KITSBEACH VANCOUVER



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Youth Classifieds Hey Kids! Free Advertising!

directed through a parent or guardian.







PUBLICATION TEAM

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ADVERTISING

BVM has numerous neighbourhoodspecific publications customized for various communities in and around the Vancouver area and throughout Canada. Contact: Jerry See

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ASSOCIATION SUBMISSION INFORMATION

Are you on the association board for your subdivision? Contact us for information on how you can submit articles, updates, reminders, events and more to the residents. We create customized homeowners/ ratepayers association sections at no cost to the HOA/RPA or the residents.

FEEDBACK:

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 1st of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: jsee@bestversionmedia.com.

CONTENT SUBMISSION **DEADLINES:**

CONTENT DUE:	EDITION DATE:
December 1	January
January 1	February
February 1	March
March 1	April
April 1	May
May 1	June
June 1	July
July 1	
August 1	
September 1	October
October 1	November
November 1	December

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"I've got sunshine on a cloudy day. When it's cold outside, I've got the month of May."

- Smokey Robinson

Spring is a time when everything is new again and the world is filled with hope and wonder. It's the month when spring fever reaches a crescendo and your soul sings at the glorious sunshine, perfect temperatures and dazzling flowers.

A time when Mark Twain said "You don't guite know what it is you do want, but it just fairly makes your heart ache, you want it so!"

It's the season of rebirth when Vancouver comes alive with its special mix of cosmopolitan living and outdoor adventure. Enjoy the sun, the blessings of the new season and the promise of the summer yet to come. Be thankful for your good health and the wondrous world we live in.



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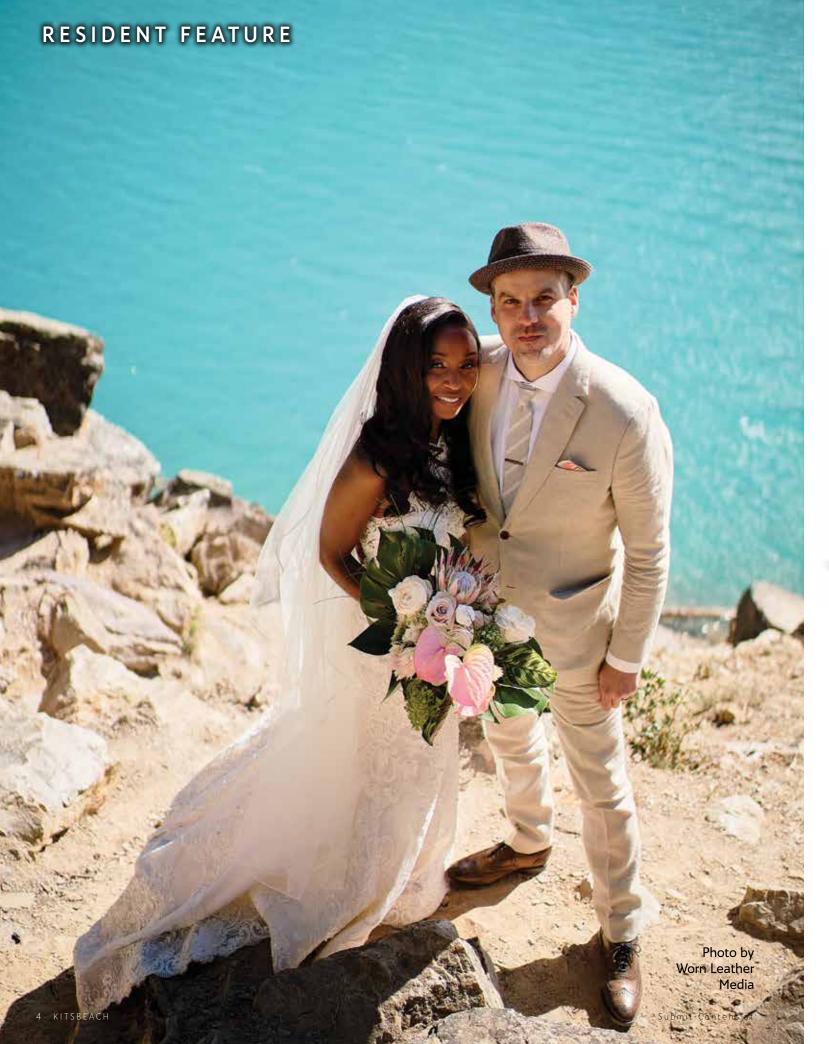
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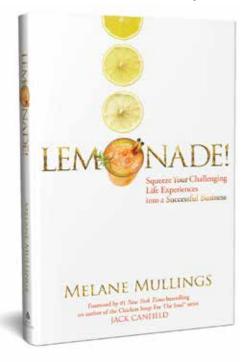
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Melane Mullings Boldly Moves Forward

