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forum of diversity

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Photo courtesy of Umaluma Gelato

The best treat on Earth: ice cream

by ISHA OHRI

In these trying times, it is important to provide comfort and...a bit of sweetness, too. For centuries, people have turned to ice cream for an irresistible treat that is sugary, creamy and delicious. Vancouver houses some of the best ice cream shops, including Umaluma and The Praguery.

“Umaluma brings everyone together!” says Ian Bruce, owner of Umaluma.

Umaluma, a dairy-free gelato shop located on East Pender Street, prides itself on serving Vancouverites classic and unique flavors in their café.

Move over traditional ice cream, Umaluma is in town!

Bruce founded this shop because he identified a gap between regular ice creams and plant-based ice creams in the Vancouver market.

“The Vancouver community is used to having an incredible variety of excellent dairy-based ice creams, but not necessarily plant-based,” he says.

Umaluma’s team is committed to making the ice cream market much more accessible to those with dietary issues, such as lactose intolerance, and a healthier alternative to traditional ice cream. Bruce notes how in the beginning Umaluma came to fruition through support from family and friends, but soon became

popular by health conscious individuals. The vegan market embraced Umaluma very quickly.

“Umaluma can appeal to anyone who wants a quality product made with passion and love,” he emphasises.

When people take a bite out of an Umaluma gelato, they want to hear the delight of customers and shock which is mostly characterized by this line: “I didn’t even know this was dairy free!”

Favorite treats

Bruce recalls gelato is a very personal dish and there are many excellent flavors available at Umaluma. His favorite would be Drunken Cherry.

“It is a combination of Amarena cherries from Italy, which

are soaked in aged bourbon and then mixed with hand roasted pecans, and then blended with hints of sea salt, cinnamon and black pepper,” he explains.

His second favorite, called Spicy Turtle, is made with a blend of 72 per cent single origin dark chocolate from Ecuador, house roasted pecans with Cayenne pepper and house made bourbon soaked caramel swirls. The details of each of these treats show how committed Umaluma is to ethical sourcing, quality and customer experience.

Ethics and challenges

Bruce says running an ice cream business is in many ways quite challenging: cash flow, supply, bylaws, staffing, and cold win-

ters when no one wants to eat ice cream.

“Running a business is not for the faint of heart,” recalls Bruce.

But it is all worth it when you gain the experience to deal with these challenges. Yet these challenges seem small compared to the pandemic.

“[It] took a big bite out of our momentum and changed everything overnight,” adds Bruce.

Plant-based ice cream is more beneficial for the environment in comparison to the traditional ice cream. Umaluma is committed to finding the most ethical and sustainable ingredients to use in their treats. Bruce explains ethical sourcing is one part of their success.

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Cultural Spotlight

Podcasting: space and storytelling

by GEOFF RUSS

Podcasting has been growing as a media format. Inspired by oral storytelling, Darylina Powderface will be joining it this summer with *Aiysiniiksin: Keeping the Tradition Alive*.

“I want to see more Indigenous love and joy and I think there is room for that,” says Darylina Powderface.

Part of the podcast’s title, *Aiysiniiksin*, is a word translated from the Siksika language into English as “storytelling.”

Inspired by history and creating spaces

Powderface, a film artist-actor, is a Vancouver-based Simon Fraser University (SFU) graduate dedicated to making space for Indigenous stories and elevating Indigenous voices.

“[The podcast aims to] centre Indigenous stories, experiences, and ways of being, doing, knowing and creating through the embodiment of oral storytelling,” she says.

Aiysiniiksin: Keeping the Tradition Alive is part of the Savage Society, an organization found-

storytelling. Her own personal memories also served as an inspiration for *Aiysiniiksin: Keeping the Tradition Alive*.

“Growing up, I would go to my grandparent’s house for a visit and they’d just be sitting at the table drinking coffee while talking and sharing stories,” says Powderface. “I don’t think that

university student. After moving from Treaty 7 Territory in Alberta to Vancouver in 2012, Powderface attended both the Vancouver Institute of Media Arts and SFU, graduating with a Bachelor’s of Theatre Performance from the latter in 2020.

“It was a seed that was planted by one of my mentors in uni-

“ I want to be able to provide a platform for all Indigenous voices. I want to be able to create those spaces and share their stories.

Darylina Powderface, film artist-actor

happens as much anymore and I’d like to bring that back in a contemporary setting.”

Representation for Indigenous people in Canada is something Powderface wants to change with *Aiysiniiksin: Keeping the Tradition Alive*. She wants to help alter the way Indigenous folks are represented and break away from older, colonial narratives as well as provide a platform for

versity,” says Powderface. “She mentioned that maybe I should set up a podcast and talk to other Indigenous artists about their work, which was something I never thought of so I wanted to make that happen.”

