

5 communities,
5 elements, 5 objects
... countless stories.

The ELEMENTAL initiative began in March 2011, when storyteller Naomi Steinberg assigned five Vancouver communities each an element – air, water, earth, fire and metal. Through workshops and events, people came together to create their own stories based on what they noticed or wanted to see in their surroundings.

Says Naomi, “People can affect change. They have a voice and there should be spaces held for sharing – we can benefit from hearing diverse perspectives.”

By sharing our stories we bring a little more light and love out into the world.

Now, in June 2012, ELEMENTAL project participants are celebrating their creations as part of the 19th Vancouver International Storytelling Festival, ‘what stories are made of.’

Naomi believes that stories are just as important to adults as they are to children – that in fact, it takes a discerning mind to appreciate a well-crafted story – to separate propaganda from truth, and to learn how truths are born from tales.

insert
hand-
made
paper
piece
HERE

or take transit...
Viva the commons!

ELEMENTAL Bicycle & Bus Tour Schedule

11am: YOU ARE HERE to begin the ELEMENTAL Tour
In honour of Water Dragons, festival goers are invited to meet on the dragon in the zodiac wheel found on the plaza in front of the Sun Yat-Sen Garden. After receiving their map and meeting their guides, participants will begin the ELEMENTAL tour. Bicycles depart in a group. Bus tour boards the bus here.

11:45am Crab Park, ELEMENTAL: Air
A 7ft storytelling kite flies as we hear the story of the West Wind...a great Tyee! [101 East Waterfront Ave, nr Main]

1:00pm False Creek Flats, ELEMENTAL: Water
An icy storybook with hand made paper is unveiled on this former tidal marsh. Sea breeze blows as we wonder how our many narratives flow together in a nourishing way?

2:00pm Robson Park, ELEMENTAL: Earth
A cob bench serves as a “listening station” from which to hear the story of St George Creek and the salmon that used to spawn here. Participants are invited to dream up designs for the headwaters of St. George Creek. [13th Ave at St George St]

4:15pm Moberly Park, ELEMENTAL: Fire
A children’s storytelling ensemble provides fiery entertainment as well as insight into how to plant the seeds of food security. Enjoy a cup of tea and put your feet up for a tasty tale. [Prince Albert St at East 59th Ave]

From Moberly cyclists will be on their own for getting to Hycroft if they wish, and the bus will return folks to the Sun Yat-Sen Gardens.

7:00pm Hycroft Manor, ELEMENTAL: Metal
FREE Reception on the grounds of Hycroft. Our table will be open, serving stories of philanthropy. The CityStudio Long-Table will be set with foods sourced from local urban farms and the slow-foods network. [1489 McRae Ave]

WELCOME to the ELEMENTAL bicycle and bus tour.

Put some air in your tires
a drop of oil on your chain
and we're ready to roll

Gently passing over rise and fall
surface of this place this earth our home
unforgettable exploration

June is an invitation to give cycling a try:
traveling by our own power
becoming STRONGER with every revolution

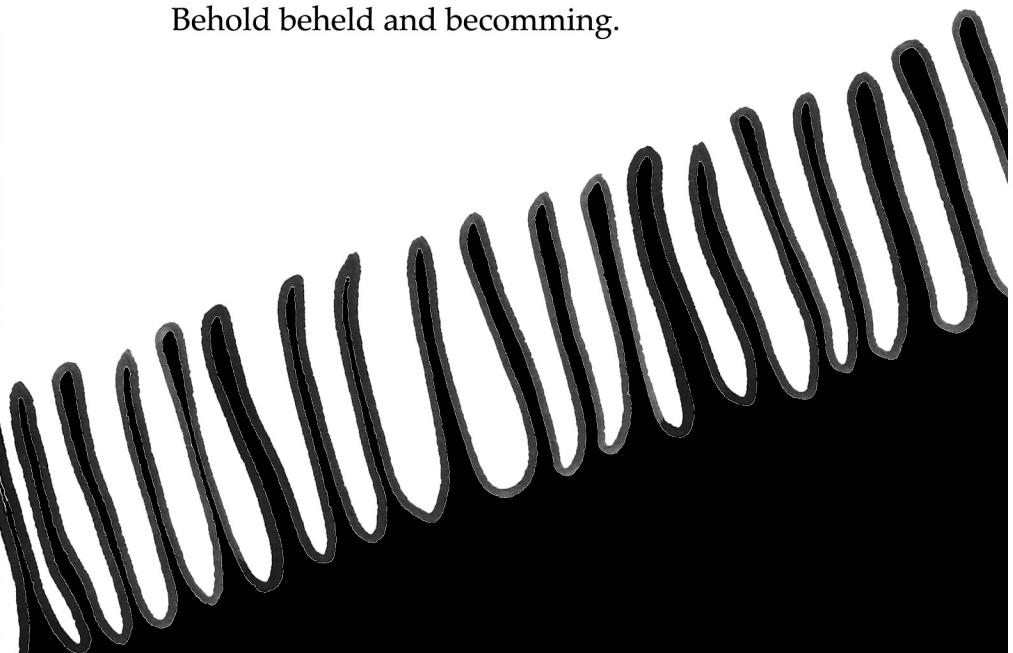
Let's ride together
on the wave of
self-propelled.

