

The Source

forum of diversity

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by SIMON YEE

As we bid farewell to another remarkable year, The Source Newspaper takes great pride in reflecting upon the myriad narratives that we have told this year. The Source has always been a platform for stories that celebrate diversity and showcase the unique voices, experiences and contributions of individuals and groups from various backgrounds, fostering a sense of unity and appreciation for the multicultural mosaic that exemplifies our community.

Throughout 2023, our reporters touched on many subjects includ-

ing the immense influence of artificial intelligence (AI), the cultural significance of traditional dishes and the city's many music, dance, film and art festivals celebrating people from diverse backgrounds. Before we head into the new year, let's take a look back at some of those stories we've brought you this past year.

Reshaping human living with AI

Artificial intelligence, with its transformative capabilities, has emerged as a game changer across many fields of human life, and reporters at The Source Newspaper have delved into several instances where AI has made a significant impact.

In May, reporter Sava Rozsnyai wrote about OpenAI's ChatGPT, an online tool able to generate images and text through prompts. The tool has revolutionized the way people research, study and do business but has also raised ethical and practical questions about its place in society. While the educational sector like the Vancouver School Board and the International Baccalaureate Diploma Programme has accepted and sanctioned ChatGPT's inevitable presence into classrooms, workplaces like Apple and Citigroup underwent re-evaluations of workflows and employee policies finding concerns about bias and conflicts of interest. Per-

haps the biggest takeaway regarding AI would be for human regulators to keep up with – and stay ahead of – fast-moving technological advances in order to regulate it for the common good.

Reporter Ramy Khattab spoke with SFU professor Judith Zaichkowsky in March on the effects AI had on retail and consumer shopping habits. For Zaichkowsky, bots like Google Home and Amazon Alexa capitalized on people's desire for convenience by automating online ordering and payment and offering next day delivery. As bots continue to make inroads into people's lives, trust will grow and make shopping experiences feel more intuitive, making pur-

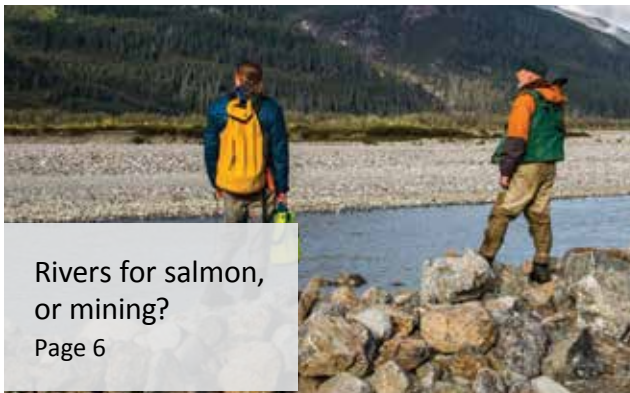
chases seem more natural and credible. But she also cautions that as convenience grows, consumer privacy and choice may be placed in jeopardy.

As people age, bots can not only make people's lives easier but can also provide companionship and meaning. In October, reporter Katrianna Desante interviewed UBC researcher Lillian Hung, whose Innovation in Dementia & Aging lab has been using social robots in long-term care homes to see whether these robots can help mitigate intense feelings of loneliness. These social robots were very advanced, being able to sense events and respond intelligently like a pet

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Bringing out new meaning in maps
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Belongings matter: Report highlights difficulties unhoused people face

by ABBEY BILOTTA

Unhoused individuals have continuously been at risk of losing their belongings and, as the colder weather continues, many look for solutions. A report released last month by UBC, SFU and the University of Ottawa examines the issue and suggests potential remedies.

According to the report, approximately 10 per cent of people in Canada can be described as precariously housed or unhoused. Due to various laws and policies, many find themselves at a disadvantage when it comes to keeping their belongings in their possession.

In Vancouver, many unhoused individuals living individually or in tent encampments are subject to the city's street sweeps and decampment practises that put them at risk of having their items cleared from the street and lost.

Despite this, many municipalities – Vancouver included – have made efforts to safeguard unhoused people's items. But according to associate professor at UBC and co-author of the recent report, Alexandra Flynn, these policies can come up short.

“Even if [safeguarding] happens, sometimes their possessions can be quite difficult to get back. They might be stored in a location that's very hard to get to or are just very complicated for people to retrieve them,” says Flynn.

Flynn notes how some locations have warehouses that store and tag these belongings for individuals, while others – such as the Hastings Street decampment – place peoples' items in numbered garbage bins.

But almost all cases come with additional challenges. People suffering from mental health or addiction issues might

not keep track of a number or a tag. Many others might not have access to a functioning phone, preventing them from even knowing where to go.

