



An apology to
be remembered
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The Source

forum of diversity

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Photo by Matthias Fischer

Verbatim

Embracing traditions,
food, art and history
from around the world

by DAN WALTON

It's been six months since I moved to Vancouver, and life in this metropolis is a major contrast to the quaint towns and small cities I've been living in over the past 10 years. Ethnic populations have a presence even in the most rural parts of Canada, but nowhere near the degree they do here in Vancouver.

One of the easiest ways to appreciate other cultures is through cuisine. There's a strong Middle Eastern presence in my neighbourhood – within two blocks of my West End apartment, there are six places to get a falafel. Since this period of isolation has begun, a seventh falafel restaurant has opened up. With this many competitors in the area, there's a rich quality that goes into every spice, sauce and protein, so the local shawarma dishes are far more delicious than what I'm used to (though I haven't tried the new place yet).

Vancouver's West End is home to people from many other backgrounds as well, which can also be noticed through the restaurant scene. Within a short walk from where I live are several restaurants offering dishes from Japan, Italy, Korea, India, Greece and Mexico. But I don't need to be out for supper to appreciate the community's diversity – anybody taking a stroll will hear many different languages being spoken, such as Farsi, French, Spanish, Mandarin and Punjabi.

Beyond my own neighbourhood, I've been able to enjoy Chinatown, most notably during the Chinese New Years in late January, when 2020 was commemorated as the Year of the Rat. I marched in the parade as part of my work-team, and I remember how peaceful and serene it felt to be sur-

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Marine viruses are critical to sustain our ecosystem

by DANIELA COHEN

When thinking of viruses, particularly in the current context where COVID-19 is impacting lives in multiple ways, they are seen as spreaders of disease.

However, Curtis Suttle, professor in environmental virology at the University of British Columbia (UBC), reveals another reality. "What we don't recognize is that we couldn't exist without them," he says. "They are critically important to keep us alive and the ecological system func-

tioning. For the most part, viruses are not our enemy."

He points out that more than 95% of the living material in the oceans are microbes, which produce about half of the earth's oxygen. Every day, viruses kill 20% of that living material by weight. They are therefore a critical part of continuing the ocean's processes, and impact global biogeochemical cycling in terms of nutrients and oxygen and carbon dioxide.

Some facts about viruses

Suttle explains that viruses likely arose around four billion

years ago from the same material that created cellular life. Essentially, viruses consist of genetic material inside a small protein shell. To give a sense of viruses' minute size, Suttle calculates that if we made a virus into something we could see, such as a pinhead, and he scaled himself by the same amount, he would be 150,000 feet tall!

Viruses are tiny but abundant. Hundreds of millions of viruses can be found in one teaspoon of sea water. "If you take the minimum estimate of the total number of viruses in the ocean and stretch them all from end to end

in a long string, they would go further than the nearest sixty galaxies," Suttle says.

Viruses cannot replicate unless they infect an appropriate host. A crucial characteristic of viruses is that they are host specific. "Every time we go swimming, for example, we swallow as many viruses as there are people in North America," Suttle notes. "But they don't make us ill, because they are not viruses which infect us."

Viruses regulate biodiversity

Suttle's interest in the topic began at age twelve, while on

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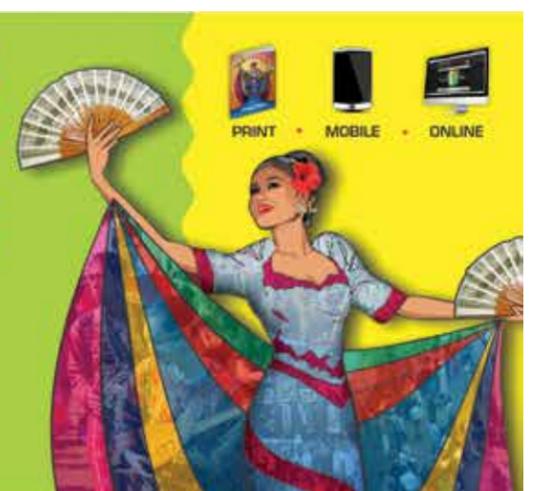


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Cultural Spotlight



Photo by Dan Walton

by DAN WALTON

With no plans in place for a 2020 BC Buddhist Festival, Vesak celebrations – the annual holiday of Buddha's birth, enlightenment and death – may have to take place from home this year to adapt to the measures in place to deal with COVID-19.

The BC Buddhist Festival usually draws large turnouts for the celebration of Vesak. Normally, thousands of Buddhists would be assembling at Queen Elizabeth Park for a day of traditional music, art, dancing, and vegetarian food, with many attendees wearing their saffron robes and dresses.

"When Buddhists gather together from around the world – with similar centers doing similar meditations at the same time – it makes for very strong prayers on days like that," says Kelsang Sanden, principal teacher at the Kadampa Meditation Centre in Vancouver.

The holiday is observed on a different day each year, during the full moon of Vesakha (an ancient lunar month), which falls between April and June on the Gregorian calendar. In 2020, Vesak falls on May 7 (date varies).

"It's a time for an in-depth exchange of ideas. There are so many unique Buddhist traditions and they have different norms established," Sanden says, adding that the Kadampa Meditation Centre follows the Mahayana teachings of Buddhism, which recognize the holiday as "Buddha's Enlightenment Day."

Enlightenment of the Buddha

Although traditions vary among Buddhist communities, there is consensus about the significance of Buddha's enlightenment.

"It's when he demonstrated the potential all human beings have for obtaining enlightenment," explains Sanden. "It's about showing everyone what they can achieve – it's profoundly hope-

ful. It reminds us not to be judgemental of others, even if they've messed up in this life, it doesn't mean they won't become amazing, or that they can't achieve great things after enlightenment. Whatever issues are going on with a person right now, that's not the main thing – the main thing is they can achieve enlightenment."

