

The Source

forum of diversity

The Source – www.thelasource.com – Since 1999

PuSh festival

A medley of youth



Photo courtesy of the PuSh Youth Cohort

by ELAHA AMANI

Under the mentorship of Fiorella Pinillos, the PuSh Youth Cohort fosters curiosity in the performing arts and provides an opportunity for young artists to learn, grow and thrive.

In a collaboration between the PuSh International Performing Arts Festival and Solid State Community Industries, the 2023 PuSh Youth program offers 10 free sessions for artists aged 16-24 who have not yet had significant exposure to professional-level performance. They especially look to shine a spotlight

on youth in racial and ethnic minorities, not only because it is one of their key objectives and the leaders are a part of said minorities as well.

This year, the program is run by Medley, a group of six racialized youth: Fegor Obuwoma, Shirin Moradi Gálvez, Nandini Bhatia, Vivan Prasad, Victor Aspiras and Arisha Baba. These youth will be mentored by Pinillos. Meetings will be held in Solid State in Surrey and are described closely to a book club but for the performing arts.

"It's intended for youth who are interested in experiencing the performing arts from all

angles and learning more about creation and production," Medley says.

Connection, unity beauty

This program is a unique opportunity for youth in Vancouver that supports the BiPOC community. It features workshops with successful members of the performing arts community, studio visits with art professionals, discussions with other program members and guest artists and more. Members have been meeting on a weekly basis since last December and will continue up until and during the PuSh Festival in January.

The program will run differently this year which has garnered much enthusiasm and support as the majority of the Medley members were a part of last year's PuSh Youth Cohort. Nonetheless, the team's objective remains unchanged. Medley stresses the importance of connection, unity and the beauty you can find in a community that cares deeply for one another.

"PuSh Youth Cohort is creating opportunities, connections and relationships, and this is something special," Medley says.

A medley of voices

Medley is a versatile company managed by six racialized youth

between the ages of 16 and 24. Fegor Obuwoma, Shirin Moradi Gálvez, Nandini Bhatia, Vivan Prasad, Victor Aspiras and Arisha Babar are the team running the PuSh Youth Cohort this year. The program will run differently this year which has garnered much enthusiasm and support as four of the Medley members were a part of last year's PuSh Youth Cohort.

Much like PuSh International Performing Arts Festival, Solid State Community Industries aims to uplift racial minorities in the Greater Vancouver art scene. With currently 18 cohorts

See "PuSh" page 3 ➤

Exile and Return – an exploratory journey
Page 3



Persons with disabilities are in crucial need of help
Page 4



Persian and Arabic music meld in jazz
Page 7



Visit The Source Online

www.thelasource.com

Twitter/Facebook: [thelasource](https://www.facebook.com/thelasource)

Building bridges across boundaries

World Interfaith Harmony Week is an annual event observed during the first week of February (February 1–7) after General Assembly designation in 2010. Recognizing the imperative need for dialogue among different faiths and religions to enhance mutual understanding, harmony and cooperation among people, the General Assembly encourages all States to spread the message of interfaith harmony and goodwill in the world’s churches, mosques, synagogues, temples and other places of worship during that

faith forum gathered Christian, Muslim, Jewish, Hindu and Buddhist faith leaders to talk about the teachings of their respective faiths as it relates to peace and harmony.

2013

They followed this up in 2013 by extending this gathering to include the faith and value systems of indigenous peoples by inviting an African spiritual leader who flew in from Guinea to participate. The core of his message was not only the need for people to live in peace but

the 2016 WIHW was “Building Bridges across Boundaries.” To underscore the significance of the theme they invited Native American Spiritual leader, the ceremonial ritualist from the Mohawk Nation to participate with the other faith leaders. The spirituality that the Native American speaker imparted - through chants and dance- the need to protect ‘Mother Earth that nurtures and sustains us’ was warmly and widely embraced.

2019

Our world continues to be beset by conflict and intolerance with rising numbers of refugees and the internally displaced in a hostile and unwelcoming world around them. The theme for the observance of the Interfaith Harmony Week for 2019 was, therefore, “Sustainable Development through Interfaith Harmony.”

For more information visit:
www.un.org/en/observances/interfaith-harmony-week

Source: United Nations



▲ Interfaith forums gather Christian, Muslim, Jewish, Hindu and Buddhist faith leaders.

week, on a voluntary basis and according to their own religious traditions or convictions.

Origin

World Interfaith Harmony Week (WIHW), conceived to promote a culture of peace and nonviolence, was first proposed by King Abdullah II of Jordan at the United Nations in 2010. This was quickly adopted by the UN General Assembly (resolution A/RES/65/5), declaring the first week of February each year as World Interfaith Harmony week, calling on governments, institutions and civil society to observe it with various programs and initiatives that would promote the aim of the WIHW objectives.

