

Illustration by Sheku Nafisi

RIGHT TO FOOD ZINE

Downtown Eastside Neighbourhood House
573 East Hastings St.
Vancouver, BC
V6A 1P9

www.rtfzine.org

www.facebook.com/RTFZine

www.instagram.com/rtfzine

Editor & Publisher • Shannon Hecker | *IT Consultant* • Mike DuBelko

Layout & Design • Poorvi Shetty, Sheku Nafisi

Illustrations • Sheku Nafisi, Poorvi Shetty

Editor Emeritus • Stan Shaffer | *Print consultant* • Rita Vander Raadt

Current NH ED • Rory Sutherland | *Former NH ED* • Carol White

Contributing Writers • Eddie Gardner, John Douglas, Roxana K., Eli Robinson,
Ryan Tang, Hendrick Beune, Ronnie Grigg

The views and opinions expressed in this publication are those of the original authors and contributors, and do not necessarily reflect the views and opinions of the Downtown Eastside Neighbourhood House.



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Letter from the **EDITOR**

Welcome to the 19th issue of the RTF Zine published since 2012. I've been a part of the Zine since 2015, proud to be a writer and contributor. This issue is dedicated to our now retired Editor & Publisher, Stan Shaffer. Since joining the zine I have been grateful to work with Stan who has been the glue that kept our team together. It came as a surprise when Stan decided to step down from his position but as a result of my desire to keep the Zine alive, I inherited his position.

Much has changed since our last issue was published in Dec. 2017. Sadly, the Executive Director of the DTES Neighbourhood House, Carol White, has also retired, and we will miss her. Congratulations to Rory Sutherland the new ED. Thoughts and prayers for both Carol and her husband Mike DuBelko who have generously facilitated the Zine for four years. They are both recovering from surgery this year.

Welcome to many new Zinesters, especially Poorvi Shetty & Sheku Nafisi, our new graphic designers. Our new writers include: Roxana K., Ronnie, Ryan, while John Douglas both writes & facilitates our new "Writing for Fun" workshop held bi-weekly at 1:30 on Wednesdays. We are always looking for more editors, writers, artists & poets to join the Zine family.

This is a late spring/early summer issue with a Wild Salmon theme. We've included a message from Stó:lō Elder Eddie Garder with his "Urgent Call for International Collaboration for a Fish Farm Free Pacific Coast." I have written a piece exploring the dangers of eating farmed salmon in "Buyer Beware." We've also included a special call out to artists to join the cre-

ative stream of consciousness that is the Wild Salmon Caravan (WSC) and feature a beautiful "Save the Date" poster for WSC 2018 on our back cover.

With a range of springtime fun, to some various serious subjects.

Other topics in this issue include a poem about bees by Hendrick Beune called "Miss Lizzy," and two poems by John Douglas, "Food on Feet" & "People are Becoming Machines." Eli Robinson advises on "Veganism," and Ryan Tang, who leads the Breakfast Club, explains his educational approach in the kitchen with Strathcona youth in "Recipe for Life." Roxana educates us about the Food Irradiation in addition to sharing one of her favourite recipes in "For the Love of Foraging." I've also shared my personal experience of turning lawns into food forests, encouraging everyone to get dirty this spring/summertime.

Finally, community activist and frontline worker Ronnie Grigg's amusing and heartfelt piece called "Some Summers Get Hot" portrays life in a homeless camp he participated in before the 2010 Olympics, when the DTES NH brought some hope (in the form of bananas!) to the occupiers.

A handwritten signature in black ink, appearing to read "Shannon Hecker". The signature is fluid and cursive, with the first name "Shannon" written in a larger, more prominent script than the last name "Hecker".

SHANNON HECKER
RTF Zine Editor

URGENT CALL FOR INTERNATIONAL COLLABORATION FOR A FISH FARM FREE PACIFIC COAST

By Eddie Gardner

The media missed this, but social media captured it. The quality of the truth, the story of an emerging powerful coalition will go viral and galvanize even more international support to remove fish farms from the Pacific coast. Both levels of government will not be able to ignore or brush this aside, especially at voting time! We can and will win over the cooperation needed by governments to defend wild salmon from fish farms.

The Wild Salmon Defenders Alliance and the Wild Fish Conservancy Northwest hosted a joint press conference on Thursday May 24th, 2018 calling for international collaboration to phase out Atlantic salmon farms on the Pacific coast. Speakers on the issues included Kurt Beardslee, Wild Fish Conservancy Northwest, Washington, Eddie Gardner, Wild Salmon Defenders Alliance, Shane John, fisherman from Chawathil First Nation, Dr. Claudette Bethune, clinical scientist, Karen Wristen, Living Oceans, Reverend Laurel Dystra, Anglican Church, Hereditary Chief George Quocksister Jr., and Ernest

Alfred, traditional leader of Namgis Nation.