Given the social distancing practices presently in place, Buddhists will still be able to meditate in unison on Buddha's

carry through the whole day, where we recognize the potential of all living beings to achieve enlightenment," says Sanden. "Then for the rest of the day the idea is only to have good intentions towards other living beings. When you sit down to meditate, the whole day will be happening in the context of that greater awareness. It's not just meditating on behalf of yourself but on behalf of everybody, fostering that feeling of connection. It is a lot more intense than just

“ There are special intentions to start the day, intentions to carry through the whole day, where we recognize the potential of all living beings to achieve enlightenment.

Kelsang Sanden, principal teacher at the Kadampa Meditation Centre

birthday, albeit not from the same location.

"We do prefer meeting in person, because if you're around other meditators it's easier to find yourself meditating, especially for people who are not very strong in meditation practice," Sanden says. "Instead of consuming too much news and getting wound up and stressed about things, meditation allows you to spend time with a group of people doing the opposite, being surrounded by people who want to be more peaceful and that group energy has something to it. We still check in on the news, but we actively try to not get wound up."

Streaming ceremonies to compensate

While there are no plans to celebrate the BC Buddhist Festival this year, organizers are offering worshippers the option to celebrate Vesak with them from home. No matter where the holiday is observed, the goal remains the same: for people to find peace, mindfulness, love, compassion, and wisdom. And like many temples and meditation centres in Vancouver, Kadampa is hosting virtual gatherings, allowing worshippers to begin their day with a formal ceremony online.

"There are special intentions to start the day, intentions to

fitting meditation into a regular day."

Even though he sees more value in physically attending spiritual gatherings, Sanden suspects virtual ceremonies will remain relevant in the future, even after the world opens back up.

"I think people will be shy about gathering in large groups for quite a while. Live streaming can be an effective way to help people connect in the meantime," he adds.

Hindering such a sacred tradition is a major drawback of social distancing measures, but Sanden has noticed many positive effects come from the drastic changes over the past month.

"One of the upsides of COVID at the moment – not to say it doesn't come with all sorts of problems – but its presence has made humans realize that other human beings aren't their enemy; it's this illness," he says. "When I was out walking, there were not a whole lot of people out there, we were all meeting eyes and waving to each other at a good distance. People were showing that feeling of connection when normally we would be too busy to notice each other." ✍

For more information, please visit: Kadampa Meditation Centre at www.meditateinvancouver.org

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Remembering an apology

by HARRY JING

When Vancouver's Mayor Gregor Robertson and the city council headed off to Chinatown on April 22, 2018 to deliver a formal apology to the Chinese Canadian community for Vancouver's history of exclusionary laws and legalized racism, it left a legacy. The apology itself was symbolic as Vancouver's leaders left their seat of power at city hall in order to make this important gesture in Chinatown.

University of British Columbia (UBC) professor of history and principal of St. John's College Henry Yu explains that apology is not only significant in the present but will also be significant in the future as Canadians must never forget the country's racist past.

His talk on the subject, *A Seat at the Table: History as a Forward-Looking Process*, is scheduled for April 23, at the Vancouver Historical Society (VHS), although it is subject to cancellation. He delves into Canada's history of legalized racism and the importance of such formal apologies as the one issued by the City of Vancouver.

Yu was born in Vancouver just two years after his parents emigrated from Hong Kong. But his history extends further back as his great grandfather arrived here in the 1880s. Growing up in British Columbia, Yu earned



▲ Vegetable peddler in Victoria, 1920.

a bachelor's degree in History at UBC and a PhD at Princeton University. He has since returned to UBC to build a program examining history and contemporary changes in Asian-Canadian communities.

A brief history of Chinese Canadians

The arrival of Chinese people in Canada coincided with the arrival of non-Indigenous settlers in British Columbia. Aboard the ships of British explorers in the late 1780s were Chinese carpenters from Hong Kong. In the nineteenth century Chinese workers came across the Pacific to work, and made immense contributions in building Canada's infrastructure, particularly the transcontinental railroad in the 1880s.

Chinese workers also made contact with British Columbia's Indigenous peoples. However, the Chinese workers differed from European settlers in that they originally had no intentions of colonizing the land, only seeking to work with the intention of eventually returning home. Chinese-Canadians quickly became 'unwelcome others' in the eyes of white settlers, who saw them as competition. It was during this time that "a white man's province" became a political campaign slogan in BC. That meant Indigenous peoples would be cleared off the land and Chinese Canadians would be excluded except for their labour.

Head tax and legalized racism

Yu explains that legalized racism is the process of building

laws around racism. When BC first joined the Dominion of Canada in 1871, the first action of provincial politicians was to disenfranchise non-whites, allowing policymakers to craft discriminatory laws without any recourse. Another very real example of legalized racism could be seen in Vancouver, where vegetable peddlers would deliver fresh vegetables to people's doors. These peddlers eventually came to be targeted by vegetable distribution companies who got the city to pass bylaws requiring that such peddlers obtain licenses. Of course, who received a license was based on race. Yu explains that while there were explicitly discriminatory laws, there were also laws with no mention of the word 'Chinese,' but nonetheless still targeted Chinese Canadians.

The head tax was another example of legalized racism at the federal level. The tax which was first levied on Chinese workers entering Canada in 1885 and set at \$50, then doubled and finally raised to \$500 in 1903, persisted until 1923. An estimated 82,000 people paid a total of \$23 million (the equivalent of roughly \$350 million today) over these 38 years. It acknowledged that Chinese labour was needed, but simultaneously made it difficult for Chinese immigrants to bring their wives and children. In 1923 the Chinese Exclusion Act replaced the head tax and banned

all Chinese immigrants except for a few merchants, diplomats and students. The legacy of the head tax and the Exclusion Act is countless split families that we can still observe today. Yu himself is a part of a long history of split families still experiencing the effects of Canada's exclusionary laws.

