

The Source

forum of diversity

The Source – www.thelasource.com – Since 1999



Photo courtesy of City of Surrey

Wild foods and plant preservation

by MARTINA PETKOV

According to Centre for Sustainable Food Systems at UBC Farm (CSFS), increasing human population growth and global food demand, is causing major challenges to global food systems. These challenges are compounded by climate change, and the global degradation of arable land.

Locally, the loss of agricultural land to development, the cost of land, and an ageing demographic of farmers, are just some of the barriers young farmers encounter in trying to get a foothold in agriculture.

But if there are local problems, the CSFS is also identifying local solutions. Indigenous peoples have been stewards of their lands for centuries, promoting conservation and harmony with nature.

Their food systems are often based on sustainable practices that preserve biodiversity and ecological balance.

UBC Farm (established in 2001) set up the CSFS in 2011 as a teaching and research to spur innovation 'from field to fork' to achieve resilient, thriving, and socially just food systems. CSFS supports innovations in food security and ecosystem services, while respecting and protecting diverse ecosystems and knowledge path-

ways within Indigenous and cultivated food systems.

Indigenous food sovereignty

According to UBC, Indigenous foods are identified as "plant, animal or fungi that have been primarily harvested, cultivated, taken care of, prepared, preserved, shared, or traded within Indigenous cultures and economies." Over the many millennia, through the evolution of hunting, fishing, farming, and gathering strategies, Indigenous people harvested a vast diversity of flora and fauna, which have been used as foods and medicine.

Rooted in the history, culture, and knowledge of Indigenous

peoples and their connection to the environment, Indigenous Food Sovereignty emphasizes the rights of Indigenous communities to control their own food systems, ensure access to culturally appropriate and nutritious food, and maintain sustainable relationships with their lands, waters, and traditional food sources.

Indigenous food sovereignty seeks to uphold Indigenous rights as enshrined in treaties, agreements, and international declarations. These rights include land rights, cultural rights, and the right to maintain and practice traditional food systems.

In March 2006 the Working Group on Indigenous Food Sov-

ereignty (WGIFS) was set up. Group members participate in the B.C. Food Systems Network Annual Gathering, and provide input and leadership on ways to increase awareness and mobilize communities around the issue of Indigenous food sovereignty.

Food is medicine

British Columbia's First Nations Health Authority (FNHA) is the first and only provincial First Nations health authority in Canada. As a health and wellness partner to over 200 diverse First Nations communities and citizens across B.C., the FNHA is also a champion of culturally

See "Wild foods" page 4 ➤



Seaweed has a promising future as packaging
Page 4



Encouraging youth to pursue their creative sparks
Page 5



Folk fest: two days of non-stop music
Page 7



Visit The Source Online

www.thelasource.com

Twitter/Facebook: thelasource

Refugees Welcome: making room for Metro Vancouver’s asylum seekers in a tight rental market

by LUC MVONO

In the years leading up to the pandemic, the Immigrant Services Society of British Columbia (ISSofBC) noted accelerated arrival numbers of refugee claimants in Metro Vancouver. Though the COVID-19 outbreak ushered in a brief period of a reduction, as of 2022 the number of refugee claimants in British Columbia has surpassed pre-pandemic levels.

“Last year we served over 3,000 individuals. Now with the Afghan special initiative, and the displaced Ukrainians – it’s like a perfect storm,” explains ISSofBC chief operating officer, Chris Friesen.

For the ISSofBC, the rise in numbers beyond pre-pandemic levels revived the urgency to find innovative ways to support the settlement of refugee claimants in Metro Vancouver, including helping them secure housing in a fierce market.

“We asked ourselves, ‘What else could we put in our toolbox?’” Friesen recalls. “We had 10 full-time staff looking for housing for refugees, and though we had some luck, looking at the long-term projections, we had to find new tools.”

Then came the idea to explore an existing solution that had

area to support refugees, and other displaced people, by renting spare rooms and suites in their homes – an untapped resource with a strong potential for impact.

“Those that are fortunate enough to have housing – especially the older generations – are sitting on real estate, with potentially a number of bedrooms sitting empty. This intrigued us, you know, how this sort of cohort has not been tapped before in exploring their willingness to offer time-limited assistance,” Friesen says.

The pilot was announced on June 1 and is currently registering hosts willing to open up their homes at a reduced rate or free of charge.

“These families or individuals will be able to contribute some of the shelter allowance they receive under the BC government income support. Less than the market rate, but nevertheless a contribution to these families that are opening their homes,” Friesen explains.

As part of the program, the host and tenant would be assigned to an agent for support throughout the tenancy.

Through the first six-month iteration of the project, the Refugee Housing Canada team aims for 150 placements, though

TRINIDAD AND TOBAGO CULTURAL SOCIETY OF BC PRESENTS

CARIBBEAN DAYS Festival

FREE ADMISSION

PARADE IN THE PARK SATURDAY AT 1:30 PM

Scan me

TOWN CENTRE PARK COQUITLAM
1299 PINETREE WAY, COQUITLAM, BC V3B 7S4

SATURDAY JULY 29 10 AM - 8:00 PM
SUNDAY JULY 30 11 AM - 7:00 PM 2023

Canadian Heritage, Pattison, Save on Foods, Buy-Low Foods, Nesters Market, Global BC, 980 CKNW, Rock 101, CFOX, Coquitlam Tourism, TD, Vancity, RE/MAX



Photo courtesy of Refugee Housing

▲ The Refugee Housing Canada team aims for 150 placements within a six month period, to start.

not yet been applied to refugee settlement, but intended for international students, Happipad: a home-sharing app developed by Kelowna-based entrepreneur Cailan Libby. After securing funding through Vancity and the Real Estate Foundation, ISSofBC partnered with Happipad, and non-profit organizations MOSAIC and SUCCESS to develop Refugee Housing Canada – an initiative to provide refugees with housing during their transition in Canada.

