

APRIL 2023

An exclusive magazine for the residents of Kitsilano

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VANCOUVER

Cherry Blossom Blossom MAGIC



Best Version Media



Photo Courtesy of Al Lau

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KITSBEACH



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BVM has numerous neighbourhood-specific publications customized for various communities in and around the Vancouver area and throughout Canada.

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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
August 1	September
September 1	October
October 1	November
November 1	December

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DEAR KITS

On soft Spring nights I'll stand in the yard under the stars — Something good will come out of all things yet — And it will be golden and eternal just like that — There's no need to say another word.

~ Jack Kerouac, Big Sur

Spring is the season of renewal after a dark, cold winter. As the days get longer and warmer and early spring flowers pop up around us, our spirits soar in the sunlight and our whole perspective shifts. Seize the moment and get out your hiking shoes for your next outdoor adventure. From breathtaking mountain views to nearby lakes and parks, enjoy spontaneous excursions and celebrate the glories of the season.

-Jerry See
Publisher



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CHERRY BLOSSOM MAGIC



After the brief period of full bloom, the small, round shaped flowers start to flutter gracefully from their trees and the blossoms are believed to be the most beautiful in this final stage as the white and pink petals gently float to the ground.

Vancouver's Cherry Blossom Festival (April 1-23) has fostered a community of aficionados of the gorgeous blooms, encouraging us to immortalize them in music, dance, theatre, film, visual and digital arts, literature and photography.

Since the early 1930s, the pink wave that washes over the city has been a symbol of renewal and hope, inspiring us to celebrate the flowering plum and cherry trees that line Vancouver's streets. Originally a gift from the mayors of Kobe and Yokohama, the first 500 cherry trees were planted at the Japanese cenotaph in Stanley Park to honour Japanese Canadians who served in WW1.

Linda Poole, Founder and Executive Director of the Festival says: "Since Vancouver's flowering cherry trees originated as gifts from Japan, creating a cherry blossom festival seemed the perfect way to express our gratitude for their generous gift and to celebrate the beauty and joy the trees bring to everyone in neighbourhoods across the entire city."



Linda Poole, Founder and Executive Director

With the help of a passionate board, the not-for-profit society launched the first full-fledged event in 2006. "Our objectives included public education, citywide viewing programs by walking and by bike, multicultural musical performances, exhibitions and installations ... we wanted to inspire the artist in us all."

By Richard Forzley

Photos Courtesy of Vancouver Cherry Blossom Festival

The fleeting beauty of the cherry blossom has inspired poets and artists for centuries with its magnificent moment of glory. The Cherry Blossom, called Sakura in Japan, signals the arrival of Spring and celebrates the extraordinary beauty of the blossoms, known as Hanami, literally the viewing of flowers. The annual Cherry Blossom Festival is a Japanese tradition that dates back more than a thousand years and encourages people to gather together to celebrate friendship while the flowers are in bloom.

The cherry trees have powerful ties to Japan's history, culture and identity and were originally used to divine the year's harvest. Sakura came to embody Wabi-sabi philosophy and Shinto ideals of impermanence, hope and renewal. The aesthetic, derived from Buddhism, often described as appreciating beauty that is imperfect, impermanent and incomplete in nature, is prevalent in all forms of Japanese art and one of the country's most iconic symbols.

Featured Article

Image Courtesy: Toronto Blue Jays



Team Canada's Ashley Stephenson joins Blue Jays MiLB staff

By Logan Hanson, BVM Sports Journalist/Editor

When it comes to women's baseball in Canada, it is hard to write its history without mentioning Ashley Stephenson. The star was a member of every Canadian International Baseball Federation World Cup team from its inception in 2004 until her final game as a player in 2018. Now, the famous Canadian women's baseball player will take her skills to the professional level as a coach in the Toronto Blue Jays farm system... Continue reading on the BVM Sports website.

@BVMSports @bvm.sports





Linda believes in the power of the cherry blossom and in our universal response to their beauty, we are united. In the famous haiku by Japanese poet Issa, the ephemeral nature of the blossoms reminds us to seize the moment and celebrate life now.

"In the cherry blossom's shade there's no such thing as a stranger."

