

The Source

forum of diversity

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Buy local – making spending meaningful

by XI CHEN

Christmas is just around the corner, the season for gifts and good wishes. If one is wondering how to contribute to the community while spending, buying local might just be the answer.

As Jill Mcknight, executive director of the Delta Chamber of Commerce, aptly explains, buying local might mean different things to different people. It could be getting a book from a neighbourhood bookstore, or buying fruits produced by local farms, but all in all, it has a

ripple and multiplying effect on the local economy.

“When you are going to a local restaurant, you are supporting the farmer who sells the potatoes to the restaurant and the restaurant probably also hires some high school student who handles the menu created by a local designer at the neighborhood print shop, that’s how the dollars go further. When you spend 10 dollars locally, a significant percentage of it gets recirculated in the community,” says Mcknight. “And when your dollar was spent at a local business, it’s also paying the landlord who pays the property taxes that

fund parks and pools or the police and the fire services. It’s all about making our whole community a better place to live.”

Buying local – a matter of awareness

She also emphasizes that buying local is much more about consumer awareness about buying products that are locally made or use local resources than just going to the store in the neighbourhood.

“If I am going to Costco and I’m buying cucumbers from Windset farms, that’s a local greenhouse. Costco doesn’t feel like a local business, but I can still

choose to buy from a local supplier. It’s thinking about buying local differently,” she says.

Mcknight adds that when consumers can’t get what they need locally, they can try to shop as locally as possible. This doesn’t just help local businesses; it also helps reduce carbon footprints and in turn helps save the environment.

Many local businesses also tend to be small in scale, short on resources and more vulnerable to external changes. That is also why it is important to see them survive through the hard times.

According to Mcknight, during the pandemic, many local manu-

facturers have had challenges with their supply chains – getting orders fulfilled or finding alternatives, on top of labour shortage issues and dealing with online transitions.

To support them, the BC Chamber of Commerce has launched the Shop Local initiative since last year. It provides grants for programs and campaigns to encourage people to shop local to help businesses through the pandemic and beyond.

Mcknight says that the Delta Chamber of Commerce has used the funding to create a marketing campaign to raise public

See “Christmas shopping” page 5 ➤



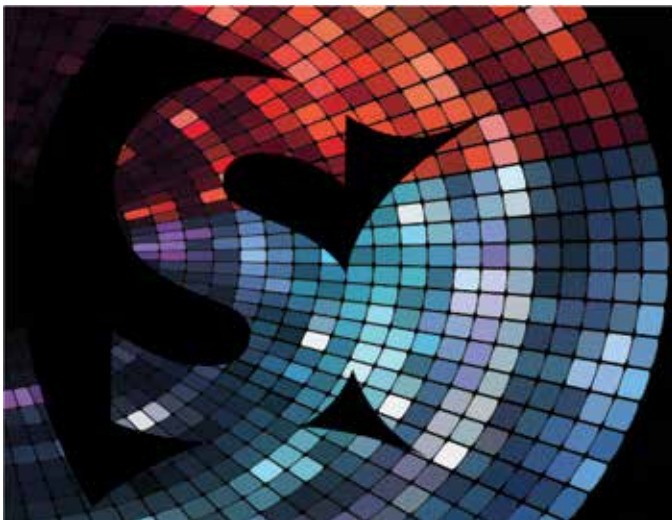
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International day of persons with disabilities

by STAFF WRITER

People with disabilities – one billion people – are one of the most excluded groups in society. Annually, on Dec. 3, Vancouver joins cities around the world to mark International Day of Persons with Disabilities. This year’s theme, Transformative solutions for inclusive development: the role of innovation in fuelling an accessible and equitable world, continues to promote the positive impact of integrating people with disabilities into all spheres of society – including political, social, economic, and cultural life.

The annual observance of the International Day of Persons with Disabilities (IDPD) was

diversity and inclusion, the event showcases the talents of people of all abilities, honours the achievements of people with diverse abilities, and advocates for flourishing communities that are as diverse as they are inclusive.

The evening program includes short films, dance, and other exciting live presentations. The event is family friendly and free to the public. Meet local artists whose creative gifts and personal stories will inspire.

Inclusion is needed more than ever

Celebrated around the world, IDPD mobilizes support for critical issues relating to the inclusion of persons with disabilities, promotes awareness-

Disability inclusion is an essential condition to upholding human rights, sustainable development, and peace and security. It is also central to the promise of the 2030 Agenda for Sustainable Development to leave no one behind. The commitment to realizing the rights of persons with disabilities is not only a matter of justice – it is an investment in a common future.