In response to **the escape of approximately 260,000 invasive Atlantic salmon** in Puget Sound, Gov. Jay Inslee of Washington State signed a bill that will phase out marine farming of Atlantic salmon and other non-native fish by 2022. "This decision will give wild salmon a fighting chance and will assist Washington's efforts to restore and enhance wild salmon, which are vital to the economy and the ecological integrity of the Pacific coast," says Kurt Beardslee

Democrat Senator Kevin Ranker agrees, but noted that an American ban would be less

effective in the shared ecosystem of the Salish Sea if fish farms continue to operate and expand in Canadian waters. Wild salmon swim across international borders, migrate long distances, and spend several years at sea. The Pacific Salmon Treaty and Pacific Salmon Commission were created to address issues related to the harvest of salmon intercepted by Canadian or American fisher-



men before they return to their native spawning grounds. As wild salmon are also being intercepted by pathogens from open net pen Atlantic salmon farms,

THERE ARE CALLS FOR THE COMMISSION TO EXPLORE A SCIENCE-BASED APPROACH TO AQUACULTURE, AND MOVE IT TO LAND CONTAINMENT.

The Pacific Salmon Treaty negotiations are underway, and I can't see how this will not factor into those discussions. If a government is making responsible decisions to safeguard such a sacred species as salmon, how could the British Columbia government not collaborate with Washington to phase out ocean fish farms," says Bob Chamberlin, Kwikwasut'inuxw Haxwa'mis First Nation Chief and Vice President of the Union of BC Indian Chiefs.

Scientific evidence generated in both Canada and the USA shows that fish farms adversely impact endangered wild salmon with highly contagious pathogens like Piscine Reovirus (PRV). A scientific paper released by Dr. Kristi Miller-Saunders and a team of scientists from the federal Department of Fisheries and Oceans Canada and the University of British Columbia, confirms that PRV can cause rupture of red blood cells, result-

ing in anemia and potentially causing lethal kidney and liver disease in Chinook salmon. PRV is widespread throughout Atlantic salmon open-net pen farms in Puget Sound and British Columbia.

"This is shocking scientific evidence that proves fish farms harm wild salmon by releasing contagious diseases that cannot be controlled in open-net pen technology," says Chief Robert Gladstone of Shxwá:y First Nation. "The Musgamagw, 'Namgis and Mamallikulla people, long opposed to open net pen fish farms in their territories, as well as First Nations along the Fraser river, would welcome this report as it supports the removal of fish farms from the migratory routes of wild salmon, and recommends a move to land-based aquaculture," says Shane John of Chawathil First Nation, situated near Hope, BC. "To date, we are extremely disappointed in the province's delay tactics and failure to act to announce fish farms will not be renewed on June 20. They continue to allow fish farms to stock their open net pens, and have not stopped blood water from pouring into the ocean and harming migrating fry," says Ernest Alfred of Namgis Nation. "This is a human rights issue. We support Indigenous Nations that have never given their consent to have fish farms in their territories as they witness their traditional food source collapse around those pens," says Reverend Mellissa Skelton of the Anglican Church. First Nations people and other citizens on both sides of the border are not the only ones who have lost confidence in the federal government's ability to regulate the aquaculture industry. After years of cumulative evidence that fish farms are doing harm to wild fish, the Environmental Commissioner of Canada recently reported that the federal government isn't doing enough to manage the risks associated with salmon farming – and is failing to set national standards to prevent fish escapes and regulate how much drugs and pesticides companies can use. The majority



Farmed Atlantic Salmon gills swollen from PRV infection

of British Columbians (9 out of 10 in a recent poll) see it is necessary to remove fish farms from the ocean and transition to land-based aquaculture. In a few short weeks, more than 11,000 people from all backgrounds signed the Declaration in Defence of Salmon in a show of widespread support in asking John Horgan to give our wild salmon a chance by not renewing Atlantic salmon farm tenures come June 20, 2018. Clearly, there is widespread public support for phasing out fish farms in Pacific waters.

"Due to the failure of the federal and provincial governments to protect wild salmon from fish farms, we feel we have no option but to take matters into our own hands, and will be inspecting the waters around the farms for evidence of disease and illegal by-catch of baby fish," stated Hereditary Chief George Quocksister Jr. Astoundingly, the Minister of Fisheries and Oceans Dominic LeBlanc is choosing to fight Dr. Alexandra Morton and EcoJustice in court in an attempt to bypass federal regulations he is responsible to enforce, and a court order to test farmed Atlantic salmon for PRV before they are placed in ocean fish farm pens. This is one of the reasons why the Environmental Commissioner of Canada fired criticism at DFO for not doing enough to manage the risks fish farms pose to wild salmon. This comes after years of scientific evidence that fish farms have

the potential to do irreversible harm to wild salmon.

In addition, more recently the Pacific Salmon Foundation established that farmed salmon have a Norwegian strain of the Piscine Orthoreovirus, this virus is contagious and can be passed onto wild salmon. The Pacific Salmon Foundation did the peer reviewed science with no money coming from fish farm opponents or from the ocean aquaculture industry. The science this Foundation does is peer-reviewed and highly respected. The Pacific Foundation recommended that fish farms be removed from migration routes of wild salmon and moved onto land in containment. We have been saying this for more than 25 years! Sign the www.Safesalmon.ca Declaration, write/email/ phone Premier Horgan and tell him the people want him not to renew fish farms tenures June 20, 2018!

