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the French  
celebrate  
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# The Source

forum of diversity

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## On Japanese food culture and creations

by RAMAN KANG

**It's more than sushi! When Tonami van den Driesen moved to Vancouver from Japan in 2000, she quickly realized something was missing from her palate. The miso paste here in Vancouver didn't quite have the authentic flavour she was looking for. So, one auspicious day, van den Driesen decided to make her own.**

Now the founder of Vankoji foods, van den Driesen makes and markets Japanese flavour

enhancers like Shio-koji, a traditional and natural Japanese seasoning for miso paste. "I like to introduce great seasoning to not only Japanese people but to Canadians here as well, and that's my goal," says van den Driesen. "I care about taste and the ingredients and what people use, I like to use local ingredients as much as possible and to understand what's inside what I'm eating," she says.

Although van den Driesen doesn't have any formal training in cooking, upon her immigration to Vancouver she began

studying Japanese food. That's how she learned about Shio-koji.

### Lost in culture

"I began making homemade miso paste and found Shio-koji which is an enhancer, used for essential cooking, I started introducing it to my friends and they loved it and so I turned it into a business," she explains.

Shio-koji is a natural seasoning made from rice-koji, sea salt and water; Koji itself is a type of fungus that grows on rice, she explains.

As the twentieth century brought a need for convenience in

cooking, the Japanese culture lost interest in Shio-koji and forgot about this traditional seasoning.

"It is an important key ingredient in Japanese culture foods; decades ago, people used to make it on their own, but eventually life got too busy and it got lost in Japanese history," says van den Driesen.

Not even van den Driesen's mother and grandmother had ever seen the seasoning in person before Shio-koji got rediscovered in 2007.

Van den Driesen says Shio-koji is used for making things like

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### Verbatim

#### First impressions

by MARION AGERON

Now that I have been in Vancouver a few months it's time to jot down my first observations, experiences and reactions, to record how they differ from my usual surroundings. These are the signposts that guide my understanding of the place in which I find myself.

I have been lucky since my arrival in this great cosmopolitan city. Many people have opened their arms to me without question and have confirmed the rule that Canadians are very warm and appealing. On the first evening I was kindly helped by a bus driver who first offered me shelter from the torrential rain that pelted in guise of welcome, then showed me the stop I wanted as well as the direction I needed to go. Alone in the dark, wrestling with my big suitcase and backpack under a driving rain, I didn't meet a soul until I reached my hosts' front door, and they welcomed me warmly. I stayed with them for a few months before deciding to try my wings and get closer to my downtown workplace.

Exploring the city and its surroundings, I am fascinated by the views from the Skytrain, the light reflecting on the glass buildings, and the cultural diversity that makes up and enlivens various neighbourhoods. All those sounds and movements are enhanced by the ever-present water and the mountains on the horizon.

As time goes by, I am compiling a list of all those small day-to-day occurrences that nobody notices after a while. Here you must line up for the bus, and if the driver considers that the maximum number of passengers has been reached, he asks you not to get on. You only have to hope the next one won't be too full. The custom is to thank the driver before getting off at your stop, which is signalled by pulling

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# Cultural Spotlight



Photo courtesy of Victoria Batrel

## Vive Vancouver!

by COLLEEN ADDISON

**It's a French festival...with a Canadian twist! The upcoming Bastille Day celebration will bring French art and culture to all corners of the world, including Vancouver on July 14. And this worldwide event may have been started by Canadians, says Victoria Batrel.**

"It's National French Day. In French we call it, 'la fête du 14 juillet' [the festival of July 14]," says Batrel, who is coordinating the event. "The word came out apparently, in New Orleans or New York, more than a century ago. We don't really know who introduced it, [but] it might have been the Acadians, French-speakers who went to Louisiana from Canada in the 18th century."

The festival, at which visitors can experience examples of French art, music, and food, will be held from 10 a.m. to 9 p.m. at the Roundhouse Community



Photo courtesy of Victoria Batrel

▲ Victoria Batrel, event coordinator for the Bastille Day festival in Vancouver.

Centre in Yaletown. Admission is free, and everyone is welcome.

### Galette and raclette

Bastille Day, similar to other national holidays like St Patrick's Day, began to be celebrated after WWI, during which governments emphasized patriotism in their advertising campaigns, Batrel explains. However, the event itself is connected to events that occurred during another violent historical episode – the French revolution.

"[Bastille Day] is linked to the fall of the Bastille prison in the middle of Paris," she says.

"The prison was a royal prison, so people were thrown in jail for nothing. The people rebelled. Nowadays, the festival retains these patriotic roots," says Batrel.

"Canadians can come and discover French culture, wines, live music. We have a kid's corner, [and] a storytelling workshop," she says. "Kids will create masks and learn how to tell their own stories, how to express themselves."

There are more games for children, she notes.

"We also have chamboulout, tin boxes painted with French numbers and piled in pyramids," she says. "You throw the ball at the boxes and then rebuild. It's a game to help kids learn the numbers."

"And of course, there's food," adds Batrel.

"We're selling crêpes, but also galette," she says. "It's a savory crêpe from Brittany, made out of buckwheat. It's gluten-free. You have galette for lunch and crêpe for dessert."

Beginning at 12 p.m., visitors can enjoy a wine and cheese platter. And, for the first time, the festival will also have another dish involving cheese, *raclette*, a French dish involving meat and melted cheese.

"Most foreigners know *fondue*," Batrel clarifies. "[But] in France we eat more *raclette*. The machine looks like a barbecue. You put sausages, sliced meat and potatoes on top. Under you have heating with flat spoons [where] you melt cheese."

*Raclette* is usually a winter food, but Batrel comments that it can be enjoyed in the height of summer too.

"I remember in Melbourne; it really worked!" she says, laughing. "It was the middle of the summer, and Australia is hot. I was eating *raclette* at 41 degrees!"

*Raclette* is a symbolic addition to the festival, which Batrel hopes will help bring the community together to celebrate.

"[Eating *raclette*] is a gathering moment," she says. "Everybody has their spoons."

### A feast for the eyes and ears, too

The idea of coming together is present in other aspects of the festival.