The COVID-19 pandemic across the world has deepened pre-existing inequalities, uncovered the extent of exclusion and highlighted more pressing engagement towards disability inclusion. Persons with disabilities are among the hardest hit in this crisis in terms of fatalities.

In general, persons with disabilities are less likely to access health care, education, employment; and therefore, to participate in the community. An integrated approach is needed to ensure persons with disabilities are not left behind.

International Day of Persons with Disabilities promotes an understanding of disability issues, increases awareness of the rights of persons with disabilities, and supports their inclusion in every aspect of life.

In 2006, Council approved International Day of Persons with Disabilities as an official annual event in the City of Vancouver.

Be it through music, art, performance, comedy or something else, there is something for EveryBODY at PEBCelebrates Live!

The event, featuring an art show and sale, as well as a film festival and performance artist, is planned for Dec. 2 from 11:00 a.m. to 8:00 p.m.. The venue is fully wheelchair and walker accessible. ASL interpreters are available on site. VocalEye live description will be available for people with vision loss.

For more information visit:
www.projecteverybody.ca
www.un.org/development/desa/dspd/2022/10/international-day-of-persons-with-disabilities-2022



Help Furnish a Classroom in Africa

BC volunteers for Coquitlam-based Shiloh Place Orphanage Society (SPO) are fundraising to furnish a fifth classroom at their low-barrier school in Lubumbashi, DRC, Africa. “We do not require the uniform and leather shoes needed for state or other private schools. Our tuition is minimal so families in this low-income area of the city can afford to send their children to school”, said founder Chantal Kasongo. “We accept students at any age – so those previously unable to attend school due to family poverty or health issues can enroll and progress at their own pace until they are caught up with their peers. The government of the DRC has thus certified the SPO school as a “centre of rehabilitation”.

Since 2018, through the kindness of BC donors, service groups, foundations and some DRC businesses, four classrooms have been built, furnished and are in use, along with a safe water source. The fifth classroom is due to be completed in November. SPO is seeking donations toward a teacher’s desk and chair (total cost \$250) and student desks (seating, as is usual in Africa, three students each) at a cost of \$60/desk. “Every donation, whatever the amount, is important to reach our goal”, Kasongo said. “Donations over \$25 can receive a tax deductible receipt and every gift, large or small, will be gratefully received and thoughtfully used.”

For more information about the Shiloh Place School or receiving a tax deductible receipt, please call Shelagh at 604-415-9397 or email shelaghag@shaw.ca. E-transfers silohplace@gmail.com or Shiloh Place Orphanage Society c/o #211 - 615 North Rd. Coquitlam, B.C., V3J 1P1. Please put Shiloh Place Classroom on the message line. Thank you for caring about children who need extra assistance to receive an education and the hope of a route out of poverty!



▲ In general, persons with disabilities are less likely to access health care, education, employment.

proclaimed in 1992, by the United Nations General Assembly resolution 47/3.

A local support event

Project EveryBODY’s PEBCelebrates Live! is a free event in Vancouver, recognising and celebrating the UN designated IDPD.

Presented by a collaboration of community and non-profit organizations, who embrace

raising about disability issues, and draws attention to the benefits of an inclusive and accessible society for all. United Nations (UN) agencies, civil society organizations, academic institutions and the private sector are encouraged to support IDPD by collaborating with organizations, for people with disabilities, to arrange events and activities.



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Charming European Films at the EUFF 2022

The European Union Film Festival returns to the big screen in Canada! EUFF draws the best films from the European Union to Canada, engaging 27 Consulates and Cultural Institutes in collaboration. Driven by excellence since it was founded in 2004, the festival has thrived by showcasing hidden gem and award-winning films for 18 years now, to the great delight of Canadian audiences.

This year’s edition of the EUFF features film from participating EU countries: Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Poland, Portugal, Romania, Slovakia, Slovenia, Spain and Sweden.

The Canadian Film Institute in Ottawa, the European Union Film Festival in Toronto, and The Cinematheque in Vancouver join forces with the Delegation of the European Union and the Embassies and Consulates of EU Member States to present screenings at selected theaters in Toronto, Ottawa and Vancouver. But, once again, every film-lover in Canada can enjoy a huge selection of EUFF films on-line. Grab your tickets at www.euffonline.ca!

In-person or online, the goals of EUFF remain the same:

- Reflect the excellence and innovation of European independent cinema
- Give award-winning films their Canadian premieres
- Give voice to relevant European filmmakers in Canada
- Foster collaboration and engage in cultural dialogues between Canadian and EU communities
- Promote diversity in the most multicultural city in the world

See you at the movies!