By Richard Forzley

Photos Supplied by Melane Mullings



Cancer survivor, a former registered nurse, successful entrepreneur, business management consultant and the author of a new book, Melane Mullings chronicles her journey to success in Lemonade! Squeeze Your Challenging Life Experiences into a Successful Business (melanemullings.com).

Now married to her high school boyfriend and first love Thomas Sorensen, the road to a fulfilling life for Melane was not an easy one. "While I was in the hospital fighting for my life with leukemia at age 17, our mothers thought it best, without my knowledge by the way, that we end our relationship so I could focus on my health. After my miraculous recovery, we spoke periodically but eventually lost contact after I left to attend Burman University in Alberta.

"I graduated with a Bachelor of Science degree in Biology and later went on to Queen's University to obtain a Bachelor of Nursing Science degree. After that, I worked as a Registered Nurse in B.C., Alberta and in the U.S. as a travel nurse."

Melane credits her miraculous recovery from leukemia for giving her a deep understanding of the foundations of success which she applied to her first business. "After years as an RN, I suffered a crushing bout of burnout in my career. It was my Christian faith that helped me discover my life's purpose and led to my entrepreneurial success."

At this point in her life, Melane changed direction and started her own nursing recruitment firm with minimal capital and no business experience or business training. After 13 years of operation, she sold the company and decided to share her unconventional strategies to success in her book. She also shares her strategies to success through her consulting firm, Aere Management Consulting (aereconsulting.com) located in downtown Vancouver. Her goal was to help struggling business owners build a solid foundation for success and transition to a state of sustained profitability so they can earn more, work less and experience a truly gratifying life.

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RESIDENT FEATURE

Management consulting can be broadly defined as problem solving for complex businesses and organizations. Business Management Consultants (BMCs) typically focus on helping C-suite executives improve their organizations' overall performance and operations. Melane is passionate about helping solopreneurs and offers the highly specialized approach of a traditional BMC to help her clients create and develop purpose-driven, impactful, sustainably successful businesses.

"Being an effective BMC requires a unique skill set, a balance of analytical ability and excellent communication and personal experience in growing a successful business." The result is customized and digestible strategies for her clients that help improve their performance and maximize their growth. It's about listening and understanding the elements of the unique and complex situations her clients face that challenge growth, making strategic recommendations to empower them to move their businesses forward. Ultimately it's about relationship building and fostering trust in the experience and expertise of their BMC to propel them from where they are to where they want to be.

"Recent research reveals that 60% of small businesses are unprofitable. My consulting approach digs down to evaluate why, specifically as it relates to the emotional, intellectual, physical and spiritual state of the business owner. I also address the importance of our inner and outer work along with spiritual anchoring to achieve success and a truly abundant life."

Today, Melane is passionate about helping her clients discover their purpose and create successful businesses from it, empowering them with key strategies to help them achieve impactful success in life and business.

"After I left for university, Thomas moved to the U.S. with his family and it was 24 years before we reconnected on Facebook, and I finally found out why our relationship had ended while I was hospitalized." After three years of dating, Melane and Thomas were finally married in August 2020.

"My husband is a talented artist who in his downtime creates fabulous beach art pieces, using several different mediums. One of his specialties is creating ocean art on one side of vintage 1970s skateboards with hand-cut grip tape on the other. You can see some of his work on Instagram @isleandshore.



"Besides my job, I am passionate about volunteering, and recently facilitated a six-week coaching program through my church to help new entrepreneurs effectively start their businesses. I'm also a mentor with Futurpreneur Canada, an organization that provides funding and support to encourage entrepreneurs with new business ventures.