2012

The United African Congress and Give Them a Hand Foundation heeded the call by organizing an interfaith forum at the UN in 2012 and have continued to be involved every year ever since. They chose for their theme “The Diaspora-a Force for Positive Change” citing the ability of immigrant communities of diverse backgrounds, faiths and ethnicities in the United States to live side by side harmoniously bound together by shared values, love of God and love of neighbor. The inter-

also the interdependence of humans with nature, hence the need to be good custodians of our environment.

2014

For the 2014 WIHW the theme was “Tolerance, Reconciliation and Forgiveness” in honour of the late Nelson Mandela, who led South Africa during its critical transition from Apartheid to a thriving multicultural all-inclusive democracy, thus helping his country avoid what could have been a disastrous racial war. His personal example of forgiveness for the sake of peace among his people resonated throughout the world.

2015

In the aftermath of the devastating Hurricane Sandy many homes were destroyed in and around New York City. The United African Congress and its partners organized hundreds of interfaith volunteers to help clean up flooded homes and deliver food to affected communities. Recognizing the power of prayer and interfaith collaboration, the theme for the 2015 WIHW program became “Interfaith Prayer, Healing, and Community Services in the Cause of Peace”.

2016

Noting the interconnectedness of the quest for peace and harmony with the global health emergencies, such as the Ebola pandemic spreading across boundaries and with the 2030 UN agenda for Sustainable Development Goals, the theme for



THE SOURCE – LA SOURCE MEDIA INC.

THE SOURCE NEWSPAPER

Mailing Address
Denman Place PO Box 47020
Vancouver, BC V6G 3E1

Office
204-825 Granville St., Vancouver, BC

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

www.thelasource.com

Founding Publisher and Editor-in-Chief
Mamadou Gangué
Associate Publisher **Monique Kroeger (Print)**
Art Director **Laura R. Copes**
Senior Editor (English and French Sections)
Monique Kroeger
Copy Editors (English) **Frank Abbott, Deanna Choi, Melodie Wendel-Cook**
Senior Copy Editor (French) **Louise T. Dawson**
Executive Assistant **Kevin Paré**
Website Coordinator **Pavle Culajevic**
Website **Sepand Dyanatkar, Vitor Libardi, Silvia Pascale**
Social Media **Nathalie Astruc**
Editorial Content Advisors **Denis Bouvier, Alexandre Gangué**

Digital Media Advisor **Saeed Dyanatkar**
Contributing Editor **Simon Yee**
IT Specialist **Amir Karimian**

Illustrator **Joseph Laquerre**
Writers **Elaha Amani, Nathalie Astruc, Mamick Bachidere, Alexandra Bradford-Patterson, Alois Gallet, Ben Kiely, Amélie Lebrun, Martina Petkov, Curtis Seufert, Simon Yee, Robert Zajtmann**

Translation **Barry Brisebois, Louise Dawson, Monique Kroeger**
Distribution **Joseph Laquerre, Kevin Paré**

Photo credits for front cover
Page 7: Photo by Genevieve Monro

LEGALITIES
The Source shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Source's liability for other errors or omissions in connection to any published advertisement is strictly limited to the repeat of the advertisement in future publications or for the refund of any monies paid for the advertisement. We welcome appropriate, unsolicited editorial submissions if accompanied by the author's real name, address and telephone number. The author should retain the original as we cannot return submissions without prior agreement, nor does submission guarantee publication.

For advertising call: (604) 682-5545

Homelands: Exile and Return

In conversation with Aryn Sajoo and Kamal Al-Solaylee

by MARTINA PETKOV

In their public conversation on Jan. 26 entitled “Homelands: Exile and Return,” Aryn Sajoo and Kamal Al-Solaylee will delve into that feeling of belonging and the yearning immigrants have about returning to their homelands. Al-Solaylee will look to unpack these restless quests, including his own.

Sajoo, a term lecturer and scholar-in-residence at SFU, and Al-Solaylee, director and professor



▲ Kamal Al-Solaylee.

at UBC’s School of Journalism at UBC, go beyond the headlines to discuss the complexities facing migrants in search of home-

lands, who must often brave economic, social, and political storms along the way.

Looking back

Originally from Yemen, Al-Solaylee spent his childhood in Egypt. As a young gay man, who did not want to be secretive about his sexual orientation, growing up in the Middle East was very difficult. He escaped first to England and eventually to Canada and began his professional academic life by completing a PhD in Victorian Literature at Nottingham University. But, after moving to Canada in 1996 he found there were no jobs in academia, so he turned to journalism.

Al-Solaylee, recalls the humble background from which he came.