There will be art from French glass artist Aurélia Bizouard, and Parisian photographer Ghislain Kossi-Brown, and visitors are invited to enjoy this art both alone and in groups.

"There's a white cube, with walls, and inside a projection of painted glass with music," says Batrel. "You can go inside and sit and experience."

The art will be immersive but also interactive, says Batrel. Children in particular are invited to meet the artists.

"There's a treasure hunt. In French it's *parcours*," Batrel says. "[There] are puzzles and puns, wordplays. They need to go to the vendors and to the artists and ask them questions. We tried to create a real interaction between the artists and the kids. And it's fun!" ✂

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

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**Email** [info@thelastsource.com](mailto:info@thelastsource.com)  
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# A look at the Jewish pioneers in Vancouver

by GAIL PINTO

**There is much history to be found in Vancouver, and this is no less pertinent in the case of the city's Jewish community and its resilient pioneers.**

Michael Schwartz, director of community engagement at the Jewish Museum will be conducting walking tours of Vancouver's Jewish landmarks on July 14 and August 25.

He explains that these brave men and women brought their culture across the globe to carve out a niche for themselves and those to come.

## Migrations

As most immigration stories go, this one begins with resources. "The gold rushes of British Columbia, starting in 1858, brought

with them a diverse assortment of adventurers, explorers and prospectors," begins the online exhibit titled *On These Shores* on the website of the Jewish Museum and Archives B.C.

"There have been many Jewish waves of migration to Vancouver," says Schwartz. "The end of the Californian gold rush brought many prospectors from San Francisco. Although Jews were generally not prospectors, they were shopkeepers and entrepreneurs within this milieu of rich economic potential – essentially providing services and support to the prospectors."

The late 1800s saw the first waves of migration from Eastern Europe – what is now Russia, Poland and Eastern Ukraine – due to the pogroms that were taking place in the region at the time. The uneasy anti-Semitic stirrings that foreshadowed the Holocaust in the 1930s brought the largest wave of migration to British Columbia.

"Then," Schwartz continues, "you also see smaller disruptive global events, such as the Hungarian Revolution in 1956, the collapse of the USSR between the late 1980s to the early 1990s, and the wars in Yugoslavia. You have many Jews leaving Ethiopia between the 1970s and early 2000s and an ongoing wave of South African Jews arriving in Vancouver. The late 1970s through the 1990s saw Jews leaving South American countries such as Chile, Argentina



▲ Gold House.

and Mexico following the political instability there."

## Onward to Vancouver

The earliest immigrants settled in Victoria, though eventually, a few regions within what would become Vancouver saw Jewish immigrants form tiny communities. Strathcona was one such example.

"If you look at a map of Vancouver," says Schwartz, "keeping in mind that it was mostly just forest in the late 1800s, the city began in what was then called Granville, a small township which we now know as Gastown. Strathcona, situated on swampy, undesirable land, became the working class neighbourhood for people of all ethnic

backgrounds. The middle of the neighbourhood saw Europeans of every stripe: Italians, Ukrainians and Jews. Meanwhile, the West End was the high-class neighbourhood with British and Scottish immigrants, along with a few Jewish families that managed to integrate into it."

Vancouver today bears only vestiges, faded fingerprints of history, albeit still discernible in land and architecture. Cultural landmarks are important to a community, and the Jewish community in Vancouver was no exception.

"The eventual social mobility of the early community let us, in the 1920s and 1930s, move to areas like Mt. Pleasant and Fairview," Schwartz explains. "The first synagogue still stands

in Strathcona, although it was turned into condos in the 1970s. It still looks as it did, and there is a courtyard now where the sanctuary used to be."

In Gastown, there are buildings that were Jewish-owned businesses. The Neighbourhood House, which was run by the National Council of Jewish Women, still exists. In Fairview, at 11th and Oak, there stands the Lung Association building, which was the Jewish Community Centre, built in 1928. 1948 saw three major buildings constructed: the Schara Tzedeck Synagogue, the Talmud Torah and Beth Israel, which all still operate out of the same spaces, although they have been renovated.

"[Early arrivals] came fleeing something, or needing to start over, or in an entrepreneurial frenzy. It takes a certain drive to do that kind of thing," says Schwartz.

Given the lack of many physical structures, the Jewish Museum likes to draw attention to the structure of culture and community that the Jewish pioneers set up and the achievements that they managed to see through.

"We can see what community means and how it can transcend generations," says Schwartz. "It is the network of relying closely on each other that provides individual families with a sense of belonging."

For more information, please visit [www.jewishmuseum.ca](http://www.jewishmuseum.ca) or [www.vancouverheritagefoundation.org](http://www.vancouverheritagefoundation.org)



Photo by Ryan Jones

▲ Michael Schwartz, director of community engagement at the Jewish Museum.

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# Appreciating Japanese ceramics through tea

by NAILA TOPAN

**Maiko Behr, founder of SaBi Tea Arts, brings the intricacy and elegance of Japanese tea ceremonies to the West Coast. On August 18th, she will introduce participants to 'Omotesenke' and Japanese ceramic art at the Nikkei Centre.**

"Omotesenke is a style of Japanese tea ceremony that is not very widespread outside of Japan, although we have quite a few practitioners here in Vancouver. I first began to study Omotesenke tea in 1993...while I was living in Japan and studying Japanese between college and graduate school," says Behr.

Behr explains that she was born in Japan and grew up on the East Coast of the U.S. in a small town where there was no Japanese presence or community. To her surprise, she was asked to present a tea ceremony for her local community after returning from her studies in Japan. "I realized the role that this cultural art could play in raising awareness and understanding of Japanese culture more broadly among people with little exposure to the culture. This feel-

ing stayed with me even after I moved to the West Coast where there is a much larger Asian population," she says.

For over two decades, she continued to study the art of Omotesenke-style tea ceremony between San Francisco and Japan. Initially she began teaching out of her home in 2012, founding SaBi Tea Arts in 2016 to provide an accessible public space for those interested in experiencing the art more extensively.