About the Charming Taste of Europe

The Charming Taste of Europe is a special project that introduces exquisite items to the United States and Canada, such as Italian and French wine and fresh fruit from Greece, that showcase all of Europe’s charm, beauty, culture, history, art, heritage, and unmistakable tastes.

The mission of The Charming taste of Europe, co-funded by the European Union, is to increase awareness of the merits and quality standards of select European wines and fresh fruits with promotional activities in the competitive markets of the United States of America and Canada.

The Charming Taste of Europe project is promoted by the Consortium for the Protection of Wines of Abruzzo, the Union of Agricultural Cooperatives of Kavala (Kavala COOP), Agricultural Cooperative of Rachi Pieria “AGIOS LOUKAS,” and the Union of Sweet Bordeaux Wines. These European agricultural products, famous around the world for their outstanding properties,

will continue to promote with initiatives and events dedicated to consumers, journalists and professionals. Through the superb high quality Italian wines, the juicy kiwis and cherries from Greece, and the melodious French golden wines produced with the artistry of agricultural traditions, this campaign will awaken the senses and a new culinary consciousness by connecting food, cultures, and territories and will undoubtedly bring European charm into the lives of many.

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Research Executive Agency (REA). Neither the European Union nor the granting authority can be held responsible for them.



The appointment of senator Dr. Margo Greenwood

The Prime Minister, Justin Trudeau, today announced that the Governor General appointed Dr. Margo Greenwood as an independent senator to fill a vacancy for British Columbia. Dr. Greenwood is an internationally recognized and highly respected Indigenous scholar of Cree ancestry. She is a researcher and author with over 30 years of experience in health fields. A professor at the University of Northern British Columbia, she has worked extensively in health research, particularly in the area of Indigenous health and well-being. She is an Officer of the Order of Canada and

mother with over 30 years of experience focused on the health and well-being of Indigenous children, families, and communities. Dr. Greenwood has worked at the University of Northern British Columbia (UNBC) since 1997. She is a full professor in UNBC's Education program and the Academic Leader of the National Collaborating Centre for Indigenous Health, hosted by UNBC. Earlier this year, she was appointed interim Scientific Director of the Institute of Indigenous Peoples' Health with the Canadian Institutes of Health Research.

“Dr. Greenwood’s academic expertise, commitment to health and education, and dedication to the well-being of Indigenous communities will make her a strong voice for British Columbians.

Justin Trudeau, Prime Minister of Canada

has received many awards for her academic, community, and advocacy work. Dr. Greenwood was recommended by the Independent Advisory Board for Senate Appointments, and chosen using a merit-based process open to all Canadians. This process ensures senators are independent, reflect Canada’s diversity, and are able to tackle the broad range of challenges and opportunities facing the country. “Today, I welcome Dr. Margo Greenwood as Parliament’s newest independent senator. Dr. Greenwood’s academic expertise, commitment to health and education, and dedication to the well-being of Indigenous communities will make her a strong voice for British Columbians. I look forward to working with her, and with all senators, as we continue to make life more affordable for people and build an economy that works for all Canadians”, says Justin Trudeau, Prime Minister of Canada.



About Dr. Margo Greenwood
Dr. Margo Greenwood is an internationally recognized and highly respected Indigenous scholar of Cree ancestry. She is a researcher, author, and


Over the course of her career, Dr. Greenwood has held numerous leadership roles with health, policy, and research institutes, including Site Director for the Centre of Excellence for Children and Adolescents with Special Needs; Leader of the Aboriginal stream of the ActNow BC initiative; and Vice-President of Indigenous Health for the Northern Health Authority of British Columbia. Dr. Greenwood’s career has also included working as an early learning instructor and administrator with colleges and schools across Canada, as well as with the Meadow Lake Tribal Council. Dr. Greenwood serves on the boards of the College of Physicians and Surgeons of British Columbia and the British Columbia Patient Safety and Quality Council. She has led, and lent expertise to, the development of social policies and programs provincially, nationally, and internationally. Dr. Greenwood is a published author on health, education, social work, and Indigenous studies. Dr. Greenwood is an Officer of the Order of Canada and the recipient of many distinctions, including the Queen Elizabeth II Golden Jubilee Medal for her work with Indigenous and non-Indigenous children in early childhood education; the Perry Shawna Leadership and Advocacy Award from the British Columbia Aboriginal Child Care Society; the National Aboriginal Achievement Award (now Indspire Award) for Education from the National Aboriginal Achievement Foundation; and the Confederation of University Faculty Associations of British Columbia’s Academic of the Year Award. Dr. Greenwood holds a Bachelor of Education from the University of Alberta, a Master of Arts from the School of Child and Youth Care at the University of Victoria, and a Ph.D. in Education from the University of British Columbia. ✍

Source: Government of Canada

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



Japanese women of change

by ELAHA AMANI

Women of Change, an exhibition hosted by the Japanese Canadian Cultural Centre (JCCC) and the Nikkei National Museum & Cultural Centre (NNMCC), aims to highlight the vibrant narratives of six Japanese-Canadian women, to hear the voices of those in underrepresented communities and to draw attention to past injustices.

