Syrians have fled their homes. Close to 80,000 of these Syrian refugees made it to Jordan and are now living in the Zaatari Refugee Camp.

As the second-largest refugee camp in the world, Zaatari has evolved into a permanent settlement with a refugee-run market and shops as well as medical assistance and education for the children that make up over half of Zaatari's residents.

Raising awareness at KDocs

"We pride ourselves on not being a typical fest," says Janice Morris, one of the founders and director of KDocs.

Helping to set KDocs apart are the keynote speakers and panel discussions after most screenings. According to Morris, KDocs organizers put as much time into the discussion as they do the film. An average Q&A at another festival might be five or 10 minutes, but KDocs aims for 45 to 60 minutes of dialogue post-screening.

In previous years the panels were larger, but this year, Morris says that by limiting the conversation to three panelists and the keynote speaker, the conversation will be more focused.

By screening films like *After Spring*, the conversations around the film help further discussions

"[Some of the ways] my team and I provide support to refugees is by raising awareness about refugee issues, recruiting private sponsors [and] providing training to private sponsors," Spindari said.

Providing a helping hand

Over 39,000 Syrian refugees have come to Canada since November of 2015. Just under 14,000 of those were private sponsorships, according to Immigration and Citizenship Canada.

Beyond assisting with applications and meeting the refugees at the airport, Spindari and his team also help refugees once they've landed in Canada by setting them up with donations of items like furniture or a computer.

Another program MOSAIC takes part in is Language Instruction for Newcomers to Canada (LINC), a federally-funded program for all immigrants including refugees to learn English or French. According to Spindari, just over 100 Syrian immigrants were in LINC classes at MOSAIC as of December 2016.

The other three panelists for *After Spring* include journalist Neetu Garcha, TEDx speaker and KPU student Naveen Zafar and settlement worker and KPU alumnus Saed Abu-Haltam.

"As we grow, we can do more," Morris says. "This year, KDocs will be screening 12 films, five of which are Canadian. This doubles the length of the festival, from two days last year to four this year."

When selecting films to screen, they start with up to 150 potential documentaries and narrow down the list based on timeliness and relevancy.

"We don't shy away from uncomfortable conversations," says Morris. "These topics tend to make for a really good debate.

Lion's Life – a way of coaching

by ALISON CHIANG

Leaving a comfortable life in marketing behind in his native UK, Terry Sidhu decided he wanted to live his life with his own model: applying psychology and marketing in understanding people and their actions.

"Since I was a kid, I've always been obsessed about why people do the things they do. Why do we behave that way? Why do we say those things? Why do we act certain ways towards certain people?" says Terry Sidhu, the face and owner behind Life Coach and CEO VanCity Life Coach Inc.

Because he liked to observe how people worked, Sidhu completed a psychology diploma. However he decided to move onto marketing, thinking it would be both a faster degree and would make for a great career. After graduating with a degree in Marketing Management and getting a great marketing job, Sidhu says the turning point was when he was given an opportunity to move up the corporate ladder.

"When I got that promotion, I got a flash forward of the next 10 years of my life...that's not what I want. I want to help people, to drive them forward," he says, adding the marketing life felt very disconnected with the teachings and ideals he grew up with in a Sikh household, where the focus was on equality and humanity.

The birth of the life coach

When he first moved to Vancouver, Sidhu says he was unsure of what to do next. He decided to write a blog, trying to apply both the psychology and marketing philosophies he had learned – putting together a new model.

"I am going to live life by my own integrity and [writing] was very therapeutic," says Sidhu about the blog, which he says also build his skills and confidence as a writer.

The name of the blog, *Lion's Life*, was inspired by the lion's confidence in its identity.

"A lion affirms his identity to survive and triumph. I stand by the philosophy that we must stand by who we are and be true to ourselves if we have any hope of finding fulfillment in this life," says Sidhu.



▲ Terry Sidhu, owner of Life Coach.

Photo by Madeline Adams

His middle name, Singh, also means lion; a convenient happenstance says Sidhu, who adds that it aligns with the philosophy he espouses.

Positive feedback and messages from all over the world with people seeking Sidhu's advice followed. About a year later, a friend suggested Sidhu could make money from his blog, and he started to work on a book.

After looking at his notes for his book, as well as being turned down from a marketing job where the interviewer told Sidhu he should be a life coach instead, the idea of the VanCity Life Coach came to fruition.

"I was lucky, I had a whole following beforehand – I had a lot of international clients before I even started. I was coaching in my first month, which is amazing," says Sidhu.

Sidhu says it takes more than simply waking up one day and deciding you might be a life coach.

"You need a passion to drive people and understand how people work. Don't close yourself off to other philosophies either. You also need to be confident and have integrity in your life first.

If someone can harness that vulnerability and put that out in the world, it's a very significant quality a life coach should have," says Sidhu.

Love in the city

With Valentine's Day just around the corner, Sidhu offers some assurance to the singles in the city.

"It's just another day. There's nothing to be worried about if you're single on Valentine's Day."