"When we think of racism, we tie it to the victim, we say racism against the Chinese, as if it adheres to the victim," Yu explains. "It's saying there's something wrong with you."

The legacy of Mayor Robertson's apology

"We need to recognize and acknowledge racist history and take responsibility for that history if we want to move forward together and continue in the process of building a more just society," says Yu.

An apology has to be substantive or else it's an empty apology. But what is substance? To Yu, substance is something that's meaningful for everyone going forward.

"You're playing in your neighbour's house, and in a fit, you break their toy. You go and say sorry, but they just lost their favourite toy," he says. "The toy may not be fixable, but what can be done moving forward to repair your relationship?"

For more information, please visit: www.museumofvancouver.ca/a-seat-at-the-table

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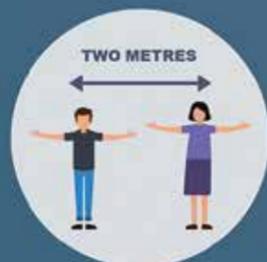
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rounded by the music (particularly the Guzheng), costumes, and dancing during the celebration. But while the parade is a great reason to visit Chinatown, nobody needs to wait for a special occasion to appreciate the Chinese-inspired architecture of that neighbourhood.

I have a colleague at work who grew up in Iran, and I have a much better understanding of Middle Eastern politics thanks to him. Between regional rivalries, the popularity of political leaders, and the background of



▲ Member of indigenous rock band Tribal X.

each government and war – he is much more familiar with the issues than some people I know, so we always have compelling conversations. Although history was one of my favourite sub-

jects, curriculums in Canadian schools don't extend far beyond what happened in present-day Canada and Europe.

We may not be able to learn about every culture in school, but right here in Vancouver, we can observe a huge array of human history at the Museum of Anthropology. Collection of artifacts many thousands of years old have been found in communities spanning across the globe. When trying to interpret the facial expressions that were carved into masks and sculptures, it is interesting to observe how some symbols and designs were universal among all cultures, while other features were completely unique to certain regions.

I love photography and earlier this year I volunteered to take pictures for two groups of musicians – Tribal X, an Indigenous rock band, as well as Higher Roots, which is a new reggae band. It was an interesting challenge to capture and reflect the cultures those artists were inspired by through photography, and I felt like both of those creative collaborations yielded great photos and experiences.

With the measures in place to deal with COVID-19, exploring new parts of the city isn't really happening at the moment. My girlfriend and I were planning to attend the Nowruz Celebration in West Vancouver in March, but unfortunately we're going to have to wait until next year. However, all this extra time at home has given us the opportunity to watch *Tiger King* on Netflix ... now there's a fascinating foreign culture. &

Women of Vancouver: Carmen Rodríguez

by ANINDITA GUPTA

Chilean-Canadian bilingual writer Carmen Rodríguez has been nominated for the YWCA Women of Distinction Award this year under the Arts, Culture & Design division for her trailblazing work in the field of literature.

Rodríguez spent her early childhood in both the southern Chilean city of Valdivia where she was born in 1948 and in the port of Valparaíso.

She recalls her mother reciting the verses of various female poets at family gatherings when she was young. These poets' words made her realize the world was dominated by men and that women's preoccupations could and did go beyond the domestic domain. From her father, she learned the power of narratives and storytelling.

Growing up, Rodríguez enjoyed writing poetry and short stories, but was involved in myriad other activities so she never thought of herself as a writer. In March 1973, her short story *Acuarela* won an Honor-

ary Mention in a contest by *Paula Magazine*, but even then she didn't consider herself to be a writer.

Writing and activism

September 11, 1973 marks a painful but important day in Chile, as on this day, General Augusto Pinochet headed a military coup that overthrew democratically elected President Salvador Allende. What followed was a seventeen-year dictatorship. Fearing for their lives, Rodríguez and her family fled Chile and came to Canada in 1974.

Rodríguez's next few years in Vancouver were marked by political activism and it was not until 1989, when the Chilean dictatorship was replaced by what she deemed a lukewarm democracy, that she began to write again as a way of giving voice to her own stories of exile and resistance and those of her community. For Rodríguez, writing has always gone hand-in-hand with activism and she will continue to use it.

"[L]anguage is not a neutral tool of communication, but a

weapon that the oppressors have used to justify their actions, and that the oppressed can use as a tool for liberation," says Rodríguez. "...to protest, remember, bear witness, denounce, provoke and propose."

In 1992 Rodríguez published *Guerra Prolongada/Protracted War*, a volume of bilingual poetry; a few years later, *De cuerpo entero/and a body to remember with*, a collection of short stories, was published. With a break of fourteen years, her novel *Retribution* was released in 2011 and next year she is set to publish another novel, *Atacama*.

"So, I am a writer after all!" she exclaims.

Contribution in other fields

Rodríguez obtained a B.A. and teaching certificate from the University of Chile, studied in the UBC master's program in Spanish language and literature and earned a second master's in education from SFU. Her work in education has spanned many fields: adult literacy with First Nations communities, teacher training, languages,



Photo courtesy of Carmen Rodríguez

▲ Carmen Rodríguez has been nominated for the 2020 YWCA Women of Distinction.

literature, cultural studies and creative writing.

She has also worked as a journalist. Between 1990 and 2012 she was Vancouver correspondent for the Latin American section of Radio Canada International and in 1988 she

helped found and became a member of the editorial board of *Aquelarre*, a bilingual magazine published in Vancouver between 1988 and 1997. *Aquelarre* brought together Latin American and Canadian women of all ancestries and showcased the cultural and literary work of Latin American women in Latin America, Canada and the diaspora, while also offering a platform for in-depth analyses of social issues affecting all women.