Refugee housing Canada

The project calls upon homeowners in the Metro Vancouver

the primary focus is deepening their understanding of the locals with the power to make a difference.

“We’re starting without any baseline,” Friesen asserts. “A lot of the work is going to be more qualitative than quantitative. We’re more interested in the qualitative pieces to help us understand people’s willingness: what inspired them to open up their homes, what they learn from the experience, whether they would consider doing it another time or not.”

More than housing

Through the Refugee Housing Canada initiative, organizers envision results beyond housed refugees. As residents of the Metro Vancouver area open up their homes, ISSofBC and their partners see an op-

See “Refugees” page 7

Place your ad in The Source newspaper or on our website

Email info@thelastsource.com

The Canadian Bluemoon VENTURES LTD. PRESENTS

9th Annual

THE CANADIAN BLUEMOON ELVIS FESTIVAL

JULY 14, 15 & 16, 2023

www.thecdnbluemoon.ca

Nicola Valley Rodeo Grounds, MERRITT, B.C.

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@thelastsource.com
www.thelastsource.com

Founding Publisher and Editor-in-Chief
Mamadou Gangué
Digital Media Advisor (English and French Sections)
Monique Kroeger
Art Director **Laura R. Copes**
Project Consultant & Local Journalism Initiative Desk **Marc Béliveau**
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, Sava Rozsnyai**

Editorial Content Advisors **Denis Bouvier, Alexandre Gangué**
Digital Media Advisor **Saeed Dyanatkar**
Contributing Editors **Nathalie Astruc, Simon Yee**
IT Specialist **Amir Karimian**

Illustrator **Joseph Laquerre**
Writers **Elaha Amani, Nathalie Astruc, Marc Béliveau, Marie-Paule Berthiaume, Hassan Laghcha, Amélie Lebrun, Cynthia Le Taillanter-Dos Santos, Lillian Liao, Alison MacDonald, Luc Mvono, Martina Petkov, Sava Rozsnyai, George Sun, Simon Yee, Robert Zajtmann**

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

Photo credits for front cover
Page 4: Photo courtesy of Phycro
Page 5: Photo courtesy of CREATE! Arts Festival
Page 6: Photo by Nidride David

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

Music and the brain – a youth’s perspective

by GEORGE SUN

Opportunities for high schoolers to gain experience in university labs are few and far between. However, after reaching out to Simon Fraser University’s (SFU) Institute for Neuroscience and Neurotechnology (INN), Advait S. Iyer, an eighth-grade student from Alpha Secondary School, had the chance to conduct his experimental study – testing the cognitive load in the teenage brain associated with performing various activities from playing musical instruments to playing video games – in-person with Sarah Faber.

“Science is a team sport. There’s a certain camaraderie when everyone involved is really interested about what you’re going to find out,” says Faber, a PhD student at the University of Toronto and music specialist at SFU’s INN.

After hearing about Iyer’s research idea, Faber, an avid researcher in studying brain activity linked to music listening, was eager to support. With Faber’s mentorship, Iyer has delved into more scientific collaborations and engaged in more hands-on learning.

Testing and data collection

Initially, Iyer had the lofty goal of creating his own electroencephalogram (EEG) for his school’s independent directed studies course.

“Building an EEG is incredibly difficult. My school didn’t have the resources and my science teacher sort of gave me a reality check,” says Iyer.

Soon after, Iyer came up with another idea, this time to study the differences in how the adolescent brain behaves when subjects do cognitively challenging tasks. His mother, Lakshmi, a health science professional, reached out to SFU’s INN, where they were connected with Faber. An expert in music and brain activity, Faber was eager to help.

Using the INN’s resources, and accompanied by Faber’s guidance, Iyer designed his experiment and recruited volunteer participants. Though many were reluctant at first, Iyer collected six volunteers from his school

to perform these cognitively challenging tasks. Some of these activities included solving math problems, doing Rubik’s cubes, playing chess, scrolling through social media, playing video games and playing a selection

cognitively challenging activity, Iyer also had a motivation.

“I wanted to tell my friends who were constantly on social media and playing video games that it’s bad [for the brain],” says Iyer.

of a scientist in him. Faber provided the necessary scientific equipment at the start and gave thorough explanations of how each component worked on top of her continuous advice, encouragement and mentorship.

“It’s very different from school, where teachers teach you stuff. This was a true experimental study.

Advait S. Iyer, eighth-grade student, Alpha Secondary School

of musical instruments. Given this opportunity to work in a university level laboratory, Iyer learned how to use EEGs to collect and read the data on his test subjects’ brain activity. Behind his curiosity to find the most

After rounds of testing and data collection, Iyer’s hypothesis was correct – playing musical instruments is, in fact, the most challenging activity for the teenage brain. Though his data is inconclusive to show which instrument causes this, Iyer believes it is piano. He also believes the brain reacts in different ways depending on the difficulty of a task.

“It’s more of the challenge level of the activity rather than the activity itself. For example, someone who faces a weaker chess opponent will have a less cognitively challenging task compared to someone who faces a stronger opponent,” explains Iyer.

Benefits of mentorship

Most of the time, Faber played the role of a research assistant for Iyer’s project. Regardless, she was still essential to adjusting Iyer to the university lab setting and for fostering the mind

“She left it to me. It’s very different from school, where teachers teach you stuff. This was a true experimental study,” says Iyer.

Although it was Faber’s first time working alongside a high school student in the science lab, she felt immensely rewarded and grateful.

“Seeing his enjoyment and ability to put everything together was definitely the most rewarding part. It was seeing the spark and joy in him,” says Faber.