In her opinion, there is still lots of work to be done in the world of arts to create more space for Indigenous artists, listing the film industry as an example. Powderface is not a stranger to the industry, having had roles on popular Canadian television shows such as Arctic Air.

“That space is small and more work needs to be done but the film industry is slowly making its way there,” she says.

As a performer in both film and theatre productions, Powderface’s dream guest for the podcast is Tantoo Cardinal, an Alberta-born actress of Cree and Métis heritage who acted in films like Dances with Wolves and Black Robe.

“I really look up to her as an Indigenous woman and as an artist, she’s been there from the beginning,” says Powderface.

Podcasts have exploded as a popular and valuable medium in the past decade. One of the most notable being The Joe Rogan Experience, which was licensed to Spotify for \$100 million and millions of weekly listeners. In January 2021, 20 per cent of all Canadians had listened to podcasts, twice the rate of listeners in 2012, according to Monthly Podcast Listeners Canada. Powderface hopes her podcast can become a valuable place for Indigenous stories to be shared within the popular, relatively new medium.

“I want to be able to provide a platform for all Indigenous voices,” she says. “I want to be able to create those spaces and share their stories.”

For more information on Darylina Powderface and *Aiysiniiksin: Keeping the Tradition Alive*, visit www.savagesociety.ca



▲ A new podcast focuses on Indigenous stories and storytelling.

ed in 2004 and dedicated to providing a space for Indigenous film and theatre workers to tell their stories.

Powderface herself is of Blackfoot and Nakoda ancestry. Much of the Blackfoot’s histories and stories were, and continue to be, passed down through oral

all Indigenous voices who come from a diverse array of backgrounds.

“The term ‘Indigenous’ is so generalized, there’s so many different communities and people,” says Powderface. “A lot of Indigenous folks come from two different communities like those who have mixed Indigenous, Settler, or Black ancestry.”

Podcasts and elevating Indigenous artists

The idea for *Aiysiniiksin: Keeping the Tradition Alive* emerged during Powderface’s time as a



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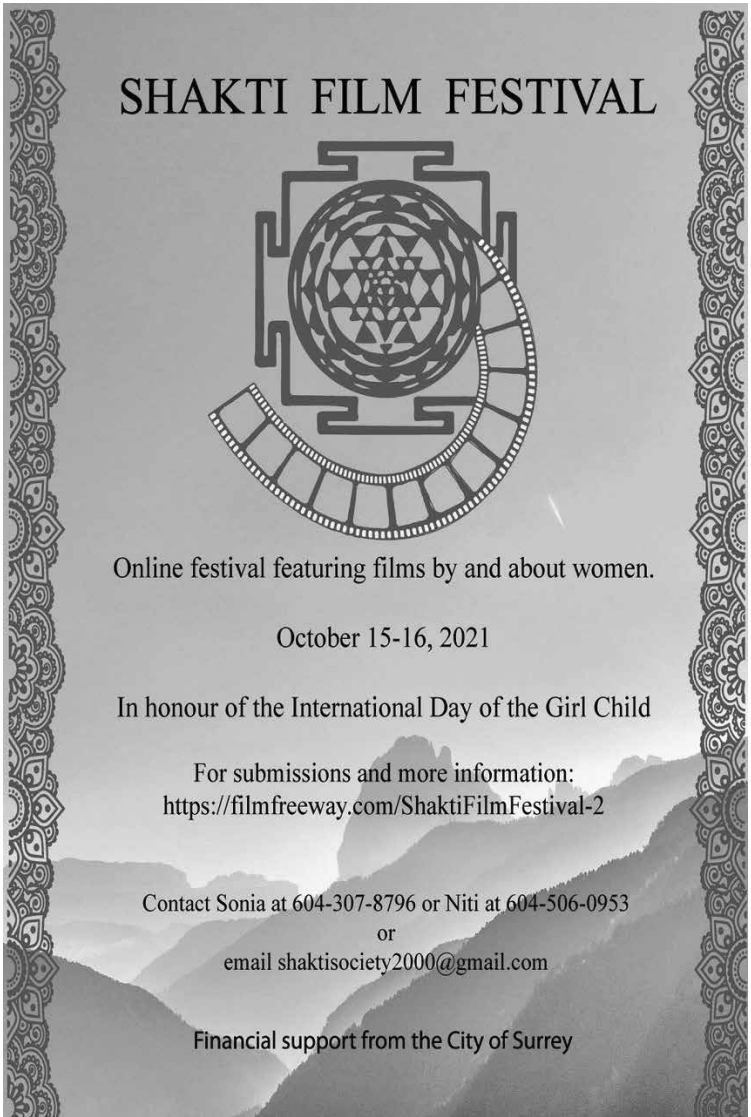
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Looking at immigration through the occupational lens

by XI CHEN

Immigrants have been an integral part of Canada’s mosaic cultural landscape for a very long time, and recently, innovative researchers have been asking some thoughtful new questions about the immigrant experience in the last few decades.