Contact: Eddie Gardner, President, Wild Salmon Defenders Alliance, singingbear@telus.net, 604-316-2607

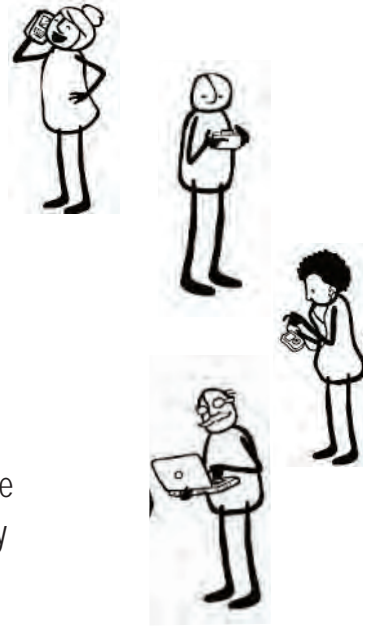
Kurt Beardslee, Executive Director, Wild Fish Conservancy Northwest, kurt@wildfishconservancy.org, 425-788-1167

Live Farmed Atlantic Salmon with rotting flesh from PRV



PEOPLE ARE BECOMING MACHINES

Headphones chain so many many people
They stride buy, barely seeing the sun
Or the cloud art gallery in the sky
They hear no birdsong, won't say hello
We are thus becoming machines, cold
Ears once wed to life, to nature's daily strife
Now laptop/cellphone/i-pod imprison many
we are becoming anti-social machines!



FOOD ON FEET

Food glorious food
Puts me on my feet
Mangos so newat
Apples a treat
Sirloin not trendy
Mushrooms nerv endy
So inhate that sweet milk chocolate
N' become a "willie wonka" rocket!



Illustration by Sheku Nafisi

BUYER BEWARE

By Shannon Hecker

When shopping at the grocery store you may have noticed that there are two types of salmon available for purchase: one labeled "Wild Salmon" with a rich red colour and thin lines of fat, while the other is labelled "Fresh Atlantic Salmon" with a much lighter orangish colour and very thick fat bars.

What the label doesn't reveal is that Atlantic salmon is farmed, genetically modified fish, alien to the waters which they are raised in.

These farmed fish live completely unnatural lives and do not follow the 4 year life cycle that define the different species of wild salmon. The open net pens have effectually become breeding grounds not just for GMO Atlantic farmed salmon, but also for parasites and disease. Some of these fish are so sick their flesh is rotting off of them while they

are still alive. Foreign owned companies have been operating throughout Indigenous communities along the BC coast for the last 30 years and never had consent of the people whose land, waters and food sources are being adversely affected.

Fish farms are located all along the migration routes of wild salmon, contaminating many animals all the way up the food chain; wild salmon are a keystone species here on the Pacific Coast.

Alexandra Morton has been studying the effects of open net fish farms on wild salmon migration routes for 30 years now and says that this is the last stand for wild salmon. Watch the free film

Racing a Virus online http://alexandramorton.typepad.com/racing_a_virus/ to learn more about the effects of Piscine Riovirus PRV on both farmed salmon and wild salmon. With 30 years of contamination, wild salmon stocks are at an all time low. The decimation of wild salmon is akin to the decimation of buffalo for the plains



photos by Alexandra Morton

peoples. Indigenous peoples along the Pacific coast and their relatives up the rivers are salmon people, their cultural survival depends on the relationships with their salmon relatives that they have maintained for thousands of years.

Aside from violating human rights of Indigenous peoples protected through United Nations Declaration of the Rights of Indigenous peoples, it is clearly unethical to sell diseased fish to the public for consumption. Stó:lō elder and president of the Wild Salmon Defenders Alliance, Eddie Gardner, warns consumers that "farmed salmon are contaminated in many regards - cancer causing dioxins, PCBs, as well as immune weakening antibiotics they use to fight their losing battle against viruses and diseases. Health experts warn people, especially women and children to avoid consuming farmed Atlantic salmon. Remember, if says Atlantic salmon, it is farmed salmon, and you can tell by the sick colour of orange and wide fat bars."

For the last 300 days Hereditary Chief Ernest Alfred from Namgis has been occupying and living at the Swanson fish farm to prevent any further work from taking place. The company has been successful in having Ernest removed from the site by making an application for injunction which was approved by the Supreme Court. His aunt Tsastilqualis Ambers Umbas of ma'amtagila has taken his place, set up a tent and continues to occupy the fish farm. Check out their facebook pages Swanson Occupation & Matriarch Camp. <https://www.facebook.com/GETTHEFISHFARM-SOUT/>
<https://www.facebook.com/Matriarch-Camp-Food-and-Supplies-142454759833463/>

On Thursday May 24th The Wild Salmon Defenders Alliance and the Wild Fish Conservancy

Northwest hosted a joint press conference calling for international collaboration to phase out Atlantic salmon farms on the Pacific coast. Following the event everyone who was there walked over to the local Supervalu located at Commercial and E. 1st Ave. Led by Ernest Alfred who proceeded to remove all farmed salmon from the shelves, brought it up in a cart to the register and asked for a manager to come speak with him. He then educated the manager on the issues surrounding farmed salmon, left him with some reading materials and promised to come back in addition to notifying him that we would be going to every other Supervalu and demanding the same until the owners remove this product from their shelves.