Opportunities like what Iyer experienced are encouraging – they inspire and motivate the next generation. Undoubtedly, it is important for youth to be exposed to real world situations in order to learn, grow and lead. ✍

For more information:
www.sfu.ca/sfunews/stories/2023/06/highschool-student-partners-with-sfu-music-specialist-to-research.html



Photo courtesy of Neuroscience Newst

▲ *Playing musical instruments is the most challenging activity for the teenage brain.*



BRITISH
COLUMBIA

Help fill gaps in BC Government services.

Take the BC Demographic Survey.

Information collected will help us identify inequities in government services and improve access for more people. We need people of all backgrounds to participate.

Do your part to help address systemic racism and make BC more equitable and inclusive.



Take the BC Demographic Survey

Visit antiracism.gov.bc.ca/BCDemographicSurvey or scan the QR code.



BCStats

A promising bioplastic made from B.C. coastal seaweed

by CYNTHIA LE TAILLANTER-DOS SANTOS

"Canadian farmers use 62,000 tons of plastic products and packaging annually and the Ag-ri-foods industry accounts for 1,900,000 tons of plastic products," says Ranah Chavoshi, a Simon Fraser University (SFU) biologist specializing in Phycology (study of seaweed).

The 29-year-old British-Columbian with Persian roots is doing something about that problem.

Drawing on her phycology expertise she worked in her spare time and on a substitute for petroleum plastic packaging that could benefit from an accessible resource: native B.C. seaweed.



Photo courtesy of PhyCo

▲ Ranah Chavoshi, co-founder and CEO of PhyCo.

With her seven years of experience as a marine biologist specializing in aquatic toxicology and the study of seaweed, and with the help of a renowned researcher, Stacey Goldberg, PhD, she decided to launch a local start-up, PhyCo to develop a durable and minimal carbon impact packaging. Their prototype has several attractive features: supply from the local ecosystem, originating from crops with high production yields and low-maintenance, carbon sequester, and a biodegradable final product. And it sparked the interest of university officials and private impact investors.

A turning point

Chavoshi says that her commitment to finding an alternative to plastic is the result of an "unexpected life-changing moment" while travelling in Malaysia for a Laboratory Volunteering project. In an iconic natural area for scuba diving, she was struck by the overabundance of plastic, everywhere, in the ocean, on the beach, even in the air with the smell of burning plastic that locals tried desperately to eliminate.

"How can I be part of the change?" she wondered.

Back in Vancouver Chavoshi decided to target the problem of single-use plastic packaging



Photo courtesy of PhyCo

▲ B.C. seaweeds are on the way to becoming a substitute for petroleum plastic packaging.

that massively pollutes waters from discarded packaging to microplastic from degraded petroleum-based products.

She has channeled all her efforts these last few years to take an active part in this change. In 2021, she won first place in the 2021 Greater Vancouver YMCA Youth Mean Business Pitch Competition and is the 2022 winner of her department's teaching award for her innovative concept.

Fighting pollution, engaging First Nations

With PhyCo, she is taking the opportunity to make B.C. a leader on new strategies to fight man-

made water pollution. Besides focusing her work on a technical method of mixing seaweed powder and non-toxic chemicals to be one of the alternatives of traditional plastic, she is taking the whole project to an inclusive and social level.

Her systemic approach considers the entire value chain and ensures a local supply by collaborating with Pacific Coast First Nations. PhyCo has built a strong partnership with the coastal communities that can showcase their skills to farm and harvest the Native-Seaweed. The company is trying to inspire a positive dynamic that thinks of the

whole process as an opportunity to serve society.

Chavoshi emphasizes that she is willing to offer her guidance to make sure that the project remains sustainable and fair and not damaging to the ecosystem or to society.

Despite her concerns about climate change and her knowledge of the multiple challenges that humanity is going to face soon, the marine biologist is willing to share an optimistic message, that we can all make a change for a better future. ☞

For more information visit: www.phyco.ca

► "Wild foods" from page 1

safe practices throughout the broader health care system.

The work done by the FNAH is grounded in the First Nations perspective on health and wellness.

This holistic vision encompasses the emotional, physical, mental, and spiritual aspects of life.

In addition, the FNAH is also running a Climate-Resilient Food Sovereignty Project putting youth at the forefront of enhancing food harvesting and providing them with opportunities to share traditional knowledge with Elders, their families and other youth. This engagement of the younger generation allows them to view themselves as stewards of their land, to view it as a resource to nurture and protect, and encourages them to increase their own strength, resilience, and self-esteem.

Reclaiming and sharing ancestral knowledge of plants

While traditional Indigenous foods are sources of sustenance,

they also hold immense cultural and spiritual significance and are often integral to ceremonies and rituals. Indigenous food sovereignty practices are often deeply intertwined with Indigenous languages, ceremonies, and social structures, all of which foster a sense of belonging and cultural continuity.

Born and raised in Langley, Deanna Miller (ᑭᓐᓂᓐᓂᓐ - meaning healer in the ᓂᓐᓂᓐᓂᓐᓂᓐ language) from Katzie First Nation became empowered to reignite the ecological sustainability and cultural preservation of her ancestors, through plant knowledge.

Miller's father was a residential school survivor and, although she grew up on reserve, she felt no connection to the culture and land. When she started working as an aboriginal support worker for the Langley school district in 2007, she was exposed to an array of culture and ceremony,

as well as the knowledge and experience of her co-workers. However, she still felt like she never really had a connection to culture that was specific to her until she started to learn about plants.

She acknowledges that, initially, her learning was mostly self-directed, as she did not have access to Elders for support. She first attended a medicine making workshop at UBC Indigenous Gardens, also part of UBC Farm now known as the ᓐᓂᓐᓂᓐᓂᓐᓂᓐ Garden with its traditional ᓐᓂᓐᓂᓐᓂᓐᓂᓐᓂᓐ Musqueam name meaning "The place where we grow".