Sidhu works with both single clients and couples and says every relationship serves a purpose; to be accepted, to feel safe and secure and to feel completely vulnerable.

The main focus, he says, starts from completely being yourself.

"The only relationship you need to be concerned about is the relationship with yourself. You need to work on that first. Until you have a positive, healthy relationship with yourself, only then can you start building a relationship with another person – hopefully that person also has a positive relationship with themselves," says Sidhu. ✍

For more information: www.vancitylifecoach.com.



Photo courtesy of After Spring

▲ Screenshot from the film *After Spring*.

about Syrian refugees. Morris believes it's for the people involved in the issue, whether they be people from Syria, those helping refugees or anyone else invested in this subject.

After Spring will be preceded by a keynote from Saleem Spindari, the manager of refugee and family settlement support services at MOSAIC, a nonprofit that helps newcomers to Canada get settled into their new lives.

Besides giving the opening remarks, Spindari will also be on the discussion and Q&A panel afterwards. He hopes the film will help create a strong dialogue around the issue of Syrian refugees.

We encourage audience participation [in the discussions]."

One of Morris' favourite sights is a line-up of people at the microphone. By getting students involved in KDocs, it helps to engage the student body and the community as well. Students from Kwantlen are on the board that organizes KDocs, as well as moderators for many of the film panels each year.

"[We try to have] students who work in the areas the film pertains to," she says. "It's another way to get more people involved." ✍

For more information, please visit www.kdocsff.com.

► "Verbatim" from page 1 daily life. I have had really happy times in Vancouver.

I lost my wallet on the subway in Shanghai before I moved here and reported it to the police. After waiting for half a year without reply, I was pretty sure it was gone forever. Sadly, I didn't get rid of my carelessness and inattention. After spending three months in Vancouver, I lost my wallet again near a construction site on the UBC campus. I was completely shocked. I was hopeless and upset when I unexpectedly received a message on Facebook from a man who worked at the construction site. He had found my wallet and sent me his work schedule so that I could drop by and get my wallet back.

I was so grateful when I saw this lovely text that I kept the message in my cell phone to remind me of the man's act of

kindness as well as the friendly atmosphere in Vancouver.

This isn't the only great thing I have experienced in Vancouver. In 2015, on Remembrance Day, I saw so many people wearing a poppy that I realised how important the day was. My professor had mentioned in class that there was going to be a parade at the cenotaph in Victory Square to commemorate Remembrance Day, so I took a bus there.

On the bus, a lady dropped her poppy while getting off without noticing it. The bus driver immediately told her to wait a second. Then I saw such a touching moment that I will never forget it: the bus driver helped the lady put the poppy back on, then both smiled at each other. All the passengers witnessed the moment, the whole bus was completely silent at that time. I saw people sitting near me wearing big smiles.

There were mixed emotions in my heart when I saw the passengers' reactions. I have never experienced this kind of emotional moment before because life in Shanghai is always a rush, with people minding their own business. If the lady had dropped her poppy on a bus in Shanghai, passengers might have felt a little impatient while waiting for the bus driver to stop and help her.

All these little moments made me fall in love with Vancouver. Although I'm proud of the city I come from, all the skyscrapers breaking through the skylines, beautiful lights bringing the city to life and the crazy nightlife, one thing is for sure, a friendly atmosphere is the most important element to make a city better. Despite the fact that my family is back in China, Vancouver is the place I would call home in my heart. ✍



Chocolate – a symphony to savour

by GORDON GAMLIN

Celebrate with chocolate, celebrate chocolate itself or do both. Eagranie Yuh, author of *The Chocolate Tasting Kit*, as well as the popular blog *The Well-Tempered Chocolatier*, is happy to share her expertise.

"The Chocolate Tasting Kit (Chronicle Books, 2014) grew out of the classes as I wanted to give participants something to go home with," says Yuh, who teaches chocolate tasting classes at Cook Culture's Cooking School.

Yuh is also a chocolate expert and senior editor of *Edible Vancouver and Wine Country* as well as a Sweet Spot columnist for the *Vancouver Courier*. Her interactive guide to buying, tasting and appreciating fine chocolate offers ideas on how to host parties and includes flashcards, tasting notepads and keepsake envelopes.

"Chocolate is a highly complex food with more aromas and depth of flavour than coffees and even wines," Yuh says.



▲ Eagranie Yuh.

"Chocolate tastings are a great way to celebrate birthdays, get a group of friends together or build team rapport. It's an inclusive activity that can be scheduled at any time of the day."

The Chocolate Tasting Kit reaches people across the world who want to perfect their chocolate connoisseurship.

"Just recently I received some great feedback from a tast-

ing party in the Netherlands," says Yuh.

A chemist's palate, a musician's notes

Trained as a classical pianist with a graduate degree in organic chemistry, Yuh is ideally qualified to elucidate her subject.