How have changes and challenges in the new environment impacted their psychological well-being? How can policies help immigrants to settle better and develop a sense of belonging?

The Immigrant and Refugee Mental Health Project, funded by Immigration, Refugees and Citizenship Canada, has been

providing online resources and tools to help examine these issues since 2012.

It will offer a webinar on July 14th to look at the immigrant experience through the lens of occupational studies – how immigrants’ daily activities can help to contribute to a deeper understanding of migration, more useful policymaking and better community practices.

Hosting the webinar are University of British Columbia (UBC) PhD students Atieh Razavi Yekta and Anne-Cécile Delaisse from the Department of Occupational Science and Occupational Therapy. At the webinar, they will present their research and discuss with the audience about these issues.



▲ Anne-Cécile Delaisse.

Some interesting findings

“The most transferable finding I would say is how immigrants participate in their linguistic minority community and how that involvement can support their integration in Canada,” says Delaisse. Her Master’s degree research examined French-speaking immigrants’ participation in Metro Vancouver’s Francophone community. “It is not that if they go into their own community that they won’t integrate into the mainstream society; they need sup-



▲ Researchers aim to study how immigrants’ daily activities can help to contribute to a deeper understanding of migration to better policymaking and community practices.

port to learn English. But they also need spaces where they can participate in their own language. It is about finding the right balance,” she adds.

As an international student from France, she is also interested in comparing policies and practices among different countries.

“In Canada, we have multiculturalism, which encourages people to maintain their cultural practices including in the public sphere. In France, the system is more assimilationist; immigrants are expected to adopt certain French values and French ways. I am interested in

knowing how those different policies impact the occupations immigrants do locally and also across borders,” she says.

Delaisse explains that her PhD research focuses more on examining transnational occupations and feelings of belonging by examining Vietnamese diaspora communities in Vancouver and Paris.

She points out that as Vietnam develops, it is now sending more students abroad, but the graduates can have multiple places of belonging as their skills and training are in high demand at home.

“They might navigate the system to get PR and citizenship,

but not stay in the country after. I am studying the policy gaps where migration is considered a one-way trip whereas in reality, people have a type of migration that is more fluid,” she says.

Delaisse adds that she is also interested in the post-colonial power dynamics between the homeland and the new country, as demonstrated by the mobility of the immigrants and how they envision their migrations.

Immigrants and gig work

Her colleague Yekta’s research focuses on the intersection of technology, occupational science, and migration. She is particularly interested in the immigrants’ experience and employment conditions in gig work.

Research from Statistics Canada, says Yekta, has shown that immigrants are more likely to engage in gig work than in securing proper employment.

“When it comes to understanding these digital platforms where people get gig work, they are managed by algorithms and surveillance. These are very sophisticated systems that sometimes have biases towards some races or some backgrounds,” she says. She adds that currently there is no study on immigrants’ experience doing gig work and

See “Immigration” page 7 ➤

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►“Ice Cream” from page 1
“If people love what we make, and support us as a small local business, we will succeed,” he adds.

Ice cream and other treats

Jaroslav Mestka, who was born in Prague, Czech Republic, loves trdelník, a Czech pastry, traditionally baked around a wooden tool (giving it its traditional hollow shape), which was often sold as a street food.

He also wanted to expand this food elsewhere. Upon moving to Vancouver, he decided to show Vancouverites what they were missing. Mestka recalls how he was always passionate about baking and always wanted to pursue that passion of his. He originally wanted to open a pancake stand, but he decided on ice cream instead.

“I will try to bring something new and unique,” says Mestka.

The Praguery, a food truck, is where to find the Chimney Cake (trdelník), inspired by a traditional recipe and has been refined throughout the years to make it taste better and better.

The cake dates back to around



Photo courtesy of The Praguery

▲ The Praguery Cone, reminiscent of Eastern-European flavors.

1450 and came from Transylvania (a region of Romania today), and might be the oldest pastry in Hungary, but the culinary jury is still not out. It is coated with oil and sugar and when baked a crunchy outside is created, with a tender inside. Ingredients such as fresh fruit can then be filled inside.

Mestka says the Chimney Cake filled with cold lemon curd is amazing, and is his favorite dish.

“Our fresh baked chimney cakes filled with lemon curd are heaven!” says Mestka.

As for ice cream, the Praguery Cone looks like a trdelník but with a narrow end, so it can hold all the different fresh fruits or other ingredients along with the ice cream. On offer are also a number of vegan cone options.