Considering these difficulties and the impending colder weather, Flynn and report co-author Nicholas Blomley have been investigating legal remedies to aid those who suffer from losing their belongings. Flynn says there's more work that can be done.

cussions with other decision makers when the issue of encampments comes up.”

With the colder weather, Flynn points out that people keeping their belongings is as important an issue as ever. As individuals enter shelters with larger items such as tents, sleeping bags, boots, coats and more, Flynn says these locations can be mindful of how much people will be bringing in, as well as making sure the items

“It's hard to know what the right thing to do is unless we canvass and consult with people who are unhoused themselves...”

Alexandra Flynn, associate professor

“It's hard to know what the right thing to do is unless we canvass and consult with people who are unhoused themselves, because they'll have a better sense of what might work and what might not work. So that's one area where we're continuing to kind of hold our findings,” says Flynn. “Another option is to engage in more dis-

brought in are still available when people leave.

“I think in the colder weather, we can all sort of empathize with what it might be like to not have secure housing,” adds Flynn. “It's also the holidays, which I think brings more donations, more awareness and more sensitivity.”

This sensitivity also stems from the connection everyone has with their own possessions. In their report, Flynn and Blomley discuss how belongings comprise so much of who a person is, ranging from items needed for survival to a photo of a family member.

“One thing not to lose sight of is that belongings are always going to be relevant, whenever homelessness is discussed,” Flynn concludes. ✍

For more information on the possessions of precariously housed and unhoused people, the full report can be found at: belongingsmatter.ca



▲ Alexandra Flynn.

Le plaisir of the words by Le Stylo à mots

	A	B	C	D	E	F	G	H	I	J	K	L
1												
2			■							■		
3				■							■	
4						■			■			
5		■									■	
6							■					
7					■					■		
8			■							■		
9						■			■			
10										■		
11		■		■								
12							■					■

Horizontally

- 1) offensive words
- 2) opposition – calculator's ancestor – personal
- 3) electrical current – respect
- 4) gain knowledge – comparison – very cold
- 5) joins someone – exist
- 6) To pass away – actions of selling something
- 7) Proportion – falsehoods – lieutenant
- 8) Preposition – tiny parts of a saxophone – beer
- 9) Wild beautiful animal – box
- 10) Natural carbohydrates
- 11) Movements
- 12) Family members – always

verticalement

- A) absence de changement
- B) enfant – avant l'italien
- C) s'écriât au comble de l'admiration – avale
- D) Dieu du soleil – balises
- E) bois noirs et lourds – construit
- F) situation – média de communication - possessif
- G) validas - imaginations
- H) élimines – à elle - sanctifiée
- I) ville du Japon – partie inférieure – rayon dangereux
- J) merci les abeilles ! - désagréable
- K) nanomètre – pronom – terminaison d'infinifitif
- L) possède un charme attirant – volumes de bois

For answers, see page 8



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Breaking Barriers: SFU study promotes inclusivity strategies for non-binary youth in team sports

by RAXANA SUN

Non-binary youth in Canada avoid participating in team sports due to significant obstacles and discrimination, according to a new Simon Fraser University study.

Only 11 per cent of non-binary youth in Canada currently participate in an organized team sport, according to the 2023 Canadian Non-Binary Youth in Sport Report authored by Martha Gumprich, Master's student in SFU's Faculty of Health Sciences in partnership with Nicola Hare at ANKORS Trans Connect,



▲ Martha Gumprich.

a B.C.-based health and community program for transgender, two spirit, intersex and gender diverse individuals.

"We're starting to see more visibility of non-binary people in Canada. But non-binary youth are unsure of how welcome and safe they are in gender-based spaces like team sports," they point out.

Report findings

Gumprich's study surveyed youth ages 15-29 across Canada, including 2,513 non-binary youth. Non-binary includes those who identify as non-binary, genderqueer, third gender, gender fluid, agender or selected "yes" to trans experience in the survey and don't identify with a binary gender.

The report revealed that 66 per cent of non-binary youth surveyed avoided joining a sport because they would have to play on a binary gendered (men's or women's) team.

According to the report, one in two non-binary youth surveyed say they avoid team sports due to internal discrimi-

nation from fellow teammates and coaching staff.

However, a willingness to learn by organizers and teammates will help to dissuade misconceptions "based on current myths and disinformation about non-binary and trans participants in sports," says Gumprich.

Solutions for the future

Alongside statistics outlining discrimination facing non-binary youth in Canada, the report details several solutions and recommendations that the participating youth suggest could create more inclusive spaces.

One suggestion is the implementation of gender-neutral changing areas equipped with privacy single stalls to help with privacy and comfortability. Another is posting signage in locker rooms explicitly stating a zero-tolerance policy towards any form of harassment.

A key catalyst for change would be through better, more informed education on diverse genders.