Rodríguez is an elected member of The Writers' Union of Canada's national council, where she has given voice to traditionally marginalized writers and advocated for more equitable policies for the literary community as a whole. ✍

For further information on Carmen Rodríguez go to www.carmenrodriguez.ca

To learn more about the YWCA Women of Distinction Awards 2020, visit www.ywcavan.org/2020-ywca-women-distinction-nominees/arts-culture-design

Postcard

Floripa, Brazil: my first taste of South America

When I think of Brazil, I imagine beautiful beaches, amazing barbecued meat, rain forests and sunshine. Last year I had the opportunity to stop imagining these things and truly experience them on my first trip to South America.

One of my best friends comes from the city of Florianópolis, located in the South of Brazil. Florianópolis, or Floripa, as the locals call it, is a coastal city known for its amazing beaches and beautiful city and I got to experience this city through the eyes of a local!

#Beachlife

I must admit that while I was visiting, we went to a different beach nearly every day! After experiencing those pristine white sands and warm ocean waters, it was hard to find a more beautiful place to unwind and relax. However, the sun intensity in this part of the world is quite high and even with 60+ SPF sunscreen it's important to keep yourself covered during the hottest parts of the day and to stay hydrated. Unfortunately, it took me a few days to come to this realization of just how intense the Brazilian summer sun can be, and my skin ended up turning the colour of tropical shrimp red. I was thankful I packed the aloe vera gel.

Every day on the beach included a giant beach umbrella, coconut water straight out of a fresh coconut and often an ice-cold caipirinha. Caipirinha is a cocktail native to Brazil made with lime, sugar and the sugarcane-derived alcohol cachaça. One of my favourite things about the beaches here is that you don't even have to leave your umbrella to get a snack or a drink. The beaches have many food stands with waiters



▲ Kristy is sipping delicious coconut water.



▲ Oysters, Brazilian-style.

Photo courtesy of Kristy Dockstader

Photo courtesy of Kristy Dockstader

that will come to you, take your order and bring out your food!

A mixing pot

Brazil is a huge country and, depending where you visit, the local foods can vary greatly. Since Floripa is a coastal city, much of their local cuisine includes seafood. While in Florianópolis I tried some delicious oysters,

suspension bridge in Brazil – the Hercilio Luz Bridge – and that it was a major landmark for the city, and I was finally going to get to see it in person. This bridge was closed for 28 years as it was undergoing restorations, however I recently heard it had reopened to the public. Unfortunately, during my visit the bridge was still under construction but that just means I have a good excuse to head back to Floripa!

One of the places I found the most interesting and lively in the city center was the Mercado Municipal, the city's marketplace. One afternoon after wandering about the city we stopped here for some tasty food and drinks. I have always enjoyed sipping on a drink while people-watching and this little break in our day was perfect for that. There were dozens of restaurants and people of all ages wandering about the market. My Brazilian friend often refers to his country as a mixing pot of culture and races and sitting in the market that day I have to say I agreed with him.

Brazil is filled with so many brilliant places and lively people. They are the masters of cooking meat – if you have not had a chance to try some Brazilian BBQ, I would highly recommend it – and are known for one of the best festivals in the world, Carnival for the win! I have only seen such a small piece of this country and I hope to return someday in the future to see a great deal more of all the beauty that Brazil has to offer. Until I can enjoy my next Brazilian adventure, I will continue my day dreaming of their beaches, rainforests and glorious food. ✍

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Psychologists study impacts of COVID-19

by XI CHEN

The ongoing COVID-19 pandemic has been a watershed event for the world. It has brought drastic changes to all aspects of people's lives, some temporary, some permanent. A new study, launched by UBC health psychologists Anita DeLongis and Nancy Sin, aims to provide some insights on the impacts of COVID-19 on people's mental and physical health as well as how people cope and change during a pandemic.

The study was launched on March 18, the day after British Columbia declared a public

health emergency, according to Sin. More than 5,000 people have participated in the online survey that is still ongoing.

“So far 85% of the participants are from BC. The surveys have been translated into French, Chinese and Farsi, and we would like to hear more diverse voices and experience from different people,” Sin says, “We are getting a lot of information on what people are doing to keep themselves and their family safe, how they evaluate their risks, and how they are coping, etc.”

and people with limited social supports or financial resources tend to be the worst-hit demographics in society.

“People who have more empathy are more likely to practice social distancing, hand-washing and disinfecting, even if they don't think their own risk is high...”

Nancy Sin, health psychologist

health emergency, according to Sin. More than 5,000 people have participated in the online survey that is still ongoing.

“So far 85% of the participants are from BC. The surveys have been translated into French, Chinese and Farsi, and we would like to hear more diverse voices and experience from different people,” Sin says, “We are getting a lot of information on what people are doing to keep themselves and their family safe, how they evaluate their risks, and how they are coping, etc.”

Sin explains one aspect of the study that she is really passionate about is a daily diary where the participants will tell in their own words what is going on in their day for one week, such as if they are going through any negative or positive emotions and experiences.

Some preliminary findings

Without a doubt COVID-19 has created a lot of stress for people, says Sin. However, people are also reporting a lot of positive experiences than what would be expected, such as high rates of helping behaviours.

“We read about those hoarding behaviours, but there is also a lot of sharing and helping going on in a crisis. What is really happening, at least in our sample, is that people are really concerned about their family and their neighbours. They are socially engaged remotely and doing a lot to help themselves and others to cope with it,” she adds.