Like any small shop owner, Mestka recalls that procuring equipment was the hardest part of establishing The Praguery. He wanted to ensure the equipment would not compromise the traditional elements of the treats, nor the quality which they pride themselves.

Like any entrepreneur, he persevered and was able to successfully run The Praguery with quality equipment, staff and ingredients to ensure people can have a taste of his home.

Mestka recalls that during the pandemic, they had to switch to more on the go items since B.C. had strict restrictions for in-person dining. But, he is optimistic that once the pandemic is over there will be much more dining, hugs and laughter on people’s faces.

“People here in the Lower Mainland are amazing! They are so supportive,” says Mestka, enthusiastically.

The Praguery has been in operation since 2016. Umaluma is now entering their fifth year in operation and has made great strides. ☺

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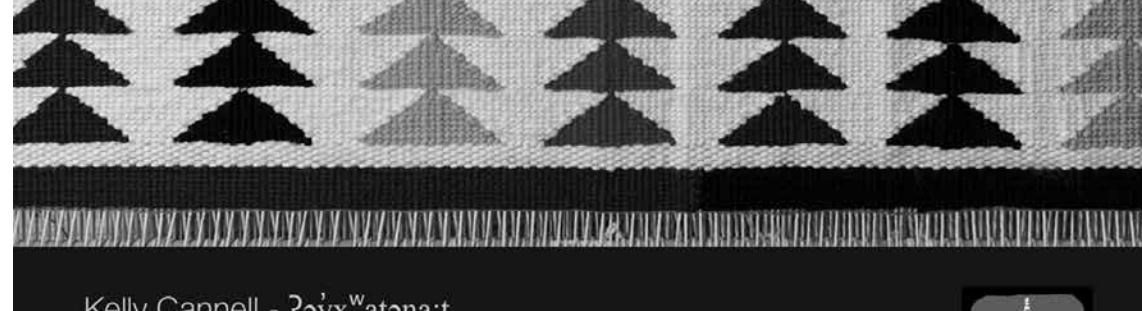







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Issues and Ideas

COVID-19 can be an opportunity to eliminate low-value health care

The COVID-19 pandemic has stretched health care systems across Canada beyond capacity. Surges of COVID-19 have strained available beds, exhausted health care workers and resources. To cope with these surges, some regional and provincial health systems delayed all non-essential procedures, tests and surgeries.

Canadians' health-seeking behaviours have changed over the past year with steep drops in utilization of emergency and hospital care.

We know that some of these delays in care may have resulted in harm. But we also know that some of these delayed health care procedures and visits did not result in any harm. What can we learn from the pandemic about unnecessary tests and treatments?

Research shows us that that over 30 per cent of all health care offered prior to the pandemic lacked clinical value to patients. As health care systems rebuild and reopen to the full range of pre-pandemic services, it is vital that this low value care be minimized to ensure capacity, services and care for those who need it most.

Post-pandemic health care systems are under significant pressure to do more with less. Addressing the backlog of delayed care can be done equitably by using resources wisely.

Thankfully, there's a large body of research to guide us. As part of a national process convened by the Canadian Agency for Drugs and Technology in Health this spring which brought together an expert panel of patients, clinicians and decision makers, we reviewed over 400 clinician-led recommendations developed by national clinician societies to highlight opportunities to ensure high value care after the pandemic.



▲ *Karen Born, PHD.*

Here's one example. One of us works as an emergency physician in a rural community in southwestern Ontario and the problem of low-value health care is a daily concern. The pandemic has heightened some of the already existing challenges rural areas face as patients often need to drive to larger centres to access specialized care and to access laboratory and imaging resources.

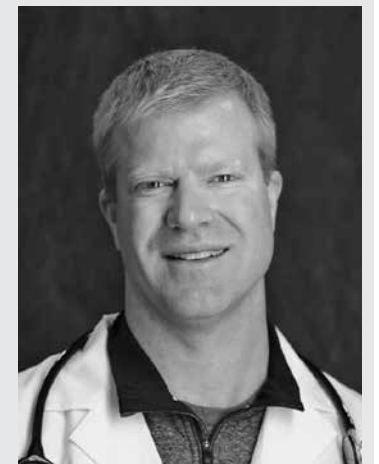
The evidence shows us that often these long drives, waits for tests and use of precious imaging resources are not necessary. The expert panel emphasized recommendations about avoiding sending patients from rural areas to urban centres to access care or services that

could be delivered virtually, and limiting blood and imaging tests, unless they are required to answer a specific clinical question or guide treatment.

We also know that unnecessary pre-operative tests can sometimes harm patients by delaying surgeries further, but they also increase wait times for those who truly need these imaging tests and procedures.