RESIDENT FEATURE

"I love live jazz and the ballet, and enjoy live comedy performances as well. Since COVID restrictions have largely been lifted and the virus is more under control, I plan to start attending some events around the city. I'm also a sports fan and love the NFL. Over the years I've followed the Philadelphia Eagles, the Denver Broncos and recently, the Kansas City Chiefs. I also enjoy basketball and follow the Golden State Warriors."

Last spring, Melane and Thomas moved to Coal Harbour. "Over the last decade, I would travel to Vancouver twice a year for work, usually staying in downtown hotels. I always made it a point to spend time in the Coal Harbour area, musing that one day I would live there. When Thomas and I decided to move to Vancouver, the opportunity opened up for us to live in Coal Harbour and we happily took it.

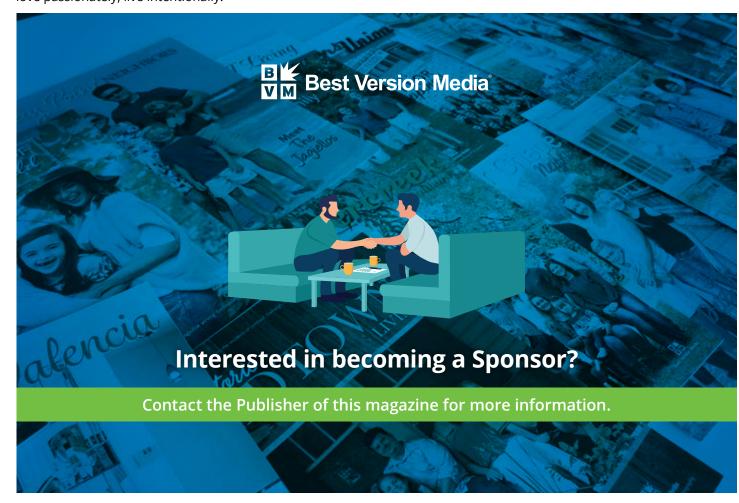
"Even as a child I always loved Vancouver. These days I can be found walking in the neighbourhood, enjoying the sights and sounds and particularly the peaceful, healing waters of the harbour and English Bay. A walk along the seawall is one of my favourite pastimes, and I love that I can access it easily from where I live."

Melane has managed to shape her life against early adversity into a success story, living by the motto that fully encapsulates her approach to life: "go boldly, dare greatly, love passionately, live intentionally."



Do you know a neighbour who has a story to share? Nominate your neighbour to be featured in one of our upcoming issues!

Contact us at jsee@bestversionmedia.com.



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Kitsilano Volume Continues to Rise

MARCH 2022

MEDIAN PRICE

DETACHED

\$2,935,500

\$780,088 **CONDOS** \$1.392.500 **TOWNHOMES**

RESALE HOME SALES

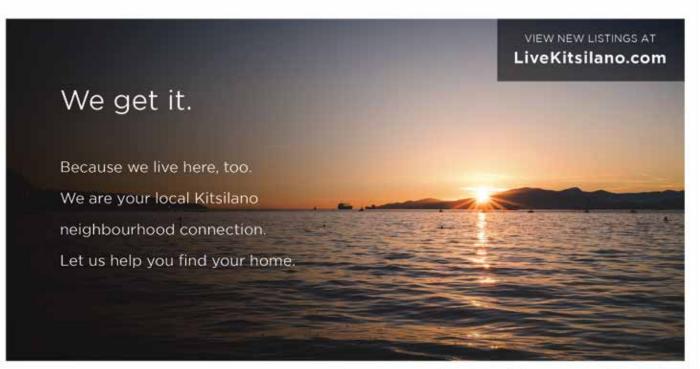
ACTIVE INVENTORY MEDIAN DAYS ON MARKET **PREVIOUS MONTH**

\$2,920,000 \$877,500

\$1,491,000

All information is believed to be accurate but is not guaranteed and should be independently verified

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BEN CHIMES*



PHIL REIGH*



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IDEAS FOR GOING JUST A LITTLE GREENER: Ditching Single-Use Items Little By Little

By Beth Grusenski

Choose one at a time and watch the way you see the world and the everyday items around you.

Buy a few stacks of cloth napkins. Most secondhand stores will have large collections. For starters, they work better, and they are easy to care for with modern appliances. Most of us have a washer and dryer; chances are you won't even notice the extra few pieces of laundry.