It is disgusting that stores are selling this contaminated food to people without proper labeling. People often are not even aware they are buying fish farmed in open net pens. It's understandable that perhaps the manager and owner are also unaware of the dangers of consuming farmed fish. That is why we are taking it upon ourselves to educate them. Anyone can go into a store and ask the manager about their fish, there's also educational materials available through the Wild Salmon Defenders Alliance, contact president Eddie Gardner.

Whether you are willing to stand up and speak out about it, you are at least better off now that you are aware. You are what you eat, and well, if you eat farmed salmon; just remember that they swim in a closed pen saturated in their own feces, with open sores on their bodies.

DID YOU KNOW?

YOUR FOOD IS IRRADIATED

By Roxana K.

Having been part of the low income DTES community for 5 years, one of my priorities at the time was to at least maintain relatively good health. As a consequence I have researched all the possible issues that can affect food quality and came across, among other things, the subject of food irradiation. I was intrigued, since science is something I respect and have studied. After reading about the few positive benefits, mostly convenient for the industry, I needed to look at the effects on humans and here I want to succinctly present only a few of my findings.

Currently in Canada the following foods are being irradiated: potatoes, onions, wheat, flour, whole wheat flour, whole or ground spices and dehydrated seasoning, fresh raw and frozen beef. The reasons offered are: to inhibit sprouting, reduce microbial load and to combat insect infestation. reference: <http://www.inspection.gc.ca/food/labelling/food-labelling-for-industry/irradiated-foods/eng/1334594151161/1334596074872>

Since we import so much of our food from the US, it should also be mentioned that the list is much longer there, where most foods are being irradiated with the exception of organically certified food products.

The food irradiation process is mainly conducted using Cobalt-60



"Cobalt-60, is a synthetic radioactive isotope of cobalt with a half-life of 5.2 years. It is produced artificially in nuclear reactors" (wikipedia.org).

"Most Co-60 that is ingested is excreted in the feces; however, a small amount is absorbed by the liver, kidneys, and bones. Co-60 absorbed by the liver, kidneys, or bone tissue can cause cancer because of exposure to the gamma radiation."

Source: <https://emergency.cdc.gov/radiation/isotopes/cobalt.asp>

Meat:

In 2007 there have been efforts to adopt legislation to irradiate beef products here in Canada; however because of vehement opposition from the public, they were not successful. Neverthe-

less in 2017, due to persistent pressure from certain interests groups, Health Canada has authorized the use of ionizing radiation to treat fresh and frozen raw ground beef.

Reference: <https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-irradiation.html>

Effects of radiation on food:

- significant lose of vitamin 5 (Pantothenic Acid) - 80%;
- enzyme depletion, vital for digestion and immune system functions;
- not able to eliminate all pathogens, such as Clostridium Botulinum bacteria which can cause paralysis;
- studies on animals fed irradiated foods have shown increased tumors, reproductive failures and kidney damage;
- accumulation in the environment; humans being at the end of the food chain thus the last to ingest the cumulative quantity and effects.

Effects on humans:

- Science has not proved that a long-term diet of irradiated foods is safe for human health;
- The longest study on humans was conducted for 15 days, when everyone knows that radiation effects are long term and long lasting, plus radiation tends to accumulate not dissipate.

Effects and risks for the environment:

- accidents have occurred already when water from irradiation facilities has escaped in the environment;
- worker exposure;
- accumulation in the environment if increased production and use.

Minimal oversight, a consequence of various

trade agreements, created an even higher risk for Canadians to consume imported foods from countries that do allow irradiation of almost all food products (US, China, Australia, etc.)

One big challenge remains - identification. How do we know when the food we intend to buy has been irradiated? As consumers we should have the right to know; the same issue as with GMO. Labeling of irradiated foods not being required in Canada makes it even more difficult to avoid them despite the fact that we do have an international symbol for irradiated food, which other countries use and enforce.

Knowing this has made me even more acutely aware and focused on food security, growing and using more from my community garden and purchasing 90% of my food produced in Canada while avoiding those that are currently irradiated. Regardless of the issues we face around food safety, buying locally grown foods will forever remain the most ethical and safe thing to do for ourselves, the planet and even the next generation.

VEGANISM: PLANT BASED LIVING

by Elijah

During the past ten years, the diet and philosophy of vegans has spread like wildfire all over the world, inspiring millions of folks to cut out meat, dairy, honey and other animal by products completely from their life. Vancouver is an extremely vegan friendly city to live in, with a majority of restaurants accommodating the plant-based dietary restrictions vegans adhere to.