A common case seen in rural emergency departments are patients who are farmers or labourers with chronic knee pain who come in requesting an MRI. Rather than add their names to a long wait list and do a lengthy drive to the city for the test, an X-ray can be done locally; an MRI is unlikely to change any decision making or treatment plan. Rather than sending patients for unnecessary tests, a thorough physical exam and history, and a conversation with patients, can help inform the diagnosis of osteoarthritis and a treatment plan.

The pandemic has made all of us more aware of Canada's health care system – including its strengths and its flaws. But we are seeing a turning point in the conversation in which patients, family members and the public are asking “do I really need this test or treatment?” Whether it be from concerns of COVID-19 or understanding how stretched our resources are, we have never been more aware of how we interact with the health care system.



▲ *Dr. Ken Milne.*

This is a pivotal moment as we think about the road to recovery. Avoiding reintroduction of low-value care will be integral as providers and health care systems catch up to provide services and care to those who need it most.

It starts with a conversation between health care providers and patients, one at a time. And here's how to get it started. Ask: (1) Do I really need this test, treatment or procedure? (2) What are the downsides? (3) Are there simpler, safer options? (4) What happens if I do nothing? 

Dr. KAREN BORN is an assistant professor, Institute of Health Policy, Management & Evaluation, Dalla Lana School of Public Health, University of Toronto and Knowledge Translation Lead, Choosing Wisely Canada.

Dr. KEN MILNE is an adjunct professor in the Department of Medicine (Division of Emergency Medicine) and Department of Family Medicine at the Schulich School of Medicine and Dentistry . He has worked as a rural physician for 24 years.

Knives and Sugar

A discussion between South Asian writers Avni Doshi and Souvankham Thammavongsa

by VICTOR VAN DER MERWE

This year's Indian Summer Festival began June 17, 2021 and is still going strong with plenty of virtual events that can be enjoyed by festival goers until July 17, 2021. *Knives and Sugar: Avni Doshi with Souvankham Thammavongsa* is one of the virtual events happening July 10, 2021. Doshi will be discussing her debut novel *Burnt Sugar* and Thammavongsa will be there to talk about her collection of short stories, *How to Pronounce Knife*.

The festival, produced by the Indian Summer Art Society under the leadership of artistic director Sirish Rao and managing di-

rector, Laura Byspalko, hopes to address something they feel is missing in Vancouver's cultural landscape and dispel the stereotypical perceptions of South Asian art as ossified, traditional or nostalgic.

meeting at the 2020 Jaipur Literature Festival, Doshi reconnected with the two and was asked to be a part of the Indian Summer Festival. Doshi was instantly intrigued when she realized she would be on a panel with Thammavongsa.

"My talk is with Souvankham Thammavongsa. When I heard this, I jumped at the chance because she is just a wonderful writer," says Doshi. Doshi feels there is plenty of overlap between the writings of Thammavongsa and her own interests. She feels the Indian Summer Festival is not just a chance to speak to and with a fellow writer, but a fun, meaningful event to participate in.

“I think it is so exciting to be on a panel with a writer you admire and then come away with all these insights you can now bring into your own process.

Avni Doshi, writer

rector, Laura Byspalko, hopes to address something they feel is missing in Vancouver's cultural landscape and dispel the stereotypical perceptions of South Asian art as ossified, traditional or nostalgic.

An award for South Asian writers

"Laura and Sirish used to run a prize called the Tibor Jones Award South Asia Prize. For a very long time they have been interested in promoting South Asian voices. They put together this prize for writers coming out of India and I was living in India at the time," says Doshi.

The prize was connected to Tibor Jones and Associates in London England. In 2013, Doshi's debut novel *Burnt Sugar* won the Tibor Jones Award South Asia Prize, which also established

"I'm interested in being a part of various festivals that are culturally connected to South Asia. I think it is great that they are bringing focus on South Asia to North America," says Doshi.

Different perspectives

The talk has been pre-recorded, which Doshi feels gives her the unique opportunity to relive the talk along with other festival attendees.

"I was so riveted by what Thammavongsa was saying that I cannot wait to listen to the talk again. I actually want to sit there with my notebook and write down some of the really brilliant insights she had," says Doshi.

She says the talk was not just an interesting conversation between two contemporaries – she learned a lot from listening to Thammavongsa.

"I think it is so exciting to be on a panel with a writer you admire and then come away with all these insights you can now bring into your own process," says Doshi.

Doshi says that her and Thammavongsa's books both exemplify what the Indian Summer Festival is trying to achieve. Although they are both writers with an Asian perspective, it does not mean it is the same perspective.

"My book is set in India and for Thammavongsa, her stories are set in other places. I am keen to let people know that there is more than one story and that there is a multiplicity of perspectives and points of view," says Doshi.