Through her interaction with the Elders in residence, Miller was able to identify her true passion.

"From then, I made a commitment to build a relationship with the plants on my land," she recalls.

What started as a hobby for Miller, quickly turned into a

small business, making teas, salves, skin care products and balms, as well as running medicine making workshops and plant identification walks.

"Preserving traditional ways of language, ceremonies, plant knowledge, fishing is important," she says.

"However, we need to embrace that culture changes and evolves, and acknowledge that



Photo courtesy of Deanna Miller

▲ Deanna Miller of the Katzie First Nation.

everyone practices culture in different ways and so there are different ways that we can preserve culture".

Miller has witnessed how much of the traditional ways of life have been eclipsed by capitalism and industrialism.

"I would hope, people understand that the indigenous people in all of our communities are the original stewards of this land. We cannot get back to our traditional stewardships, but it's important to find a better collective balance," she says.

Miller believes that everyone should take a moment to "walk slowly" and take in everything nature has to offer and be thankful for what the earth can provide for us. ☞

For more information visit: www.surrey.ca/news-events/events/plant-knowledge-medicine-roller-workshop
www.fnha.ca/Documents/Traditional_Food_Fact_Sheets.pdf



**Reach the growing
FILIPINO COMMUNITY
in British Columbia!**

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



PRINT • MOBILE • ONLINE

© BY GL CUENCA ART PHOTOGRAPHY

20  23

VANCOUVER FOLK MUSIC FESTIVAL

JULY 14-16 JERICHO BEACH PARK

For the best weekend of your summer!

AMERICAN BEAUTIES: SONGS OF THE GRATEFUL DEAD RE-IMAGINED | JILL BARBER | CALEXICO
BLICK BASSY | TRÉ BURT | JIM BYRNES | LAS CAFETERAS | JOACHIM COODER | CELEIGH CARDINAL
MAYA DE VITRY | KRISTLE DOS SANTOS | STEVE DAWSON AND THE HOODED MERGANSERS
FERRON | DEREK GRIPPER | JOE HENRY | THE HIGH BAR GANG | RICH HOPE | COLIN LINDEN
KALÀSCIMA FEATURING ANDREA RAMOLO | AMYTHYST KIAH | MELÓN JIMÉNEZ & LARA WONG
AOIFE O'DONOVAN | WILLIAM PRINCE | KAYHAN KALHOR TRIO | ALBERT LEE | TRUE LOVES
DON MCGLASHAN WITH ANITA CLARK | MEDICINE SINGERS | RUTH MOODY | SUSAN O'NEILL
NAMGAR | SAMANTHA PARTON | JOCELYN PETTIT & ELLEN GIRA | RUM RAGGED | SAN PEDRO CINCO
TINY HABITS | TOUBAB KREWE | CLÁUDIO RABECA QUARTET WITH SERENA EADES | THE SOJOURNERS
RUBY SINGH AND THE FUTURE ANCESTORS | TWIN FLAMES | CEDRIC WATSON & JOURDAN THIBODEAUX

BRING YOUR BESTIES
AND SAVE!



THEFESTIVAL.BC.CA



WHISTLER
BREWING CO.

HESTER
CREEK

BC
PARKS
FOUNDATION

stir

WAVE98.3
VANCOUVER'S COOLEST VIBE

THE TYEE
NEAR COFFEE, SELECTION

Global
BC

Canada

BRITISH COLUMBIA
ARTS COUNCIL
An agency of the Province of British Columbia

BRITISH COLUMBIA

BRITISH COLUMBIA
Ministry of
Tourism, Arts,
Culture and Sport

VANCOUVER
IS AWESOME

straight



CAFÉ CROISSANT

LE RENDEZ-VOUS HEBDOMADAIRE DES AMOUREUX DE LA
LANGUE FRANÇAISE DE TOUTES LES GÉNÉRATIONS !

Coffee Croissant

THE WEEKLY RENDEZ-VOUS FOR FRENCH
LANGUAGE LOVERS OF ALL GENERATIONS!

VENEZ NOUS REJOINDRE POUR
ÉCHANGER AUTOUR D'UN CAFÉ,
TOUS LES SAMEDIS MATIN DE
10H00 À 12H00 AU MCDONALD'S
15574 FRASER HWY, SURREY, BC
V3S 2V8.

COME JOIN US FOR COFFEE
EVERY SATURDAY MORNING FROM
10AM TO 12PM AT MCDONALD'S
15574 FRASER HWY, SURREY, BC
V3S 2V8.



ALLIANCE
FRANCOPHONE
FRANCOPHILE
depuis
1987
Greater Vancouver & Fraser Valley

Hands-on, family friendly and accessible art making for all

by ELAHA AMANI

Eastside Arts Society calls all artists and creatives to participate in their two-day summer art making event CREATE! Arts Festival, a youth-friendly space for learning, discovering and creating.

"I'm so thrilled that there is an art-making festival that happens outside and in the summer. It provides many people who are unable to get out of town with a wonderful day of creation by professional artists," says Esther Rausenberg, artistic and executive director of EAS.

Running from July 22-23 at Strathcona Park, Eastside Arts Society's (EAS) third annual CREATE! Arts Festival welcomes all who are interested in a weekend of various free and paid on-site visual and performing arts workshops, such as on photography, needle felting, pottery, glass fusing, watercolor painting, storytelling and more. Additionally, guests will be able to enjoy a wonderful array of food trucks and a fully-licensed beer garden alongside the festivities.

The two-day festival will open on a Saturday, with outdoor workshops and festivities hosted by over a dozen artists in the Eastside Arts District community. These workshops are inclusive of adults, children and youth and audiences of all skill levels, taught by recognized artists Amberlie Perkin, Taaye Wong, Tanna Po, Nathaniel Marchand, Eri Ishii and more. Guests will also be able to watch demonstrations on pottery, painting and

art forms. The festival might provide that creative spark that encourages youth to continue pursuing the arts either professionally or as a hobby," says Rausenberg.