Just say no to paper towels. Start your rag collection. When something spills, needs wiping, etc., use a rag/towel and then wash it. Old t-shirts cut up make great rags. If you keep a roll of paper towels strictly for bacon draining like we do, keep them out of the kitchen so using them is not a temptation. Be ready for the confused look on people's faces when you hand them a cloth towel after they ask for a paper towel. Folks are not used to that.

Pay a little extra for milk in a glass bottle. These companies take the bottle back, sanitize them and refill them giving them a much longer life than a plastic bottle.

Commit to using regular dishes and utensils (instead of disposable) normally and when hosting get-togethers. You will be amazed how much nicer using real dishes feels, not to mention how much sturdier. And, again, most of us have a dishwasher, so aside from the loading/unloading, the extra work will be done by a machine. I am willing to do that extra work to avoid filling all the extra trash bags that parties can fill.

Think metal. Are you someone who enjoys using a straw or drinks more with a straw? Hydration is great, but not at the cost of all those plastic tubes that get thrown out every day. Keep a metal straw in your car or in your purse. When you're out, remember to skip the plastic straw and use your metal straw instead.

Brainstorm ways to reuse things. Glass jars are a favorite repurposed item. After they are washed they can become cups, pen holders, storage containers for leftovers, and more.

Switch to bar soap. When you can buy items like soap without packaging (as opposed to body wash and liquid hand soaps) go

Carry wooden utensils with you. Even if you are eating take out

and can't avoid all those containers, it isn't hard to pass on the utensils. There are many options: take a set from your kitchen drawer, grab a mismatched set at a thrift shop or ask for a fancy bamboo set, most of which come with a little carrying case so you are never without them.

Get in the habit of carrying a water bottle, preferably one that is made for hot and cold. This way, whether you are grabbing a cup of coffee or out at the gym, there is no need for throw-away cups or plastic water bottles that will just be tossed or lost. If you are going out for a longer trip where you'd usually buy a case of water, think about filling large water bottles that can act to refill smaller personal ones that you bring.

Utilize the bulk section. Take a walk all the way around your grocery store to see if there is a bulk section you have

> never noticed. Many grocery stores have them, and most of us walk right on by them. Many staples can be put in reusable bags/containers and bought in bulk as a way to avoid packaging.

Bust out the sewing box/kit to make minor repairs. Those snow pants with a slit in them? Sew them up. That grocery bag with an open seam? Mend it. That sweater with a hole? Fix it. That pillow losing its filling? Stuff it and repair it. Fix more, buy less. If you are not sure about how to make a particular repair, the library and internet will be a huge help.

Pass on the bag. Keep your reusable grocery bags in the car. When you forget to put them back in your car or forget to bring them in, simply pass on the bags. "Paper or plastic?" they ask. "I don't need a bag, thanks," is a perfectly acceptable answer, especially if the purchases are so small they can be carried out in hand. It is ok to bag your groceries at the car or in the driveway after fetching the forgotten bags from inside the car or house once you are home.

Get in the game. It is truly a mindset. Be willing to take the extra step or spend the extra few minutes to avoid the potentially convenient but much less eco-friendly options. It all goes a long way!

Bonus for the brave: Try cloth diapering or switch to cloth wipes. If you have little ones, you can borrow a few cloth diapers from a friend and try them out. Even committing to one less throwaway diaper per day over a year would keep 365 diapers out of the trash and the landfill. Imagine!

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For the most up-to-date information on in-person events in May, go to official individual event websites or check out tourismvancouver.com or vancouverbestplaces.com

May 1 **BMO Vancouver International Marathon** @Queen Elizabeth Park

The BMO Vancouver Marathon showcases beautiful running routes with scenic pointto-point courses that span parks and beaches, including the picturesque Seawall – the world's longest uninterrupted waterfront path. The event features races for everyone, including the award-winning Marathon, a fast Half Marathon, 8KM, Relay, and Kids Run. The BMO Vancouver Marathon annually welcomes runners from 65+ countries. bmovanmarathon.ca

May 5-8 2022 Vancouver Art Fair @Vancouver Convention Centre 1055 Canada Place

1 pm-10 pm

Western Canada's largest international art fair is back, showcasing artists and galleries from all over the world with a wide range of contemporary art. Countries represented in the exhibition include Iran, Mexico, USA, Taiwan, Zimbabwe, Kenya, Argentina and Cuba. Integrated with the international guests are Canadian artists from all provinces and territories. Artists and gallery representatives will be at the exhibition to discuss their artwork, their influences and to sell their pieces. artvancouver.net

May 5-15 **DOXA Documentary Film Festival**

The DOXA Festival showcases creative documentaries and features public screenings, live discussions, forums and more. A panel of judges critique the documentaries and decide on the winners each year. doxafestival.ca

Mother's Day

Don't forget to spoil your Mom (or give her a call, send her a card or at least take a moment to remember her).