She hopes that people walk away from the talk with their own new perspective on South Asian literature. Like any other literature, there is always more than one story. ✍️

For more information visit www.indiansummerfest.ca

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Kimberly Ho

An artist embracing a world of possibilities

by ANDREINA ROMERO

A constant questioning, a desire to explore what's beyond the status quo, to push the boundaries and share their vision with the rest of the world. That is the work of artists, and nobody embodies that questioning and boundary-pushing better than Kimberly Ho, one of eight young artists participating in the inaugural Emerging Creators Incubator, an initiative of the Evergreen Cultural Centre (ECC).

Ho's work as part of the incubator, alongside the work from their fellow artists, will be presented during the upcoming exhibition *(Re)Visions*, which will run from Aug. 5 to 15 at the Evergreen Cultural Centre's art gallery in Coquitlam.

Reimagining the post-pandemic world

While the pandemic has caused unprecedented disruption, stress and upheaval at a global scale, the fight against COVID-19 has also brought a reckoning at many levels: the nature of work, human relationships, the global economy, the ongoing impact of climate change, systemic racism and other structural injustices. The vision of the Emerging Creators Incubator was to bring the young artists together to 'learn, make and (re)imagine a way forward.'



▲ Film still of Kimberly Ho as Lina from *No More Parties* by Natalie Murao

For Ho, a multidisciplinary artist, this mandate gave her the freedom to try something completely different and new in their work. While film (both acting and directing), photography and theatre, are the main media Ho uses in their art, this time they chose to work on an installation piece that tries to articulate the tensions Ho feels within their identity.

"A lot of tension comes as someone who is a settler to these stolen lands and someone who is also a person of colour and needing to and wanting to unravel

what that means to be within that identity," Ho explains.

The best way to manifest that tension, Ho says, was to work with materials and to explore "the relationship between textiles and new media" as they were interested in the conversation between the futurism of new media and the more "grounded home practice" of textiles.

They admit that while they have worked with mixed media in the past, this is the first time that it will be a public-facing piece, which makes them a bit nervous. Nonetheless, participating in the

Emerging Creators Incubator is a natural step for Ho, who sees her artistic path as a "lifelong journey."

Honouring her roots

For Ho, the process of creation is deeply tied to their Hakka roots. Hakka, which translates into 'guest people,' designates a Chinese ethnic group that originated in North Central China. Hakka people now live all across Southern China, Taiwan and Southwest Asia, but also around the world – the Hakka people are believed to be the most diasporic among the Chinese community groups.

In their work, Ho honours their Hakka culture by being "authentic with myself," which translates into a profoundly caring and collaborative approach to the process of creation.

"I think that sounds very broad of a statement, but I do think it's connected to the Hakka people. In my experience for the few times I've been back to visit my extended family, they have always been really gracious and kind and warm in their love," she says. "And it's sort of the way I would like to approach a rehearsal room or studio or whatever space it is that I'm interacting with."

All the multidisciplinary artists participating in the cultural centre's initiative have received mentoring from David Mann and Kate Henderson, the general arts manager and the visual arts manager at the Evergreen Cultural Centre. They have also received mentoring from guests artists and other cultural workers. On display at the upcoming *(Re)Visions*: a collection of exciting new works which will bring a sense of the future and the myriad possibilities that anyone can embrace if they are open to it. ✂

For more information on *(Re)Visions*, visit www.evergreenculturalcentre.ca. To learn more about Kimberly Ho, visit www.kimberly-ho.com

➤ "Immigration" from page 3
what kind of protection they might need.

"There is a lot of risk of doing gig work, especially when it comes to low-skill work. Gig work is also very lonely; there is a sense of isolation not having an organizational attachment. The workers are constantly controlled by the platforms. For example, geofencing allows GPS to track their locations all the time. It is problematic and possible to impact their mental health," says Yekta.

She believes technology companies need to be held more ac-



▲ Atieh Razavi Yekta.

countable for how they collect, own, and use data. She also suggests that the employment sector needs to make some changes to better match immigrants' needs because immigrants usually have to change their job behaviors significantly in order to adapt to a new environment. ✂

For more information about the webinar, please visit: www.eventbrite.ca/e/studying-migration-with-an-occupational-science-lens-registration-153584165373?aff=ebdssbonlin esearch

The Pat Chessell Band

An eclectic mix of Celtic Maritime tunes

by CURTIS SEUFERT

The Pat Chessell Band brings its blend of Celtic and Maritime music to the Glades Gardens in South Surrey on July 10, 2021. Employing a mix of upbeat jigs and pensive balladry, the band's performances are comprised of mostly original material, both inspired by and supplemented with classics and Celtic favourites.