The initial findings also show significant variability in people's risk perceptions and their associated behaviour changes, according to Sin.

“In Canada, people might feel that it is a problem that is affecting other parts of the world but not themselves directly,” Sin explains. “If people know someone in their own social circle who is impacted, if it reaches our schools and workplaces and social networks, then people will take it a lot more seriously.”

Coping and adapting

Most believe that even after we overcome this outbreak, the long term social and economic impacts will still be felt for a long time, as many people have lost their jobs and struggled in ways that they have never before.

“We know that stress has a really strong influence on all aspects of our health. The prolonged nature of stress will have some long-lasting impacts. We might see higher rates of chronic health conditions,” Sin says.

As a health psychologist and a professor, Sin advises people to try to maintain some kind of structure in their daily lives, even if they are no longer working or going out, to keep up with a daily rhythm and stay connected.



▲ Nancy Sin, health psychologist at the University of British Columbia.

“It is also a time when people can build some resilience, we can try to spend the time to learn something new and, if we do have the luxury of time, to devote some of our resources and energy to help other people,” Sin says.

To learn more about the study and participate, please go to blogs.ubc.ca/coronavirus/

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Effective Immediately,
The Castle Theatre has decided to cancel all upcoming events until further notice.

We appreciate the support from all of our followers over the years!

On a positive note, We will use this downtime to work on several system upgrades and maintainance projects to make your next visit to our theatre an even better experience!

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Photo by Marianne Meadahl

Chantal Gibson: Channeling the past through poetry

by KYLIE LUNG

While public events in Vancouver may be delayed, we can still enjoy the 22nd National Poetry Month from our own homes in April.

Chantal Gibson is one local poet and artist whose work offers perspective and cultural education during these strange and uncertain times. Originally from Mackenzie, BC, Gibson began writing poetry while attending Langara College in the mid-90s and receiving encouragement from her professors. During this time, she began to write about people of colour and their representation in the past as well as the present.

Embodying historical voices

Gibson's newest work, *How She Read*, is currently shortlisted for the 2020 Griffin Poetry Prize, the world's largest prize for a first edition single collection of poetry written in English. *How She Read* is a poetry collection that focuses on the experiences of Black women in Canada. It is a meditation on motherhood, loss, and recovery for women who were previously voiceless. The cover even features a photo of Gibson's own mother in the first grade.

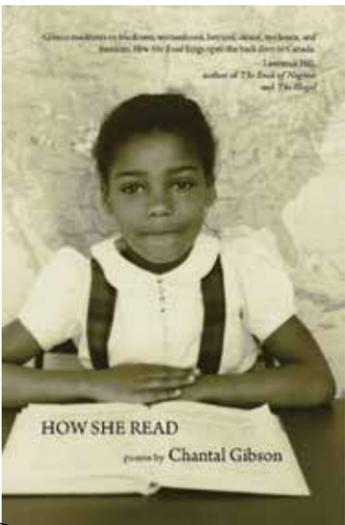


Photo courtesy of Chantal Gibson

▲ *How She Read* is Chantal Gibson's latest book.

The book is a unique collection where Gibson takes on the voice of famous Black women and gives them the platform that was denied to them in life.

"The voices of the historical characters came to me after years of academic research," she says. "I was haunted by their voices for years. My book of poetry became a space for them to take center stage: Harriet Tubman (conductor of the Underground Railroad), Delia (an African-born American slave), and Marie-Therese (a Haitian-born slave in Montreal). They have names. Their eyes confront the

colonial gaze. Their voices talk back and discuss with authority how they have been misrepresented in art and history."

Life influencing art

Gibson lives in the world of poetry as well as in art and sculpture. The inspiration for her written word art stems from the same place as her mixed media creations.

"Writing is visual, text is visual. My artwork emerges from the places that literary art and visual art overlap," she explains. "I create physically altered books, mixed media sculptures that use old history texts, black thread, black paint and black rubber. I also create poems --black text, white background -- textual sculptures that have form and structure. The inspiration for both is the same. I am interested in the voices that have been left out of Canadian historical narratives, voices that have been erased or silenced."

Filling the gap

Gibson wishes she had more access to books about strong women of colour when she was a child. She believes that access to art of all cultures and ethnicities makes kids feel that anything is possible, as it is difficult to feel inspired growing up seeing very little representation from anyone who looks like you.

"I don't remember seeing one Black face in my school books, not in primary or secondary school, unless I count reading *Othello* or *Huckleberry Finn*," says Gibson. "I did not see anyone who looked like me. We did not discuss Black or Indigenous people in critical or creative ways. We just weren't there."

Gibson hopes that young girls of colour can look to *How She Read* and experience what she wished she had as a kid: the feeling of being seen.

"Now, I hope that Black girls and Black women and Women of Colour see and celebrate themselves in all the other months besides Black History Month in February," says Gibson. "Together with my publisher Vici Johnson at Caitlin Press, we hope all readers, teachers, students, and poetry enthusiasts of different social, cultural and ethnic backgrounds can use the book to learn about experiences different than their own, and to question the textbooks, the lessons and the institutions that educate our citizens." ✍

For more information please visit:
www.chantalgibson.com
www.poets.ca/npm
www.griffinpoetryprize.com

CLEARWATER WETLANDS & WILDLIFE CORRIDOR

DEERTRAILS NATURALIST PROGRAM

Instructors include Lyn Baldwin (ecologist and artist), Maleea Acker (poet and teacher) and Trevor Goward (lichenologist and place based naturalist), with special guest instructor Nancy Turner (ethnobiologist and botanist). Nancy Flood (ornithologist and ecologist) will make a cameo appearance.

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Naturalist-led hikes will carry participants ever deeper into a valley transitioning to autumn. Attend to the small uprisings of mushrooms, the blushing of leaves, the cool exhalations of blue forest shadow.