To May 8 Vancouver Opera: **HMS Pinafore** @Queen Elizabeth Theatre **630 Hamilton Street**

Admission: From \$35 Gilbert and Sullivan's comedic tale is a delightful combination of forbidden love across class divides and the shenanigans that take place along the way. Poking fun at social hierarchies and packed with absurd characters, this wildly popular operetta delivers plenty of laughs and memorable music.

vancouveropera.ca

To May 8 A Well-Made Object @Bill Reid Gallery of **Northwest Coast Art** 639 Hornby Street

11 am-5 pm Adults \$13, Seniors \$10, Students (with ID) \$8, Youth (13 to 17) \$6, Children under 12 Free, Indigenous Peoples Free, Gallery Members Free A small but significant permanent collection celebrates some of the finest contemporary artists working on the Northwest Coast. In recent years, the Gallery has focused on acquiring works by women artists as well as archival materials related to Bill Reid. billreidgallelry.ca

May 13-15

@Vancouver Convention Centre 1055 Canada Place

Jurassic Quest Dinosaurs

Friday & Saturday 9 am-8 pm Sunday 9 am-6 pm Admission: \$29-\$52

The interactive Jurassic Quest exhibition features realistic dinosaurs, rides and other fun activities for kids. At the attraction the dinosaurs move in incredible ways, and some even walk with guests. Kids can enjoy special dinosaur-themed bouncy houses and sit down for fun arts and crafts. Children can also dig for fossils like young paleontologists. The exhibition also features rides on the backs of animatronics and enjoy the thrilling experience of riding different prehistoric creatures. jurassicquest.com

To May 15 'DA KINK IN MY HAIR **@Stanley Industrial Alliance Stage** 2750 Granville Street A Resonant Musical Celebration of Women of Colour

"If you want to know about a woman, touch her hair," says Novelette. At her Toronto salon, captivating stories untangle as eight distinctive women narrate their lives with honesty, humour, and joy. Both heartbreaking and uplifting, 'da Kink in my Hair is a musical testament to the challenges and triumphs in the lives of contemporary Black women. artsclub.com

May 16-22 **Vancouver International Wine Festival**

@Vancouver Convention Centre, West 1055 Canada Place

The Wine Festival welcomes the world's greatest wine producers and wine drinkers to its annual celebration of wine and food. Widely considered to be the best wine event in North America, the 43 year old Festival is one of the biggest and oldest wine events in the world. It has been voted the "#1 Food, Wine & Hospitality Event in Canada" the last seven years in a row by New York's BizBash.

The Wine Festival is a fundraiser for Bard on the Beach Theatre Society. vanwinefest.ca

May 19 & 20 **Passages of Rhythms** Co.ERASGA

@PAL Studio Theatre 300-501 Cardero Street

8 pm

In this remounted work, three duets created for three diverse artists showcase three different genres – Flamenco. Bharatanatyam and voices for the body. Passages of Rhythms is a hybrid fulllength evening of cross-disciplinary and cross-cultural collaboration celebrating Asian Heritage Month in May 2022.

A fusion of traditional and contemporary movements, Passages of Rhythms is a crosspollination of cultures enabling the body to move and transform through complex rhythms, sensation, shapes, and voices. companyerasgadance.ca

May 20-22 **Dance: Craft JOE INK @SFU Goldcorp Centre for the Arts** Fei & Milton Wong **Experimental Theatre**

149 W. Hastings Street **DANCE: CRAFT** explores two dancers interacting with numerous craft objects in a non-traditional performance setting. Its craft seen through the lens of dance and remixed, a look at our relationship to objects, creating and interacting with them. How do objects further extend the language of the body and its narrative possibilities? JOE INK creates this performance scenario through movement, craft objects, original music, lighting and video design.