"Sometimes people tell me they wouldn't have guessed a song was an original, it sounds like a traditional [song]," says band leader Pat Chessell. "And you can kind of do that, I find, in keeping the language a little simpler almost. And often the big thing is the melody. So, I'll often look to a traditional melody for a bit of inspiration to keep that field there."

A lifelong pursuit

For Chessell, guitarist, vocalist and songwriter of his titular band, connections to Celtic and Maritime music are deep and sincere. Having family ties to Ireland and hearing Celtic music all around the house, it was no surprise that he would find himself performing that same kind of sound.

Chessell recalls performing bar gigs as early as grade 10, inspired by his father's Irish musician friend.

"He played all the local bars and clubs in Vancouver. And I started playing with him. By the

time I was in grade 10, I was playing bars on weekends and making money that way. I was pretty lucky," says Chessell. "All my friends were working part-time jobs at restaurants or something, and I was gonna get to play music. So, it was a pretty cool thing."

Between then and now, Chessell has had dips both into and away from that kind of music. But for the most part it's been learning, performing and writing inspired Celtic music. He's even retained the talent of long-time high school friend and vocalist/mandolinist Nathan Powell, as the two have performed together for the past 21 years.

"I always kind of clung to it. I played country and rockabilly and all kinds of jazz throughout the years, but I always found myself going back to Celtic music,"

says Chessell. "There's more of a kind of Americana and folk and even blues influence in some of the stuff I do, but it's definitely got that Celtic edge. We'd like to kind of mix in all the styles kind of similar out."

Making a connection

In that time, the musician has come to learn a lot about the ways in which much of the Celtic-inspired Maritimes music draws on and distinguishes itself from Celtic song, even between eastern provinces themselves.

"You'll really hear a difference, even within the East Coast, between the Celtic music in Newfoundland, which is a little more Irish, and the Celtic music in Nova Scotia, Cape Breton, which is a little more Scottish," says Chessell. "So even in that area

there you'll hear differences as you travel around."

When it comes to writing and performing, Chessell says that it's all about having a down-to-earth and personal feel. Character-centric story songs and a mix of joyous and sombre tunes – with a heavy tendency towards joyous tunes, of course – are what make for an authentic and engaging experience, he says.

"You kind of need your peaks and your valleys. You need to make people extremely happy, and then you've got to bring them back down a little," he adds. "Sing a song that they can relate to about, you know, a difficult time. And then bring the party back up again. Overall, we try to keep it more up than anything, but we do like to kind of go through the gamut of emotions."

All in all, the musician notes that in the end, it's about having a good time and making a meaningful connection with those who come to the show.

"If at least one person tells me they liked the song, I think I've done a good job," says Chessell. "Music's an important thing, it's really important. It's helped me through some bad times in my life. So, if one person comes up to me and tells me that songs help them at some point, I like to think I've done a good job." ✂

For more information visit www.surrey.ca/news-events/events/pat-chessell-band-celtic-kitchen-party-featuring-opening-act-reevay



▲ The Pat Chessell Band mixes tradition with innovation.

Photo courtesy of Atieh Razavi Yekta

Photo courtesy of Natalie Murao

Photo courtesy of Pat Chessell

July 6–August 17, 2021

Cultural Calendar

by SIMON YEE
CONTRIBUTING EDITOR

The dog days of summer are here in B.C. with record-breaking hot temperatures and extreme wild-fires, especially in the Interior region. Whatever you do this summer, have fun, stay cool and I'll see you in late August!

2021 Korean Film Festival
July 1–10
www.goviff.org/2021-kff

The third annual Korean Film Festival will be taking place from July 1–10 on VIFF Connect, honouring the South Korean and Academy Award winning actress Youn Yuh-jung. To celebrate her historic Oscar win for Best Supporting Actress, the Korean Consulate will present four films that made her the icon she is today: *Minari*, *Actresses*, *Canola* and *The Bacchus Lady*. These four films are a testament to Youn Yuh-jung's broad and diverse acting range: a spiky grandma in *Minari*, a caring and loving grandma in *Canola*, and an elderly prostitute and murderer in *The Bacchus Lady*. To view these films online, visit the Vancouver International Film Festival's website.

45th Powell Street Festival
Throughout July
www.powellstreetfestival.com

The 45th Powell Street Festival is a bit different this year. Instead of a large public gathering, the festival website will be the hub for live and virtual Japanese Canadian art and culture. The festival will be offering an array of on-demand creative works, on-location performances, DIY workshops and community-building activities. The On Demand content includes a showcase of local and international artist collaborations that the Society commissioned specifically for digital consumption. There are also opportunities to visit the Powell Street neighbourhood, including several socially distanced activities. For a complete list of events, please check out the festival's website.