"Superior chocolate has a sustained long finish. Some flavours will pleasantly surprise from the start. Others take more time and attention to build. The

discovering chocolate's subtle scents, like floral notes ranging from lavender and rose, to herbal ones of sage and mint or uncover the fruity aromas of strawberry, coconut or even grapefruit."

From bitter to sweet, from black to milk

Choice cocoa beans are key to fine chocolates and Vancouver has its share of artisan chocolatiers who can provide

“Chocolate is a terrific lens for many topics that might otherwise not interest people: economics, history, science, and more.

*Eagranie Yuh, author of *The Chocolate Tasting Kit**

best ones will continue to reveal intriguing complexities even while they melt smoothly and luxuriously," Yuh explains. "Madagascar beans evoke oboes and bassoons and an earthy flavor. Mexican beans are lighter with more flutes and violins."

When it comes to sharing the complex nuances, the tasting kit provides flashcards as a tool to describe the taste.

"Shiny and smooth, it should snap crisp and clean," says Yuh.

Newly expanded vocabulary in turn helps discern subtle aromas.

"It's a fun way to start conversations," says Yuh. "[For example], you may find yourself

a variety of quality chocolate. Yuh recommends choosing a milk chocolate containing 30 per cent cocoa solids or a dark chocolate with 60 per cent cocoa solids, with extra cocoa butter, sugar and genuine vanilla. Nothing more.

"Start by taking five to seven varieties. Serve dark first, then milk, then white. To get more specific, start with the sweetest of the plain dark chocolates – that is, the lowest percentage of cacao – and work your way up to the strongest, or highest, percentage," says Yuh.

Given the inherent diversity of chocolate, the many countries of origin, its rich history and social significance, the conversations around it can be fascinating.

"Chocolate is a terrific lens for many topics that might otherwise not interest people: economics, history, science, and more. I've taught a room of first-year university students about the science of chocolate; picky five-year-olds about nutrition; and a myriad of adults about greenwashing and sustainability. I don't claim to be an expert in all those fields – though I have a science background – but chocolate touches on many topics, those included," says Yuh. ☞

For more information, visit thewelltemperedchocolatier.com.



▲ The Chocolate Tasting Kit.

Photo courtesy of Eagranie Yuh

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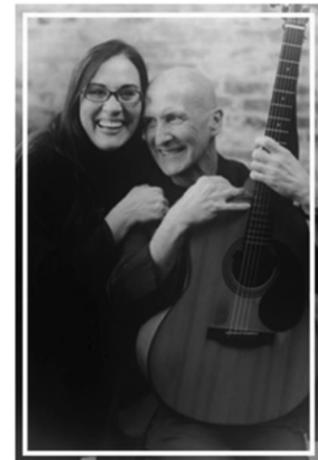
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# Elle: a survivor's journey

BY EIJA JIMENEZ

**Firehall Arts Centre presents *Elle*, a play about a French aristocrat stranded on an island on the East Coast of Canada. Severn Thompson is the leading lady and also wrote the play as an adaptation of Douglas Glover's novel of the same name. Christine Brubaker is the play's innovative director. It will be live at the Firehall Arts Centre from Feb. 8–18.**

Elle, otherwise known as the French noblewoman Marguerite de La Rocque de Roberval, is not a typical woman of the 16th century. Aboard the ship with Jacques Cartier on one of his last attempts to claim new lands for France, Elle, along with her maid and lover, gets abandoned on the Isle of Demons after being caught in a scandalous situation unfit for a proper lady.

After the death of her companions, Elle experiences a journey of survival where she must learn to live in and within nature despite her European upbringing. Her humour and strong will keep her alive as she creates a camp on the island and reflects inwardly about herself in relation to the new land and what would eventually become Canada.

"This character of Elle is such a mystic in her own time. She was contemporary in a way and very relatable," says Thompson. "It

sort of melted the centuries between us, and I was completely transported to her reality in 1542 in Canada."

## A woman's journey

*Elle* is essentially a one-woman show though Jonathan Fisher appears in it briefly to play Itslk, a man native to the land. The combination of the environmental elements that Elle finds herself in along with her solitude draws dramatic monologues from the character as she fights to survive. It is in this unfamiliar territory surrounded by nature where she encounters real bears, hallucinated bears and spiritual bears.

"As far as the element of nature goes, it's a very strong presence within this story, and I wanted that to be the same in the play," Thompson explains. "It's a huge character that she must survive in and within in order to make it through."

*Elle* has by no means a multi-millionaire dollar budget. Its cast is minimal and its stage design is simple. This works in its favour as the audience is strictly focused on Thompson as she delivers empowering words laced with wit.

As Thompson says, it's refreshing to be introduced to a woman who is part of Canadian history and embodies contemporary values. Her wit keeps her sane, for the most part, and it allows her to transform just as fluidly as the environment and



▲ Severn Thompson as Elle.

the sense of enlightenment she receives.

"The comedy and [Elle's] sense of irony in the piece allow her to be something other than a victim," Thompson says. "I often find that women in history are rarely allowed a sense of humour when they're portrayed."