Kobayashi Issa (June 15, 1763-January 5, 1828)

The Cherry Blossom Festival has the amazing ability to open up our hearts, allowing us to be more in touch with our feelings and connect with other people, reminding us to be present and to take actions that make the world a better place.

"In Japan from March to May, people party under the blossoming cherry trees all day and into the night when lanterns are hung in the trees to provide illumination. In Vancouver, we encourage everyone to take advantage of the short weeks when the trees are at their best to picnic, play games, tell stories and dance beneath the canopy of flowers."

The main goal of the Festival is to bring people together, to get us to appreciate the beauty of the cherry trees in bloom, to breathe, to adopt a fresh perspective on life and to focus on the important things in life.

Join the celebration at The Big Picnic on April 1st at David Lam Park, Sakura Days Japan Fair on April 15 & 16 at VanDusen Botanical Garden and guided interpretative Tree Talks & Walks tours.

Online resources include a mobile friendly version of Neighbourhood Maps directing you to some of the best

cherry blossom sites located in the city, acting as your own personal Cherry Compass. The Festival also publishes a field guide about the 54 different cultivars entitled Ornamental Cherries in Vancouver by Douglas Justice.

For full Festival program details, visit vcbf.ca

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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WINE KITZ

APRIL

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

**First Wednesday of every month
Meet Me at The Gallery
@The Polygon Gallery
101 Carrie Cates Court,
North Vancouver**

10 am-12 pm
Meet me at The Gallery is a new daytime program dedicated to enriching the lives of adults and seniors with barrier-free access to transformative art experiences. Make new connections with art, and each other with a different activity every month, inspired by the works on display, with social time to follow.
thepolygon.ca/event/meet-me-at-the-gallery/

**April 1-23
Vancouver Cherry Blossom Festival**

Celebrate Spring and take in the beauty of the cherry blossoms. A celebration of nature, creativity, and the cultures that make Vancouver so special. A series of outdoor events to bring us together under the wondrous cherry blossoms to imagine a better tomorrow. A future that values our differences and our shared natural resources. Enjoy local food, make new friends on a walk in the woods, learn something new about the culture of your neighbour, join a group bike ride, and dance to some of the best music our city has to offer!
vcbf.ca

**April 8
Big Easter Run
@Jericho Beach
3941 Point Grey Road
Begins at noon**

The event near Jericho Beach is fun and open to all ages with 1K to 10K runs. It's an event where people dress up in festive costumes and run along Vancouver's scenic waterfront with various route options and different distances to choose from. It includes runs for little kids, runs for older folk, music, prizes and an Easter Egg hunt for children. All participants get a complimentary pair of bunny ears.
Cost for the 1K to 3K Kids Run starts at \$22 per person. The 5K and 10K distances start at \$34 or \$35 per person, or \$26 if under 18 years. Charitable beneficiary is KidSport, a non-profit organization that helps kids who need financial assistance to participate in sports.
bigfunrunseries.com

**April 14 & 15
Billie Jean King Cup 2023
@Pacific Coliseum
2901 E Hastings St
Friday 3PM / Saturday 1PM
\$75.00 to \$215.00 plus fees**

Team Canada hosts Belgium in the 2023 Billie Jean King Cup by Gainbridge Qualifiers. Canada's most recent home tie was against Latvia in Vancouver last April, where they emerged as 4-0 winners.
tenniscanada.com/pro-tennis/team-canada/billie-jean-king-cup/billie-jean-king-cup/

**April 15 & 16
Vancouver's Sakura Days Japan Fair
@VanDusen Botanical Garden
5151 Oak Street
10 am-5 pm**

A showcase of Japanese food and cultural activities with traditional Japanese music and live performances, as well as a tea ceremony, woodworking demonstrations and more. Traditional Japanese festival-style food includes okonomiyaki (a kind of savory cabbage pancake), yakisoba (fried noodles) and other tasty treats.
vcbf.ca