May 21 **British Classic Cars** @VanDusen Botanical Garden 5151 Oak Street

joeink.ca

Justifiably dubbed "The Greatest Show on British Wheels," the Vancouver All British Field Meet has been taking place in Vancouver on the Victoria Day Long Weekend since 1985.

Featured cars expected at the event include the Jaguar EType 60th, Triumph Stag 50th and English Fords from 1911. Also on display are Rolls Royces, Bentleys, Jaguars, Austins, Minis, MGs, Lotuses, Rovers, Aston Martins, Triumphs, McLarens and several other classic models. In all, there are usually between around 450 and 500 British cars and motorbikes, making it a car lovers' paradise.

following day, up to 100 or so of the classic vehicles head up to Whistler to participate in the All Brit Run. vancouversbestplaces.com/ vandusen-british-classic-cars/

After the show at VanDusen on the

May 24-June 19 **Hamilton Broadway Across Canada** @Oueen Elizabeth Theatre 630 Hamilton (at Georgia)

With a musical score that blends hip-hop, jazz, R&B plus old-fashioned Broadway-style production numbers, Hamilton tells the story of Alexander Hamilton, one of America's founding fathers. With book, music and lyrics by Lin-Manuel Miranda, Hamilton is based on Ron Chernow's acclaimed biography. It has won Tony®, Grammy® and Olivier Awards, the Pulitzer Prize for Drama and a special citation from the Kennedy Center Honours. vancouver.broadway. com/shows/hamilton/

May 30-June 5 **Bike to Work Week** in Vancouver

The bi-annual event is held in Vancouver and other communities within B.C. to encourage people to ride their bicycles instead of driving. Registration opens in April. During the week people are encouraged to ride their bikes instead of driving and to log their rides online. In Vancouver, Bike to Work Week is hosted by HUB Cycling. bikehub.ca/bike-events/ go-by-bike-week

May 31-June 12 Vancouver International Children's Festival @1398 Cartwright Street

With spectacular performances from around the globe for kids and families of all ages, the festival offers a mix of in-person (on Granville Island) and online performances of acrobatics, puppetry, theatre, dance, music and lots of arts activities created just for children. childrensfestival.ca.

To June 5 Alegria Cirque du Soleil

Under the Big Top @Concord Pacific Place 88 Pacific Boulevard Alegría is an all-time classic reimagined for a new generation that whisks audiences away to a mystical world of

visual poetry and acrobatic extravagance. With its unforgettable soundtrack, exciting acrobatics, surreal costume designs, vibrant sets and playful humour, Alegría lives up to its global reputation of quintessential Cirque du Soleil spectacle.

First premiered in 1994, Alegría ('joy' in Spanish) has mesmerized over 14 million spectators in 255 cities across 40 countries in over 19 years of touring. In 2019, in celebration of its 25th anniversary, Alegría was reenergized by a cast of 53 acrobats, clowns, musicians and singers and remains timeless with a joyous magical feeling. cirquedusoleil.com/alegria

To June 5 **Sho Esquiro: Doctrine** of Discovery @Bill Reid Gallery of **Northwest Coast Art** 639 Hornby Street Wednesday to Sunday 11 am to 5 pm

The Canadian premiere exhibition of Sho Sho Esquiro's solo exhibition showcases meticulously crafted couture gowns, textiles, paintings and photographs to celebrate the beauty and resilience of First Nations communities in the face of historical and ongoing trauma. *Doctrine of Discovery* inspires conversations around genocidal colonial practices, confronts the theft and murder of Indigenous women and children, and honours activists on the front lines. billreidgallery.ca

To July 3

Canoe Cultures :: Ho'-kumelh - War Canoes and the **Gifts They Carry Forward** @Vancouver Maritime Museum 1905 Ogden Ave

Admission: \$13.50 adults / \$11.00 seniors

A multi-sensory journey through Indigenous culture and history. The work of 20 Indigenous artists and carvers alongside historical images and information tells the story of the resilience and strength of Indigenous peoples through the war canoe and all it represents. Curated by Indigenous artist and cultural historian Roxanne Charles. vanmaritime.com/ho-ku-melh/

To October 1 **Boarder X** @Museum of Vancouver 1100 Chestnut Street

10 am-5 pm Free Admission Children 5 and under, \$10 Children, Students, Seniors, \$15 Adults Boarder X is a travelling exhibition that features work by contemporary artists from Indigenous nations across Canada. Reflecting on cultural, political, environmental and social perspectives related to the landscapes and territories we occupy, the exhibition examines contested spaces, political borders, hybrid identities, and traditional lands. The artwork draws parallels to urban areas prohibiting skateboarding, ski runs unwelcome to snowboarders and surfers' constant search for uncrowded waves.