## Tapping into imagination

Christine Brubaker, along with her set design team, worked diligently to bring the Isle of Demons to life with as few props as possible. Though Thompson states that nature is a character in and of itself within the play, Brubaker decided not to overwhelm the audience with an array of bulky set

designs. Along with Thompson's words, she uses light, sound and versatile cloths to enhance the experience and bring the audience into the play.

"The support of lights and sound really highlight and concentrate on what [Elle's] experiencing and helps us distinguish where she is on her emotional journey," says Brubaker. "The wonderful thing about theatre is that the imagination can do so much for an audience."

A steel claw lingering in the background of the stage becomes dynamic as it evokes images of being near a cliff or bones stuck in the ground. A 30-foot long sheet moves onstage to re-

flect images that dissolve into one another. Since the scenes move seamlessly from landing a ship, showing a 15-foot bear, or being in a hallucination sequence, the cloth depicts both the moving nature of the setting and Elle's mindset.

"We're really trying to play with pieces that have no fixed meaning and that could mean anything," Brubaker says. "If you want to keep people on a journey, you have to allow things to dissolve quickly and arrive quickly. Imagination is far more fluid than anything else." ✎

For more information, visit [www.firehallartscentre.ca](http://www.firehallartscentre.ca).

Photo by Michael Cooper

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# When the ordinary becomes extraordinary

BY THERESA K. HOWELL

**In the upcoming concert performance, *Practices of Everyday Life/Cooking at the Western Front*, a group of performers gather together to create a multisensory evening of enchanted play. Boundaries blur between matter, sound and what we perceive to be inanimate, as vegetables and cooking implements come alive.**

"We work with the idea that the mundane becomes extraordinary when we orchestrate the world and everyday life," says Navid Navab, chief producer and composer of the AV Culinary Concert Performance.

*Practices of Everyday Life/Cooking* runs Feb. 23–24, with a post-concert talk-back session Feb. 23.

## Culinary creators

Vancouver-born, Montreal-based Tony Chong, chef/performer and Jérôme Delapierre, visual artist/interactive designer, round out the collaborators for the performance.

"[Chong] assists in creating a highly scripted, yet, improvised performance as a virtuosic dancer," says Navab.

Delapierre says that he designs the visual imagery dramatizing Chong's "gestures by working with scenography to amplify and enchant the performers activities."

The performance has been a four-year project that they have worked on together.

"[*Practices of Everyday Life/Cooking*] ends this season's se-



▲ Everyday Life.



▲ Steam.

ries emphasizing a new wave of people working with electronics," says DB Boyko, New Music Director and Curator at Western Front.

The final performances give the audience a "full monty" of sensory experience, whereby they will see, smell and hear what is presented, Boyko says.

This performance has been a long time coming and in the beginning, people were still attempting to comprehend the complexity behind the composition. Navab eludes to the idea that his performances/compositions are trying to find the playfulness in everyday processes. It is important that people realize this is larger than just an electronic soundscape production.

"[It is a creation of] a network of processes and performances by which sound emerges as one aspect of it; it is sounds, visuals, smells and gestures," says Navab.

## The ingredients

Navab has described himself as a media alchemist, composer/improviser, audiovisual sculptor, gesture bender, and multidisciplinary artist. More recently he decided to chase after a PhD after graduating in 2010 from Concordia with his BFA in Electroacoustic Studies. His doctorate thesis discusses how

our everyday fibres of life could become more playful through the use of improvisation and responsive architecture. He says the artistic work drives his research and the research inspires the artistic work. "However, I try to keep them separate, but in essence they are entangled," says Navab.

About the process of how he finds himself collaborating with the other performers in these environments, Navab describes a specific situation he found himself in during his previous residency at Western Front in 2012. It was part of an all-night event called Circle of Sleep. As the musicians were playing their instruments, he extracted the 1000 pieces of information or parameters from the emitted sounds. Then these were relayed through a constructed algorithmic software.

"I modified how this data could be shaped into something that a piano could play," says Navab.

But this description still doesn't quite encompass the philosophical and phenomenological aspects of what the performance strives to relate to the audience. *Practices of Everyday Life/Cooking* becomes more than any one performance – it is a process of recognizing the enchantment in everyday events, Navab believes.

"Navid's work is all about the interactivity and the performer," says Boyko. His approach invites the audience to partake in a smorgasbord of possibilities. ✎

For more information: [www.front.bc.ca](http://www.front.bc.ca).

Photo courtesy of Navid Navab

Photo courtesy of Navid Navab

## Artists break down communication barriers through comedy

by WENJIE SHEN

**Vancouver choreographer Tara Cheyenne Friedenberg met Italian choreographer Silvia Gribaudo at a dance space in Embra, Scotland. They took an interest in each other's work.**

Presented by the Chutzpah Festival, Friedenberg and Gribaudo's collaboration, *empty.swimming.pool*, a work that includes dance, theatre and comedy, will be on at The Dance Centre Feb. 15–18.