Now in its 27th year of operation, Eastside Arts Society is a registered charity recognized for some of Vancouver's most innovative and cherished programming for contemporary visual arts such as the CREATE! Arts Festival, Eastside Culture Crawl Visual Arts and more. For nearly three decades, EAS has inspired, educated and engaged the East Vancouver community in visual arts, as well as fostered excellence and professionalism. Rausenberg notes that the EAS' primary mission is to create programs that connect the public to artists and the art-making process, ensuring that there are enough opportunities for youth and adults alike. Through programs and events such as the CREATE! Arts Festival, EAS hopes to succeed in this mission.

"CREATE! has taken our annual event the Crawl one step deeper into appreciating all that is involved in making a piece of art, creating a song and/or developing a story," she says.

Looking ahead

With Eastside Arts Society being a proactive and vibrant part of the local art community, artists and creatives can remain optimistic about more opportunities for development, learning and fun in the future. EAS is currently looking at creating an Eastside Arts District and formalizing this area as a place



▲ CREATE! Arts Festival is designed to be hands-on, family friendly and accessible to people of all ages.

glass beading, and partake in public art projects such as mural coloring, squeeze art, a collaborative printmaking collage and more. Additionally, local handmade artworks and goods curated by OH Studio Project will be available for purchase at EAS' brand new Festival Art Shop.

The following and final day of the CREATE! Arts Festival will take place indoors in local art production spaces, with additional workshops featured.

About EAS

"The CREATE! Arts Festival was designed to be hands-on, family friendly and accessible to people of all ages who have an interest in creating. It's a means to offer people an opportunity to get a "taste" of various mediums and

where all disciples of art happen. Rausenberg and the EAS team are looking forward to this being an incredibly lively and spirited arts zone.

The CREATE! Arts Festival is only one of EAS' contributions to the art community, and there will absolutely be more to come.

"This is the perfect opportunity to come out and test that desire for creating something with your own hands and immerse yourself in a community where everyone is creating something! What an idyllic way to spend a day, in the summer, in the city," says Rausenberg. ✍️

For more information, please visit: <https://mpmgarts.com/media/campaigns/3rd-annual-create-arts-festival>

Dancing on the Edge – Building connection through dance, artistry and culture

by ALISON MACDONALD

In its 35th year and working on building back after the pandemic, the Dancing on the Edge Festival returns with all its creativity, collaboration and innovative choreography from July 6 to July 15. As Canada's longest running professional dance festival, it emerges with a range of cutting-edge works focusing on themes such as identity, ancestry, heritage, home, solitude and control, among others.

"People want to create work that grounds them, that we can learn from. For example, in *Homeland*—two artists talk about what home is and what it means to them, the connection to home. Where do we belong? Who we are? How do we fit into society? It is evident it is the right time for this piece," says festival director Donna Spencer.

Spencer highlights the intent and importance of the festival in encouraging new work and those creators and choreographers that have longevity in the career to still be entertaining audiences.

"The beautiful part of contemporary dance is that it can transcend difference. Kinetically, we feel movement when we watch it, communicating and connecting to you. In one of the choreographer talks, Paul-Andre Fortier comments, 'we don't expect you to understand why a movement is chosen – but ask you to sit back and take it in – to feel what they see on stage.' Some people find it boring or say, 'I don't get it,' but you can," says Spencer. "You just have to open yourself, sit in it and appreciate the work. It is something that can transcend cultural differences, and, with the festival's work, we aim to be inclusive."

In reviewing the schedule, one



Photo by Luciano-Freire-DAnunciato

▲ *Ecdysis | Soft Palate* is a double bill showcasing the interdisciplinary collaboration of Vancouver based choreographer Emmalena Fredriksson, costume designer Alaia Hamer and lighting designer Kyla Gardiner.

According to Spencer, their mandate is to bring new contemporary dance to audiences and increasing appreciation, understanding and enjoyment.

"We want to bring work that stimulates and takes risks. Artists need to take risks. We are trying to walk the line between [what audiences are ready for and what artists are creating]," she says. "We want to believe in the work, and when we see the potential of the artist, we want to say, 'let's support that artist.'"

Challenging audience and creators – a festival for introspection and appreciation

In learning how the festival is cultivated and curated, Spencer mentions that over 100 applications were received when there was a call for proposals.

"We look at the quality of the work – which is fabulous – it has gotten so much stronger than 35 years ago. It is challenging to review the artists' work, and the hardest part is making the selections from emerging artists – letters of references are called for from professional choreographers," she says. "I also have a network of people in Canada that I can draw upon for input about the artists' work. We want to stimulate audiences' minds. The audience should be interested, entertained and intrigued."



Photo by Della Brett

▲ Choreographer Isabelle Kirouac's *Meta/Fauna*, in which two shape-shifting creatures evolve in their ephemeral habitat.

can see the diversity and range of the performances, from not only the intersection of different types of performance art and dance but even to the inclusion of individuals with hearing challenges and other abilities.

"There are not only race/gender issues but other challenges. We are inclusive, showing strong work that entertains and makes people think," Spencer comments.