"Without coaches and teammates having proper educa-



Photo courtesy of SFU News

▲ Non-binary youth face discrimination in sports.

tion, there is always a chance that there will be a misunderstanding," argues Gumprich. To implement change, they are making their report available to various institutions.

"I hope that coaches and teammates, and those who are running sports organizations, will read our report to understand the importance of learning about the non-binary community, and ensuring that steps are in place to protect those who are participating, and that there will be consequences for those who break the rules and are discriminatory," they add.

Gumprich hopes that with better, more informed education on a national level, non-binary youth in Canada can have a comfortable and rewarding team sport experience.

"A lot of organizations are ready and willing to make these changes," says Gumprich.

Gumprich says that they are currently in communication with the Canadian government regarding their findings and are aiming to implement changes into school systems as well.

Youth athlete Martha Gumprich es who engage in sports not only experience the well-documented cardiovascular health advantages of being active but also benefit from the social and character-building experience of being part of a team, according to the McGill Athletics and Recreation committee. Gumprich's work aims to extend this opportunity for non-binary youth in Canada.

"I hope that from this, people have a greater sense of empathy for others, and a willingness to learn about those who might not identify like yourself," they conclude. ✍



The Perfect Gift for Anyone at Any Age

This holiday season, when finding the perfect gift is a challenge, consider a truly meaningful solution. Not sure what to give to a teenager, someone with limited space, or the hard-to-please person in your life? What about those who prefer experiences over "stuff", or those celebrating a different winter holiday? Project Amhara Foundation (www.projectamhara.com) has the answer.

Sponsor a book for a child in rural Ethiopia through PAF with a \$25 donation. Your contribution supports reading and learning in a community where young minds are eager to flourish. "Reading changes lives", says founder Eyerus Felek of Burnaby. "Unfortunately, many schools in this region lack access to essential reference books and materials for recreational reading, making the learning journey challenging."



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"PAF actively supports the local economy by purchasing books from Ethiopian publishers and sellers. These vital reading resources not only benefit students but also empower teachers and parents. Your book

sponsorship donations directly fuel our educational projects, ensuring every dollar you give creates positive change."

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Dion Smith-Dokkie at Gallery Gachet

Diving deep into maps and their meaning

by CURTIS SEUFERT

Gallery Gachet hosts an exhibit from Vancouver-based artist Dion Smith-Dokkie that investigates maps and their meaning, from Nov. 24 to Jan 20. In *This Will Be the First of a Thousand Worlds We Give Life To*, Smith-Dokkie modulates various maps, including locations of northeastern British Columbia, transforming them artistically through overlays and modulation.

The resulting work looks to provoke ideas and pose questions about maps and their meaning, including how mapping can add meaning, or take meaning away, for a mapped region's residents, including Indigenous people.

"How does that system of knowledge function within an Indigenous worldview, and in what ways is it generative? And in what ways does applying those terms... make the Indigenous versions thereof meaningless, or remove their context. That's a problem I'm interested in," says Smith-Dokkie.

Closing the distance

Locating themselves as a European-Indigenous gay man and member of the West Moberly First Nation, Smith-Dokkie has long had a focus on "place" and "space".

For example, the current exhibit on display at Gallery Gachet stems partly from some tradi-



▲ Pieces from Dion Smith-Dokkie's exhibit at Gachet Gallery.

tional land-use mapping work he helped complete for his own First Nation back in 2014. That mapping project involved taking stock of traditional land uses in and around the First Nation's land, and mapping that alongside newly proposed construction and development areas.

A few years later, while carrying out their BFA a ways away from home at Concordia University in Montreal, Smith-Dokkie once again found themselves thinking about mapping and space. As someone who spent most of their life growing up in and around the Peace River region, Smith-Dokkie saw maps as a way to close the distance.

"I guess I was just feeling very distant from my entire family," says Smith-Dokkie. "When I felt sad or lonely I found satellite images very pretty. I found it was an interesting way to look at where I'd been or to go to different places... it felt like an interesting way to deal with distance."

A focus on water

Water is one of the more substantial recurring themes in the exhibit, featuring prominently in the maps themselves, and in the fluidity of the acrylic resin that suffuses some of the works. Smith-Dokkie says part of the focus on water came to mind because of how integral and

contentious water has been in his region.

"West Moberly First Nations was really involved in challenging the construction of Site C for quite some time. And so that was in the community ethos, something we all knew about, talked about, like with my family anyways," says Smith-Dokkie. "There's also very contentious fracking happening in the region as well. So water seemed like a very important flashpoint that I wanted to, in my own way, as a very emerging artist at that time, sort of delve into this current exhibition."

When it comes to talking about water, Smith-Dokkie feels

that it's valuable to display this exhibit, which so heavily features the Peace River region, in Vancouver, the town where he currently resides.