"*empty.swimming.pool* explores the places where we are very similar and also very different," says Friedman whose favourite adage is "Tragedy plus time equals comedy."

### Collaboration is a privilege

Friedenberg thinks adding humour to this show could help audiences contemplate how to navigate communication in cross-cultural situations.

"I feel comedy is a great tool for changing how we see things and for helping us cope with things that are difficult," she says.

She would like the show to encourage people to examine how they look at each other, how they navigate cross-cultural situations, how people communicate and find understanding beyond language.

"How [do] we find understanding beyond language because most communication happens through bodies, through the eyes..." says Friedenberg.



Photo by Wendy D. Photography

▲ Tara Cheyenne Friedenberg and Silvia Gribaudo.

Friedenberg and Gribaudo (who have performed solo dances in the past) consider cooperation a privilege. Although they speak different languages, the barrier didn't stop them from resonating with each other's ideas.

"[Gribaudo] speaks English but not perfectly. I don't speak Italian, I speak Spanish. We sometimes speak three or four different languages in order to understand each other. That's really funny and interesting," says Friedenberg.

### Similar yet different

For Friedenberg, if artists want to grow, they should push themselves outside their comfort zone.

She enjoys being surrounded by people, hearing what they say and watching what they do.

"I just love observing and listening," Friedenberg laughs, "I am fascinated by who we are as individuals, and as a group of people. I am always learning because everyone is different. And we are all the same in a lot of ways as well."

Friedenberg was born in Saint Mary, Ontario, but mostly grew up in Calgary. She described herself at the age of two and a half as "a very serious ballet dancer." She was sent to Canada's Royal Winnipeg Ballet School. Even as she took ballet classes, she found herself to have a keen interest in comedy.

"I was also interested in making other little girls in the ballet class laugh. It's who I am."

As a teenager, she pursued dance and studied theatre at the University of Calgary. Friedenberg came to Vancouver in 1992 to study dance at Simon Fraser University.

### Italian village dances and a Buddhist path

Gribaudo, 42, still remembers dancing at village festivals in the company of her father.

"We call them (village festival dances) sarge in Italy, they are popular festivals in small villages. I felt important with him (my father)."

Gribaudo learned classical and modern dance when she was young, and at 28, began to explore other kinds of dance and theatre, ranging from operetta to vaudeville, before going back to contemporary dance.

While performing vaudeville, Gribaudo discovered her humorous side. She then attended clown art workshops to fully develop her sense of humour.

"I danced before, but used very tragic choreography, and then in comic theatre I found the possibility to explore a part of me I didn't know."

If today Gribaudo fully enjoys her artistic life, she once had moments of doubt.

"When [dance] became a job, I [sometimes] felt lost as to why I began in the first place," says Gribaudo, "Through a Buddhist path in Soka Gakkai I found again the joy to do this job, with a deeper sense, and I found again the sense of creating value through the arts."

Gribaudo feels comedy can be difficult to understand and people are more inclined to judge it in a harsh way.

"I think being comedic involves taking a risk and exposing yourself. Sometimes it doesn't work and you are in front of an audience and you feel like you want to die. But failure is part of clowning and it becomes strength," she says. ☞

For more information, please visit [www.taracheyenne.com](http://www.taracheyenne.com) or [www.silviagribaudo.com](http://www.silviagribaudo.com).



Photo by Alex Waterhouse-Haywood

## Inter-cultural understanding through composition, education, and music

by CURTIS SEUFERT

**Centred on the vocals of Willy Miles-Grenzbeg, the Vancouver Inter-Cultural Orchestra (VICO) will present *Sounds Global in Concert* on Feb. 11 at the Presentation House Theatre in North Vancouver.**

The show will bring together a variety of Western and non-Western musical influences and instruments in this multi-cultural sextet performance.

### Non-Western music in a Western context

Mark Armanini, Co-Artistic director of VICO, has been involved with the orchestra from its inception in 2002. Since then, VICO has grown into an active, multi-faceted organization.

In addition to commissioning many different composers and soloists from Canada and abroad for their festivals and concerts, Armanini and the VICO are also involved with the educational aspect of introducing non-Western instrumentation and music to Vancouver. This process often means subverting people's expectations of what music on "traditional" instruments sounds like:

"One of the things we do to present music in a different, non-traditional context is by having a bit of traditional music that is both familiar to the performer and to the culture, and then to 'mix it' around during the concert," says Armanini. "When it's brought into a Western context, it sounds fresh to people's ears because it hasn't been tried before."

Armanini says that Canada is the perfect location for this kind of inter-cultural music blending and simultaneous subversion of people's expectations of what can be done with instruments that are often considered "traditional."

"That's really what Canada's role is. Canada is a place where [this kind of intermixing] can

happen, and this is what we're doing," says Armanini.

### Composition with foundational understanding

Farshid Samandari, a composer-in-residence at VICO, is just one of the many composers who writes arrangements for the orchestra's unique repertoire. He notes that the process of this kind of composing must be aware of and attentive to the musical language of an instrument's origin, for example, with

mandari explains that their approach to music learning aims to be more than just an educational class or program, but to take more of an accessible outreach approach in its philosophy.