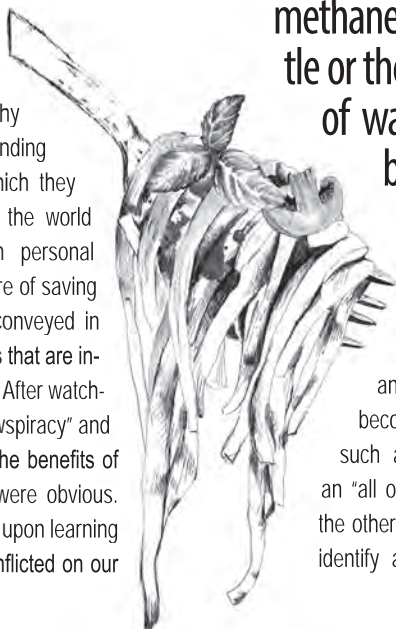
Here at the Downtown Eastside Neighborhood House, our menu regularly features vegan dishes for our neighbors who can't consume meat or dairy.

For many vegans, the philosophy and ethics surrounding their diet is one which they equate with saving the world and speaking from personal experience, this allure of saving the world is often conveyed in information and films that are incredibly convincing. After watching "Food Inc.", "Cowspiracy" and "What the Health," the benefits of a plant-based diet were obvious. The horror one feels upon learning about the damage inflicted on our

planet as a result of factory farming and agriculture in general exists on several levels. Primarily, there is the aspect of cruelty to animals that is enough for some folks to completely renounce animal products; surely this seemed to be the biggest selling point to my parent's generation, who were converted to vegetarianism during their Hippie phase in the seventies.

The current selling point, however, has added the element of the environmental impacts of modern agriculture, such as the extreme amounts of methane gas produced by cattle or the enormous amounts of water required to raise beef and dairy cattle.

It is important, however, to engage in long periods of self-reflection and critical analysis when evaluating a philosophy such as veganism. Speaking from an insider perspective, it is easy to become incredibly passionate about such a lifestyle change and embrace an "all or nothing" worldview that furthers the othering of folks who cannot or will not identify as such. Moving past the initial



honeymoon phase of this diet, there are several criticisms, which I would urge any plant-based eater to consider themselves. Firstly, the diet can simply be used as a tool of the capitalist system, which seeks to profit off people wishing to eat more ethically. Many vegan restaurants as well as simulated meat and dairy companies charge much more than their non-vegan counterparts, which is often understandable due to specialty ingredients; however, this still makes this diet even less accessible to folks that cannot afford the prices of these novelty restaurants.

Secondly, although a philosophy may promote "ethics" in one way, it may also be oppressive and displacing in another. In 2017, an Indigenous cuisine restaurant in Toronto was protested and boycotted by animal rights activists for serving seal meat to their customers. Although they were likely justified in their own eyes, the animal rights activists failed to see how their own efforts to advocate for the lives of seals actually meant the furthering of colonization, assimilation and policing of Indigenous culture. Out of the hundreds of restaurants in Toronto, there are only a handful which serve traditional Indigenous food. Singling out the one Indigenous restaurant for serving their own food while hundreds of settler cuisine restaurants escape criticism is at best tone deaf, and at worse implicit racism. In other words, although some plant-based eaters may have noble intentions in relation to the welfare of animals,

we must not lose sight of the way our actions affect human lives. Vegans must approach these areas with a spirit of cultural sensitivity and humility, and not feed their own entitlement to dictate what people choose to eat.

Although I have completely sworn off animal

products, I still must be careful not to favor one life over another simply because of this ideology I have adopted.

Indigenous methods of harvesting and hunting are more humane and sustainable

overall than the factory farm style agriculture which is so prevalent in North America. So in this way, eating a diet of locally harvested veggies and meat could be more ethical than eating a 100% plant-based diet; the ethics surrounding the plants we eat is not a cut and dry simple task to assess either. Growing produce can still create a huge carbon, methane and water footprint. Agriculture can still rely on the ever-questionable "GMO's." Industrial agriculture can unethically still provide cheap food at the expense of underpaid, overworked laborers in developing nations. In conclusion, although I would still advocate for everyone to reduce their consumption of meat and dairy, I would also urge people not to become close-minded and idealistic in their lifestyle choices. It is easy to lose sight of the bigger picture of human welfare and religiously accept a new fad as absolute truth.

RECIPE FOR LIFE

By Ryan Tang

"Just follow the recipe!" my grade school teacher repeated, as kids wrestled for the few measuring cups in the kitchen. We'd carefully measure out every single ingredient and follow each step, with hopes that we'd get it right. Unfortunately, sometimes even with our best effort, things got burnt. As a kid, I'd wonder why my discipline failed me.

As I grew older, I tried my hand at following another recipe - the one for life. Get good grades, have good friends, and get a good job. Yet, despite my best efforts, tests were still hard, friends moved away, contracts ended, and I was burnt left wondering why this recipe failed me.

Recipes aren't the problem. In the right conditions, they can consistently make excellent food. The issue arises when the recipe writer and the cook work in different conditions. An oven that's too hot, or too cold, could make the difference between Santa's Christmas cookies and lumps of coal - yet they both read 350°F. So, in the midst of failed recipes, I started to troubleshoot.