Smith-Dokkie notes how in an era of resource extraction, water can sometimes be oversimplified, talked about as an energy source without consequence, despite the real impacts its implementation can have without due regard for its impact on the land.

"So much like arable farmland was lost with the construction of Site C. The W.A.C. Bennett dam was an ecological disaster that's still ongoing in many ways," says Smith-Dokkie. "It's easy to ignore it unless it's there."

Overall, Smith-Dokkie hopes to open that conversation up some more, giving audiences here a chance to reflect more on the complexities of northern B.C. residents' relationship to land.

"The way some people down south here talk about people up north who are working in these extractive industries I thought it was unfair and un-nuanced. There's little other choice other than to like work in these industries," says Smith-Dokkie. "I was like, how do we strike a balance in a dialogue here... The economic development that makes life livable down in southern BC, how is that demonised and required all the same?"

For more information on the exhibit, visit www.gachet.org

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CITY OF VANCOUVER

Shield Maiden rages war against gender inequality

by LILLIAN LIAO

No fourth walls here. Melanie Teichroeb will trek back into the 10th century as she steps forward into character – on Saturday, Dec. 16 at New Westminster’s Anvil Theatre – bringing Garrison Commander Ingrid Larsdottir alive in her one-woman show, Shield Maiden.

“I think the word unapologetic is the most powerful as a woman,” says Teichroeb. “[Ingrid] is who she is, and she does what she does, and she doesn’t care what you think about that.”

The great battle of characterization

Armed with Ingrid’s warrior spirit, this performance highlights contemporary feminist struggles. Conversations will be sparked and will continue in the post-show talk featuring Jessica Schneider, executive director of Massey Theatre.

Drawing inspiration from Ted-Talks, Teichroeb, who also wrote the show, describes it as a “Red-Talk” with Ingrid attempting to recruit new women warriors.

“I wanted to know her, I wanted to give her an authentic voice,” says Teichroeb about her writing process. “Originally, she appeared as I imagined myself standing in the back of a theatre watching her move around.”

First performed in 2018 on Gabriola Island stages, Shield Maiden then premiered at Texas’ 2019 FronteraFest; and graced a New York City stage before the Covid-19 pandemic closed live theatre. Teichroeb used the following two years to reflect on her theatrical staging – with Ingrid’s presence in mind.

“I realized I needed a bit more space around how Ingrid moves on stage,” says Teichroeb, who has also taken over the show’s directing. “Post-pandemic, the show feels for me, the performer, very grounded and fluid.”

With more improvisation, Teichroeb’s return to stage emphasizes a playfulness with her audience. This attention to the spectators has been foundational to Teichroeb’s creation of her Viking warrior, including her design of Ingrid’s costume. Wearing lots of leather and carrying heavy weaponry,

audience, and to grab that inner warrior spirit myself,” says Teichroeb, while noting how her compassionate personality made it challenging at first to get into this fierce character. “For me, the costume was the way to do that.”

Warring with laughter

Ingrid’s story is, however, based in history. Inspired by a National Geographic article, correcting the long-held misconception that a decorated Viking grave belonged to a male warrior, Teichroeb combined historical research with her observations of women around her to create Ingrid.

“She really existed, and I wanted to honour that,” says



▲ Shield Maiden is a feminism-focussed one-woman show blending history and humour.

Teichroeb, noting the Vikings’ lack of a written language created challenges. “A lot had to be interpreted by the author, and my imagination filled in the blank.”

Activating that historical accuracy required understanding how the violence of the Vikings era contributed to Ingrid’s inner world. For Teichroeb, it’s important to recognize that the real Ingrid, as a highly successful warrior, would have been a violent person with warfare trauma – an experience that is brought to stage via humour.

“All humour is a conduit, or a window into pain, heartbreak, and trauma,” says Teichroeb. “And it gives us a way to process it and deal with it that isn’t re-traumatizing.”

Teichroeb emphasizes that Shield Maiden’s humour arises from building a common ground between Ingrid and her modern audience, one that highlights the similar struggles they share as women across time and culture. With laughter as a bridge, Teichroeb’s performance reveals how there has been little progress towards gender equality since Ingrid’s time – an observation that is both heart-breaking and angering. In fact, Teichroeb’s favourite scene involves embodying rage, an emotion that women don’t normally express due to society’s policing of gender.

“My hope is that people come away inspired and curious about their own possibilities in their own life for warrior support,” says Teichroeb, who has not only found her inner warrior but dons it proudly. ✍️



▲ Melanie Teichroeb.

such as a shield with directional markings, Ingrid’s look was designed with self-transformation in mind rather than historical accuracy.

“I had to find a way to make her appealing to a modern-day

For more information, see www.anviltheatre.ca.