▲ Aryn Sajoo.

His father was well educated, but his mother, a shepherdess, was illiterate and remained so all her life. She did however insist that Al-Solaylee go to university and complete his studies abroad.

“Migration is complex, people can have multiple belongings to different places that they call homelands.

Kamal Al-Solaylee, author and professor

Looking back, he reflects with pride on his Journey. Within just one generation, thanks to his mother’s insistence on education, he is professor at UBC and director of the School of Journalism and Writing. This is the part of his journey that Al-Solaylee says he owes to his mother and treasures the most.

In his first book, *Intolerable: A Memoir of Extremes* (2012), which won him the 2013 Toronto Book Award, Al-Solaylee explores the difficulties faced by a gay man living in an intolerant country. The book is a memoir about his journey.

Here and now

Al-Solaylee’s most recent book, *Return* (2021) looks at how migrants, no matter how comfortable they are in their adoptive

country, will always have a very deep attachment to their ancestral land. He attempts to uncover what lies behind the pull back to a place that has often caused such anguish?

Migration is complex, people can have multiple belongings to different places that they call homelands.”

Sajoo, who will lead the conversation, reflects that even on

After 27 years here, Al-Solaylee feels every bit Canadian, but also says part of him will always feel Yemeni. No matter how successful he is as a journalist and a professor, there will always be part of him who is the son of a shepherdess and all the connections to the land that come with that.

“The ‘pull’ is very layered and complex,” he says.

It’s still romanticised in his own mind and full of childhood memories which are very fond and happy. “As with everything in life, it’s complicated” Al-Solaylee points out.

“Migration is a circular movement,” Al-Solaylee continues, “it is not only directional in one way; it’s not from the global south to the global north. Often it is people coming and going.

a social level people can still be very narrow-minded.

“The idea that a person can belong to multiple places, that your homeland can be capacious and include Canada, England, Scotland, Yemen, etc. That is still something that is a wannabe part of our pluralism,” he says. “People like to think of themselves as both legally, politically, and social pluralist, but there is still a long way to go.”

For his part, Al-Solaylee hopes that people will join the conversation with an open mind and an open heart, without any preconceptions and come along for the journey exploring Exile and Return. ✍

For more information: <https://events.sfu.ca/event/33178-homelands-exile-and-return>

► “PuSh” from page 1

running and over 120 participants, the company is dedicated to achieving their goal of an altruistic network focused around introducing youth to exciting opportunities and aiding in the creation of life-long attachments and belonging.

The two groups’ interests align quite cohesively, and both are invested in recreating the wonderful experiences they have had in previous years and bringing them to new members in the Greater Vancouver Community.

Meet the team

Pinillos, coordinator and mentor of the program, immigrated to Vancouver from Peru to complete her Master’s Degree of Urban Studies at Simon Fraser University. Her own lived experience as an immigrant and passion for art enabled her to connect various communities and

start cooperatives with companies such as Solid State Community Industries, City in Colour and La Libelula.

Obuwoma, a Nigerian filmmaker, storyteller and artist, aims to explore her cultural and spiritual experience of being Nigerian through her work. Some of her interests fall into areas such as – but not limited to – art institutions as a site for decolonial and experimental practice, African futurism and the link between identity and spirit.

Shirin Moradi Gálvez, a member of Medley Events and Art Management, is a previous member of the PuSh Youth Cohort who has been immersed in the arts for many years through reading, music, writing and study. She loves the PuSh program for providing her with opportunities to learn about art forms and other artists.

Nandini Bhatia is the second previous member of the PuSh

Youth Cohort, who is thankful towards the program for being a safe environment in which she can experience different types of art and in turn gain a deeper understanding of art in general.

Vivan Prasad, a member of this year’s program, most enjoys being able to balance his love for the arts and his technology career, something he didn’t think possible until recently. It’s thanks to this program he discovered the unexpected fluidity between art and science.

Lastly, there’s Victor Aspiras, who has been involved in the PuSh community before this year. His passions include photography, performance art and fashion, who appreciates the accessibility to working with other artists and admiring various shows.

Looking ahead

All can expect this amazing program to continue running



▲ The PuSh Youth Cohort and Medley are hopeful for what the future holds.

for many years in the future, as their goal to engage, connect and uplift marginalized communities through art is not easily fulfilled. The PuSh Youth Cohort will undoubtedly collaborate with other organizations with similar visions, to continue to leave an impressionable mark in the arts community.

All in all, the PuSh Youth Cohort and Medley are hopeful,

optimistic and excited for what the future holds, with their team goal always in mind.

“Medley’s goal is to act like a conduit between art and business. Bringing more opportunities to BiPOC youth and hosting events where meaningful connections are made,” they say. ✍

For more information, please visit: www.pushfestival.ca

Reach the growing
FILIPINO COMMUNITY
in British Columbia!