you are here

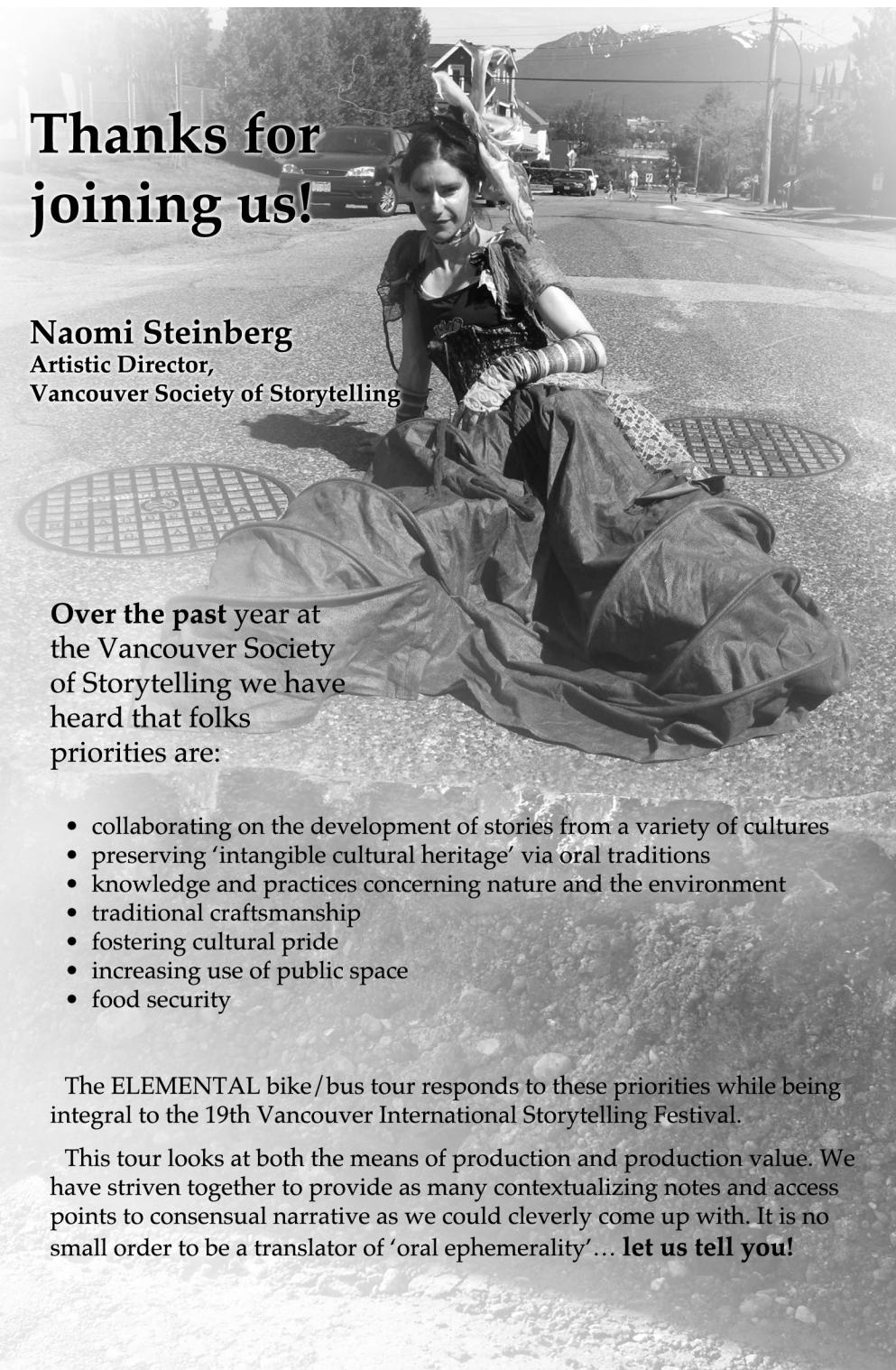
The Wild Wet West Coast

is home to a very many creatures
2 legged 4 legged
winged finned and rooted.