"The main reason for doing the education program is that people don't know anything about these kinds of music. So we want to introduce this kind of music to people," says Samandari. "If we were doing it purely as educational, we'd make a school, start a program, and anyone

“ I try to find some material that would be interesting from each culture or instrument, and then connect them to each other.

*Farshid Samandari, composer-in-residence at VICO*

stringed instruments from different cultures:

"There are so many instruments like a guitar in different cultures, but you can't play chords on most of them in the way that you can play them on guitar. So if you write strumming for most of these instruments, players say it is impossible, or at least that it would sound bad. So you have to be listening and sensitive to these things," he says.

Samandari doesn't just abstain from taking a classical Western approach to composition out of respect. He also feels that it is necessary in order to make the inter-cultural music blend more foundational than superficial:

"I'll often start from a completely undecided point, as opposed to a classical Western style where one knows the structure already, because the form and harmonies in different cultures are different," says Samandari. "I try to find some material that would be interesting from each culture or instrument, and then connect them to each other."

### Education outreach

A growing part of VICO is the educational aspect that goes beyond their concerts and festivals. Sa-

who wants to come would study with us, but we're also trying to introduce it to people."

Armanini and Samandari both agree with the approach to keep the educational outreach aspect separate from performances. Although the performances themselves can certainly be thought-provoking and inspiring, Samandari says that too much talk simply takes away from the experience.

"Often people are not as excited, they want to go to see a concert, maybe learn a bit about the pieces themselves, but if people are interested in learning they'd usually go to a pre-concert talk. So we try to do those things separately," says Samandari.

Whether in its approach to multicultural composition, outreach musical education, or even its concert presentation, for Armanini and Samandari VICO is a growing musical institution that is constantly, yet purposefully, pushing boundaries and transcending borders, much like the music in the performances themselves. ☞

For more information on the Vancouver Inter-Cultural Orchestra, visit [www.vi-co.org](http://www.vi-co.org).



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# Cultural Calendar

January 24–February 7, 2017

by SIMON YEE

Love is in the air! Celebrate Family Day and Valentine's Day with your loved ones this month. Take your children to arts and crafts festivals to unleash their inner creativity. Take your special someone on a dinner cruise, to a fancy restaurant or to a burlesque show to enhance and spice up your relationship. And don't forget to explore the many roundtables, dancing, orchestral music, theatre plays and storytelling happening throughout the city. It is also Black History Month, so be sure to catch the exhibits, displays and performances recognizing the achievements of people of African descent.

\*\*\*

**'How do we be together?'**  
A Roundtable on Art, Memory and Responsibility  
Feb. 8, 6–9 p.m.  
First Nations Longhouse,  
University of British Columbia  
www.pwias.ubc.ca

The Peter Wall Institute for Advanced Studies will be hosting a roundtable at the UBC First Nations Longhouse to discuss the role of engaged artistic practice and creative scholarship. Featuring reflections and performances by invited artists and scholars, including Erika Diettes, Bronwyn Leebaw, Koju Kojwang and Anson Ching, they will discuss questions of social responsibility and transformative justice during or after mass atrocity, including genocide, disaster, war, displacement,

colonialism or slavery. To reserve a seat for this free discussion, please visit their website.

\*\*\*

**Children's Art Festival**  
Feb. 13, 10 a.m.–4 p.m.  
Richmond Cultural Centre at Minoru Gate  
www.childrensartsfestival.ca

Richmond's Cultural Centre at Minoru Gate will host the annual festival for creativity this year on Family Day. Especially designed for children of all ages, there will be exhibits, playgrounds, circus acts, magic shows and more. This year's theme focuses on the 150th anniversary of the confederation of Canada. Learn how to create vivid animation and button blankets at creativity classes, watch *Glowing Hearts*, a heartfelt circus exploration of the true north, at the Imagination Stage and listen to the youth choir who will be representing B.C. as Unisong in Ottawa on July 1, 2017.



Photo courtesy of Children's Art Festival

▲ Celebrating Canada through art.

\*\*\*

**Family Day at the Carousel**  
Feb. 13, 11 a.m.–2 p.m.  
Burnaby Village Museum  
www.burnabyvillagemuseum.ca

Bring your young children down to Family Day at the Carousel at the Burnaby Village Museum. There will be entertainers, heritage-themed games, plenty of food and drinks, arts and crafts and, of course, unlimited carousel rides for the children's riding pleasure. Pre-registering is recommended, although drop-ins are welcome, provided there is space. For further information and to pre-register, check out their website.

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**Burlesque Duos**  
Feb. 14, 8 p.m.  
Rio Theatre, Vancouver  
www.riotheatre.ca

Spice up your relationship by taking your significant other to the Rio Theatre to enjoy Burlesque Duos, coupling renowned dancers together to perform truly memorable numbers and innovative duets. This highly anticipated Valentine's Day event will feature eight Vancouver teasers paired up to present twice the fun and twice the feathers. Please visit their website for tickets and further information.