On the topic of Japanese ceramic art, she remarks how it has deeply influenced Western pottery, and says "Japan has a very rich ceramic tradition that is intimately connected with the local topography of the numerous pottery centers throughout Japan...The art of the tea ceremony has long provided a market that supported the development of regional kilns and sustained them for centuries."

Behr eloquently depicts the sense of utmost presence that can be instilled by attending these types of tea ceremonies. She explains that within the practice lie techniques for viewing and appreciating the various ceramics being used, as well as methods for learning from the



▲ Japanese tea ceramics will be explored during the next workshop at the Nikkei Centre.

host about individual pieces being viewed. "I feel that this way of focusing our attention and all of our senses on each individual utensil brings a sense of heightened appreciation for even the most mundane objects that can be carried over into our everyday lives," she says.

The Nikkei Centre offers a space for her to hold the tea ceremony workshops four to five times a year. Each workshop is themed slightly differently, meaning that interested parties can attend once or multiple times and consistently receive a unique experience. In addition

to this, Behr reinforces that no experience with the tea ceremony is necessary for those who wish to attend.

Her main objective is to introduce various aspects of Japanese traditional art and culture, using the context of a tea ceremony to do so, saying that "[Tea ceremony] is a comprehensive cultural art that encompasses a wide array of different art forms"

Behr is aware that those unfamiliar with tea ceremonies may believe that they are formal occasions accompanied by a strict set of rules, remarking that it is common for people to assume that they are uncomfortable and require a lifetime of study. She wishes to share the enjoyment of tea and wants participants to know that when they attend a tea ceremony, "the important thing is to relax and enjoy the experience by opening all of your senses to your immediate surroundings. If you are able to do so, there is no such thing as making mistakes as a guest as long as you maintain respect for the other participants." ✍

For more information, please visit [www.centre.nikkeiplace.org](http://www.centre.nikkeiplace.org) and [www.sabiteaarts.weebly.com](http://www.sabiteaarts.weebly.com).

## ► "Verbatim" from page 1

on a cord that runs the length of the bus. If you want to send a parcel or do anything related to postal services, you go to a drugstore that has a post office. Keys go into the hole upside down in most locks, but there can be some exceptions.

When you stroll along the streets, you may meet a person in a T-shirt and flip flops and another wearing a winter coat and lined boots. Generally, people apologize all the time, which leads you to do the same without noticing. Not long ago, someone stepped on my foot and we both apologized! Vancouver's international image is that of a green city, yet fruit

exceptions, and there are four-street corners equipped with four stops signs. When you go to the cinema, you could watch the film twice, so comfortable are the seats. When you go to a concert, you have to put up with the comings and goings of concertgoers who get up and come back, making a whole row do the same, in order to get a glass of wine or beer.

The kitchen ranges have immense, turkey-size ovens. Tradition has it that if you buy Brie cheese, you must serve it on a plate, surrounded by crackers. The notion of "apéritif" does not exist; however, you can have an "after-work" with your colleagues as early as 5 p.m. Be-

## ► "Japanese food culture" from page 1

sake, miso paste, soy sauce, vinegars and koji seasonings.

"You can use Shio-koji in most dishes, such as stir fry, soup, salad dressing, and dipping sauce. Anywhere you use salt you can use Shio-koji instead," she says.

I tell my kids about Shio-koji, and want it to be passed down for generations to come, so we don't lose this again; that's my passion," says van den Driesen.

## Celebrating a season

Some of the recipes van den Driesen shares can be used for a picnic on a day out.

Although there isn't a specific day the Japanese go out for picnics, van den Driesen says when the cherry blossoms bloom, people go out when they can celebrate with friends, family and food.

"[Cherry blossoms] teach people that life is not too long; it's short and you should celebrate and appreciate the time you have and what you have in your life," says van den Driesen.

Today you'll see families and friends celebrating the cherry blossoms while enjoying food as they embrace Japanese culture.

Traditionally, some of the dishes you'll find at a Japanese picnic include Ojyu which is layers of bento boxes where there are three to five layers of food such as fish, salad, rice, a Japanese omelet or cooked vegetables, says van den Driesen.

"People put several kinds of foods into Ojyu (bento boxes) and bring it out to celebrate the season," she explains.

Anything you put into a bento box, can be enhanced by using



▲ Shio-koji is a natural Japanese seasoning.

Shio-koji or Koji- seasonings, says van den Driesen.

## And something sweet

While van den Driesen is rediscovering seasonings for traditional Japanese food, Kayoko Hamamoto, the co-founder of Vancouver chocolate shop Cononama, is adding traditional Japanese seasonings to a new food, chocolate.

"For our product we usually use Japanese seasonings like Wasabi, Sake, Matcha or a Japanese lemon called Yuzu to add flavour; because we're Japanese we want people to know about Japanese culture as well," she says.

Hamamoto and her husband Takanori Chiwata opened Cononama in 2010, after moving to Vancouver from Japan.

"Coco means from cocoa and Nama means fresh in Japanese," says Hamamoto.

Their signature product "Nama Chocolate" (meaning fresh chocolate) is very popular in Japan.

"It's different than regular chocolate; it has [a] soft and creamy texture and our product is square and cubic which is very popular in Japan," explains Hamamoto.

They also make more traditional chocolates like salted caramel.

For Hamamoto, she personally feels the colourful presentation of the chocolate, which is all natural, is what makes customers love them.

"Vancouver doesn't have nice weather in autumn and winter, so our colourful chocolate makes [customers] happy," she says.

## A life changing experience

"We had a stable life in Japan, but a life changing experience happened to me when I visited [a cocoa farm in] Vietnam," she says.

Both Hamamoto and her husband majored in biochemistry in Japan and since they shared a love of food, they got jobs as researchers at a confectionery company. Hamamoto was assigned to the cocoa section of the company.

"So, I didn't choose [chocolate], but was given a route to enter chocolate," she says.

However, Hamamoto didn't know how chocolate was made until her visit to the cocoa farm. There, she saw firsthand how hard the farmers worked and what went into making chocolate.

"The first time I met them, I was very impressed by the cocoa farm and the farmers; thanks to them we can enjoy chocolate."

Wanting to connect people with chocolate and tell the story of how it's made, they started hosting workshops where people can learn about chocolate and make some of their own.