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Application deadline: 11:59 p.m. Monday, May 4, 2020

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Music for everyone

by RAMAN KANG

“Between our passion for music and helping people, it just seemed like a logical step to open a school where we were open for everyone, every type of learning, every age and had essentially no barriers,” says Kris Schulz, co-owner and operator of Horizon School of Music.

Schulz, who teaches electric guitar, acoustic guitar, vocals and composition and theory, runs the school along with his wife Jill, who teaches piano, vocals and composition and theory.

“I just think [music] is a healthy thing for the mind, for people’s well being, for their confidence and keeping them active with something that’s positive,” says Schulz.

You don’t have to be a professional

“There’s this widely accepted perception that people can’t play music unless they’re gifted; that’s something I’ve found to be completely untrue,” says Schulz.

He says there are schools geared towards creating professional musicians that don’t really see music as something you would do just for you. As a result, Schulz and his wife felt the need to create a space where people as young as four and those well into their 80s could learn music because it’s fun and a way to improve their lives.

The school also offers three free online 40-minute group sessions at beginner, intermediate and advanced levels where everyone is welcome. Schulz says the goal has always been to get as many people as possible to learn and connect, even if they can’t afford it.



▲ *Me nukes is from Empower Though Music’s 3rd annual Free Music Lesson Day held Feb. 23 at Horizon School of Music.*

“There’s no catch, this is just a chance for people to learn from a professional and have fun,” he says.

Going online

Although the school has always offered a small number of classes online, when the NBA cancelled their season, Schulz knew the pandemic was getting serious and immediately started training his staff to teach all of their classes online.

“At first, everyone was reluctant to try it,” he says.

But after working through the initial technological barriers, Schulz found that people liked the consistency of still having their lessons. Not only has the feedback been overwhelmingly

positive, he says, but the lessons have become even more meaningful where both student and teacher are really appreciating each other.

One of those teachers is Rocky Riobo, who Schulz met at a benefit concert and hired on the spot without even hearing her perform.

“From her personality, I just knew she was exactly the kind of person we wanted on the team,” says Schulz.

Teaching from home

“This school is really unparalleled to anything I’ve ever experienced, Jill and Kris are unfathomably so wonderful and caring that to be a part of anything they’re a part of, I’ve been

really lucky,” says Riobo, vocal, theory and ukulele teacher.

Riobo gets excited when people ask her what she does.

“I’m sort of teaching music, but I’m teaching you to teach yourself music,” she says.

From her bedroom, every lesson starts out the same. Riobo asks the student on the other end of her screen how they’re doing as a quick check in to make sure they’re okay and if they’re not, that’s okay too.

“It’s a safe space,” she says.

Riobo explains that going online during this pandemic has given her an honest platform to say how she’s really feeling and allow her students to do the same.

Going online has also forced some of her students to acquire

new tech skills that not only allow them to connect with her for lessons, but also to connect them with the rest of their world.

“Music has been a really happy balance of something for myself and something for others, at the same time,” says Riobo.

Riobo says she wants her students to leave their lesson having acquired something greater than the last lesson, and Schultz agrees.

“It’s not just another day of teaching, everyone is going through something and we’re all in this together. Even though it’s just music, we’re happy to do our part,” says Schulz. ✍

For more information, visit www.horizonschoolofmusic.ca

► “Marine Viruses” from page 1

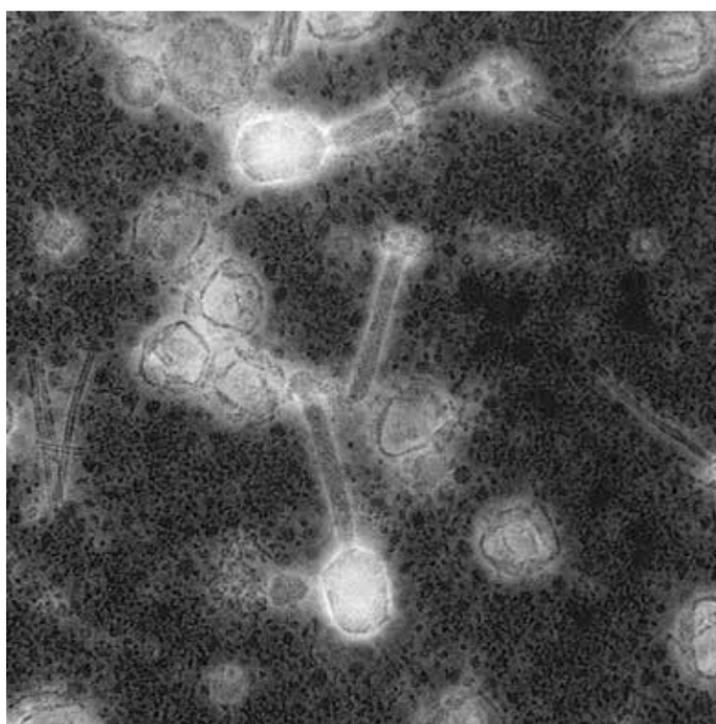
a four-year sailing trip around the world with his family. While sailing up the Great Barrier Reef, the family discovered a research vessel where scientists were studying marine life. This experience sparked Suttle’s lifelong interest in biodiversity and why there are so many different types of life in the ocean. In the late 1980s these questions led him to focus specifically on viruses and their interactions with organisms and the ocean’s plankton and bacteria, then an unstudied area. Scientific papers had stated the ocean contained few viruses. “As it turns out, viruses are really important,” Suttle says.