**April 16
Vancouver Sun Run**

Check the web site for the schedule
Starting downtown and finishing at BC Place Stadium, the Vancouver Sun Run is a 10-kilometre running race for all skill levels and attracts tens of thousands of runners every year, including pre-teens, senior citizens and elite athletes
The race starts downtown around the corner of Georgia and Burrard Streets, heads towards Stanley Park, turns up Denman Street before going into the park, along the edge of English Bay, cross Burrard Bridge, over Cambie Bridge and run the final stretch to the finish line.
Musicians along the route play upbeat music to motivate runners, and thousands of cheering friends, supporters and other spectators line the route as well to egg participants on to the finish line. For those who want to run a shorter distance, the 2.5-kilometre Mini Run is an option. After the race there are free refreshments, live entertainment and an awards ceremony at BC Place Stadium.
vancouver.sunrun.com

**April 17-21
Vancouver TED and TEDx Conferences
@Vancouver Convention Centre
1055 Canada Place**

The theme of the event is "Possibility" with TED and TEDx events featuring short talks and presentations about technology and design, as well as other scientific, cultural and academic topics. TEDx events, like TEDxWhistler and TEDxSFU, feature local leaders, inspirational public speakers, change makers and people that make their audiences think. International TED conferences usually sell out months in advance. Along with the standard TED Talks, there are also various workshops, exhibits and other interactive experiences on offer. As well, TED presents the opportunity to connect with a wide range of experts in various fields.
Demand is high and anyone who wishes to attend must submit an application to be reviewed by TED. Tickets range from \$5,000 up to \$25,000.
TEDxWhistler takes place on May 7th both in-person and online.
conferences.ted.com/conference/ted2023

**April 20-23
BrickCan LEGO Exhibition and Convention
@River Rock Casino Resort
8811 River Road, Richmond
\$15/person, children under 3 free**

The exhibition is a delight for fans of all ages who wander the exhibition hall marvelling at the creative displays of LEGO models. Concurrent with the exhibition is the BrickCan Adult LEGO Fan Convention, considered Canada's largest such convention and launched by Adult Fans of LEGO. Hundreds of LEGO aficionados from all over the world showcase their creative designs and are on hand to engage with the public about their works of art. At the event there are usually a few LEGO models never before seen.
Strollers and wagons are not allowed in the exhibit hall but wheelchairs are permitted.
vancouverbestplaces.com

**April 22
Surrey Vaisakhi Celebrations
@Gurdwaras Dashmesh Darbar Temple
12885 85th Avenue, Surrey
Begins at 9 am**

Also known as the Surrey Khalsa Day Parade, the Vaisakhi Parade is one of the largest of its kind in the world outside the Punjab. It's a must-see experience for Vancouverites!
Businesses and homeowners along the route offer parade participants and the crowd in general all kinds of free food, everything from ice cream to pizza to plates of curry.
The Festival includes about 20 organizations and more than 2500 participants.
vancouverbestplaces.com

**April 22
Earth Day
Check out events in the Lower Mainland
at vancouverbestplaces.com/events-calendar/festivals-and-events/metro-vancouver-earth-day/**

**April 22-30
Vancouver International Wine Festival
Various venues
Individual events and multi-passes from \$70-\$575**

The theme for the 2023 Vancouver International Wine Festival is South America with more than 150 wineries and about 1500 wines from 17 countries. In a typical year close to 25,000 attendees participate.
The Festival aims to provide an informative, educational and entertaining wine experience, to offer a marketing opportunity for the wine industry and to financially support its charitable partner, Bard on the Beach.
The Vancouver International Wine Festival features numerous food and wine-tasting events, including the Bacchanalia Gala Dinner, International Festival Tastings, wine seminars, winery dinners and wine parties.
vanwinefest.ca

**April 29, May 4 & 7
The Flying Dutchman
@Vancouver Opera
Queen Elizabeth Theatre
630 Hamilton Street**

Based on a European maritime legend, The Flying Dutchman tells the haunting story of a sailor and his daughter who encounter a ghost during a storm on the sea. The Dutchman, who has been condemned to wander for eternity, is searching for a bride to finally bring him peace. This tragic tale of love and sacrifice is the composer's first masterpiece and features magnificent orchestration of Wagnerian proportions. This will be a new production for Vancouver Opera.
vancouveropera.ca

**To May 14
As We Rise: Photography from the Black Atlantic
Sunday, Wednesday, Thursday, Friday, Saturday
@The Polygon Gallery
101 Carrie Cates Court,
North Vancouver**