Dancing on the Edge 2021
July 8–17
www.thedancecentre.ca

The 2021 Dancing on the Edge Festival features a diverse, exciting lineup of more than 30 online and live stage performances by leading artists from all across the country. The program includes specially curated digital programming with recorded online performances, premieres of dance films and dance discussions. There will be outdoor live performances in the Firehall Courtyard (for very limited audiences with full COVID-19 safety

Photo by Blaine Campbell, courtesy of James Hill Elementary School, Langley



▲ Xwalacktun, Thunderbird Roundel.

precautions in place) and theatre performances with limited capacity if public health regulations permit (at the Firehall Arts Centre Theatre). For tickets, check out the Dance Centre's website.

Bard in the Valley
July 8–19, 23 & 24
www.bardinthevalley.com

What better way to celebrate our love for Shakespeare's works than by doing his entire canon in one evening! *The Complete Works of William Shakespeare Abridged* showcases three actors on a mission: to bring the sum of Shakespeare's work to life on stage in one fell swoop. Join the fun as the Bard in the Valley group meanders madly through all the comedies, histories and tragedies using a trunk-full of tricks, props and crazy costumes – it's a mad Shakespeare mash-up that is sure to fill your theatre void we've all been missing for over a year! Check out their website for location and ticket information.

Vancouver Pride Season 2021
July 10–Aug. 3
www.vancouverpride.ca

The Vancouver Pride Society will be hosting a variety of summer events this month. Events of note include the Pride Summer Series of online concerts, the Pride Art Walk at various locations in Downtown and the West End, an online Queer History panel, a series of pride lounges and a de-centralized online pride parade. Check out the society's website for a complete list of events and more details.

Lunacy Phase
July 19–23, 12 noon–3 p.m.
www.masseytheatre.com

The Lunacy Phase is a five day physical and imaginative dance-based, creative and thorough self exploration for youths 18 and under. Pertaining to each individual's own authentic movement and honouring where they are, and what

they have, no matter what their dance background is. This project is a creative/freestyle based progressive for youth who want to discover their own sensation in freestyle movement as well create in the future. From a dreamy state to puzzling tasks, instructor Simran Sachar will have them shedding old layers and breaking all the rules they thought existed. Check out the Massey Theatre for more details.

Mission Folk Music Festival: Folk at Home
July 23–25
www.missionfolkmusicfestival.ca

A world of great music from here and far afield awaits you on the evenings of July 23, 24, 25 as the 34th annual Mission Folk Music Festival goes online for 2021. Look for a dynamic showcase of musical styles and genres – from blues to bluegrass, indie folk to Afro-flamenco to world rhythms. See familiar and beloved names along with talented newcomers. It's all there for you from the comfort of your home – and free! Please visit the festival's website for performers and show information.

Richmond Night Market
Opening July 23
www.richmondnightmarket.com

Because we are in Step 3 of British Columbia's Restart Plan, the outdoor Richmond Night Market can re-open in mid-July! Enjoy summer fun and delicious food and drink at one of B.C.'s most popular night markets. Keep an eye on their website for more details as it becomes available.

Abbotsford International Airshow: SkyDrive
Aug 6–8
www.abbotsfordairshow.com

After a one year absence, the Abbotsford International Airshow will be presenting SkyDrive from Aug. 6 to 8. The airshow will feature the Canadian Forces Snowbirds, the US Air Force F-22 Raptor, the RCAF CF-18 Hornet and many more planes! SkyDrive is a drive-in air show experience – like a drive-in movie only way bigger, way louder and way more awesome! For tickets and more information, please check out the Air Show's website.

Balanced Forms: Xwalacktun, James Harry and Austin Harry
July 28–Oct. 2
www.westvancouverartmuseum.ca

Balanced Forms, an exhibition hosted by the West Vancouver

Art Museum, features Coast Salish artists Xwalacktun and his sons, James and Austin Harry. In addition to his projects as a commissioned artist, Xwalacktun has worked as a cultural instructor in many school districts throughout the Lower Mainland, creating carvings with students which are displayed at the schools. The artist sees this work as a learning opportunity that supports his efforts at reconciliation. A selection of these projects will be featured together in the exhibition, alongside preparatory material that demonstrates the design process.

Abbotsford Agrifair
July 30–Aug. 1
www.agrifair.ca

Much like last year, the Abbotsford Agrifair is continuing its drive-thru style event format this summer, featuring all the fun of the fair from the comfort of your air-conditioned vehicle. Some of the confirmed fair fun visitors will get to see will include: Buffalo and Bison with their cattle and calf friends roaming freely, 12 vintage vehicles from classic TV shows and movies, a LEGO display, antique farm tractors and machinery and more. For more information, please check out the Agrifair website.