There are a range of performances available from creators such as Joe Laughlin, who participated in the first festival in 1988, and new emerging works – both full length performances and the Edge 1-6 series. ✉

For more information: www.dancingontheedge.org

K.ASIF'S TIMELESS EPIC
NOW A SPECTACULAR MUSICAL PLAY

KVP | KAMAL'S ENTERTAINERS PRESENTS

CINEMA ON STAGE

WINNER OF 7 BROADWAY WORLD INDIA AWARDS

"MAGNIFICENT" - TIMES OF INDIA

"VISUAL MARVEL" - VOGUE

"MESMERISING" - INDIAN EXPRESS

A CINEMA ON STAGE PRESENTATION
SHAPOO JACOBSON'S
Mughal-E-Azam

DIRECTED BY
FEROZ ABBAS KHAN

4TH & 5TH AUGUST 2023 | SHOW TIME- 7:00 PM
6TH AUGUST 2023 | SHOW TIME- 1:00 PM

QUEEN ELIZABETH THEATRE, 630 HAMILTON ST, BC V6B 5N6, CANADA
VANCOUVER

FOR MORE INFORMATION: 855-COS-INFO (855-267-4636) | www.cinemaonstage.com

CONTACT: KAMAL SHARMA: 604-833-1977

HEAD FEMALE YOUTH
NEVAEH LEWIS-BAKER
SIYAMATHEL ROSE GREENE

HEAD MALE YOUTH
NOLAN RUDKOWSKY
MENTOR AND DRUM CONTEST
JUDGE VICTOR HARRY

2023 | JULY 14-16
CAPILANO RESERVE PARK

1ST ANNUAL MEMORIAL
SQUAMISH NATION YOUTH
POW-WOW

WELCOME TO XWMELCH'STN • HA7LH EN SKWALWEN KWIS TL'IKNUMUT YAP (ALL ARE WELCOME)
IN LOVING MEMORY OF TENALH-T (GLORIA NAHANE, HONEYGIRL)

FRIDAY GRAND ENTRY 6PM | SATURDAY EVENING GRAND ENTRY 7PM
SATURDAY GRAND ENTRY 12:00PM | SUNDAY GRAND ENTRY 12:00PM

Indian Summer Festival's Punch Up Laughter in the face of adversity

by LILLIAN LIAO

Anoushka Ratnarajah from Indian Summer Festival (ISF) is curating a stand-up comedy show, *Punch Up*, that will explore the theme of interconnectedness through a diverse line-up of comedians who have conventionally been the target of jokes.

Featuring Joanne Tsung, a first-generation queer Taiwanese immigrant to Canada, and Savannah Erasmus, an Indigenous comedian well-known for her fashionable persona, amongst others, *Punch Up* creates space for historically marginalized jokesters to reclaim their creative and social power.

ISF will return this July 6 to 16 with 10 events featuring multimedia artists. With the theme of inter/dependence, the festival aims to destabilize the myth of individualism by showcasing the human nature to seek connections and depend on one another. As part of its 13th rendition, the anti-oppression, resistance-fuelled performance, *Punch Up*, will take place on Wednesday, July 12 at Granville Island's Performance Works venue.

"The idea for the name of this event was taken from the ethos of comics that I enjoy and re-

and artists of colour, *Punch Up*'s line-up features comics that are frequently marginalized by both the artistic industry and society at large. In accordance with the festival's theme, Ratnarajah points out how the pandemic uncovered the human yearning for interdependency – a need from which artists, particularly those from traditionally marginalized backgrounds, are not immune.

"I think we realized we all have an effect on each other,"

“I just hope people laugh so much till their stomach hurts and that folks learn something new and they feel seen.”

Anoushka Ratnarajah, curator of *Punch Up*

says Ratnarajah. "Even though we were forced to stay apart, it became very clear that we are an inter-dependent species, and people are starting to think and evaluate how we can get back in touch with each other and the environment."

One of the comics that will be performing is Tsung who is most well-known for her work

Mark and Savannah Erasmus – will also take the stage.

"All the comics in the line-up come from identities you wouldn't see on stage during comedy clubs 10 years ago," Ratnarajah says. "It's super exciting to experience humour and perspective from folks who have not been able to access those kinds of stages."

Laughing through dark times

As evident through its line-up, the comedy that will be show-

cased at *Punch Up* is expected to address difficult topics concerning social oppression, including white supremacy and the patriarchy. For Ratnarajah, laughter is one of the coping mechanisms for people who experience racial, gender and other forms of oppression.

"We have a pretty incredible capacity for being able to bring out laughter even in the direst of circumstances," Ratnarajah says. "There will be some dark humour, but we'll always bring it back to the lightness – it would be really refreshing for folks to see what kind of talent Vancouver has in terms of comedy."

Through these comics' willingness to share absurd personal experiences, Ratnarajah hopes that *Punch Up* will encourage new perspectives. In addition, Ratnarajah's wish is also that these comics will gain new followers that will help further their careers, which is all the more important when it comes to fostering spaces for marginalized stories.

"I just hope people laugh so much till their stomach hurts and that folks learn something new and they feel seen," Ratnarajah says. "I hope that there are stories that get told on stage that resonate with them, change or blow their minds in some way." ✍

For more information, see <https://indiansummerfest.ca/isfevents/punch-up>

fluctuation in society, refugees can be seen both as an asset and as a deficit. The more that we can broaden the tent and bring the people to the community, traditional and non-traditional partners into the tent help us to manage future humanitarian resettlement movements." ✍

For more information about Refugee Housing Canada, please visit: www.refugeehousing.ca



Photo by Clayton Wong

Folk Fest Music near the beach

Broad and eclectic in range, and with something for every music aficionado, this year's festival is global in spirit. For three days, morning to evening, the Vancouver Folk Music Festival (Jul 14–16) hits the grass at Jericho Beach Park.

The festival schedule is posted online, and with over 40 music acts – with roots in over 12 countries, 10 states and eight provinces and territories – audiences can fully experience abundant and diverse musical talents.

The festival's gates open Fri (July 14) at 3p.m., and music runs Sat and Sun from 11a.m. to 11p.m.

Evening main stage concerts

Fri, July 14 | MC: Tim Reinert

A Musqueam Ceremony with Thelma Stogan and family opens the festival, followed by performances from: Amythyst Kiah, Aoife O'Donovan, Caalexico and Medicine Singers.