▲ *Curtis Suttle, professor in environmental virology at the University of British Columbia.*

According to the magazine *Nature*, between 2009 and 2013, seawater samples were collected from almost 80 sites around the world as part of Tara Oceans and Malaspina projects. These initiatives focused on the study of carbon dioxide and climate change in the earth’s oceans. 200,000 virus populations were found in five ocean zones, twice the amount previously recorded by scientists. Matthew Sullivan, senior author on the study and a microbiologist at Ohio State University emphasized that this new map of virus diversity could allow scientists to manipulate specific areas of the ocean so that the viral community could move more carbon dioxide from shallow waters into the deep ocean. This would lock carbon dioxide away from the atmosphere.

Suttle elaborates that most microbes are surrounded by hard “walls” of organic carbon, somewhat like wood. When viruses kill these microbes, some of this material is left behind, and will not be degraded for thousands of years. “If we can increase the rate at which viruses are killing material in the ocean, we could build up this storehouse of organic carbon. As the original source of this carbon is carbon dioxide, it has the effect of reducing its buildup in the atmosphere,” he says. This idea is captured by “The Shunt and Pump,” a concept proposed by Suttle to describe how viruses



▲ *Cyanophage – Electron micrograph of marine viruses.*

can contribute to sequestering and storing carbon.

Future research areas

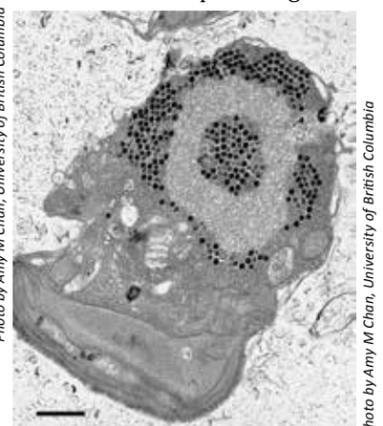
Suttle believes further viral research is needed, as nothing is known about the role of viruses in regulating fish populations or different kinds of plankton in the ocean. A crucial aspect is learning about the effects of viruses on the health and survival of salmon. A recently published paper highlights the discovery of a virus related to the one that causes COVID-19

in salmon. “This won’t infect humans, but it’s a relative and the first one ever found in fish,” Suttle clarifies. “It’s a huge opportunity to explore what viruses are doing in the system. That’s just one piece. We have no idea what their effect is on herring, another commercially important fish. And if we get into things that aren’t commercially important, nobody’s even looked.”

Research also needs to be done on the role of viruses in regulating zooplankton populations, as well

as how they interact with specific species and their impact on those populations.

Suttle reiterates the longstanding importance of viruses as part of our ecosystem. “With every breath, we breathe in thousands of viruses; they don’t make us sick and might be really important in terms of health because they may infect bacteria that would make us sick. Occasionally, we get broadsided by some disease that sweeps through our



▲ *Chrysovirus viroplasm – Electron micrograph of a virus-infected phytoplankton. The dark hexagonal shapes are individual virus particles inside a phytoplankton cell.*

populations and can have a major impact, but for the most part, we’re really dependent on viruses and what they do.” ✍

To learn more about Suttle’s research, visit www.eoas.ubc.ca/people/curtissuttle

Cultural Calendar

April 21–May 5, 2020

by SIMON YEE
CONTRIBUTING EDITOR

Hi everyone! I know the weather has been nice lately, but we definitely have to maintain our social distance to keep the spread of the coronavirus at bay. Keep safe everyone and stay the course! As mentioned in prior calendars, events and festivals around the city have been cancelled to follow the directives of the B.C. Office of the Provincial Health Officer. So for this calendar, I've compiled a list of interesting online courses that you can take to learn something cool! All of these courses (and more!) are offered for free from various universities around the world.

* * *

Ancient Philosophy: Plato & His Predecessors

The University of Pennsylvania
www.coursera.org/learn/plato

Philosophy is one of my favourite subjects and where best to begin studying philosophy than at the beginning of Western philosophical thought in ancient Greece? This course, offered by The University of Pennsylvania, will trace the origins of Western philosophy from the pre-Socratic thinkers like Thales and Heraclitus, who sought to explain the world from non-religious, non-mythological lens, to Socrates who insisted on the importance of the fundamental ethical question: "How shall I live?" Plato and Aristotle, both of whom developed elaborate philosophical systems to explain the nature of reality, knowledge and human happiness, will also be discussed.

* * *

De-Mystifying Mindfulness

Universiteit Leiden
www.coursera.org/learn/mindfulness

In this era of global pandemic, it might be helpful to take a step back for contemplation and meditation. Mindfulness has become the basis for numerous therapeutic interventions, both as a treatment in healthcare and as a means of enhancing well-being and happiness. This course, offered by Universiteit Leiden in the Netherlands, aims to provide students with a responsible, comprehensive and inclusive education about (and in) mindfulness as a contemporary phenomenon.

* * *

The French Revolution

The University of Melbourne
www.coursera.org/learn/french-revolution

The French Revolution is rightly considered one of the most pivotal moments of European and world history. You've probably heard about the little corporal, "let them eat cake," the guillotine and the Reign of Terror, but why not take an online course from The University of Melbourne and dig in deep to the causes and effects of the Revolution. Examine the social and institutional structures of the Ancien Régime, the fall of the Kingdom of France and, of course, the career and legacy of Napoleon Bonaparte.