Advertise in Dahong Pilipino
THE FILIPINO CANADIAN COMMUNITY DIRECTORY
www.dahongpilipino.ca

PRINT • MOBILE • ONLINE

Disability policy tested Canadian values in 2022

It's perplexing for us disabled people and advocates that so many media headlines point to the extreme financial struggles of people with disabilities in our inflationary economy while the powers that be continue debating details.

What details? Our Parliamentarians are busy parsing the words of the proposed federal Canada Disability Benefit (CDB) as it wends its way through third reading in the House of Commons before it must go to the Senate for ever more debate and discussion.

People with disabilities need financial relief and they need it now. While we want the CDB to be robust – not clawed back by provincial disability programs, for ex-

ample – we need it fast tracked so that essential dollars are in the pockets of people who need it today and not some distant promised future.

Poverty affects health outcomes – it's part of what researchers call 'the social determinants of health.' Forty-one per cent of people living in poverty in Canada are disabled. Over 50 per cent of people who are food insecure are disabled.

Persons with disabilities in Canada are punished by poverty, in other words. And it's affecting their health, wellness and longevity.

Before the pandemic, persons with disabilities were almost twice as likely as persons without disabilities to report that most days are quite a bit or extremely stressful (23.4 per cent versus 11.9 per cent). Among those who reported experiencing at least a bit of stress on most days, persons with disabilities were more than 10 times as likely as persons without disabilities to report that their main source of stress was related to their health (13.8 per cent vs. 1.1 per cent).

It's safe to say that life during the pandemic has been even tougher for people with disabilities, especially if they are living in poverty.

Several Michaels left this world using Canada's legal right to Medical Assistance In Dying (MAID). Our society sees this as a humane and visionary social



▲ Much is wrong with our Canadian values right now and it's reflected in disability policy, says Rabia Khedr.

policy that reflects compassion for people who have medical conditions with no real treatment options.

So many Jens raise funds online as the only way for a person with disabilities to survive legislated poverty. Our society thinks giving money to people with disabilities encourages them not to work.

So many Brandons and Abduls experience police violence when they are in crisis needing mental health support. Our society does not even know they exist, nor the fact that they experience racism, ableism and trauma at the hands of institutional poli-

cies on a daily basis, let alone a lifetime of poverty.

So much is wrong with our Canadian values right now and it's reflected in disability policy; the needs of people with disabilities come down to dollars and cents. So, let's follow the money.

MAID is a cheaper social policy alternative than footing the bill for appropriate healthcare and extended health services that would improve quality of life.

Giving benefits with stringent requirements limiting opportunities to earn money or receive gifts is seen as responsible administration that

in reality pushes people to the margins further.

Police intervention as the default option to crisis response for people with intellectual disabilities is a cost incurred, but not measured.

A recent increase of five per cent to the Ontario Disability Support Program put very little real money into the hands of people with disabilities to pay for their basic needs like hygiene products and over the counter pain medications, for example. It doesn't even match inflation, which means they actually have less money this year than last.

Yes, the CBD is making its way through our democratic parliamentary process. All we can hope for is that our Canadian values embedded in the Charter of Rights and Freedoms prevail – and we put life, liberty and security of the person first for this critical federal disability policy.

But justice delayed is justice denied.

If we wait for legislation determining all of the details of a perfect benefit, it will be too late; too late to give another Michael, Jen, Brandon or Abdullah the basic quality of life that every able and disabled Canadian deserves.

RABIA KHEDR is a National Director for Disability Without Poverty

Source: Quoi Media



▲ Rabia Khedr is a national director for Disability Without Poverty.

THE ROGUE PRESENTS

WINDBORNE

The best musical discovery of the year...Stunningly powerful vocal harmony ... Windborne sets a new bar for folk harmony singing today – Brian O'Donovan, NPR



Sunday, March 12 at 8pm
In-Person and Livestreamed
Mel Lehan Hall at St. James | 3214 West 10th Avenue

www.roguefolk.com

THE ROGUE PRESENTS

The Small Glories

"Perhaps The Small Glories need to rename themselves, for the full-hearted lyrics, the swelling harmonies, and the gorgeous fabric of the songs ... are certainly large and wash over us with a powerful beauty that pulls at our hearts."
— No Depression



Friday, February 24 at 8pm
In-Person and Livestreamed
Mel Lehan Hall at St. James | 3214 West 10th Ave

www.roguefolk.com

Need the skills to find a job? We can help!