Mining industry competing with salmon for rivers created by disappearing glaciers: SFU study finds

A study led by Simon Fraser University researchers finds that mining companies are staking claims on future salmon habitats as glaciers retreat.

In the ice-covered transboundary region shared by northern B.C. and Alaska, glacier retreat is creating thousands of kilometers of new rivers that salmon are finding. These emerging rivers represent future habitats for salmon but mining companies are also looking to these areas for the next gold mine. A new study, published in *Science* maps out these emerging land use conflicts and identifies policy blind spots as well as key opportunities for the stewardship of these nascent habitats.

rightsholders, and ordered the Province to modernize the Act in the next year and a half.

“These changes can’t come soon enough,” says Tara Marsden, with Gitanyow Hereditary Chiefs, a study co-author. “The Mineral Tenure Act not only violates Indigenous rights but also undermines stewardship of ecosystems for future generations.”

Environmental policies for climate resilience

The paper also illuminates a broad global challenge – as climate change is rapidly transforming the world, environmental policies may struggle to keep pace. For example, risk assessments and habitat protections



▲ Jonathan Moore studying sockeye salmon in a formerly glaciated river.

The paper discovered that of the 114 subwatersheds in the transboundary region with future salmon habitat, 25 had more than 50 per cent of future salmon habitat near a mining claim. In addition, more than half of future salmon habitat in Canada has either medium or high mineral potential, an indicator of future potential mining pressure.

The paper was a collaboration among researchers from SFU, Gitanyow First Nation Hereditary Chiefs, the University of Montana Flathead Lake Biological Station, and Taku River Tlingit First Nation.

“Climate change and other human activities are harming salmon populations in much of their range. Yet in some locations of northern B.C. and Alaska, glacier retreat is creating hotspots of opportunity for salmon, but also of mining pressure. This is an emerging environmental issue,” says SFU professor Jonathan Moore, the study’s lead author and head of the Salmon Watersheds Lab.

This study builds on previous work by Moore and Kara Pitman, a research scientist at SFU.

“Previously, we mapped where and when future salmon habitat would be created with glacier retreat. This builds on that work, and is the first time that we have assessed where mining claims or mineral potential overlap with future salmon habitats,” says Pitman.

B.C. mining policy in reform

The Mineral Tenure Act is the B.C. policy that allows mining companies to stake claims on lands with minimal government oversight and without consultation with First Nations. The B.C. Supreme Court recently ruled that the Mineral Tenure Act violated the duty to consult with First Nations

by current environmental laws generally focus on the current values of ecosystems, but not their future values.

“Climate change is transforming ecosystems around the world,” says Moore. “Even as there is urgent need to take global action on climate change, this paper also reveals the need to look carefully at environmental laws and make sure that they not only protect habitats of today, but also the habitats of tomorrow.”

Indigenous-led stewardship of changing watersheds

The region is also at the forefront for Indigenous rights and reconciliation. Different First Nations are advancing Indigenous Protected Areas and land-use plans that are forward-looking, incorporating climate change and holistic perspectives into environmental stewardship.

Marsden noted, “Our Ayookw, our Gitanyow laws, speak to our obligations to future generations. We are seeing changes in our Lax’yip, our territories, and we are taking action to protect our ecosystems even as they change. Our policies consider climate change, and our new Indigenous Protected Area is in response to salmon finding new habitats as glaciers retreat.”

The paper speaks to the broad opportunity for proactive conservation that advances Indigenous rights.

“With our land-use plans and protections, we are not saying no to industry everywhere, we are saying let’s do this is a good way,” says Marsden. “This is a globally relevant opportunity to get a lot right – Indigenous rights, meaningful protection of biodiversity and ecosystems, and climate resilience.”

Source: SFU News



Photo by Mark Connor, courtesy of SFU

Celebrating joy this holiday season with Good Tidings! A Gospel Christmas

by ANABELLA KLANN
HARRINGTON

Vancouver gospel choir Good Noise is bringing its “Good Tidings! A Good Noise Gospel Christmas” show back for its 20th anniversary season this December. This year’s shows, on Dec. 15th and 16th, feature guest performances from gospel and R&B singers Timothy Fuller and Crystal Hicks.

“As individuals they command the stage. And as a duo, which they will be for a few of the songs, they will be a powerhouse combination,” says Good Noise choir artistic director Gail Suderman.

Criss-crossing genres

Fuller is known for his R&B and soul vocals and Hicks is well versed in gospel music, a combination of genres central to Good Noise’s own musical focus. The effects of R&B and Soul on gospel

music can often be seen in vocal stylings – including improvisation, harmonies, and rhythm – and these influences have crossed over to mainstream music. Seen in

Good Tidings! performance, and Suderman says seeing the audience interaction is her favourite part of the show. Suderman hopes to leave audiences

(weathering the effects of the Covid-19 pandemic) and work hard to stay connected as a choir, Suderman says this 20th anniversary means a lot to her

with the choir’s message of hope, reconciliation, joy, and peace.