Short performances by Melón Jiménez & Lara Wong Flamenco-World Trio, Tiny Habits and Blick Bassy.

Sat, July 15 | MC: Lisa Christiansen

On stage: Toubab Krewe, William Prince, American Beauties: Songs of the Grateful Dead Re-Imagined and True Loves.

Short performances by Cedric Watson & Jourdan Thibodeaux, Susan O'Neill, and Tré Burt.

Sun, July 16 | MC: Margaret Gallagher

Concerts by: Joe Henry, Albert Lee, Las Cafeteras and Kalásima featuring Andrea Ramolo.

Short performances from Twin Flames and Don McGlashan w/Anita Clark.

A Festival Finale follows the evening's last performance. Stay to see the parade of hauntingly beautiful lanterns which lead everyone out of the park.

Day stage concerts and workshops

On Friday (4–6 p.m.), and both Saturday and Sunday (starting at 11 a.m.), audiences can get better acquainted with individual artists and groups on the festival roster.

At workshops, they'll see and hear unique, one-of-a-kind live gatherings of musicians from varied music genres and cultures coming together around a theme such as "Storytellers" or "Globetrotters". The results are always unpredictable, and on a regular basis, extraordinary – and always good watching.

Kids are welcome

There's a special place for kids and families on site: explore, create and discover in the Little Folks Village. This year, in ad-

dition to the Creative Station and Musical Playground, folks can enjoy Redbird and Friends, Sand Northrup's one woman circus and the North Shore Celtic Ensemble.

Food, beverage, accessibility services and more

Adding to that festival vibe, there are lots of choices of places to eat and drink, things to learn and amazing places to shop over festival weekend.

Pete's Eats outdoor food court offers over two dozen global meal, snack, dessert and beverage vendors.

The Beer and Wine Garden features beverages from Whistler Brewing, Lonetree Cider and Hester Creek Estate Wines.

The Artisan Market's 28 booths offer shoppers beautiful, useful and unique locally-made items as well as ethically-sourced imported goods.

In the Community Village, the public can visit local organizations and learn about what they do.

And at the Festival Merchandise & the Artists' Emporium: Music 'n' More tent, people can stock up on their 2023 souvenirs and mementos – and even have items signed by festival artists.

The festival offers Accessibility Services for those who need assistance and ASL interpreters on some daytime stages.



▲ Medicine Singers' music connects experimental music and traditional powwow.

Services include free drinking water stations (no bottled water is sold on site, so all festival-goers are asked to bring their own beverage receptacles), a secure Bike Lock area, Information Tent, Lost and Found and a fully-realized and extensive plan to minimize the festival's impact on the park environment and on the planet. ✍

For more information visit: www.thefestival.bc.ca
Follow @vanfolkfest on IG & Facebook



Photo by K. Ho

▲ Anoushka Ratnarajah is a mixed race, queer femme of Sri Lankan and British ancestry, and an interdisciplinary and transnational artist and arts organizer.

spect – using comedy to 'punch up' – to make fun of systems, people, and institutions that hold power over us instead of the usual tradition of comedy in which marginalized people are the ones being made fun of," says Ratnarajah.

Diversity in comics

Chosen with the intention of creating space for queer, trans,

on OUTtvGO's Killjoy Comedy, a stand-up comedy series that spotlights those who have historically been the sources of jokes. Tsung will be joined by Tin Lorica, who has appeared on CBC's *The New Wave of Stand-up*, and Kamal Pandya, a returning comedian whose work has been described by ISF as a mix of sarcasm and tenderness. Two Indigenous comedians – Sasha

Erratum

In the article on Refugees in Vol 24 No 1, the correct information should have been: If a claimant tries to make a claim at the border with CBSA, or has already entered Canada irregularly, if they are intercepted by CBSA before 14 days they are deported back to the US. The Source apologises for the error.

► "Refugees" from page 2 portunity for locals to expand their perspectives.

"The more people that open their homes to refugees, the more will begin to intimately understand the plight of the global refugee crisis," Friesen says. "To me, this is about systematic change. It's about reducing barriers. It's about enhanced social cohesion. As you know, at times of economic

July 11–August 22, 2023

Cultural Calendar

by SIMON YEE
CONTRIBUTING EDITOR

Immerse yourself in the vibrant spirit of Vancouver during the summer season, where the city comes alive with a dazzling array of festivals and events. From pulsating music festivals and live theatre to captivating cultural celebrations and street parties, these festivities capture the essence of the city's diverse and dynamic spirit and there's something for everyone to enjoy. Have an amazing Summer of 2023 everyone; see in late August!

* * *

The Prom and Roald Dahl's Matilda: The MusicalJuly 6–Aug. 26
www.tuts.ca

Audiences are invited to witness the magic that comes from taking risks, celebrating differences and, above all, accepting others for who they truly are in this summer's endearing and exhilarating season of Theatre Under the Stars, which presents *The Prom and Roald Dahl's Matilda The Musical*, on stage now until Aug. 26, at Stanley Park's scenic Malkin Bowl. These two sparkling musicals are full of whimsy and charm – both featuring a large cast of lovable and zany characters, eye popping set design and outstanding musical numbers. Please visit the theatre's website for cast information, tickets and synopsis.

* * *

Vancouver Folk Music FestivalJuly 14–16
www.thefestival.bc.ca

Indulge in the rich tapestry of cultural diversity at the 46th annual Vancouver Folk Music Festival. Nestled in the picturesque Jericho Beach Park, this event showcases the talents of local and international folk artists, providing a harmonious blend of traditional melodies and contemporary sounds. Listen to diverse styles of music, from rockin' blues to vocal treasures, from the heartbeat of powwow drums to global beats and from beloved Grateful Dead tunes and explosive Afro-Mexican rhythms to new traditions from Southern Italy and more – the evening main stage lineup at this year's festival showcases some of the incredible diversity of world sounds you'll hear everywhere in the park throughout the weekend. Be sure to check out the artisan market and folk bazaar, enjoy the many food vendors set up around the beachfront and have fun at the Little Folks Village for children 12 years and younger. Check out their website for a complete list of performers.