Design a fantastic resume and cover letter, fine tune your interview techniques, learn valuable skills to succeed in the Canadian workplace, gain insight into the job market, access special services for skilled works – all at NO COST. The Progressive Intercultural Community Services (PICS) Society, Vancouver Branch, has been helping immigrants and newcomers to Canada for over 14 years!

Our Group Job Search Workshops are a flexible, 5 module rotating program, running weekly, with 16 sessions each month. This includes basic computer orientation, with instruction on using Word and Excel, and accessing the Internet. Workshops are held within a culturally diverse environment, led by qualified facilitators.

Past and current E.I. recipients are always welcome. Knowledgeable case managers are available to guide you through the process of reaching your career goals.

PICS Vancouver also offers one-on-one employment assistance, paid on-the-job work experience through our Wage Subsidy program, and a one-stop Career Centre with a broad range of job hunting resources. Funding for all programs is provided by the Ministry of Social Development, Employment and Labour Market Services Division.

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.



Introducing The British Columbia International Symphony Society

A new local organization The British Columbia International Symphony Society (BCIS) has emerged to introduce a new symphonic opportunity for the region’s music lovers, musicians, and composers.

Although symphonic music has been adopted, hailed, and performed around the world, most of the compositions have been developed from the classical European canon. The BCIS and its namesake orchestra have been formed specifically to present programs with music audiences rarely hear in Metropolitan Vancouver’s concert halls – the works of indigenous composers as well as those from Asia, Africa, the Middle East, Oceania, Latin America, and other diverse regions.

The BCIS is collaborating with the Surrey City Orchestra to launch a concert series this fall featuring music from the noted under-represented cultures. The series will give the region’s diverse composers and musicians performance opportunities that were previously unavailable to them, and to help promote understanding among the communities.

While the series is in development, the BCIS invites the ethnic communities of British Columbia to join in the organization’s efforts. Representatives of British Columbia’s communities are urged to contact BCIS to ensure their recognition and contribution.

For more information about the BCIS, how to register your interest, and how to participate, call (604) 628-5255 or email info@thebcis.org.



Photo courtesy of Senate of Canada

Indigenous leadership and knowledge essential to biodiversity protection

I grew up in Peru, and often visited my grandparents in the Andes mountains. My grandmother was a wise woman. She didn’t know how to read or write, but she was rich with traditional knowledge. We hiked together to find medicinal plants. I helped her deliver babies. She impressed upon me the power of nature and encouraged me to think of people and nature as one, not separate systems in conflict.

This early education around our intrinsic connection to the land has been at the forefront of my mind. More than 10,000 scientists, bureaucrats, and advocates were expected in Montréal over the course of the United Nations Biodiversity Conference, commonly known as COP15, in December 2022. They came to finalize a new deal for nature – a Paris Agreement to reverse the cataclysmic biodiversity loss we’re experiencing here in Canada and around the world.

An important milestone on the road to addressing this severe decline of biodiversity is for nations and subnational governments everywhere to commit to protecting 30% of their land and water by 2030. Canada agreed to this goal on a federal level in 2020 and now we can play a central role in ensuring a similar ambitious target for the world.

As these discussions take place, there is a voice that must be central to the conversation. This is the voice of Indigenous

peoples from around the globe, whose leadership is critical if we don’t want to repeat the mistakes of the past.

Indigenous peoples steward approximately 20% of the planet, but this relatively small share contains 80% of the world’s remaining biodiversity. That means the impacts of development and deforestation affect them disproportionately. It also means that a

it’s an issue that’s very close to my heart. I have witnessed and learned from their skills of living in harmony with nature, amid a changing world. As important as it is for us to reach a global biodiversity agreement, we need to push even harder to ensure it’s an agreement that honours the rights of Indigenous peoples around the world.

Canada has already shown leadership in this regard. The

“ Indigenous peoples steward approximately 20% of the planet, but this relatively small share contains 80% of the world’s remaining biodiversity.

Rosa Galvez, Canadian senator

deal that doesn’t include Indigenous leadership could cause disproportionate harm.

These days I still travel regularly to South America with ParLAmericas, where we discuss key issues of common concern throughout the Americas. Indigenous rights are a frequent topic of discussion at these meetings, and as someone who has studied the atrocious impacts of mining on Indigenous communities in Latin America,

federal government has announced an \$800-million commitment to support Indigenous-led conservation projects. There has also been increasing recognition of the important role of Indigenous land guardians, whose knowledge systems offer an essential means of addressing the biological and cultural diversity crisis.

As we set our sights on mobilizing the necessary transformative change to live in harmony and solidarity with the natural world, I find myself thinking of my grandmother and her teachings. We have an opportunity to lead now if we’re to achieve a robust agreement that puts western science and traditional Indigenous knowledge on the same level. A deal that isn’t diluted by compromises and weak words. The magnitude of the challenge must be reflected in strong language and commitments with an accountability framework to ensure all levels of government are doing their part. ✍

Senator ROSA GALVEZ represents the Bedford division of Quebec. She is a member of the Senate Committee on Energy, Environment and Natural Resources.