“These are reminders of the deeper meaning of Christmas –

“If our concerts can provide a way to brighten spirits and make people’s lives just a bit better, that would make me very happy.

Gail Suderman, artistic director of Good Noise choir

singers like Aretha Franklin, Marvin Gaye, and John Legend, mainstream genres are embracing influences like gospel. Suderman says the mainstream influence is even crossing back into the church as people are appreciating it.

“We – the choir, and our audiences – love the energy of gospel music, along with the influences of other musical genres,” she says.

The audience plays an important part in Good Noise’s

with a feeling of joy they can carry with them for the rest of the holidays.

“There are those who are content to sit and listen, taking in the sounds and energy of the music; and then there are those who must jump to their feet and dance along,” she says.

Lifting each other up

After having to produce video concerts in 2020 and 2021

and the choir: she views it as a celebration.

“We had to figure out a way to come out the other side with the ability to carry on, both financially and musically. It’s a joy to see our hard work having paid off,” she says.

Suderman links their song selection – including an arrangement of “Angels We Have Heard on High” and “Who Took the Merry Out of Christmas” –

reminders of what we should strive to be, or what we should strive to bring and share with others,” she says.

One song, performed with Fuller and Hicks, still poignant in today’s time that Suderman highlights is Stevie Wonder’s “Someday at Christmas.”

While the song was originally released in 1967, with references to the Vietnam War and the changes in the world at that time, Suderman thinks the lyrics and the message continue to resonate today.

“We’re still needing a reminder that peace is something we must continue to work towards,” she says.

Suderman knows the holidays can be hard. She encourages the public to come out for Good Noise’s Good Tidings! performance, and carry a moment of joy with them throughout the rest of the festive season.

“If our concerts can provide a way to brighten spirits and make people’s lives just a bit better,” she says, “that would make me very happy.”

For more information on Good Noise Vancouver Gospel Choir and the show, visit www.goodnoisevgc.com



▲ Good Noise choir.

Photo by Leigh Harrington

► “2023” from page 1

might. Many seniors who interacted with the robots were excited to play with them and were already forming deep bonds and may serve as a promising avenue to alleviate loneliness in the twilight years.

“It’s like a friend to you, and it’s a companion,” Hung said. “There is no doubt that the robot brought joy and happiness to people during the time they were with them.”

Unveiling stories behind every bite

Food holds a profound significance in many cultures, serving not only as vital nourishment but also as a powerful expression of traditions, identity and shared experiences. It intertwines with discussions of food security and sovereignty, emphasizing the link between cultural heritage and sustainable access to diverse and ethically sourced nutrition and brings people together through the shared joy of a good meal.

In July, reporter Martina Petkov examined the topic of Indigenous food sovereignty. Amidst the changing climate and the global degradation of arable land, farming research centres have turned to the Indigenous

peoples for ideas to promote sustainable food practices that preserve biodiversity and ecological balance. Petkov spoke with Deanna Miller from the Katzie First Nation who followed in her Indigenous culture’s practice of harvesting flora and fauna to use as food and medicine. Miller believed that preserving traditional Indigenous knowledge of fishing, gardening and farming is an important counterbalance to the encroachment of capitalism and industrialism engulfing the world.

In September, reporter and deputy editor Curtis Seufert spoke with SFU Food Labs research director Tammara Soma who produced a CBC documentary exploring how communities across Western Canada use food to connect with their culture and themselves. For Soma, her journey of learning and teaching about food systems involved a profound process of reconnecting with her culture after initially viewing food as an adversary due to societal influences on body image. In contrast to North America’s commoditized and unequal food system, Soma stressed the importance of food-sharing and building community bonds to shape a more equitable food landscape.

“I see a lot of beautiful ways that different cultures approach food, different community organizations, different leaders. But I don’t often see their voices represented,” Soma said. “I want to give viewers a bit more of that, a glimpse of what we can offer to Canada.”

Diving into cultural tapestries

One of the many benefits of living in a richly multicultural and cosmopolitan city like ours is being able to check out the various vibrant cultural events and festivals that frequently happen in our city. The reporters of The Source Newspaper have covered several of them over the past year.

This past summer, reporter Cynthia Le Taillanter-dos Santos wrote about the Taiwanese Canadian Cultural Festival, whose aim was to increase the public knowledge and appreciation of Taiwanese art and culture as part of an ethnocultural community here in Canada. Paper art, Atayal First Nation dancing, a puppet troupe and ethnic orchestras were hosted at the festival. The festival organizers hope that these and similar festivals build an inclusive event for Taiwanese culture with all the different cultures in Canada.