The international touring exhibition celebrates Black life in its myriad forms, drawing from cultures around the Atlantic to illustrate a polyphonic sense of community and family. Includes photographs from some of history's most influential photographers and most iconic contemporary artists, including work by Gordon Parks, Malick Sidibé, Carrie Mae Weems, Kehinde Wiley, Texas Isiah, and more.
thepolygon.ca/exhibition/as-we-rise/

**May 19 & 20
Into the Little Hill
@Astrolabe Musik Theatre
Fei and Milton Wong
Experimental Theatre
SFU Woodward's
149 West Hastings
7:30 pm**

A contemporary, multi-disciplinary staging of the Pied Piper tale, fusing George Benjamin's chamber opera with Idan Cohen's direction and choreography.
astrolabemusiktheatre.com

**To July 2023
All We Want Is More: The Tobias Wong Project
@The Museum of Vancouver
1100 Chestnut Street**

In the early 2000s, Tobias Wong (1974-2010) took the design world by storm. Born and raised in Vancouver, Wong was a brilliant and prolific artist whose career defies easy categorization with work that pushed the boundaries between conceptual art, performance and product design.
His work was irreverent, witty and thought provoking and questioned notions of authorship, originality and the value we assign to objects in our lives.
museumofvancouver.ca

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THE MOST CLEVER EASTER BUNNY

By Grace Schulte

The Easter Bunny has become extremely good at hiding baskets over the years. At first, the hiding spots were simple and straightforward: in a closet, under the table, or behind the couch. Since then, they have become increasingly more creative. Coincidentally, someone was lucky enough to receive a list of creative ways to hide Easter Baskets this year directly from the Easter Bunny!

BUNNY SCAVENGER HUNT

The Easter Bunny wrote about creating a fun scavenger hunt for the children. Little clues would be the key in leading them to their basket. The first clue would be placed so they would see it immediately when they woke up. The clues may have been riddles or pictures that the children needed to decipher in order to make their way to their goodies. The Easter Bunny gave examples such as hand drawn pictures of items around the house and phrases such as "My purpose is to clean. I clean more than one thing. I can hold water." It was also written that creativity has no limits, so the clues could either be easy or hard!

BUNNY DETECTIVE

Similar to the scavenger hunt, the Easter Bunny recalled turning the children into Bunny detectives. In the morning, the kids would wake up to a little envelope with essential case clues: a picture depicting a significant place, a few jelly beans of the same colour, and a piece of coloured yarn. As the child arrived at the place of significance, they found that there was a trail of jelly beans in the same colour as theirs. As they followed the trail, they happened upon a piece of yarn tied around an object in the same colour as theirs. The other end of the yarn held a note revealing the final clue to the destination of their basket. When there were multiple children, the Easter Bunny hoped they would work together to figure out that the colours have meaning!

BUNNY TRAIL

One Easter, the Bunny wanted to try something different. After night had fallen, the Easter Bunny gathered many different kinds of coloured string. A different colour string was designated for each child in the house. The Easter Bunny tied the string to the doorknob of one child and proceeded to create a trail around the house, zig-zagging all the way to their basket of goodies. The Easter Bunny then repeated those steps with the second child's doorknob. By the end of the night, a colourful, weaving maze had been created for the children to wake up to.

BUNNY TEA PARTY

The Easter Bunny looked back on one particular stage he set for his younger children. The night before Easter, the Bunny gathered the child's favourite plush stuffed animals. If the child owned a tea set that would be used to help set the scene. If not, normal plates and cups sufficed. When the child awoke, they were greeted by their favourite friends sitting down together enjoying a cup of morning tea and sharing a basket of Easter goodies!




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CONDOS	\$768,500 ↓	\$798,250
TOWNHOMES	\$1,342,500 ↓	\$2,425,000
RESALE HOME SALES	42 ↑	21
ACTIVE INVENTORY	89 ↓	95
MEDIAN DAYS ON MARKET	12 ↓	16

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CATCH METHODS

By Chef Anna Hunt, Finest At Sea

It is so easy when shopping in a store to separate oneself from the where and the how of the products on the shelves ... whether it's where and by whom our clothes are made, or where and how our food is raised or caught. The best thing we can do as consumers is educate ourselves about what we consume and purchase from trusted and ethical retailers.