Lisa Uyeda, collections manager at the NNMCC, and Su Yen Chong, heritage manager at the JCCC, provide insight on the stories of these six remarkable women and the message they are determined to share.

“In all of their stories, they faced unique challenges, some directly and others indirectly connected to them being women. We can all learn from these stories of dedication, bravery and perseverance,” the two reflect.

The exhibit, which is running until 2024, is intended for audiences above the age of 10, as it is accompanied with an activity book developed by Kara Isozaki, and is suited for those interested in learning more about the contributions women have made to today’s society.

Past history

The women featured in Women of Change were deeply affected by the racist policies passed by the Canadian government towards those of Japanese descent during the Second World War; they and their families were forcibly relocated from their homes in coastal B.C., persecuted for their identity.

Through this exhibition, their voices are heard loud and clear.

Entrepreneur Sono Nakazawa established a store in Vancouver alongside her late husband. Her store played a crucial role in welcoming Japanese immigrants, not only because it was a warm



Photos courtesy of Japanese Canadian Cultural Centre

▲ The women featured in Women of Change were deeply affected by racist Canadian policies

and friendly environment but also because it provided attire suitable to the new country to many newly-arrived immigrants who frequented her store. She was able to migrate her children to Canada and live a fulfilled life.

Judge Maryka Omatsu worked as a legal counsel for the National Association of Japanese Canadians in the 1980s and greatly contributed to the organization’s efforts that achieved the redress settlement with the federal government. The journey can be found in the award-winning novel Bittersweet Pas-

sage: Redress and the Japanese Canadian Experience. Additionally, in 1993, Omatsu became the first woman of East Asian descent to be appointed a judge in Canada and is still continuing to be a great inspiration to all.

Tomiko Nishimura was born in 1915 in Shiga-ken, Japan, who came to settle with her family in Toronto, Ontario in 1948. During her time there, she worked in a fur factory and was also an influential figure in the United Church and the JCCC.

Miyoshi Tanaka was born in 1927 in Mission, BC, but was forc-

ibly uprooted from her home. She came to settle in Vancouver after studying in Alberta and Quebec, her accomplishments in her science career abundant. She has received awards for her great contributions to the UBC Faculty of Medicine and was the recipient of the Queen Elizabeth II Diamond Jubilee Medal in 2013. Outside of the lab, Tanaka was a renowned singer, teacher, editor and member of various clubs, committees and boards.

Michiko Ayukawa grew up in Vancouver, BC. While her father was taken away to a la-

Into the future

NNMCC and JCCC guarantee that Women of Change is certainly not their last digitization project and will continue their work in uplifting the Japanese-Canadian community.

“We will continue to seek ways of belonging for individuals and communities and are driven to preserve and make accessible the history and heritage of Japanese Canadians,” they say. ✍

For more information, please visit: <https://centre.nikkeiplace.org/exhibits/woc>

► “Christmas shopping” from page 1 awareness. It featured more than twenty Delta businesses, some of which, Mcknight admits, before the campaign she didn’t know were local.

Supporting budding businesses

Buying local also means supporting local budding entrepreneurs and giving them a chance to grow and thrive against bigger competitors. Often these entrepreneurs are from minority communities who spot a gap in the market because of their own unique backgrounds. By supporting their



▲ Courtnei Lee, owner of OYTC

businesses, society becomes more inclusive and diverse.

Courtnei Lee, who is at the Vancouver Christmas Market this year promoting her OYT Cosmetics, did not see her success coming when she first launched one small product three years ago. The business has now grown to offer more than 150 products.

As a trans woman who transitioned five years ago, she was looking for more resources for LGBTQ people in the beauty industry but didn’t find much.

“There is a lack of representation and there isn’t anyone developing products. So, I think why not try to start one and be the difference that I want to see in the industry?” she says.

Lee has named the company OYTC, which stands for Oh Yes Trans Cosmetics.

“One of the things as a trans person, a phrase that you hear all the time is, oh, you’re trans. And the way that somebody says that tells you about your safety in the situation. So, the way that we hear that phrase can let us know a little bit about the position that we’re in with that per-

son or that person’s judgment,” Lee explains.

Initially targeting the LGBTQ community, Lee was surprised that her products have quickly gone mainstream. Many outside the community also purchased the products.