"[We] do chocolate workshops where you make chocolate from raw cocoa beans [and see] how hard [farmers] work for cocoa beans," says Hamamoto. ✍



▲ Canadian culture revealed on a bus.

and vegetables are wrapped in plastic, and plastic bags are handed out by almost all stores. I am also appalled by the number of single-use plastic cups I find scattered just about everywhere.

While driving, you can turn right on a red light, with a few

ing on time means being fifteen minutes early.

The list goes on, as Vancouver is a city of contrasts, captivating and full of life. So, I am going right back to my observation post. ✍

Translation by Louise Dawson

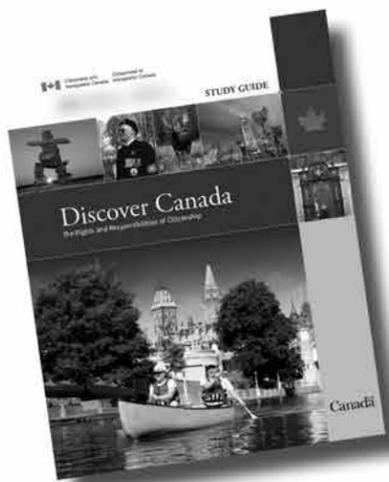
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# Exploring the Taiwanese experience

by KRISTY DOCKSTADER

**It's made in Taiwan...and Canada! The Taiwanese Canadian Cultural Festival celebrates Taiwanese and Canadian artists and their art, says Esther Lin.**

"Art is an expression and application of human creative skill and imagination and it allows others to appreciate beauty and emotional power," says Lin, the co-chair for this year's festival, which will run July 12–14.

The Taiwanese Canadian Cultural Festival is a platform for the outstanding talent of Taiwanese and Canadian artists across a magnitude of disciplines in a multicultural setting, Lin explains, and usually takes as its theme an aspect of Taiwanese culture.

"Art is usually a very abstract concept and we want to help make the intangible become tangible," she says.

#### Talents aplenty

This year will be the second annual run of the festival, after receiving a great response last year.

"Last year was a milestone for the festival, re-booting it after

performances, both of which have long traditions in Taiwan. Most Taiwanese opera is based on Taiwanese folktales, in which witches called "tiger witches" and hungry ghosts often make appearances, while the Taiwanese national orchestra is one of the leading orchestras in Asia.

The TCC Society receives dozens of applications from artists to participate in the festival.

such as the festival, as well as other opportunities that promote Taiwanese culture, including language and cultural classes.

"The TCC Society has devoted itself to encourage more interaction between artists in Taiwan and Canada," says Lin.

Besides talented artists, the festival will also present different traditional Taiwanese games, food, and activities. To satisfy

“ The TCC Society has devoted itself to encourage more interaction between artists in Taiwan and Canada.

*Esther Lin, co-chair of  
Taiwanese Canadian Cultural Festival*

They then sort through all the applications with the aim to find the best candidates to show off different aspects of Taiwanese culture.

"There are performers requesting to perform at our festival for next year already!" Lin explains.

visitors' inner foodies, the festival will have many food trucks, as well as tastings of Taiwanese pineapple cakes, a traditional Taiwanese dessert made with pineapple jam.

The Taiwanese Tourism Bureau will also be present at the festival to offer some free give-



▲ A shot from the 2018 Taiwanese Canadian Culture Festival.

about a decade of not being able to run it," Lin explains.

Last year the festival focused on Taiwanese Aboriginal singers, taking the theme from the traditional music of the sixteen or so indigenous tribes who live in Taiwan. Such music is fairly well-known internationally thanks to the use of a traditional song from the Ami tribe to promote the 1996 Summer Olympics in Atlanta.

This year, the festival theme will revolve around Taiwanese opera and orchestra per-

Past artists have included the Taiwan Ancient Ballads Troupe of Taiwu Primary School, while on the roster of this year's festival are special performances from the Taipei First Girls High School Marching Band, Wu-Yuan Taiwanese Opera, and I-Lan Youth Orchestra.

#### Full Taiwanese cultural experience

The festival is organized by the Taiwanese Canadian Cultural (TCC) Society, which was founded in 1991 and creates events,

aways. Visitors will also have the chance to enter a draw to win a roundtrip flight from Vancouver to Taipei.

The TCC Society hopes to not only continue with an annual festival in Vancouver, but eventually expand to other cities as well, to share the talent with a larger audience. ✂

The festival is free for admission and will take place at the Richmond Oval Olympic Riverside Plaza. For more information on the festival, please visit [www.tccfestival.ca](http://www.tccfestival.ca).



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## Postcard



Photo by Julie Adiwala

## Summertime in Seoul

In June, my wife Sherry and I travelled to Seoul, South Korea for our first international travel together. We chose Seoul as our first international visit since it's a traveller-friendly Asian city and my wife's best friend and maid of honour, Julie, currently lives there. For me, it was the first time I had travelled outside North America and set foot in the Old World.

We arrived on a Sunday, losing a day on our 11 hour flight because of the International Date Line. We promptly headed to our hotel, the Millennium Seoul Hilton, which is located in the Jung-gu district in the centre of Seoul, near to Namsan Park, Seoul Station and one of the city's most popular tourist shopping districts, Myeong-dong. Our room was on the 10th floor, with a king-sized bed and a great view of the park, facing eastward. When we arrived it was 5 p.m. local time (and thus 1 a.m. in Vancouver). We had hoped to start our exploration of the city that night, but a little "quick nap," ended up to be a very long and restful sleep!

For the first several days, Sherry and I met up with Julie, and she showed us around several neighbourhoods, including Ikseon-dong, a colourful area with trendy shops and cafes, and Anam-dong, a university district, where she's currently staying. Julie lived in Seoul for several years, going to school at Korea University and working

Seoul, it is also home to the Secret Garden, an extensive garden filled with flowering trees, ponds, pavilions and streams, used by the Korean kings and queens for rest and relaxation. While we were in the area, we dressed up in traditional Korean attire (Hanbok); we got a thrill out of walking around as Joseon king and queen in and around the palace!