Seafood is no different. It is important not to lump all wild fish into the same category of sustainability (or lack thereof). While hopefully most people know to avoid open penned farmed fish for its impacts on the health of our oceans and its inhabitants, simply choosing the fish with the "wild" tag on it at the grocery store is not enough. Avoiding fish altogether with the assumption that all methods of fishing are destructive is also misguided.

There is a good number of ethical and sustainably minded fishers who care very deeply for the future of our oceans. As fishers, the best way we can secure future ocean health is by using methods that directly target the intended species.

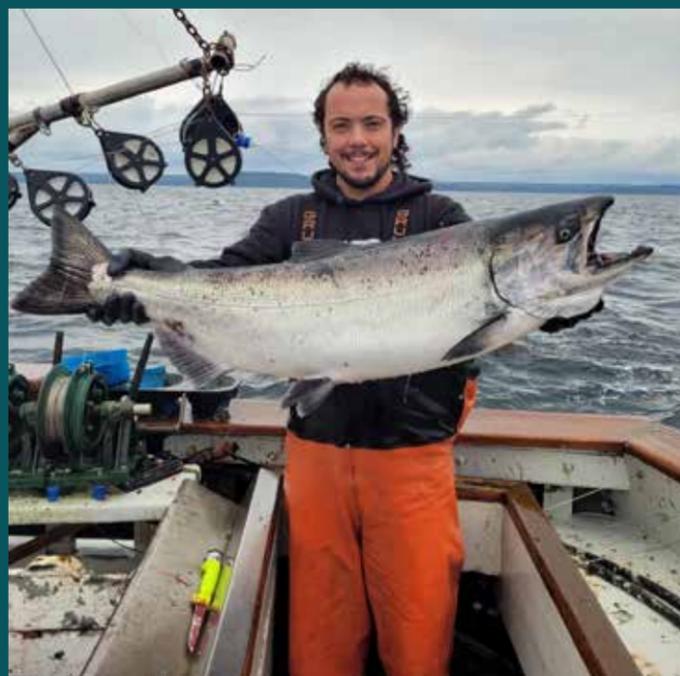
As a general rule, avoid any fish that has been caught with the use of nets. Seining, dredging, gill netting and trawling vary slightly in their exact methods, but all scoop up anything and everything in their path. This puts endangered species at risk, causes the unnecessary death of animals that will not be eaten, and in many cases, causes great destruction to the ocean floor and under-water habitats.

Trolling and long lining methods of fishing are great and target a specific species. With these methods, you catch one fish with one hook and any bycatch from these lines can be treated with care by either being returned to the ocean or brought aboard to take back to market to sell.

Another great choice for sustainability is trap or pot caught fish. With trap fishing only the targeted species is brought aboard, and all unintended bycatch is returned alive to the ocean.

These sustainable methods come at a cost as it takes much more time and care to land fish with these methods and most fishers doing this are smaller family-run and local operations. As in any situation, where we choose to spend our money can have huge impacts on local economy and the environment.

As always demand accountability and transparency from your retailers. If they can't tell you how the fish was caught, you probably don't want to know. Get to know your fishmonger and don't be afraid to ask questions.



TANDOORI HALIBUT & SPRING ONION SKEWERS

By Chef Anna Hunt, Finest At Sea

Yield: 2 skewers

INGREDIENTS:

- 200g Wild BC Halibut, cut into 2" cubes
- 5 spring onion bulbs, cut in half
- 2 tsp Finest at Sea Tandoori Spice
- 2 tsp olive oil
- 1 tsp kosher salt, divided
- ½ cup Greek yogurt
- ¼ long English cucumber, finely chopped
- 1 small garlic clove, crushed
- 1 Tbsp chopped fresh mint
- 1 Tbsp lemon juice

DIRECTIONS:

- Mix tandoori spice, olive oil and ½ tsp salt together in a bowl. Add cut halibut and onions. Allow to marinate 20 minutes to 1 hour.
- While the halibut is marinating, combine yogurt, cucumber, mint, lemon juice, garlic and remaining salt in a bowl, mix well and set aside for later.
- Thread the fish and onions alternating on 2 skewers, starting and ending with the onions.
- Cook on a hot, well-oiled barbecue or grill pan for 6 minutes, turning a couple times for even cooking and charring.
- Serve hot with the yogurt sauce and your favourite spring salad!