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**Winterruption**  
Feb. 17–19  
Granville Island, Vancouver  
www.granvilleisland.com

Granville Island's Winterruption Festival returns to Vancouver to provide a welcome respite from the city's cold and grey winter. Featuring plenty of food, art, film, music and performances, there's something for all ages on the Island. Check out Japanese Box Making at Opus, see artist Ola Volo paint a large mural at the Forge and watch Zimbabwean Master Carver Patrick Sephani carve works of art from stone live at the Ukama Gallery, among many other events. Please visit the Granville Island website for a complete list of events and attractions.

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**Nordic Voices**  
Feb. 18, 8 p.m.  
The Annex, Vancouver  
www.newmusic.org

Vancouver New Music will host the Norwegian vocal sextet a cappella group Nordic Voices at The Annex on Feb. 18. Featuring a new program of choral works, this performance will include *Everything's Gonna Be Alright*, a humorous and positive thinking piece that brings together contemporary vocal works by György Ligeti, Goffredo Petrassi, Maja Ratkje and Lasse Thoresen. A highlight of the night includes Cecile Ore's new piece *Dead Pope on Trial*. There will be a free pre-show chat starting at 7:15 p.m. For excerpts of the group's singing, tickets and more information, check out their website.

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**Symphonie Fantastique**  
Feb. 19, 2 p.m.  
Orpheum Theatre, Vancouver  
vancouveracademyofmusic.com

The Vancouver Academy of Music will be performing the spellbinding sounds of the 19th century French Romanticist composer Hector Berlioz at the Orpheum Theatre on Feb. 19. Conductor Leslie Dala will unveil the depths of despair of Berlioz's artistic hero suffering from unrequited love and the spiritual journey he undertakes with the help of his lively imagination. Compositions from Russian composer Sergei Prokofiev and local composer Benton Roark will open this performance. For tickets and information, check out VAM's website.

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**Black History Month Celebration**  
Feb. 23, 5 p.m.  
Centre Stage at Surrey City Hall  
www.surrey.ca/culture-recreation

The African Stages Association of B.C. is putting on one of the many Black History Month events throughout the province with their celebration of African culture and wisdom. Join teacher-director Comfort Ero and her youth group ensemble who will use dramatized storytelling, drumming and dancing to herald messages of solidarity and inclusion. Special guest Dr. Neal Hall will be reading from his poetry, bringing his message of fairness, justice and equality to the performance.

► "Mother Languages" from page 1  
dents will become aware of the importance of their mother languages each year, Mohammad Aminul Islam notes.

"Children are the main carriers of their mother tongue. They can carry the message and uphold their mother language generation after generation," he explains.

In his presentation to the Surrey City Council, he noted that 60 per cent speak a language other than English at home and 25 per cent of elementary students are designated as English as Second Language (ESL) learners in Vancouver schools.

"I approached Surrey to create a monument there as a permanent reminder of all mother languages. The name of the monument is *Lingua Aqua*. *Lingua* means language and *Aqua* means water," says Mohammad Aminul Islam.

The monument was unveiled in 2009 in Bear Creek in Surrey.

## Preserving indigenous languages

British Columbia alone has more than 30 indigenous languages that are in danger of disappearing. In Canada, indigenous children were removed from their homes and taken to residential schools. They were forbidden to speak their native language. Koskinen explains that when they were sent home, even if they knew the language, they were too traumatized to use it.

"When they had children, they would not pass on the indigenous language because in their heads, if you're a child and you speak an indigenous language, you get beaten. That means that the current young adult generation was not taught indigenous language because of the parents' trauma. So when the grandparents now

pass on, then the language just disappears," says Koskinen, who was born in Finland.

The younger generation, those under 30 years of age, are realizing the importance of learning their languages to preserve their cultural heritage. One example is the Squamish language, which was down to a handful of elderly speakers. But the youth have taken it upon themselves to develop teaching materials and courses.

"Last number 1 saw of speakers of this language was 70. They went from seven to 70 because young people decided that they're not going to let their language die. So languages can be revived," she says.

"Language is also an identity and makes you belong to a group. You are part of a bigger group around the world, but the language will make you feel part of the group," adds Koskinen.

## The Canadian Language Museum

Elaine Gould, director of the Toronto-based Canadian Language Museum, sees the benefits of celebrating International Mother Language Day as a way to promote the diversity of languages across the country and foster pride in minority languages.

"[It also] helps new immigrants feel comfortable in Canada [and] encourages public support of revitalization efforts for indigenous languages," she says.

The Canadian Language Museum's mandate is to bring information about the richness of Canadian languages to all Canadians. "We definitely feel that language is closely related to culture, and that the language one speaks has a big influence on how you view your own identity and how you relate to the rest of Canadian society," says Gould. ☒

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# Burrard Bottleneck

This picture says it all – a chaotic situation generating no end of frustration for many drivers. Even the hold-up being on a bus is not pleasant. This \$58 million upgrade is set to finish sometime in the fall of 2017.