By ourselves, Sherry and I did a little less history and culture, and a lot more shopping, especially for clothes and cosmetics. We went to three main shopping districts: Lotte World in Jamsil, visiting the Observation deck of the tallest building in Seoul, Lotte World Tower; COEX Mall in Gangnam, checking out the COEX Aquarium; and Myeongdong, enjoying the various street foods (the cheese butter baked scallops was amazing!). It was exhausting checking out all the various stores, but it was fascinating seeing all the products available, some not for sale in Canada.

Seoul is the first city outside Canada and the United States I've travelled to. It is a large and bustling megacity, and with almost 10 million people just in the city proper, 25 million in the metro area, it makes Vancouver feel like a town in the countryside by comparison! Each district felt like a city in itself with its own distinctive look and feel, ranging from the traditional to the ultra-modern. Several of Seoul's chic stores and cafes offering incredibly delicious food and drinks are on small maze-like streets that feel like cramped alleyways – signifiers of an ancient city layout made without automobiles in mind and an attempt to create a unique atmosphere blending historical architecture with contemporary ideas. Many of the locals were friendly, and were quick to help out a couple of tourists getting stuck behind a metro gate or having linguistic troubles. We would definitely love to return to Seoul and visit other parts of South Korea, such as Jeju Island and Busan, one day.

There was a lot to see in Seoul and so little time to see it. While our vacation was exciting and invigorating, having to shop at many stores and see a lot of sights spread out in such a large area did not make for a relaxing trip! So for our next destination, Sherry and I will be heading to a much smaller Quebec City later this July for a restful Canadian vacation within the ramparts of Old Quebec! À la prochaine; have an amazing summer everyone! ✉

SIMON YEE



▲ Simon and Sherry Yee wear regal garb, in Hanbok, Korea.

at the United Nations Development Programme, so she was familiar with areas that were less well-known to tourists. Our first night, we went to a Korean barbecue in Anam and we cooked some delicious meats on the charcoal grill; it was a heavenly meal!

Later, we explored Changdeokgung Palace, a UNESCO World Heritage Site, which was originally built during the Joseon Dynasty in 1405 and rebuilt in 1610 and 1804. One of the most beautiful palaces in

Photo by Julie Adiwala



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☎ Mehrzad 604 254 9626 ext 1013 || msalari@mosaicbc.org

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\*\*Daisy 604 254 9626 ext 1005 or daisyau@mosaicbc.org

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🕒 July 29, 6:30 pm – 8:30 pm

☎ Kiana 604 254 9626 || ibelong@mosaicbc.org

*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.*

## Portrait

## Yadav Baznath (a.k.a Yadu)

by AASTHA PANDEY

**On his path to inner peace while juggling multiple roles, Yadav Baznath has achieved a great deal since he landed in Vancouver six years ago.**

Born in Mauritius and raised in Senegal, Baznath came to Vancouver in 2013 to major in economics at the Vancouver School of Economics. After graduation he enrolled at the Sauder School of Business at the University of British Columbia and is currently studying for his Certified Public Accountant designation. As well as being a full time student, Baznath is also a yoga instructor and a part-time barista.

**Choosing Vancouver**

Baznath grew up in an ethnically Indian household and was schooled in an international missionary school in Senegal. His parents kept their Indian culture and traditions alive for their five children.

Growing up in a Hindu family, in a Muslim-dominant country, and attending a Christian school enabled Baznath to be aware of and learn about many different cultures and traditions, just like a true Vancouverite. He says

that his research about the city's diversity and lifestyle, as well as the fact that one of his brothers had already settled here, were among the reasons he chose Vancouver.

**A healing journey**

Baznath believes that living here has changed his life in a positive way, and helped him grow more fully into his own cultural background.

"I started noticing that I would be anxious about exams, and wasn't performing my best because of it," says Baznath.

Concerned that this was not the best for his mental health, he read the book *The Power of Now* by Eckhart Tolle. At the same time, Hotbox Yoga opened a studio on the UBC Campus, which he decided to attend.

Baznath admits that attending a Christian missionary school limited him from understanding the connection between mind and body; initially he was very self-conscious and embarrassed.

"Yoga was considered very basic at the time...I would leave my yoga mat outside my university classes so no one would see it," he says.

Fast forward to today, and Baznath is now a full-fledged yoga

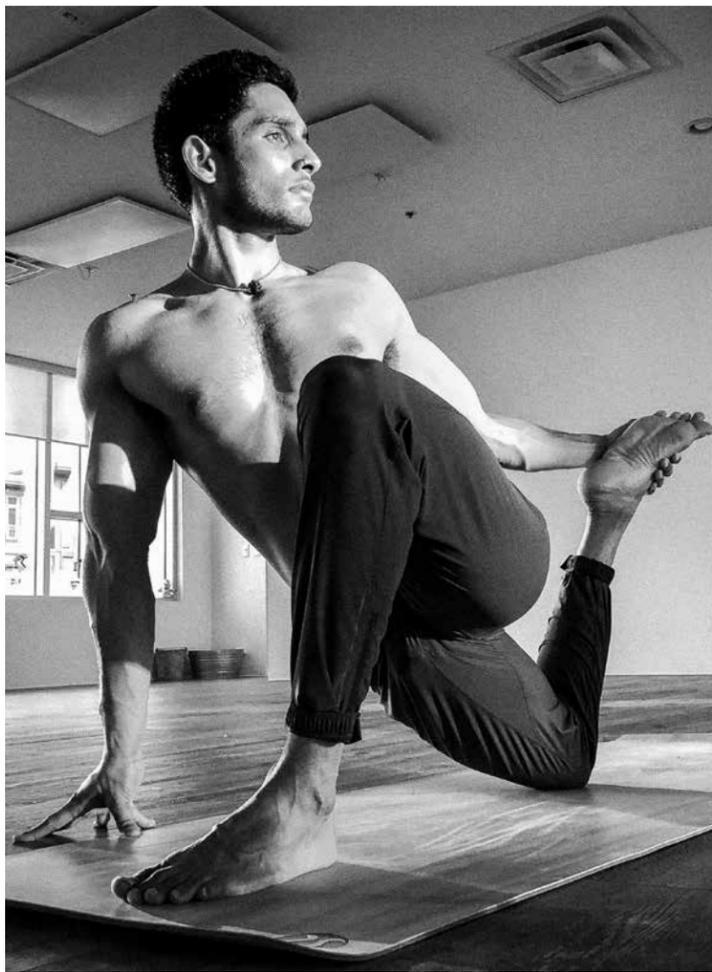


Photo courtesy of Yadav Baznath

▲ Yadav Baznath feels that Vancouver has had a positive influence on his life.

instructor on his path to healing not only himself, but other people too.