“We’re being celebrated in the mainstream for what we’re doing. It’s a bit of a rescue as you never know when you show people who you are. They can be taken differently sometimes, and people can judge you. And we are really grateful that we are just surrounded by love,” says Lee.

She hopes her company can lead the way to show that being yourself and being authentic doesn’t limit you in any way. If anything, it will help to grow the business as employees are willing to work harder when they are more excited to be part of products where they can give themselves.

By working with local manufacturers and making clean cosmetics, Lee has much bigger ambitions for the future. She says it would be really exciting to be a well-known brand that grows out of and represents Vancouver

as well as representing the LGBTQ community.

Do what you can

Having community backing is crucial for a local business and a lot of it comes down to strong relationships.

Mcknight, who is also an owner of a fashion store in Delta, says local small businesses can



▲ Jill Mcknight, executive director of the Delta Chamber of Commerce.

weather difficulties and competition because of strong customer relationships.

“It comes down to being a part of the community and that helps to connect it back to consumers,” she

says. “There’s a bookstore close to us and many people told me that if there was a book they wanted, the bookstore would order it and they would have it within six days. And for that consumer, yes, maybe they could have ordered it from an online provider. But because they have this relationship, customers make that conscious choice to support the business.”

And supporting local businesses is also more than just buying as McKnight concludes.

“For some people, it might be that it is not an option they have available to them. So, there are also other ways to support local through non-financial ways, such as giving a business a great review, and helping share their social media posts so that the algorithm makes it more populated. I think that’s part of the very encompassing approach to supporting local – do what you can,” she says. ✍

For more information visit: We Love Delta Dollar Trail <https://youtu.be/GYbttTuY5ro> Imagine our Streets without LRL <https://youtu.be/awCeUuYRIL4> <https://oytc.ca>

Recipe by Jen dela Luna

Cà phê sữa đá

It's cold out there... This recipe is a very simple one... but if you've never tried it before, it's sure to become a staple for you this season (and, frankly, all year round).

The French introduced coffee to Vietnam in the mid-19th century, and the country's climate made it an ideal grower for the plant. By that time, milk was a common addition to the beverage in Europe, where fresh milk was easily acquired, but the lack of accessible fresh milk at the time meant that many resorted to using sweetened, condensed milk in their drink instead. The rich sweetness of the milk paired with bitter dark roast coffee creates the perfect contrast in flavours, which is why this way to take coffee, while originally born out of necessity has since become a preferred taste by many.

Getting your hands on a Vietnamese filter (called a phin) is ideal as it creates a stronger brew, however if you don't have it, a French press will do the trick. As well, getting traditional Vietnamese coffee (such as Trong Nguyen or Café du Monde brands) would be ideal as they have a different flavour all their own. Much like how condensed milk came in to use out of need, Vietnamese coffee often has chicory root blended in. Originally, chicory in coffee was used as a filler during times of shortage (such as during WWII), but now the flavour it adds to the coffee is so unique that it's become an added characteristic to this drink. If you can't find either at your neighbourhood Asian supermarket, a dark roast coffee of your choice can be substituted.

Whether you have it hot or on ice, this drink is both balanced and very satisfying... and I bet



it'll give your Double Double a run for its money. Enjoy!

Ingredients (1 Serving)

- 1 heaping tbsp Vietnamese coffee (already ground)
- 1/3–1/2 cup boiling water
- 2–3 tbsp condensed milk
- Ice (optional)

Method

1. In a heatproof mug or glass, pour the condensed milk in. I would personally start with two tablespoons you can always sweeten it further after.
2. Prepare the coffee either using the phin or a French press. If using the phin, twist the filter in place and pour the coffee grounds in, followed by a few tablespoons of water. This allows the coffee to adjust before you pour the rest of the boiling water in.
3. Adjust the drip flow of your phin so that the full brew takes approximately 3–4 minutes. Any faster and the coffee will not brew properly, and any slower could result in an overly bitter mixture.
4. Allow the coffee to steep and drip directly over the condensed milk. The hot coffee “caramelizes” the condensed milk and adds a nutty flavour to the finished product.
5. Stir the mixture together and adjust the sweetness as desired.
6. Either serve immediately while hot, or pour the mixture over ice. Enjoy!


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3 little pigs come to town

by STAFF WRITER

A mother pig becomes a sole parent when the progenitors' father gets taken away by the Big Bad Wolf, and she must encourage them to leave the family's sty to make their way into the big wide world.

Carousel Theatre for Young People (CYTP) presents the Canadian premiere of a classic tale with a musical twist with *Stiles & Drewe's The 3 Little Pigs* at Granville Island's Waterfront Theatre from Nov. 30 to Dec. 30, 2022.