Photo courtesy of Rosa Galvez

▲ Senator Rosa Galvez is a member of the Senate Committee on Energy, Environment and Natural Resources.

Source: Senate of Canada

Recipe by Ben Kiely

Crispy Pork and Chicken Adobo

Dubbed as the “unofficial official” national dish of the Philippines, adobo is no doubt a staple on every Filipino family table. Widely popular for its simple basic ingredients and preparation, recipes for this dish vary from region to region. My Lola (grandmother), who was known far and wide for her wonderful cooking back home, used to make the best adobo.

She greatly influenced me early on in life to not just enjoy eating food, but more so, to actually enjoy the whole process – right from shopping for the best, right ingredients to preparing them, to cooking and tasting the dish... and finally to sitting down around the dining table to share the meal with family and friends. This is inspired by my Lola’s adobo, but with my own spin on it. Enjoy!

Ingredients

- 1 kg pork belly
- 1 kg chicken breast (or parts as preferred – legs, thighs, wings are popular choices)
- 1 cup of white vinegar
- 1/2 cup of soy sauce

- 10 cloves of garlic, minced
- 1 tbsp. of black peppercorns
- 3 bay leaves
- 4 tsp. of white sugar


Method

1. In a bowl, combine all of the ingredients, except the meat. Marinate the pork belly in this mixture for at least two hours. Set aside at room temperature.
2. Roast the pork belly at 400 degrees on the middle rack for an hour, or until desired crispiness is achieved.
3. Cut the chicken breast into cubes.
4. When the pork is done, let it rest. Then cut into desired size.
5. Meanwhile, saute the chicken with the pork drippings and, when it browns, slowly add the marinade. Let it simmer and when the sauce has reduced,

Voila! Now, you can consider yourself an honorary Filipino. Best served with hot coconut white rice (for show, on top of banana leaves will do). Will yield enough to have a mini-fiesta.



▲ Adobo is the “unofficial” national dish of the Philippines.



**\$20 online
more @ door**

Cari - Can Heritage Society Presents

SUGAR



SOUNDS OF CARNIVAL 2023

**SAT FEB 11
8PM**

13565 King George Blvd. Surrey British Columbia

Food * Drink * VIP Bottle Service
Call 778-368-0638

online ticket discount
SOCVANCOUVER.COM





**The 2023 Special Olympics BC Winter Games
are coming to Kamloops!**

Feb 2 to 4, 2023

sobcgameskamloops.ca
#SOBCGames #Kamloops2023

**Special Olympics
British Columbia**



Join The Source

We are always looking for layout artists, photographers, illustrators, journalists and copyeditors.

Email your resume, cover letter and work samples to info@thelasource.com

Recruiting BIPOC youth (ages 15 to 19) in BC!

Attend events held specifically for youth of racialized backgrounds. Make new friends and connect virtually to explore the theme of:

"IDENTITY & BELONGING IN MULTICULTURAL BRITISH COLUMBIA"

THE AFRICAN ANCESTRY PROJECT: YOUTH DIALOGUE SERIES

3 EVENTS

NOV 2022 | FEB 2023 | MAY 2023

Register via QR code or email africanancestryprojectbc@gmail.com to express your interest. See you there!

BC Black History Awareness Society
OUR ROOTS RUN DEEP

SFU MORRIS J. WOSK CENTRE FOR DIALOGUE

SAVE THE DATE

THE 2023 METRO VANCOUVER JAPAN BOWL

AT THE NIKKEI NATIONAL MUSEUM & CULTURAL CENTRE

MARCH 11, 2023 (SAT)

ORGANIZED BY
The Japan Exchange and Teaching Alumni Association of British Columbia and Yukon
JET プログラム同窓会 (BC & Yukon 支部)

Place your ad in The Source newspaper or on our website

info@thelasource.com

Arabic and Persian sounds blend in jazz setting

by CURTIS SEUFERT

A deep connection to the past requires the unique group sound and the raw emotion of the solo performance. The Marrow, a quartet that melds the styles of Persian and Arabic music with Western Jazz, brings an exciting, multicultural style to Hermann's Jazz Club in Victoria on Jan 29, and Capilano University Theatre on Jan. 30.

"There's such a connection between Arabic music, Arabic improvisation and Persian improvisation that is free. There's a sense of like, you can go with any kind of direction," says Gordon Grdina, the Vancouver-based bandleader and oud/guitar player for The Marrow. "And Persian music is very open and free moving, which has a connection to the free improvised music that came out of Europe and the jazz scene."