**Vancouver is home**

"I would never have had the opportunity to go to a university that has a yoga studio if I were back home," he admits. He credits Vancouver for his firm belief in the connection between mind and body, and his control over his internal dialogue.

"Vancouver is what made me embrace that aspect of my culture a lot more... I experience Hinduism more so in Vancouver than I did back home," says Baznath.

He describes Vancouver's diversity, health and fitness lifestyle, the number of trees, the many public parks and the ocean, with the word "pristine." This is because he finds everything in Vancouver very organic, and fresh.

"As a yoga instructor, I think a lot about my breath, and in Vancouver you get that full fresh air," he says.

Whether from the familial feeling he gets from his neighbourhood community, or the pristine environment, Baznath has adopted Vancouver as his new home. ✨

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## SHIFT Festival

## New work created and performed by women

by JAKE MCGRAIL

**The 12th annual SHIFT Festival will combine movement, music, and sharp personal notes in a 90-minute show diverse in form yet linked in theme.**

The three-day festival offers three pieces for one price from July 11–13.

**A platform for expression**

*Marie's Letters* is about the experience and survival of the Métis, with indigenous artist Tai



▲ Coco Roberge, SHIFT Theatre's artistic director.

Amy Grauman embodying five generations of women. *Ōpimātis* (Cree for "survivor") is a movement piece about the last drop of water on earth, performed

by Kelsey Kanatan Wavey. And Claire Love Wilson and Sara Vickruck's *Sound Off!* is an audience-driven musical piece that will be a unique creation every night.

Though all different in concept, SHIFT Theatre's Artistic Director Coco Roberge sees these works as decidedly similar in more ways than one.

"Our theme is always "fierce truth-telling," says Roberge. "They are all original works created by local artists, they span the past [*Marie's Letters*], present [*Sound Off!*] and future [*Ōpimātis*]...and the idea of embodied or 'lived' experience is especially on display."

A high school drama teacher by day, Roberge steers the SHIFT



▲ Claire Love Wilson, a multi-disciplinary artist and creator.

ship on her off-hours, working to access funds, spaces and audiences for voices and stories she believes are underrepresented and deserve to be heard. The SHIFT Festival's calling card since its inception has been several short pieces of original theatre in one night, which is why every year is very different from the one before it.

"There's always an ad hoc collective created," says Roberge. "Every year we work with different artists, so every year the company changes."

**A unique musical journey**

The final piece of the night, *Sound Off!* is a musical performance with heavy improvisation. It is based on "Song Walking," a practice developed by local multi-disciplinary artist and creator Claire Love Wilson.

"Song Walking," says Wilson, "is essentially a practice where participants go on a walk and source gestures – specific movements and sounds that they collect on their walk – and then play around with creating music from them."

These "gestures" can be sourced from anything: other people you see on your path, a natural thing like a bird or a tree, an inanimate object like a bench or a guardrail. There is no limit; what's important is that you're in tune with your surroundings.

*Sound Off!* uses sourced gestures as a baseline upon which Wilson and Sara Vickruck improvise more traditional musical elements such as lyrics and melody. The reason for the improvisation is that all the sounds and gestures used in their performance will be sourced from the audience, meaning each night will give the two creators a different base set of tools.

"It's an interesting format," says Wilson. "We're basically practicing to not know what we're going to get."

This nightly evolution means that the audience will discover just exactly where the piece is going at the same time as the artists themselves. The sourcing of the sounds and gestures also means that the audience will be part of the piece in quite a literal way, which Wilson hopes will amplify the connection between those in the seats and the art that's being created on stage.

"The audience is let into the process of creation, the risks we're taking. There will also be this sense of ownership they're going to experience, as they are going to be a major part of the creation with their gestures. I want them to leave feeling a sense of curiosity and awe, with a pull towards playfulness." ✨

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

**Visit the Source online**

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# Justice in a culture of silence

by KYLIE LUNG

**The Pooni sisters are after justice. *Because We Are Girls* is an upcoming documentary about the journey of Jeeti, Salakshana, and Kira Pooni as they try to bring a sexual predator from their childhood to justice.**

The documentary received official selection at the Hot Docs Canadian International Documentary Festival in Toronto. Due to popular demand the documentary will have several screenings, as well as Q&As, in July at Vancity Theatre.

**A painful secret**

Baljit Sangra, director of *Because We Are Girls*, has followed the sisters for the last several years in order to capture their ordeal in bringing their case to the higher court systems of Canada. The sisters emigrated with their family from India to Williams Lake, BC in 1973.

More of their Punjabi family soon came over to move in

with them and this is when the abuse began. All three of the girls were soon in a cycle of sexual abuse by an older cousin, one who was considered a son by their parents. All of the sisters kept their painful secrets to themselves until 2006. Now, over thirteen years later, Sangra is bringing their story to light.

**A culture of silence**

One should never bring shame upon their family in the Punjabi culture. Shame is almost considered a dirty word and shame is what prevented Jeeti, Salakshana, and Kira from bringing their claims of abuse to their parents, says Sangra.

“Honor is everything,” explains Sangra. “The words for shame and without shame are learned in childhood. The sisters’ father was the president of the temple there, they were very prominent in Williams Lake. He [the abuser] knows that these girls were not going to break their silence and



▲ Sisters Salakshana, Jeeti and Kira with their mother growing up in Williams Lake, where their parents immigrated from India.

if they did they were not going to be believed. Their family would never want this out.”