The touching tale about perseverance, bravery and friendship, directed by Chris Lam, is a witty, endearing reimagining of the popular children's fable with toe-tapping musical numbers, bubbly costumes and brilliant puppetry.

The fast-paced humorous musical offers 45 minutes of ceaseless laughter, music and

sured classic. *Stiles & Drewe's The 3 Little Pigs* promises to delight audiences of all ages this holiday season with its uplifting message and adorable charm," says Jennica Grienke,

big wide world. But the piglets can't agree on their ideal living arrangements and so they each build their own dream home – one out of straw, one of sticks and one of bricks. Soon enough,

“ This musical is chock full of upbeat and catchy songs that are infectiously fun and instantly hummable.

Dave Deveau, co-artistic and managing director, Carousel Theatre for Young People

co-artistic and managing director of CYTP.

Into the world

Originally commissioned by the Singapore Repertory Theatre for their Little Company as part of a trilogy, the musical *Stiles & Drewe's The 3 Little Pigs* follows the coming-of-age ad-

the insatiable Big Bad Wolf enters the scene. Yet, just when the pigs think they are safe, the Big Bad Wolf takes Mother Pig hostage, hoping to lure the piglets out of hiding. The siblings must then band together to defeat their wolfish foe. Will they succeed?

"This musical is chock full of upbeat and catchy songs that are infectiously fun and instantly hummable; you'll be singing them with your families for weeks on end," says Dave Deveau, co-artistic and managing director of CTYP.

About the authors

The duo of George Stiles (composer) and Anthony Drewe (lyricist) is best known for their Olivier Award-winning *Honk!* as well as their original musical additions to the Broadway production of *Mary Poppins*. Including *The 3 Little Pigs*, the pair have created a trilogy of musicals for young audiences along with *Goldilocks* and the *Three Bears* and *The Three Billy Goats Gruff*. Their shows, presented all over the world, have been translated into several languages.

Stiles & Drewe's The 3 Little Pigs premiered in 2012 at the Singapore Repertory Theatre, one of the largest producers of children's theatre in Southeast Asia, followed by a smash hit run on London's West End in 2015. The musical has since been performed on stages across Europe, China and the United States. ✂

The musical is geared toward children ages 3 and up.

For more information visit: www.carouseltheatre.ca



▲ Piglets Cha, Siu and Bao are encouraged by Mother Pig to leave the family pigsty.

magic. The musical's cast includes Angela Chu, Tanner Zerr, Frankie Cottrell, Kamyar Pazandeh and Steffanie Davis.

"We are thrilled to present the Canadian premiere of this whimsically reimagined take on such a well-known and trea-

ventures of three piglets, Cha, who is exercise-obsessed, Siu, green to the core, and Bao, the sociable book-worm.

In the story the three piglets are encouraged by their mother to leave the family pigsty and make their own way in the

RACISM AND HATE HURT US ALL





Photo courtesy of the University of British Columbia

UBC researcher to study young adults who live with their parents

Young adults in Canada are less likely to own a home and more likely to live with their parents than they were a decade ago, according to recently released census data. But statistics only tell one part of the story.

Umay Kader (she/her), a PhD candidate in sociology at UBC, wants to understand the other part. For her PhD research, she is setting out to interview up to 50 people aged 25 to 34 who live with their parents in Metro Vancouver, to learn how they navigate these living arrangements.

What made you want to study adults who live with their parents?

Around the time I started my PhD program, I started noticing a lot of news and social media posts asking, "These millennials who live with their parents so long – when are they going to move out?" There was even a story in the U.S. about a son who refused to move out of his parents' place, and his parents sued him. I've seen similar news items in Canada, with parents worrying that their kids won't move out anytime soon. I began to wonder how cultural, social, and parental expectations shape people's decisions and experiences of living together with their parents. How do people who are actually in the middle of this phenomenon feel and experience it?

Is all the media coverage justified, given statistical trends?

This has been steadily increasing since the beginning of the 1990s. Now, according to Stats Canada's 2021 census, 35.1 per cent of young adults between 20 and 34 are living with at least one of their parents. In the U.S., almost 50 per cent of people between the ages of 18 and 34 were living with their parents during the pandemic, which was a record high number. So, it has been an increasing phenomenon.

Interestingly, men are living with their parents longer than women do. This is a statistic valid in Canada, the U.S. and other western countries as well.

Why are the numbers rising?

Housing crises, the labour market – especially the uncertain and precarious labour market – unemployment and underemployment are all factors that influence people's decision to stay at home or return back to their parents' place.

So what's left to uncover?