Maybe I could put it on a different baking rack or reduced the baking time. Or, I could add more oil, or flour, or salt. Once I got the cookies to turn out, maybe I could add unique flavours like coffee, lemons, or even wasabi (I wouldn't suggest trying that one). Recipes started to become guidelines. Cooking became filled with more experiments and mistakes - but I was learning.

Fast forward to the present day. I'm in a kitchen

with a handful of breakfast buddies. On a usual day, the kids would volunteer to help serve breakfast at Strathcona Community Center to their peers from the elementary school. But today, they had school off, and got a chance to come together to try something different.

They were cooking french toast, roasted veggies, and sausages. I purposely gave the class the wrong recipe! The kids tried their best to follow the recipe I wrote for them. They carefully measured out each ingredient, and performed each step with precision. They focused on their tasks in silence, only interrupted by the sizzle of the first piece french toast cooking on the pan.

As the first piece of french toast became golden brown, I got them to cut it up and try the first taste of their hard work. Their eyes lit up as they each took a bite. They chewed in silence. Then without prompting, "It's too plain!" one kid commented. "And it's too cooked" said another. "We even followed the recipe!" A third kid shouted.

"Well, what could we do about this?" I replied to the three as their eyes lit up.

"We could cook it at a lower heat, or cook it for less time." said one.

"Or, we could add other ingredients or sugar!" excitedly said another.

"Maybe it'll taste fine with our other dishes." chimed in the third.

nodded with a smirk, as they danced into action. Each of them smelling and tasting each of our ingredients. They smelled cinnamon, sugar, cloves, and wondered if it'd fit into our dish some how. Then in silence, they carefully listened to the sound of the french toast being placed on the pan.

In life, these kids are given the "recipes" for how to navigate life. They're fed by media, different adults, and their peers about the essential ingredients in a good life. Then they go from one class to another, one friend to another, or one job to another - rarely getting time to taste test their dish.

We all sat down at the table to eat. The kids are all smiling and laughing as they filled their plates a first, second, and third time! As we emptied our plates, we began to debrief our cooking experience.

"What did you all learn today?" I asked. They all stared in silence for a moment.

"Well, the recipe was a bit off, so we had to problem solve." said one of our kids.

"How do you problem solve?"

"We have to taste it."

That's right buddy, we can follow the recipe we're given, but to make sure we're doing what's good - we gotta taste it.

"But not in this kitchen. Here we don't just teach cooking -we teach life".

MISS LIZZY-BEE

*written for "Voices of the Street" 2018 edition
and naturally for Lizzy-Bee @ Valentine's, 14 February 2018
by Hendrik B. aka "Henny-Bee"*

Somewhere out there
There must still be
A very pretty lady
Affectionately known
As Lizzy-Bee!

She hasn't been around much lately
I have not heard her buzz at all
Communications were disrupted...
I wonder, do bees stop flying in the Fall?
Now that spring is around the corner,
I hope she can fly by, buzz me or call!

Strange mystery it has been,
That communication shut-down last fall...
There seems to be no reason or obvious explanation at all...
Was it just the hive closed for hibernation
Right after that dear little honey made her last call?

Winter is almost over
And plants begin to grow
Already there is some clover
But the sun still is low...

I hope that soon the bees will fly
Honey goes to market near the beginning of July,
So until then I say "Have Patience & Bao Lo"!

But you, hey Psst!
Please say hi from Henny and tell her to "come-see-me"
If you happen to notice that little honey Lizzy-Bee
Searching as she is flies on by...

The message is:
For sure I miss my dear Miss Lizzy but I wish her
And all you lovers, a Happy Valentine!
My words here are forevermore
"Lizzy Bee Mine!"



*Illustration by
Poorvi Shetty*



**RIGHT
TO
FOOD
ZINE**

Right to Food Zine presents

EVERY OTHER WEDNESDAY AT 1.30 PM

WRITING 4 FUN

4th JULY, 18th JULY, 8th AUGUST, 22nd AUGUST

DTES Neighbourhood House 573 E. Hastings

www.rtfzine.org

Unceded Coast Salish Land & Waters



FOOD NOT LAWNS

By Shannon Hecker

It's easy to procrastinate when writing about the concept of "food not lawns", when I'd much rather be out in the garden instead of in front of my computer. Since July 2017, the city boulevard outside my New West home has evolved into a permaculture garden.

In springtime, we often want to shed some extra winter weight and there's nothing like shoveling, turning and squatting to get the blood flowing - that's for sure! It's also therapeutic, grounding and I have the best sleep after a day of working in the yard. An arduous task, but rewarding in itself.

I've been researching many different companion planting charts online so that I can make the best use of a small space. Companion planting is a



photos by Shannon Hecker

natural way to deter pests and keep soil healthy. This task may seem daunting, as some of the charts found do not include some plants and those found contradict other sources. After a while, I began to memorize them, although I'm no way near an expert!