For Latin American Heritage Month in October, reporter Elaha Amani covered their cultural centre’s program on Chilean culture, commemorating the 50th anniversary of the Chilean military coup of Sept. 11, 1973 and recognizing the arrival and contributions of Chileans and Latin Americans in Canada. The Chilean community has a long history in British Columbia, going back as far as the 1860’s, when a Chilean settlement called North Valparaiso was established on Vancouver’s North Shore. Music, film screenings, theatre plays and performances were hosted, including the music and art of the Nuevo Canción movement from the 1960s which reflected the struggles of the Chilean people and the shared ideology of a unified continental identity and solidarity with all movements in Latin American communities around the world, including here in B.C.

Last month, reporter Sandrine Jacquot wrote about Diwali, the Hindu festival of lights celebrated in India and Indian diasporic communities throughout the world, including in the Lower Mainland. The many diverse rituals and festivities held during the festival, such as lighting clay oil lamps called diyas, a ceremony to apply henna and a

pre-wedding ceremony that involves applying turmeric paste to a bride and groom, are viewed as opportunities for loved ones to gather and embark on prosperous new beginnings. Events like Diwali are amazing occasions for community members to celebrate their heritage and showcase their talent to the place they now call home.

“There’s a lot of people here with a South Asian background, who have either lived here forever – but didn’t really have a central place to celebrate – or people who are newcomers, who are looking for that kind of connection to festivities back home,” Kriti Dewan, creative director for Diwali Fest said. “It’s an inclusive event for anyone who wants to come and experience the joy of Diwali.”

The Source Newspaper would like to express our gratitude to our readers, contributors, and community for joining us on our storytelling journey. We remain dedicated to being an avenue of knowledge, inspiration and connection, bringing you the stories of the people living, working and creating in our community and we can’t wait to report on the unfolding narratives 2024 will bring. Have an amazing New Year everyone! ✨

December 12, 2023–January 9, 2024

Cultural Calendar

by SIMON YEE
CONTRIBUTING EDITOR

'Tis the season anew, as 2023 gracefully concludes; wishing everyone a gentle year's end. Don your warm attire and explore the array of events, festivals and shows taking place this holiday season. See everyone in the new year!

Lights at Lafarge

Now until the end of Feb. 2024
www.coquitlam.ca/784/Lights-at-Lafarge

There are several light displays happening this winter season all across the Lower Mainland. The Lights at Lafarge, produced by the City of Coquitlam and presented by Coquitlam Centre, is Metro Vancouver's largest free outdoor winter lights display. The display is running now until the end of February 2024. This season's outdoor exhibit features a 1.2-km pathway that includes more lights, re-imagined elements that highlight flora, fauna and fairytales.

Snow White

Now until Dec. 31
www.carouseltheatre.ca/season/snowwhite

The Carousel Theatre for Young People is presenting a wickedly funny reinterpretation of the classic fairytale Snow White, on stage at Granville Island's Waterfront Theatre for the holiday season, from now until Dec. 31. The fresh spin on the epic tale sees two actors whimsically embody the story's full cast of beloved characters, including the handsome prince, malicious queen,



Photo courtesy of Carousel Theatre



Photo courtesy of Chor Leoni

▲ Chor Leoni choir.

helpful dwarf and the pure-hearted Snow White herself. Hailed as "imaginative and energetic" by the Toronto Star, this play brings out all the best parts of the Brothers Grimm narrative while offering a fun twist that will delight audiences of all ages. Check out the theatre's website for tickets and more information.

Rebecca Bair: Where the Light Meets My Shoulder

Dec. 9, 2023–Feb. 11, 2024
www.evergreenculturalcentre.ca

Where the Light Meets My Shoulder is a solo exhibition of recent work by interdisciplinary artist Rebecca Bair being exhibited by the Evergreen Cultural Centre. While primarily working with photography, Bair uses a multitude of mediums to expand the possibilities of representation. Over the past five years, the artist has developed a style that reflects her experience as a Black woman living on Turtle Island. Her work upends how Blackness is often (mis)represented and honours the complex, varying experiences of people of African descent. Bair tenderly gathers symbols of Blackness that are specific to her as an individual and that embody a deep love and care for herself, her community and her heritage. Using recurring imagery of her coily hair, the sun, shadows and circles, Bair plays with abstraction to negotiate what can be seen and what is withheld.

Argentina's 40 years of democracy: Made in Argentina Movie Screening

Dec. 13, 6–9 p.m.
<https://events.sfu.ca/event/37186-argentinass-40-years-of-democracy-made-in-argentina>

Join the SFU International Studies for their movie screening of "Made in Argentina" commemorating Argentina's 40 years of democracy, which refers to the period of democratic governance in Argentina that began in 1983 and lasted until the present day. This era is significant because it marked the end of a series of military dictatorships and a return to civilian rule. Argentina's democracy faced ongoing challenges, such as political polarization, and socio-economic inequalities. These issues have continued to shape the country's political landscape and public discourse. However, the endurance of democratic governance for four decades is seen as a significant achievement in a region historically marked by authoritarianism. To reserve a ticket, check out the SFU Events website.