* * *

Sunday Afternoon Salsa at Robson SquareJuly 16, 23, 30, Aug. 13, 20
www.sundayafternoonsalsa.com

Now in its 18th year, Sunday Afternoon Salsa at Robson Square has been teaching dancers to spice up their dancing. Some of the city's best instructors will be on hand to help beginners and experienced dancers learn how to salsa at the free half-hour lesson at 3 p.m. Afterwards, join others for casual, social dancing or watch dance performers perform a variety of dance styles. For a complete list of dancing events, check out their website.



▲ The Vancouver Mural Festival is designed to connect, reflect and celebrate the city's diverse communities through art and live events.

* * *

Early Music Vancouver Summer FestivalJuly 27–Aug. 5
www.earlymusic.bc.ca

Inspired by Christine de Pizan (1364-ca.1430) – the revolutionary writer who questioned the centuries-old treatment of women and their prescribed place and role in society, this year's Early Music Vancouver Festival theme *WOMENinSIGHT*, explores the impact and the role of women throughout history via a musical lens. Discovery is at the heart of the Festival – ranging from cloistered nuns to renowned singers, to acclaimed writers and composers writing for historical instruments past and present, audiences will bask in works shadowed by history and hear newly created ones. The festival opens with the world premiere of *The Queen of Carthage* – an operatic performance co-produced with re:Naissance Opera, including commissioned new works by female composers alongside those of Baroque masters.

* * *

Film Noir 2023Aug. 3–Sept. 4
www.thecinematheque.ca

This August, wrap yourself in the nocturnal embrace of The Cinematheque's annual film noir season, their routine deep-dive into that deliriously dark and fertile period of hardboiled, high-body-count American cinema. This year features a 12-film rogues' gallery of Tinseltown crime pictures spanning the length of the classic noir cycle – from its earliest archetype (1941's *The Maltese Falcon*, boasting a brand-new restoration) to its final outpost (1959's *Odds Against Tomorrow*). Before the opening-night screening of *The Maltese Falcon*, join the theatre for a courtyard shindig featuring vinyl jazz, tasty treats, Luppulo beer and your first shot at scoring their 2023 noir merch!

* * *

Harmony Arts FestivalAug. 4–13
www.harmonyarts.ca

Presented by Odlum Brown, the Harmony Arts Festival will return on Aug. 4 to 13. The festival takes place in West Vancouver along the waterfront on Argyle Avenue, from 14th to 16th Street. Join them for live music and celebrate visual and culinary art in the community. For schedule information and a complete list of

musical events, dining events and visual art exhibits, please visit the festival's website.

* * *

Vancouver Mural FestivalAug. 4–13
www.vanmurfest.ca

Vancouver Mural Festival is an annual outdoor celebration of public art designed to connect, reflect and celebrate our diverse communities through art and live events. Explore the creative side of Vancouver's great outdoors and discover your new favourite murals, artists, performers, communities, neighbours and more! There will be many exhibits and events during the festival, including the Mount Pleasant Street Party, Bastid's BBQ and Astro Alley. Check out the festival's website for more information.

* * *

Maple Ridge Caribbean FestivalAug. 5–6
www.caribbeanfest.ca

For more than 23 years, the Caribbean Festival has drawn musicians from around the world to the tranquil and beautiful nature in Maple Ridge, British Columbia. Full of music, mingling, good

tunes and great times, this year's concert lineup promises to make the festival another stellar event. Check out the festival's website for more information.

* * *

Powell Street FestivalAug. 5–6
www.powellstreetfestival.com

Celebrate Japanese Canadian culture this B.C. Day long weekend with live music, Japanese festival food, martial arts demonstrations and more! The Powell Street Festival is one of the largest and the longest-running community arts festivals in Canada, located in Vancouver's historic Japanese Canadian area, Paueru Gai – today known as the Downtown Eastside. The Powell Street Festival Society also offers year-round programs and collaborates with local organizations, artists and communities. Check out the festival's website for more information.

* * *

Ambleside Music FestivalAug. 19–20
www.amblesidefestival.com

Taking place on August 19 and 20, the Ambleside Music Festival will once again welcome music lovers to Ambleside Park for a summer party with a weekend packed with incredible food, engaging activations and live music from a mix of local talent and internationally celebrated artists, including rock n' roll juggernaut headliners Weezer and Third Eye Blind. Concert-goers can also expect great local retailers, live music and impressive food & beverage options from local food trucks, craft beer, wine tastings and more, including community activations, focused on giving back to the West Vancouver neighbourhood that has embraced the festival over the years. For concert lineup information, please visit the music festival's website.

YOUNG SONGWRITER?
CLIMATE ACTIVIST?
COMMITTED TEACHER?

CLIMATE SONG CONTEST
1.5 ALIVE
SHOUT FOR CHANGE
MAY 1ST - SEPTEMBER 30TH 2023

ONE PLANET
ONE CHANCE

SOLO, WITH YOUR FRIENDS OR YOUR CLASS

Create an original song or a music video to inspire CLIMATE ACTION and to win amazing prizes!

French/English
From 12 to 21 y.o.

With the support of **Canada** **SDE** **The Source**
Columbia-Britannique Forum of Diversity

Media partner **ecoNOVA**

Details and registration on www.econova.ca

[@econova_ca](https://www.instagram.com/econova_ca) [@econova_ca](https://www.tiktok.com/@econova_ca) [EcoNovaEducation](https://www.youtube.com/econova_ca) [EcoNovaEducation](https://www.facebook.com/econova_ca)