We know less about what the experience of living together with

parents actually looks like. How do these people navigate this common living space with their parents? How do they make household decisions together – about household chores, division of labour, who does what and when? What kind of conflicts do they have? How do they resolve those conflicts?

And how do they navigate everyday practices like food preferences? What happens when one is vegan or vegetarian? Who cooks for the person who has those preferences?

We don't know what happens when they have guests over. Do they let their parents know in advance? Do they invite friends, significant others, sexual or romantic partners? We don't really know much yet about how they navigate that family space together.

How do you plan to find out?

I will be conducting in-person or Zoom interviews with volunteers who are living together with at least one of their parents in Metro Vancouver. Participants will receive an honorarium to thank them for their participation in this project.

What impact do you hope this research will have?

I hope it will inform policy makers on the challenges and opportunities people in this



▲ Umay Kader is a PhD candidate in sociology at UBC.

age range have when they live with their parents. Family services, community and social groups, non-governmental and civil society organizations can become better informed about the ways they can help these people and their parents navigate this situation. ✂

How can young adults living with parents become participants in your study?

They can reach out to me via email at umay.kader@ubc.ca.

For more information: <https://news.ubc.ca/2022/11/15/ubc-researcher-to-study-young-adults-who-live-with-their-parents>

Source: UBC

Photo courtesy of the University of British Columbia

November 22–December 6, 2022

Cultural Calendar

by SIMON YEE
CONTRIBUTING EDITOR

I hope everyone is staying warm on these cold Autumn nights. Winter is just around the corner and the sights and sounds of the holiday seasons are coming alive. Stay warm, have fun and why not check out some of the events and activities below?

National Geographic's Beyond King Tut
Now until January 8, 2023
www.beyondkingtut.com/city/vancouver

Beyond King Tut: The Immersive Experience is a cinematic immersive exhibition that takes guests on a journey to one of the greatest archaeological discoveries of all time. Journey to modern-day Egypt and see wonders of the ancient world like the Temple at Karnak and the Great Sphinx. Experience ancient history come to life and gaze at the Egyptian sun as it rises above the Pyramids of Giza, filling the sky with vivid color. Travel back in time 3,000 years to the 18th dynasty when King Tut ruled and gods like Ra and Anubis were worshiped by all. Descend into King Tut's tomb, 100 years since its historic discovery and join him in his quest for immortality. Experience all of this and more in a story 3,000 years in the making.

Derek Liddington: The trees weep, the mountain still, the bodies rust
Nov. 19, 2022–Jan. 15, 2023
www.richmondartgallery.org

The trees weep, the mountain still, the bodies rust features a new body of work by Toronto artist Derek Liddington in which the genre of landscape is the central focus. Having turned away from performance and drawing in recent years to explore the medium of painting, Liddington examines how we experience the landscape rather than how we see it. He challenges the material limitations of the canvas with strategies that seek to capture transformation and movement. By doing so, he confronts the historical canon of painting as a way to reconsider its legacy.

Canyon Lights
Nov. 19, 2022–Jan. 22, 2023
www.capbridge.com/events/canyon-lights

Create a beloved tradition and celebrate the season with lights! From November to January, Capilano Suspension Bridge Park is utterly transformed into a magical world of festive splendour for Canyon Lights. Cross the world-famous bridge, lit end-to-end with a changing multi-colour display and gaze at the illuminated Capilano River below. Journey into a glowing rainforest and walk high above the forest floor on Treetops Adventure's seven suspended bridges, twinkling from treetop to forest floor. Wind your way through the mesmerizing "Arc de Lumina" light tunnel, which wraps along a portion of Cliffwalk. There's something for everyone, whether that's taking advantage of Instagram-worthy photo opportunities, finding the perfect gift in the Trading Post Gift Store, enjoying a decadent

hot chocolate while listening to live festive tunes or taking part in the Snowy Owl Prowl scavenger hunt to win!

Chief Robert Joseph: A Pathway to Reconciliation
Nov. 23, 7–8 p.m.
<https://vpl.bibliocommons.com/events/635838504bf8eb253aa2d4e9>

Chief Robert Joseph believes that humans share a common experience – and that reconciliation belongs to everyone. In his new memoir, *Namwayut*, he tells the emotional story of his experience as a residential school survivor, and delivers a manifesto for how Canada and Indigenous communities can move forward together. Come to a special evening with Chief Joseph at the Vancouver Public Library – Central Branch, where he'll discuss his memoir and his personal journey, with journalist Andrea Crossan.