Music for the Winter Solstice

Dec. 13–14
www.musiconmain.ca/event/music-for-the-winter-solstice-2023

With familiar faces and moving musical favourites, Music for the Winter Solstice has been called the "antidote to the holly-jolliness of the season," trading over-the-top commercialized bustle for meditative stillness and reflection. Vancouver musicians Rachel Kiyu Iwaasa, Robyn Jacob, Asitha Tennekoon and Jonathan Lo return to provide audiences with a sense of warmth and bliss during cold winter nights. Experience intimate performances including Solstice favourites like Caroline Shaw's Winter Carol and the

Wyrd Sisters' Solstice Carole, plus so much more! This is the perfect event to bring a friend, come solo or invite the whole family to immerse in the warm glow of Main Street's Heritage Hall.

Goh Ballet's The Nutcracker

Dec. 14–17
www.gohnutcracker.com

What holiday season would be complete without a performance of The Nutcracker? Goh Ballet's version of The Nutcracker is happening at the Queen Elizabeth Theatre from Dec. 14 to 17. Experience Clara's dream come to life as she embarks on a magical journey through the Land of Snow, across the Lemonade Sea, to the Kingdom of Sweets where she is greeted by the enchanting Sugar Plum Fairy. An unforgettable adventure awaits as her gallant Nutcracker battles the evil Mouse King and his army of mischievous mice. For tickets and more information, check out their website.

Christmas With Chor Leoni

Dec. 15–18
www.chorleoni.org/event/christmas-with-chor-leoni

Escape the holiday hustle and bustle at one of Vancouver's most popular Christmas events, in one of the city's most iconic venues. Bask in enveloping acoustics, soaring architecture and stunning visuals as you hear both new and familiar songs of the season accompanied by piano, harp, and violin. Bring friends and family and make Christmas with Chor Leoni a part of your holiday tradition. For tickets, showtimes, performer bios and more information, check out their website.

Show Me Taiwan!

Dec. 16–17

www.eventbrite.ca/e/show-me-taiwan-vancouver-edition-tickets-766386993127

The CF Richmond Centre will be hosting a weekend of free activities that are fun for all ages and guests can enter a lucky draw for the chance to win a flight ticket to Taiwan. Activities include Taiwanese pinball, take home paiwan bead bracelet kits, umbrella painting, Chinese calligraphy, 360 VR videos and more. There will also be musical performances featuring Taiwanese instrumental songs. For more information and to reserve a spot, check out the Eventbrite page.

Nikkei Mochitsuki

Dec. 29, 11 a.m.–3 p.m.
centre.nikkeiplace.org/events/mochitsuki-2023

Mochitsuki (or 'mochi pounding') is returning to the Nikkei Centre this year. A traditional New Year's and year-end activity, mochitsuki is when the community comes together to make glutinous rice cakes the old-fashioned way: with a hollowed-out tree trunk and wooden mallet. Whether mochitsuki is a tradition in your own family, or you're completely new to Japanese cultural experiences, the Centre invites the public to come join in this experience together. Watch the pros hammer away, and try out your own hand at turning rice into sticky, gooey irresistible mochi. The event features a demonstration by the Vancouver Japanese Gardeners Association. It's great fun for the whole family!



Photo courtesy of Nikkei Centre

▲ Boy pounding mochi.

Celebration of Perihelion

Jan. 2, 2024, 2:30 p.m.
www.spacecentre.ca

Perihelion is the moment when the Earth will be closest to the sun for all of 2024. The H.R. MacMillan Space Centre will be using it as an excuse to host a New Year celebration! Join them for live science demonstrations and a special show in the Planetarium Star Theatre where they will look ahead at all of the big space science news coming up in 2024. Please check out the space centre's website for more information.

Answers:

IMPRECATIONS
NO – ABACUS – ME
AMP – ESTEEM
LEARN – AS – ICY
MEETS – BE
ELAPSE – SALES

RATES – LIES – LT
AT – REEDS – ALE
TIGER – BIER
INOSITES
GESTURES
NIECES – EVER

INALTÉRATION
MÔME – LATIN
PÂMÂT – GOBE
RA – REPÈRES
ÉBÈNES – ÉRIGE
CAS – TÉLÉ – TES

ACTAS – IDÉES
TUES – SES – STE
ISE – BAS – UV
MIEL – AIGRE
NM – ELLE – ER
SEXY – STÈRES



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