After many years, the women, two of them mothers themselves, decided enough time had passed. They threw shame to the wayside to make sure

that this man could not abuse anyone else ever again. Many scenes in the film depict the parents of the sisters trying to give support the best they can, but the deeply ingrained gray cloud of cultural shame still leaves the women feeling alone in their pursuit for justice.

“They [Punjabi society] believe that the girl is going to be blamed,” says Sangra, “like she did something that brought that on herself. Even today people ask why a girl was out so late, why was she wearing that. It’s ridiculous. Not much has changed. The person comes forward and says something happened to them and they are put on the defensive

when they should be believed and not questioned.”

**Making noise**

In the documentary, the women are followed to their many court dates in Williams Lake, even spending one Christmas in the frozen city far away from their families in Surrey. They are dedicated to their mission and it initially pays off in the court system. Their accuser was charged with four out of six counts of sexual assault, but the fight is far from over. His charges were dropped by the court in June (2019) and the sisters’ fight continues.

“We were devastated and shocked and trying to make noise,” said Sangra, “We made a petition and Jeeti made a viral video to Trudeau asking where is the justice? And they are doing really well. So hopefully the Crown will appeal. This is a travesty.”

The theatrical run in Vancouver will make it possible for all viewers to support the sisters in their journey as well as normalize the conversation of sexual abuse in all cultures.

“Sisterhood is powerful,” says Sangra, “The audiences have responded well in the festivals we’ve done. I think it’s been cathartic for the sisters to feel that love from the audience and the understanding. We are going to put our energy to keep this conversation going. We are not going to give up on justice.”

For more information, visit [www.viff.org](http://www.viff.org).



▲ Salakshana, the eldest Pooni sister.



▲ Jeeti, the middle Pooni sister.



▲ Kira, the younger Pooni sister.

Photos courtesy of National Film Board

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# Ways of listening

by CURTIS SEUFERT

**Vancouver-based composer and sound artist George Rahi leads a World Listening Day 'soundwalk' from the Roundhouse Centre to Hadden Park/Kitsilano Beach on July 18.**

The soundwalk explores the dynamics of group movement throughout and listening to the city, followed by a discussion of experiences and observations throughout the walk.

#### Sound and Space

George Rahi's works span numerous installations, genres, methods and approaches to exploring sound and space. From pipe organs connected to rotary speakers and midi controllers,

between city and water. While attendees are set to observe a different kind of liminality on Vancouver's bustling coastline, the approach is the same: Rahi leads the group, while the listeners are guided either by themselves, or the environment, bringing new meaning to the word 'audience.'

"The walk isn't in search of a specific thing or experience, but is more of an exercise in non-goal oriented walking and listening in the city, and seeing what arises or shifts within a group that temporarily coordinates to observe their surroundings together," says Rahi.

#### Audience and participation

At the end of the walk, Rahi's own silence will be broken, as

“ The walk isn't in search of a specific thing or experience, but is more of an exercise in non-goal oriented walking and listening in the city...

*George Rahi, composer and sound artist*

to gamelan music performed on salvaged bike parts, to interactive music installations throughout the city, much of Rahi's experimental approach centres around new ways of thinking about music.

But this project is Rahi's second soundwalk, wherein he leads the audience through a group walk, without speech, as a means of facilitating reflection and observation on one's surroundings. Indeed, when it comes to art, Rahi finds little

he facilitates an open dialogue about people's experience with the soundwalk and shares a bit about his forthcoming installation involving bells and public space.

"One of my favourite parts about a soundwalk is the discussion afterwards," says Rahi. "You often get some surprising details about other people's perception, what they choose to focus on, how they interpret what they heard along the route, etc."

Following the themes of au-



Photo by Seoyeon Jeoung

▲ George Rahi will be leading a World Listening Day 'soundwalk' from the Roundhouse Centre.

important distinction between sound and music.

"In the context of installation, I don't see much of a distinction between the two in my work," says Rahi.

For Rahi, what's key is exploring the relationship between sound and space, whether that involves 'music' or not. Rahi's first soundwalk in 2017, Slivers of pavement, took walkers through Vancouver's downtown. With the walk being choreographed to bring the audience through publicly-owned private spaces in the downtown core, one of the goals was to explore the liminality between public and private space and what it means to assert one's right to said space.

This time around, the trip from Roundhouse to Hadden Park is set to explore the coastal aspect of Vancouver's False Creek, taking in the soundscape

and the relationship between sound and space, Rahi's upcoming project returns again to the realm of music. His newest creation, 'bell-like metallophones that are distributed throughout a space,' are set to be played either autonomously or by the public, once again engaging audiences in the meaning-making process of the art.

"The next installation at the Roundhouse offers to the public the chance to play them and compose short pieces that are scheduled to ring on the hour over the three weeks of the project," says Rahi. "Part of the idea is that they become a kind of temporary tower that is directly participatory, linking the function and symbolic roles of bells in a new way."

For more information, please visit [www.roundhouse.ca/events/world-listening-day](http://www.roundhouse.ca/events/world-listening-day).

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# Cultural Calendar

July 9–August 27, 2019

by SIMON YEE

The summer season is in full swing and I trust everyone has a great summer planned! There is a sampling of events to check out below; there are a lot of things to do this season. For me, I'm heading to Quebec City for some much needed rest and relaxation. Whatever you plan to do, make the most of it; create some amazing summer memories and I'll see you in September!

\*\*\*

## Music at the Cannery

July 12–Aug. 30, 6 p.m.  
(Friday evenings)  
Gulf of Georgia Cannery,  
Richmond  
[www.gulfofgeorgiacannery.org](http://www.gulfofgeorgiacannery.org)

Steveston's summertime music series returns to the Gulf of Georgia Cannery National Historic Site on Friday evenings in July and August. Concerts will take place on the Cannery's outdoor tank deck or inside the historic building in inclement weather. The show will go on, rain or shine! Ticket sales start at 5:30 p.m., and doors open at 6. Please check out the Cannery's website for a complete list of performers.