Engaging with a rich tradition

Grdina was a teenager when he first heard the sound of the oud. It was love at first listen. Having heard the instrument on one of the many CDs his guitar teacher, at the time, had lent him. Grdina was immediately taken by its sound and emotional style.

"It blew my mind right away," he says. "I couldn't figure out how the sound being made was so percussive. And it's such a kind of melancholy to the tone of it that I fell in love with it."

Grdina doesn't have an inherent heritage connection to the oud, whose long history has its roots in Arabic, Persian, and Turkish instrumentation. So when he first began playing the oud sometime later in the early 2000's, it proved to be just the beginning of a continual, long but worthwhile process of learning about instrument and its cultural context.

"There's always more to learn," says Grdina. "There's just so many great voices on that instrument, in all kinds of different regions all over the world. So

In doing so, Grdina aims his music to create a blend of what he's learned, while also incorporating his own background in jazz and improvisational music.

"I feel like no matter what I'm doing, I'm trying to pay homage to this tradition, and the sound of the instrument," he says. "And the best way for me to do that is to, as honestly as possible, express myself through it."

Bringing sounds together

Grdina, who has performed with many musical groups over the years, says deciding on band members is a key element to finding great sound and chemistry.

I feel like no matter what I'm doing, I'm trying to pay homage to this tradition, and the sound of the instrument.

Gordon Grdina, member of The Marrow

"It's really about people that I want to pick, people that I love and what they do. And then I want to just let them do what they do," he adds.

That's led to a quartet that also features Iranian-Canadian percussionist Hamin Honari with experience in Persian percussion, as well as cellist Hank Roberts and bassist Mark Helias.

Helias has worked a lot with Arabic musicians and with Roberts, which allows for even more synergy and familiarity. And while Grdina looks to play a key role as the group founder, in the end he says it's the mix of backgrounds in the group that really make The Marrow tick, three albums in.



▲ The Marrow promises an evening of music in the moment.

it's like, there's this huge thing to learn from, and I want to get as much as I can."

Looking back at the last two decades, Grdina says it's been "absolutely necessary" to study the oud's tradition. But at the same time, partly because he has a different connection to the instrument than others, Grdina feels the best way he can give back to the lengthy tradition is by bringing himself to the instrument.

"The composition starts to be based around musicians. So now we're playing to the people, instead of trying to fit them into something," says Grdina. "The whole band is this mix of different people bringing their own voices to this aesthetic, and being open to making music in the moment is really the thing that draws everything together."

For more information visit: www.caravanbc.com

January 24– February 7, 2023

Cultural Calendar

by SIMON YEE
CONTRIBUTING EDITOR

Hopefully your 2023 has been going well so far! The Lunar New Year ushering in the Year of the Rabbit was on Jan. 22; hopefully you had a chance to partake in some of the month-long new year festivities! Also, why not take some time to check out some of the dance and music performances, film screenings and theatre showings happening around town?

FADO – The Saddest Music in the World
Jan. 14–Feb. 5
www.firehallartscentre.ca

Acclaimed Portuguese-Canadian playwright Elaine Ávila’s play, *FADO*, is a tale of love and ghosts set in the back alleys and brothels of old Lisbon. This musical, which premiered at The Firehall in 2019 and enjoyed a wildly successful run, tells the story of a young woman confronting her country’s Fascist past and her own identity is interwoven with the heartbreaking national music of Portugal known as Fado, which means “fate.” Please visit the Firehall Arts Centre website for tickets and more information.

2023 LunarFest
Jan. 20–Feb. 20
www.lunarfestvancouver.ca

Started in 2009 and built to be a Vancouver Winter Olympics Legacy event, LunarFest is Canada’s premier presenter of contemporary expression in Asian arts and culture. It endeavours to reach new Canadians and those who have been here for many generations to share in the diversity of Canada. It also encourages and fosters the collaboration of Canadian and International cultural presenters to create new forms of artistic expression. LunarFest is a festival that brings together soul, art and life on one stage. Check out the LunarFest website for details for this year’s celebratory events.



Photo by Zia Joseph

▲ Artwork by Rebecca Baker-Grenier on display at the Museum of Vancouver.

Spirit Journeys: Walking with Resilience, Wellbeing and Respect
Opening Jan. 26
www.museumofvancouver.ca

Spirit Journeys: Walking with Resilience, Wellbeing and Respect, opening at the Museum of Vancouver on Jan. 26, provides an opportunity for emerging and mid-career artists to exhibit their artworks. Through the YVR Art Foundation Scholarship Program these artists continued their studies or worked with mentors to expand their personal knowledge of Indigenous art and design. MOV will showcase the work of ten talented artists, and the results are breathtaking and inspiring. For more details, check out the museum’s website.