Growing is easy and anyone can turn their boulevard into food you can eat. Planting flowers which attract pollinators enhances your yield and helps preserve endangered bee populations. If you live in Vancouver, you don't need to ask permission, as long as you follow the city's boulevard gardening guidelines, you'll be fine! <http://vancouver.ca/files/cov/boulevard-gardening-guidelines.pdf>

There are programs through the Vancouver Parks Board you can apply to for funding and do community engagement projects that help make the city greener. Check out the 'Neighbourhood Matching Fund'. <http://vancouver.ca/people-programs/neighbourhood-matching-fund.aspx>

I participated in the 2016 program and created a boulevard community garden in East Vancouver, close to Skeena and Oxford. Sadly, due to gentrification and the redevelopment of the house we were living in, the plants in the garden were moved to various locations. Although the garden is gone, its memory lives on. You can view pictures and videos of various events in and around the boulevard garden. 'Walking in the Footsteps of our Ancestors' <https://www.facebook.com/groups/1670769293189809/>

Never discouraged, I've already started a new garden, with a little help from my friends. Growing food brings people together in so many rewarding ways. Alone, turning over an entire boulevard may seem endless. A good way to get a lot of work done fast is a Garden Work Party & Potluck. I've learned to turn my work into a social gathering everyone can enjoy.

If you live in an apartment and don't have any access to traditional green space to transform, you can also make use of containers and grow just about anywhere the sun shines.

Guerilla gardening is a technique of growing food in all sorts of unused spaces in the city. There's much unused urban space to put raised beds or buckets with soil and seed, then watch it grow! Sometimes it's necessary to get permission or you can just do it! There's always a chance it could be taken or destroyed, but there's also a good chance that it won't. It's becoming more common to find kale and tomatoes growing amongst bushes and plants in city parks or along green spaces in alleyways. Planting perennials is a great way to reduce your output with maximum yield! I've even seen some people growing food on the roof of their RV camper!

Some of my best friends who help in the garden are worms.

Composting is the best way to feed your plants without the use of chemical fertilizers. Saving vegetable & fruit scraps, as well as coffee grinds and eggshells, will help feed our worm friends who give us brand new soil. You can bury little pockets of compost throughout the garden as you accumulate it. I also amend the soil with natural rabbit and chicken fertilizers, but it's wise to know your source. When turning over a boulevard, I will dig up all the grass and dirt, then sort the top sod from the good dirt underneath, (gently, being mindful of our worm friends who live in the roots of the sod).



Here I 'm growing beets, tomatoes, swiss chard, beans. Planting food like peas, cucumber and squash vertically helps make the best use of small spaces

I like to make what's called a 'berm' in my boulevard garden. The sod is used to build up a raised bed where the lawn once was. I also mix the sod in the middle with fertilizer, compost and dead wood with a layer of mulch, then more soil on top, where you plant your seeds or seedlings.

Don't waste your time. Be smart, share the task with others who share your passion. You can also alternate watering between a few people to free up some time if possible. A great way to cut back on watering time is to always mulch, as it's easy to use what you have close by. Mulching keeps the top soil dry and the plants happy, in addition to reducing soil erosion. My neighbourhood has a few pine trees, so I use pine straw and collected autumn leaves, saved for summer.

Wherever you grow, you will be satisfied I guarantee it! It began as a hobby for me growing

a few tomatoes here, a few strawberries there. Year after year, my garden has grown. No matter where I live, I can take my plants and amended soil with me! I've learned after a few disappointing harvests that bigger is better and if possible I grow much more food than I can eat, so that I can share. Whether you mulch or not, watering takes a lot of time and with a small crop, harvest time can be disappointing if you've spent countless hours watering, only to yield a handful of vegetables. If you have the time and/or friends to help in the beginning, grow as much as you possibly can and don't worry about having too much, you can always preserve it, trade it, sell it or give it away.





Celebrating the spirit of wild salmon

Calling all Artists!

Planning for the 4th Annual Wild Salmon Caravan is well underway. Help us nurture the creative life-giving energy that wild salmon have inspired through the ages. Calling all artists, organizations and diverse cultural groups to plan and host arts-build workshops. Create parade floats, regalia, costumes, banners and/or organize visual or performing arts events in the time leading up to our annual Caravan. We will be hosting Mardi Gras style parades and sacred ceremonies Sept. 22-29 in Vancouver, Chase and other communities along the route of the salmon to the Adams River



Our theme this year is mermaids! Create or facilitate art in your medium of choice, following themes that relate wild salmon to mermaids, matriarchs, water, healing, regeneration, transformation and change, sustainable energy and Indigenous food systems. We invite everyone to take part in our parades and programs in colourful, creative, cultural expressions of love for wild salmon.

Ancient ceremonies, songs, and stories of Coastal and Interior Salish communities will call the wild salmon home to the rivers, lakes, and streams of the Fraser Basin and Salish Sea corridor as we travel from the Salish Seas to the Adams River. The collaboration and creative energy will serve to educate, inform and transform the darkness surrounding the current industrial storm that is endangering wild salmon - our most important Indigenous food and cultural and ecological keystone species.