To February 26, 2023 T. rex: The Ultimate Predator @Science World 1455 Quebec Street Admission: From \$18.57

museumofvancouver.ca

From fluffy hatchling to massive killing machine, this exhibition explores the life history, remarkable abilities and ancient relatives of Tyrannosaurus Rex, The Ultimate *Predator* will introduce you to the entire tyrannosaur family, revealing the amazing story of the most iconic dinosaur in the world through life-sized models and fossil casts.

This exhibition encourages visitors to explore how the T. rex may have looked and behaved over 66 million years ago. New technologies, ways of thinking and recent discoveries will encourage visitors to observe clues, ask questions and test new hypotheses, challenging what you thought you knew about these creatures. scienceworld.ca







HOW TO HELP KIDS LEARN TO READ

By Dr. Patricia Porter

There is a BIG discussion in education circles about the best way to teach kids to read. The debate is an old one wrapped up in new language. Instead of the terms Phonics v. Whole language, educators are now using the terms Structured Literacy v. Threecueing system.

Same old same old!

WHAT DO THE TERMS MEAN?

Structured Literacy means teaching children a range of phonic skills, using letters to build up words, understanding letter sounds both individually and in combination. Phonics by another name.

The Three-cueing system uses an approach that assumes kids will learn to read by being immersed in written and spoken language. Whole language by another name.

I've seen bright kids in remedial reading groups astound their teachers and parents when, given another way to learn, they could read and enjoy books.

HOW LONG MUST THIS GO ON?

How long before we stop preventing kids learning to read?

Parents have told me that even though they knew their child could read before going to school, the teacher assumed they couldn't because the poor child was trying hard to fit into the slow, laborious phonic lessons being used. You can't blame the child for trying to fit in.

I remember my own story of being a 'non-reader.' Because I was so bored with the simple books that we had to take turns reading, I read a book under my desk and didn't know what page to read when it was my turn. Fortunately I had a mother who, despite being scared of school teachers, went to the school and put things right. That was more than 70 years ago - and it's still

WHY DO BRIGHT KIDS STRUGGLE TO **LEARN TO READ?**

happening today.

Most bright kids who struggle to read are doing so because they're not allowed to use the Three-cueing system where they get context and meaning from pictures, sentence structure and language skills.

There are a few who struggle to learn to read for the opposite reason, because they need a structured approach to literacy learning, a step-by-step system that leads them to make sense of the letters.

Has anyone ever thought of combining both systems so that all children can benefit? So that all kids get the support they need to make reading easy and fun? Of course they have.

THE SOLUTION IS...

A good teacher uses many ways to help children learn to read. A good parent does the same.

But if parents are stuck with the belief that the only way to help kids learn to



they don't enjoy reading so can't pass on the love of reading to their child. Maybe they're leaving all this learning to read stuff to the school. Bad idea.

Why? Because I believe that the foundations of a good reading life are set well before a child goes to school. I see no reason why a three-year-old can't grasp the basics of reading so that they are ready to use reading as a means of learning.

To make sure this happens I have created simple, easy to use courses that help parents give their children the foundations of reading in a fun and complete way. Check them out - and the workbooks that go with them. (Look under the programs- 3R's - on leadingtolearning.com).

NEXT STEPS

Call me for a free 20-minute call to discuss issues and set the next steps. You have nothing to lose and your child has a world to gain.

Dr. Patricia Porter has more than 35 years of experience as a classroom teacher and ten years as a researcher. She has worked with hundreds of parents with concerns about education and how best to achieve school success.