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MYTHS ABOUT LEARNING

By Dr. Patricia Porter | Photo by Sarah Virag, sarahvirag.com

Are you struggling to make sense of what you see and hear about how children learn? Many parents are. Some of the things parents believe just aren't true. Once you know how to differentiate what is true from what is untrue, life becomes a lot easier.

Here are a few of the most frequent myths parent believe:

1. Bright kids get good grades

This isn't always true. Yes, some bright kids can demonstrate what they have learned and get good grades as a result. But many bright kids get poor grades – much to the frustration of parents and the confusion of teachers – because, despite being bright, they don't know how to learn.

Is your child in this category?

Until now there has been little support for parents whose kids 'could do better'. That is why I started Leading to Learning (leadingtolearning.com) where parents can get the information and advice they need to help bright kids get better grades.

2. Learning is natural

All children want to learn but that doesn't mean all children can learn. The ability to learn depends on the development of some basic skills. Children learn many of these skills 'naturally' but there are some skills that need to be taught.

When a child knows how to learn, then learning seems to be natural. But don't be deceived, they are using foundational skills that make learning seem easy.

Does your child have all the basic learning skills?

3. The higher a child's IQ the more they will learn

Not necessarily. The concept of one measure of intelligence is long gone. Now it's understood that children can have many types of intelligence and most are stronger in one kind of intelligence than others. Children learn more when they are allowed to use the type of intelligence they possess. That's why it is important to know how your child is 'smart' so you can adapt the support they get to meet their learning preferences.



4. Children know how to learn

Not always. If the child has had good role models who demonstrate how to learn, then they will have developed many of the skills they need to be able to learn.

My big Ah-ha moment came when I realized that children need to learn how to learn. Don't assume that children have the skills they need to become good learners. Check out the free resources on my site for a list of the skills kids need.

5. Learning only happens in school

Some types of learning -- such as science, history, math -- work best in a school setting but much more learning happens outside school by being part of a family, watching others, sharing with friends, playing games etc.

School learning is very specific, out-of-school learning is wide-ranging and can be life-changing.

What you do at home has more impact on your child's ability to learn than what teachers do in school.

6. Children don't learn because they are lazy

I have only met two truly lazy children during my 35 year teaching career! Some children appear to be lazy but are, in reality, spending all their energy avoiding doing any work.

There are no lazy kids, only kids who spend their energies in ways that are not useful. In my experience these kids are afraid of taking responsibility for their actions and do whatever they can to avoid doing work. Responsibility is one of the foundational learning skills.

Does your child take responsibility for his or her actions?

7. All children learn the same way

I am not sure that anyone believes this now. Research has shown that children have a mix of eight learning preferences. Some children learn best by listening, others by watching, others by moving or being in a group.

Once you know how your child learns best, you can adapt the support you give to make learning easier and quicker.

Do you know how your child prefers to learn?

8. Kids are born with a certain amount of intelligence

Again, this is an old belief. We now know that not only do children have different types of intelligence but that, given the right context, intelligence can grow throughout a person's life. There is no limit to what children can do given time and the right type of support.

9. Teaching and learning are the same

How I wish this were true! If it was true, all we would need to create a world full of learned children would be good teachers. Good teachers are important but they do not guarantee good learning. Children need the skills that make them into good learners so they can benefit from the teaching they get in school and college.

Never confuse teaching with learning. Always check that your child has learned what you are teaching them.

10. All kids can learn

Yes, something that is true. I believe that all children can learn. Some take longer than others. Some children have physical or mental disabilities that making learning a challenge and many have learning difficulties that they need to overcome.

A disability is permanent such as being in a wheelchair, having autism etc.

A difficulty is something that can be overcome with the correct support.

But given the right context – a supportive teacher and a caring parent – all children can learn and progress.

And isn't that a wonderful thought?

Need help and advice – contact me for a free 20-minute call to chat.

Dr. Patricia Porter (leadingtolearning.com) 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.

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