The Messiah
Nov. 25–Dec. 17
www.pacifictheatre.org

Two actors and an opera singer masterfully, movingly, and miraculously enact the greatest story ever told (with some minor alterations along the way). Three performers play a cast of thousands in an absurd Christmas comedy that melds the ridiculous and the truly angelic. For tickets, cast information and more details, check out the Pacific Theatre's website.

Chez Nous: Christmas with Elektra
Nov. 26–27
www.elektra.ca

Chez Nous: Christmas with Elektra is the choir's seasonal offering, this year welcoming saxophonist Julia Nolan in a program of traditional and newer works from the thoughtful to the playful. Following a Saturday performance in the serene setting of Pacific Spirit United Church, Elektra will be returning to Good Shepherd Church in South Surrey for the Sunday afternoon performance. Experience music by Bährens, Betinis, Berg, Winnie Brückner, Kirchner, Macdonald, Nickel, Parrotta, Phare-Bergh, Smith and others performed with Elektra's unique voice.

The Odyssey of Kryštof Harant
Dec. 1, 7:30 p.m.
www.earlymusic.bc.ca

The life journey of the Czech nobleman, traveller, humanist, soldier, writer and composer Kryštof Harant from Polžice and Bezručice ended prematurely on the Old Town Square in Prague on June 21, 1621, when he was executed for participating in the Protestant Bohemian Revolt. The goal of this project of Ensemble Cappella Mariana is to present his surviving compositions and introduce listeners to his literary legacy – his record of a unique trip to the Middle East which he chronicled in his book *Journey from Bohemia to the Holy Land*, by way of Venice and the Sea published in 1608. During the 16th and 17th centuries the vibrancy of music – and art in general – founded on Eastern traditions from Persia to the Eastern Mediterranean, contributed to

the creation of multicultural societies. In this concert, these compositions will be combined with other masterpieces surviving for centuries through the oral tradition and handed down from one generation to the next; together they provide a comprehensive picture of the atmosphere and local colour of the places Harant himself visited and the music he heard on his travels.

O Come All Ye Soulful
Dec. 1, 7:30 p.m.
www.evergreenculturalcentre.ca

Join two award winning powerhouses – vocalist, Dawn Pember-ton and bassist/bandleader, Jodi Proznick and an all-star band as they bring a joyful and soulful bounce to your favourite holiday classics. The music includes holiday classics made famous by Ray Charles, Stevie Wonder, Ella Fitzgerald, John Legend, Donny Hathaway, Otis Redding, Darlene Love, Vince Guaraldi and more! Join Western Canadian Music Award winners Dawn Pember-ton (vocals), Jodi Proznick (bass), and trumpet player Chris Davis (Sharon Jones, Jon Batiste, Jon Legend) and the band for a soulful holiday celebration. Check out

the Evergreen Cultural Centre website for more information.

Old Stock: A Refugee Love Story
Dec. 1–11
<https://events.sfu.ca/event/29513-old-stock-a-refugee-love-story>

Old Stock: A Refugee Love Story by 2b theatre company (NS) is a humourously dark folktale woven together with a high-energy concert. This Klezmer-folk music-theatre hybrid starring genre-bending sensation Ben Caplan is inspired by the true stories of two Jewish Romanian refugees coming to Canada in 1908. This performance is about how to love



▲ *A Refugee Love Story* is a dark folktale inspired by the true stories of two Jewish Romanian refugees.

after being broken by the horrors of war. It's about refugees who get out before it's too late, and those who get out after it's too late. And it's about looking into the eyes of God. For tickets and more information, check out the SFU Woodward's Events page.

In My Day
Dec. 2–11
www.thecultch.com

In My Day is a verbatim work of contemporary drama that exists at the cross section of disability and memorial arts. Centred around HIV's impact on Vancouver, it is a story of a pandemic response with extraordinary victories and heartbreaking failures. This work is inspired by a community-based oral history research project in 2017, titled *HIV In My Day*, which was initiated at the University of Victoria interviewing long-term survivors and caregivers who lived through the first 15 years of the HIV pandemic in British Columbia. The collected stories and reflections would honour the voices of women, people of colour, Indigenous folks, trans, people who use[d] injection drugs and others, alongside those of cis-gender gay men.

THE ROGUE FOLK CLUB PRESENTS

Van Django

COOL YULE!



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MOUNTENEY



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The Cool Yule show is a festive mix of nostalgic favourites, jazz standards, pop tunes, classical elements, and sing-alongs, all delivered in swinging Gypsy jazz style. Folks of all ages can celebrate the season at this fun and festive show.

ENTER THE UGLY CHRISTMAS SWEATER CONTEST!

Friday, December 2nd at 8pm
The Mel Lehan Hall at St. James Square
3214 W 10th Ave | \$28 in person | \$15 livestream

www.roguefolk.com