The Cull
Jan. 26–Feb. 26
www.artsclub.com

The Arts Club will be premiering *The Cull*, being performed at the Granville Island Stage until Feb. 26. While a forest fire rages out of control in the nearby mountains, a group of close friends gather for an anniversary celebration. But when an unexpected gift turns a civil conversation about the local wolf cull into a heated argument, personal interests begin

to threaten the stability of the “pack.” This riveting dissection of human relationships and the forces that control our deepest motivations will keep you on the edge of your seat. For tickets and more information, check out the Arts Club website.

Romanticism Unleashed
Jan. 27–29
www.vettamusic.com

The Vetta Chamber Music is delighted to have the dynamic duo from Barcelona, Kai Gleusteen and Catherine Ordronneau, join them for a classic program of romantic chamber music. They will be performing works by Franz Schubert, Clara Schumann, Franz Liszt and Robert Schumann. For venue locations, showtimes and more information, please check out the Vetta Music website.

Haiti Betrayed
Jan. 28, 12:30–3:30 p.m.
www.haitibetrayedfilm.com

Moving Images Distribution announced today that *Haiti Betrayed*, will have its theatrical premiere at VIFF Centre in Vancouver on Jan. 28. The documentary feature, from award-winning Nanaimo-based filmmaker and photojournalist Elaine Brière,

outlines the role Canada had in the 2004 coup d’état in Haiti that brought an end to a decade of democracy and progressive reforms. In the film, Brière reveals how Canada, in contravention of international law, allied with the U.S. and France to overturn Haiti’s democratically elected government, playing a strategic military role in the removal of a democratically elected government. Seven years in the making, Brière’s film meticulously reconstructs Canada’s role in the removal of Haitian president, Jean Bertrand Aristide; the immediate bloody aftermath and the manipulated elections that followed. Canadian leaders continue to support an illegitimate regime rejected by the Haitian people.

Monsters and the Zombie Apocalypse
Jan. 30, 7 p.m.
<https://langara.ca/departments/history-latin-political-science/Lecture%20Series/Current%20Hastings%20Series.html>

The Langara College Department of History, Latin, & Political Science department will be hosting a lecture series on catastrophe on Monday and Thursday evenings at the Hastings and Dunbar Community Centre respectively for the next several weeks. On Jan. 30, Langara English faculty member Erin Robb will be leading a talk on *Monsters and the Zombie Apocalypse*, which will consider the purpose and function of monsters throughout history, with a particular focus on how and why monsters have changed throughout film, ending with the monster of all monsters, the zombie, whose very existence promises to harken the end of the world.

The Yellowhead-Blue River Road Camps
Feb. 1, 7 p.m.
www.centre.nikkeiplace.org

In 1942 when Japanese Canadians were forcibly uprooted from their homes in the coastal regions of British Columbia, they were treated as a labour resource. Male individu-

als were ordered to labour camps and work projects, including the Yellowhead-Blue River Highway Project. In this talk, Tashme internee descendant Leanne Sumiko Riding will give an overview of the road camps and the men who lived there, including the names and locations of the camps, local geography and environment, populations, building types, opening and closing dates and current conditions of the camps. She will also share her insight on the passive and active resistance in the camps, camp gardens and issei (first generation) self-expression, entertainment such as baseball and hiking, and local reactions of the broader Canadian community.

The Wolves
Feb. 1–11, 7:30–9 p.m.
theatrefilm.ubc.ca

Squats, jumping jacks, lunges, repeat! The Wolves Junior Girls’ Soccer Team trains at the air dome every Saturday morning without fail. As they warm up they chat about everything from world events to menstrual cycles, navigating the joys and complexities of being part of a pack. A finalist for the Pulitzer Prize, *The Wolves*, playing at the Telus Studio Theatre at the Chan Centre for the Performing Arts this February, is a celebration of female adolescence at its most chaotic and buoyant. For tickets and more information, check out the UBC Theatre website.

The Improv Centre February Shows
Various dates in February
www.theimprovcentre.ca

The Improv Centre (TIC) on Granville Island is pleased to announce its Valentine’s programming for the month of February. Shows include Single, Not Single; Kiss & Tell; Date Night and Happy Un-Valentine’s Day. These improvised shows explore relationships, love, heartbreaks, dating and romance from a comedic perspective! For tickets and show information, please check out The Improv Centre’s website.

MASSEY THEATRE PRESENTS

INTERNATIONAL GUITAR NIGHT

ITAMAR EREZ | JOCELYN GOULD
JESUS GUERRERO | STEPHANIE JONES

NEW WESTMINSTER

SATURDAY
JANUARY 28
7:30PM

Massey
THEATRE