\*\*\*

## Sixth Annual Thai Festival: Glories of the Kingdom

July 13–14  
Vancouver Art Gallery  
[www.thaifestivalvancouver.com](http://www.thaifestivalvancouver.com)

Organized by the Royal Thai Consulate General, the annual cultural festival showcases Thailand's rich and vibrant cultural heritage. The festival will feature delicious Thai cuisine, performing arts, and unique products and crafts, in a lively, outdoor venue in the heart of downtown Vancouver. The free event also features fashion, kickboxing, Thai massage and spa, cooking and fruit-carving demonstrations, plus plenty of prize draws.

\*\*\*

## Vancouver Folk Music Festival

July 19–21  
Jericho Beach Park, Vancouver  
[www.thefestival.bc.ca](http://www.thefestival.bc.ca)

Now in its 42nd year, the Vancouver Folk Music Festival returns to the city to let festival-goers experience the music and culture of more than 60 international, national and local acts. Listen to diverse styles of music, from Korean jazz and Newfoundland folk to Appalachian bluegrass and African rhythms at this internationally renowned festival. Be sure to check out the artisan market and folk bazaar, enjoy the many food vendors set up around the beachfront and have fun at the Little Folk Village for children

12 years and younger. Check out their website for a complete list of performers.

\*\*\*

## Fifth Annual African Descent Festival

July 20–21, 10 a.m.–8 p.m.  
1166 Main Street, Vancouver  
[www.africandescentfestival.com](http://www.africandescentfestival.com)

The African Descent Festival is intended to celebrate the cultural diversity of people of African descent within Vancouver, while recognizing and promoting attitudes of oneness among all ethnic groups and communities. This cultural event will allow Canadians, specifically Vancouverites, to enjoy and learn about different cultures and countries from Africa, some of which have strong embedded grassroots initiatives and history within the city. For a complete list of performers at the festival, please check out their website or Facebook page.

\*\*\*

## 12th Annual Surrey Fusion Festival

July 20–21, 11 a.m.–10 p.m.  
Holland Park, Surrey  
[www.surreyfusionfestival.ca](http://www.surreyfusionfestival.ca)

The mingling of myriad world cultures returns to Surrey's Holland Park for the 12th time. Featuring over 45 pavilions and exhibitions hosting cultures from five con-



▲ The Surrey Fusion Festival.

tinents, there will be something for everyone to see, eat, and do. Check out the live performances, Kids World, Indigenous Village and The Re-Enactors at the festival. For more information, please visit the festival's website.

\*\*\*

## Oh Nightingale: Parviz Tanavoli

July 24–Oct. 5  
West Vancouver Art Gallery  
[www.westvancouverartmuseum.ca](http://www.westvancouverartmuseum.ca)

The West Vancouver Art Museum will present *Oh Nightingale*, an



▲ Shito Ryu Karate at the 2016 Festival.

exhibition of work by the eminent Iranian-Canadian artist, Parviz Tanavoli. Born in 1937 and a resident of West Vancouver for over three decades, Tanavoli is among Canada's most significant contemporary artists. This exhibition will feature work that spans his six-decade career, focusing on his wearable art and small sculptures, prints and paintings of birds, cages and locks. Tanavoli has returned repeatedly to these forms, allowing him to explore the themes of freedom, nothingness, poetry and history, while playing with his viewer's awareness of traditional function and meaning. Just as he subverts the accepted meaning of a cage, he explores dualisms that manifest themselves as both significant and trivial, a poet contrasting the everyday with the remarkable.



▲ Love Nightingale by Parviz Tanavoli.

\*\*\*

## Squamish Constellation Festival

July 26–28  
Hendrickson Field, Squamish  
[www.constellationfest.ca](http://www.constellationfest.ca)

The Squamish Constellation Festival hopes to be a mind-blowing, heart-opening experience of music, art and community. Nestled

at the top of Howe Sound against the stunning backdrop of the Squamish Chief and swaths of evergreens, you'll find Hendrickson Field, the idyllic location for Squamish's preeminent cultural celebration. Featuring two stages of continuous music and more than 40 acts of multiple genres over three days and nights, the weekend promises fun in the sun – and, of course – under the stars. For more information, please check out the festival website.

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## The Winter's Tale

July 26–Aug. 10, 7:30 p.m.  
(except Sundays)  
Performance Works Outdoor  
Stage, Granville Island, Vancouver  
[www.carouseltheatre.ca](http://www.carouseltheatre.ca)

The Carousel Theatre will be hosting a fanciful fairytale performance for families of all ages, staged outdoors under a canopy of trees and the night sky, featuring outstanding local teen actors in a whimsical production by director Mike Stack. Bring your kids, your dogs and your imagination. King Leonates and King Polixenes are childhood friends but a tragic misunderstanding drives them a part and thrusts those they love into an incredible adventure: a story of sorrow and joy, regret and forgiveness and the timeless power of love. For tickets and more information, please check out the theatre's website.

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## Powell Street Festival

Aug. 3–4  
Powell Street Area, Vancouver  
[www.powellstreetfestival.com](http://www.powellstreetfestival.com)

Inaugurated in 1977, the Powell Street Festival is free to the pub-

lic and is held throughout the Powell Street area within Vancouver's historic Japanese Canadian neighbourhood. Influenced by typical Japanese summer festivals or matsuri, the festival features something for everyone, including dance, music, film and video, visual arts, martial arts demonstrations, amateur sumo tournament, children's activities, participatory activities, walking tours of the historic neighbourhood, craft vendors, traditional displays, delicious Japanese food and much more. The festival also presents new works by new Japanese Canadian artists each year, representing the wealth of Japanese Canadian artistic creativity and stimulating the local professional arts community with outside talent and expertise.

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## 19th Annual Maple Ridge Caribbean Festival

Aug. 3–4  
Albion Fairgrounds, Maple Ridge  
[www.caribbeanfest.ca](http://www.caribbeanfest.ca)

2019 will be another exciting year for the Maple Ridge Caribbean Festival. Over 100 entertainers will showcase the music and culture of their islands. In addition to the music, there will be a wide variety of food vendors, offering authentic Caribbean food from Jerk chicken to curried goat, as well as over thirty street vendors displaying their goods at the Caribbean open air market. A large kid zone with rides, face painting and a number of other activities are planned for small festival goers. This great family event is free and has attracted up to 15,000 festival patrons last year. For more information, please check out the festival's website.



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