You can also support this celebration by:

1. Getting involved in one of our regional planning teams
2. Giving a donation in whatever amount you choose
3. Sharing and promoting our events with your friends, families and networks

For more info: wildsalmoncaravan.wordpress.com & follow us on Facebook

SOME SUMMERS GET HOT

By Ronnie Grigg

A piece of cardboard. Less a bed and more a barrier from the night's dampness. My alarm was a banana. To explain, I was sleeping, then predictably, I was awake, the sound of a banana being gently placed beside my head the cause of my awakening. It was a delicious breakfast, the unexpectedness being the perfect garnish. I spent that breakfast, a simple but refreshing piece of fruit, enjoying the site of two outreach workers from the Neighbourhood House and one sleep deprived but capable and helpful neighbour pushing a banana-filled shopping cart through Oppenheimer Park.

Their pace was almost urgent. That summer the park was well covered by tents, pieces of cardboard, and blankets holding up slumbering bodies in the assurance of no tickets, arrests, or night time disturbances. The width of that amnesty and the depth of need for housing meant that these workers, in their toothferryesque manner with a little Easter bunny and a whole lotta angelic thrown in, had an immense task if they were to deliver at least one banana to every sleeping person in that park. The seat of being the solitary observer of over one hundred sleeping people, a certain percentage being activists but the distinct majority being homeless and a solid core being both, **receiving the assurance of a banana upon their arousal, was a thorough refreshment.** July 2008 was hot. Those who frequented Oppenheimer Park that summer seemed to be running hotter. There were those in tents, the ever present homeless in the evermore expensive city, one woman even waking up daily

from her tent to prepare herself for her new found office position, her first job in years. There were those who drank, starting their days lyrically with songs together and ending the day pugilistically with sirens. Also together. there were smokers, injectors, basketball players, playground screechers. It was typical in one regard but heating up in others. And the police showed up led by their ticket books and followed by garbage trucks. Vagrancy was the crime. **This was a pre-Olympic event; no medals were issued. Instead tickets were issued and personal belongings trashed.**

That's how others and I ended up sleeping on cardboard over a month, coming alongside those who had no other options. Our initial intent was to engage the police and speak against the efforts of criminalizing the homeless. It took one morning of waking up to police cruisers on the grass in the park and reassuring them that we would be there every morning to remind them of their injustice. And one media event. Then amnesty was granted in that park only, which meant that it became crowded with tents every night.

Every night there were drums, prayers, and story-telling. The wisdom of the elders was beautiful, song-like. And the bananas. On cheque issue day each month, the Neighbourhood House outreach workers would provide bananas so that in the fray of Welfare Wednesday, the monthly Mardi Gras, some sustenance would be offered. And this day it wasn't only sustenance, it was courage to the protesters and breakfast for the homeless.

Join The Team!



Michael DuBelko
IT Consultant



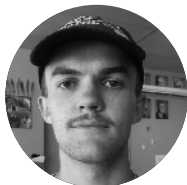
Shannon Hecker
Editor & Publisher



Poorvi Shetty
Graphic Designer, Illustrator



Sheku Nafisi
Graphic Designer, Illustrator



Elijah Robinson
Writer



Hendrik Beune
Writer



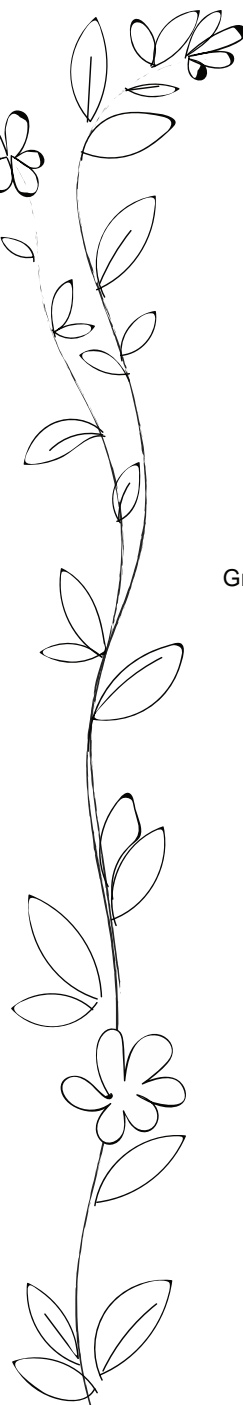
Ronnie Grigg
Writer



John Douglas
Writer



Stan Shaffer
Editor Emeritus



Our Mission

The Right To Food Zine's mission is to promote the human right to food that is healthy, nutritious, affordable, and presented with dignity.

Our voices reflect the diversity that is the Downtown Eastside. Our articles, research, and recipes speak to the DTES residents, social justice groups, and beyond.

We inform our readers, while fostering the desire to know more and to become more engaged. As part of the DTES community, we strive to be a tool for community-building.

Interested in contributing ideas, articles, poems, illustrations, artwork, or photographs to the RTFZine?

As a community partner we are deeply interested to hear from you and what you feel is important. Find us at the DTES NH on Wednesdays 12:30 pm or get in touch with us at rtfzine@gmail.com

The Right to Food Zine relies on generous donations from the community to produce each issue. If you like what we are doing and want to show your support, please visit our website www.rtfzine.org to donate or get involved.

Downtown Eastside Neighbourhood House
573 East Hastings St. Vancouver, BC
V6A 1P9

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