Lettuce Wraps

By Erin Vander Weele

Seasoning

- 1 teaspoon garlic powder
- 1/2 teaspoon salt

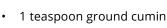
Dressing

- 1/4 cup salsa
- 1/4 cup plain Greek yogurt

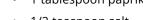
Directions

- 1. Pat chicken dry with paper towel and cut into small pieces.
- 2. Heat olive oil in a non-stick skillet. Mix cumin, garlic powder, paprika, salt and pepper in a small bowl.
- 3. Rub seasoning on the chicken and add to heated skillet. Stir while cooking. Once chicken is cooked, stir in black beans and corn. Cook on low and stir until mixture is heated evenly.
- cool slightly and spoon onto each leaf.
- 5. Mix salsa and Greek yogurt in a small bowl and drizzle over each taco.









1/2 teaspoon pepper





RECIPE

If you love taco night,

Taco Ingredients

• 1 can black beans (drained and rinsed) • 1 can fiesta style corn

(drained and rinsed)

• 3/4 cup feta cheese

• 1 tablespoon olive oil

1 cup tortilla strips

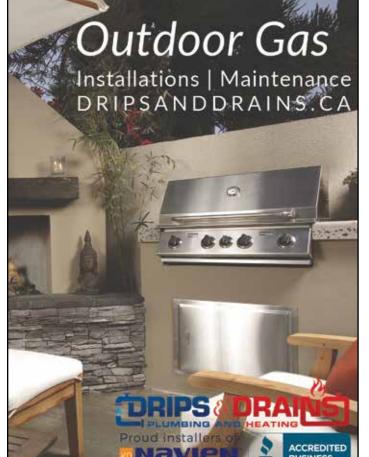
1/2 cup chopped

cilantro

 1 lb chicken breasts 6-8 romaine lettuce leaves (rinsed)

but prefer a lighter option, give chicken taco lettuce wraps a try! For this recipe, you can combine your own spices for the seasoning and make a light dressing for added flavour.

- 4. Set romaine lettuce leaves on plate. Let chicken mixture
- 6. Add feta cheese, tortilla strips and cilantro on top (optional).



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CELEBRATING ART IN THE COMMUNITY

By Richard Forzley

Artists in Our Midst is a dynamic group of artists dedicated to bringing public awareness to art created in the local community, and to promoting visual art in Vancouver. In 1993, artists on Vancouver's West Side opened their studios to the public, starting a vital dialogue that has continued for 29 years.

On May 28 & 29, the West of Main Art Walk gives more than 75 artists the opportunity to share their work at an art-filled weekend that includes painters, potters, sculptors, fabric artists and photographers. The Art Walk allows visitors to engage in conversation with



the artist, learn about their process and hear the story behind the work, enhancing the relationship between the visitors and the artwork.

The inspiration for the West of Main Art Walk was initiated by painter Pnina Granirer who attended Paris' great Génie de la Bastille open studio event in 1991. The idea travelled home with her and she shared it with fellow artist Anne Adams, leading to the inaugural Artists in Our Midst open studio tour.

The event begins with a two-day Preview Exhibition Gala & Sale on May 18 & 19 at the Roundhouse Community Centre in Yaletown, followed by an evening reception on May 19. Many artists have donated small 6" x 6" originals priced at \$50 each for the Art for All wall with proceeds providing supplies for Coast Mental Health's art programs. As part of its educational outreach, Artists



in Our Midst Society connects young people with local artists through the Lord Byng Secondary School art partnership program. A selection of student works will be on exhibit.

The Open Studio Tour & Sale on May 28 & 29 includes internationally recognized artists and some of the city's newest emerging talent in a free event, allowing visitors to explore and engage with artists in their studios and throughout hubs in the community from Point Grey to Main Street, and from Granville Island to 41st Avenue. Aberthau Community Centre in West Point Grey is the Art Walk's newest pop-up hub with 18 artists under one roof where artists will show their work.

Artists in Our Midst has built lasting relationships between the public and artists outside the more formal museum and gallery settings through free public art talks and exhibits,



volunteer art residencies and artists programs by including emerging artists in the main exhibition. The event is supported by merchants who showcase the art, by local donors and by the general public.

During the West of Main Art Walk, more than 30 studios, several cafés, and shops will open their doors to showcase the artists' eclectic and expressive works. As the public moves between the exhibition spaces, they will have the opportunity to venture to stunning garden studios, personally meet the creators and engage in dialogue about their art and process.

Visit artistsinourmidst.com for event information, to download an event map and to learn about participating artists. Follow @westofmainartwalk on Instagram and Facebook for the latest news, artist interviews and studio sneak peeks.







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