So what's it all about. First a bit of history: the Burrard Bridge opened in 1932 for a total cost of \$3 million. It helped ease congestion on the Granville Bridge of the day and, of course, helped extend development south, so not unfamiliarly, real estate was a factor. The architect, G. L. Thornton Sharp, designed the two imposing galleries we see at either end of the central span of the bridge together with supporting piers at their sides to hide steel trusses. In the centre on both sides of the galleries is the coat of arms of the city of Vancouver with windows flanking them. The piers on the ends of the gallery feature molded prows of boats with figureheads carved by Charles Marega. The figures represent Captains George Vancouver and Harry Burrard-Neale. According to Chuck Davis's *The History of Metropolitan Vancouver*, it seems Captain Burrard was never part of Vancouver's history but a close friend of Captain Vancouver who named Burrard Inlet after his friend and subsequently Burrard St. and Bridge adopted the same name. The central piers and galleries were also thought of as gateways to the city.

The two huge lamps on the pillars at both ends of the bridge were the inspiration of engineer John Grant. They honour Canadian WWI prisoners of war who huddled around fires in their prison camps.



Currently the bridge is under needed repair which is part of a project that extends from Burrard & Davie to Burrard & 17th Ave. For the bridge itself, the lanes will be reduced from 5 to 4. There will be bicycle lanes with protective barriers and separate walking areas for pedestrians on both sides of the bridge. Bridge structure will be improved in upgrading the historic concrete railings with new lamps and a suicide prevention fence. The

first suicide occurred in 1933, and many followed. The city intends to increase safety conditions at Burrard and Pacific by reconfiguring traffic flow since this is a highly accident-prone area. All along the route from Burrard and Davie to 17th Ave., sewer & water facilities, roads and sidewalks will be upgraded.

Right now people are probably most disturbed by the impeded traffic flow but there is also an abundance of ill will because of

the space given to bike lanes. The city claims the barriers protect the bikers from traffic and safely separate them from pedestrians. The city understands the traffic lane reduction may result in more congestion but is hoping to promote alternative transportation by bike, bus and walking, in keeping with the greening of the city. Opponents feel the money could have been better spent improving infrastructure elsewhere or going to help the homeless, etc.

What really seems to be lacking in a lot of the city's building projects is inclusive consultation, which results in a truly collaborative effort with the community. The city may state it has consulted but the general reaction of people is that their opinions have not been respected. Real inclusiveness might lessen a lot of ill will.

DON RICHARDSON

## Recipe by Selma van Halder

### Biscuits and Gravy

When I think of the cuisine of the southern United States, I think of fantastic flavour and – perhaps more importantly – rib-sticking comfort. This is the kind of food I cook up for myself on a cold winter weekend, and is perfect whether you're alone or you're making it for a crowd.

My dish today is traditionally made for breakfast, but you can easily have it as a lunch or dinner. Adding veggies to the gravy bulks it up, and using andouille sausage gives the gravy a nice kick. My favourite version is still the original, which I first had many years ago thanks to Miss Kate, an old friend's New Orleansian grandma. I treat myself to this dish once in a while when I'm yearning for some southern comfort... and the best part is that you'll be done from start to finish in less than an hour.

#### Biscuit ingredients

- 2 cups all purpose flour
- 1 tbsp baking powder
- 1 tbsp sugar
- ½ tsp garlic powder
- 1 tsp salt
- 1 tsp cracked black pepper
- ½ cup shortening
- 1 cup whole milk

#### Gravy ingredients

- 375 g breakfast sausage



(or Andouille)

- ½ cup all purpose flour
- 3 cups whole milk
- 1 tsp garlic powder
- salt and black pepper to taste

#### Method

1. Preheat the oven to 425°F.
2. In a bowl, thoroughly combine the dry biscuit ingredients.
3. Cut the shortening into the dry mix until you create a mealy texture.
4. Slowly pour in the milk, mixing until a doughball is formed.
5. On a floured surface, turn out the dough and knead until just combined. Roll the dough out to approximately ¼" thick and cut out 3" circles. This will yield 6 – or you can make smaller ones.
6. Place the biscuits on an ungreased baking pan and bake for 15 minutes. The biscuit will have risen significantly and the tops and bot-

oms will be golden brown.

7. While the biscuits are in the oven, heat a skillet to medium-high heat.
8. Brown the sausage in the pan, using a wooden spoon to cut up the meat into smaller chunks.
9. Once the meat is no longer pink, pour the flour evenly throughout the pan and mix thoroughly, cooking it through and creating a roux.
10. Slowly pour in the milk, stirring throughout and making sure to scrape the bottom of the pan. Bring to a simmer until the gravy has thickened.
11. Season to taste with garlic powder, salt, and black pepper (other ideas include cayenne, paprika, or mustard).
12. Halve a biscuit and spoon generous amounts of the sausage gravy over each piece, and serve piping hot!

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