* * *

HTML Tutorials

Lynda from LinkedIn
www.lynda.com/HTML-tutorials

Modern web pages viewable in a browser are mainly programmed

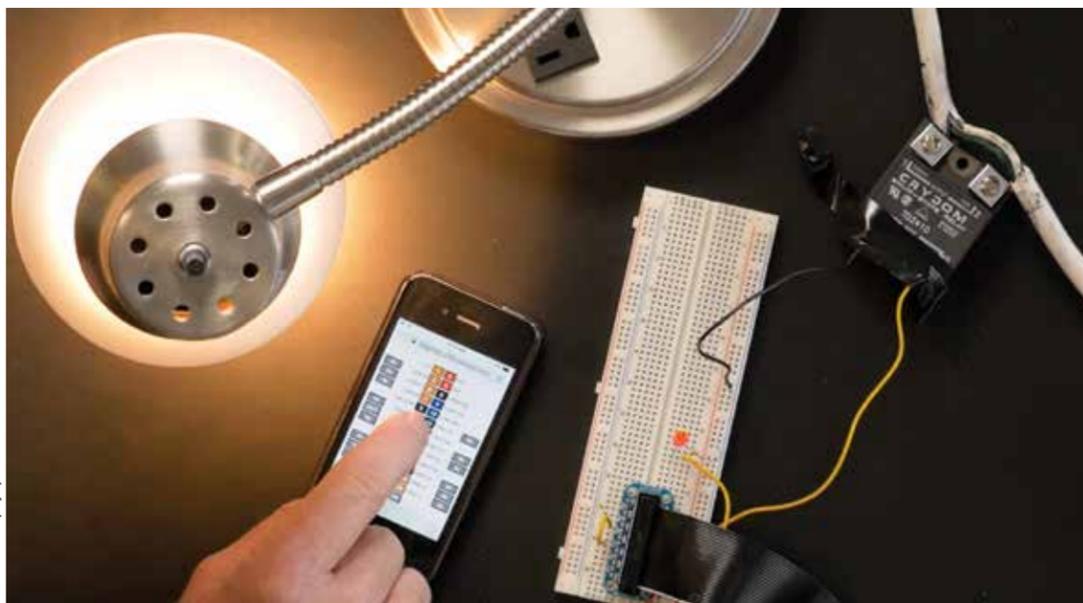


Photo courtesy of Lynda.com

▲ Learn how to use and create with Raspberry Pi with online video tutorials at Lynda.com

in a language called HTML, which stands for Hypertext Markup Language. It is the first building block to creating a presence on the world wide web. Lynda (LinkedIn Learning) offers a series of training videos and tutorials on how to program a webpage in HTML. Learn how to build and design websites and web applications. Start understanding basic markup language and work up to mastering web development with Lynda's start-to-finish web design training.

* * *

Pyramids of Giza: Ancient Egyptian Art and Archaeology

Harvard University
www.online-learning.harvard.edu/course/pyramids-giza-ancient-egyptian-art-and-archaeology

One day, hopefully, I would definitely love to explore the wonders of the world, especially the Great Pyramid of Giza, the only wonder of the ancient world still in existence. Harvard University offers a course which will explore the art, archaeology, and history surrounding the Giza Pyramids. Learn about Egyptian pharaohs and high officials of the Pyramid Age, follow in the footsteps of the great 20th-century expeditions and discover how cutting-edge digital tools like 3D modeling are reshaping the discipline of Egyptology.

* * *

Raspberry Pi Tutorials

Lynda from LinkedIn
www.lynda.com/Raspberry-Pi-training-tutorials

A Raspberry Pi is a small single-board computer designed to teach basic computer science. But beyond that, it has gained popularity as a tiny, low-cost desktop computer, with wide-variety of uses from acting as a home video server, a weather station, a music box, a retro gaming console and more. Learn how to use and create with Raspberry Pi, from beginner basics to advanced techniques, with online video tutorials taught by industry experts at Lynda (LinkedIn Learning).

* * *

The Rise of Superheroes and Their Impact On Pop Culture

The Smithsonian Institution
www.edx.org/course/the-rise-of-superheroes-and-their-impact-on-pop-cu

I grew up with DC Comics and I was an avid fan of Green Lantern. Green Lantern was always about the person who wielded the emer-

ald power ring, limited only by the wearer's imagination and willpower. In some ways, Green Lantern is a modern manifestation of the Greek god Hephaestus who forged and wielded weapons of Olympus. The Smithsonian Institution offers a course examining how cultural myths, world events and personal experiences shaped the first modern superheroes and challenges you to design your own superhero!

* * *

Shakespeare Matters

The University of Adelaide
www.edx.org/course/shakespeare-matters

With news that the Bard on the Beach has cancelled its summer

festival, get your Shakespearean fix from the University of Adelaide's course, "Shakespeare Matters." William Shakespeare's work has influenced the way we think about our relationships and ourselves. His plays are still as relevant today as when they were written almost 400 years ago. In this introductory course, students will learn how Shakespeare uses emotion in his plays, how his characters experience and manipulate emotions, and how the emotional resonance of the plays makes them powerfully relevant to the modern world.

* * *

Søren Kierkegaard – Subjectivity, Irony and

the Crisis of Modernity

The University of Copenhagen
www.coursera.org/learn/kierkegaard

One of my favourite philosophers is Søren Kierkegaard, the 19th-century Danish philosopher best remembered today as the father of Existentialism. His passionate writing and thoughtful musings about the nature of life and living made a lasting impact on the way I think about existence. This course offered by The University of Copenhagen will examine how Kierkegaard deals with the problems associated with relativism, the lack of meaning and the undermining of religious faith that are typical of modern life.

* * *

Star Trek: Inspiring Culture and Technology

The Smithsonian Institution
www.edx.org/course/star-trek-inspiring-culture-and-technology

Star Trek is one of my favourite television series and pop culture landmarks so of course I'd have to recommend a course about Star Trek's appeal and influence on culture and tech. In this course offered by The Smithsonian Institution in Washington, D.C., discover the connections between Star Trek and history, culture, technology and society, examine how Star Trek tackled controversial topics, such as race, gender, sexuality and ethics, and ask fundamental questions about how we relate to the world around them.



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