Behold beheld and becomming.



Vancouver lies within
the traditional and
unceded territory of
the Coast Salish people.



Thanks for joining us!

Naomi Steinberg

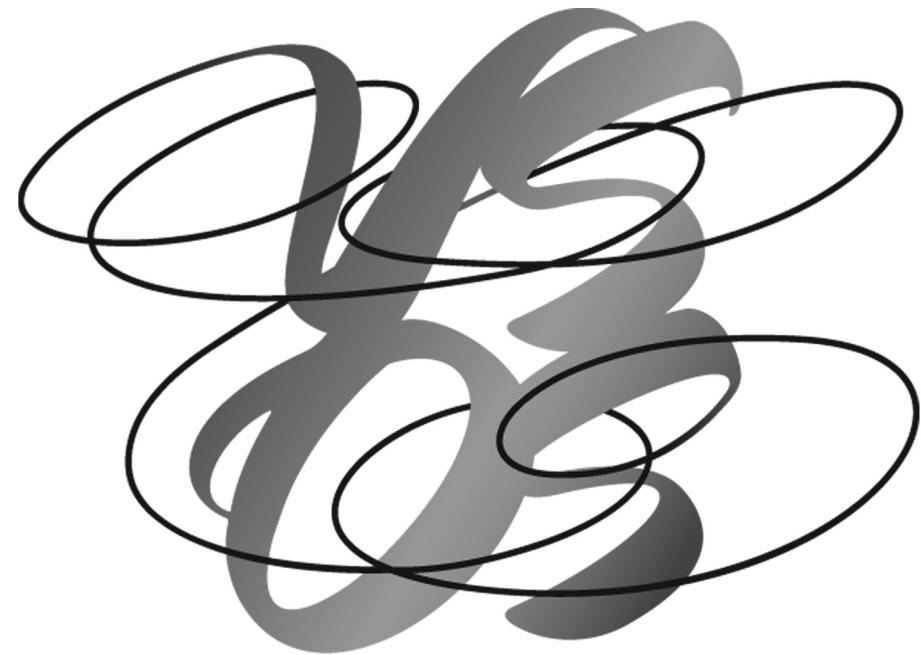
Artistic Director,
Vancouver Society of Storytelling

Over the past year at the Vancouver Society of Storytelling we have heard that folks priorities are:

- collaborating on the development of stories from a variety of cultures
- preserving 'intangible cultural heritage' via oral traditions
- knowledge and practices concerning nature and the environment
- traditional craftsmanship
- fostering cultural pride
- increasing use of public space
- food security

The ELEMENTAL bike/bus tour responds to these priorities while being integral to the 19th Vancouver International Storytelling Festival.

This tour looks at both the means of production and production value. We have striven together to provide as many contextualizing notes and access points to consensual narrative as we could cleverly come up with. It is no small order to be a translator of 'oral ephemerality'... **let us tell you!**



Vancouver Society of Storytelling

The Vancouver Society of Storytelling's (VSOS) incorporated on Nov. 27, 1991. Now grown to an association several hundred members strong, the VSOS is the only social-profit and charitable arts organization in B.C. committed to promoting and supporting the ancient and contemporary art of oral literatures.

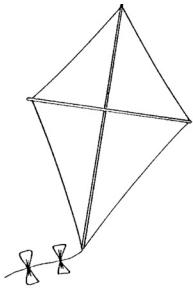
The VSOS's mandate is to connect storytelling with the voices and listening ears of individuals, organizations, and communities. This is done through workshops, monthly events, presence at free public events, and by producing an international festival.

We foster opportunities for inter-generational exchange and lifelong learning as well as being committed to bringing storytellers into schools. This supports the cultural sector through direct job creation while ensuring that the storytelling tool-kit is accessible to teachers, educators and students alike.

The VSOS aims to nurture the spectrum of storytelling throughout the province in order to reflect its cultural diversity.



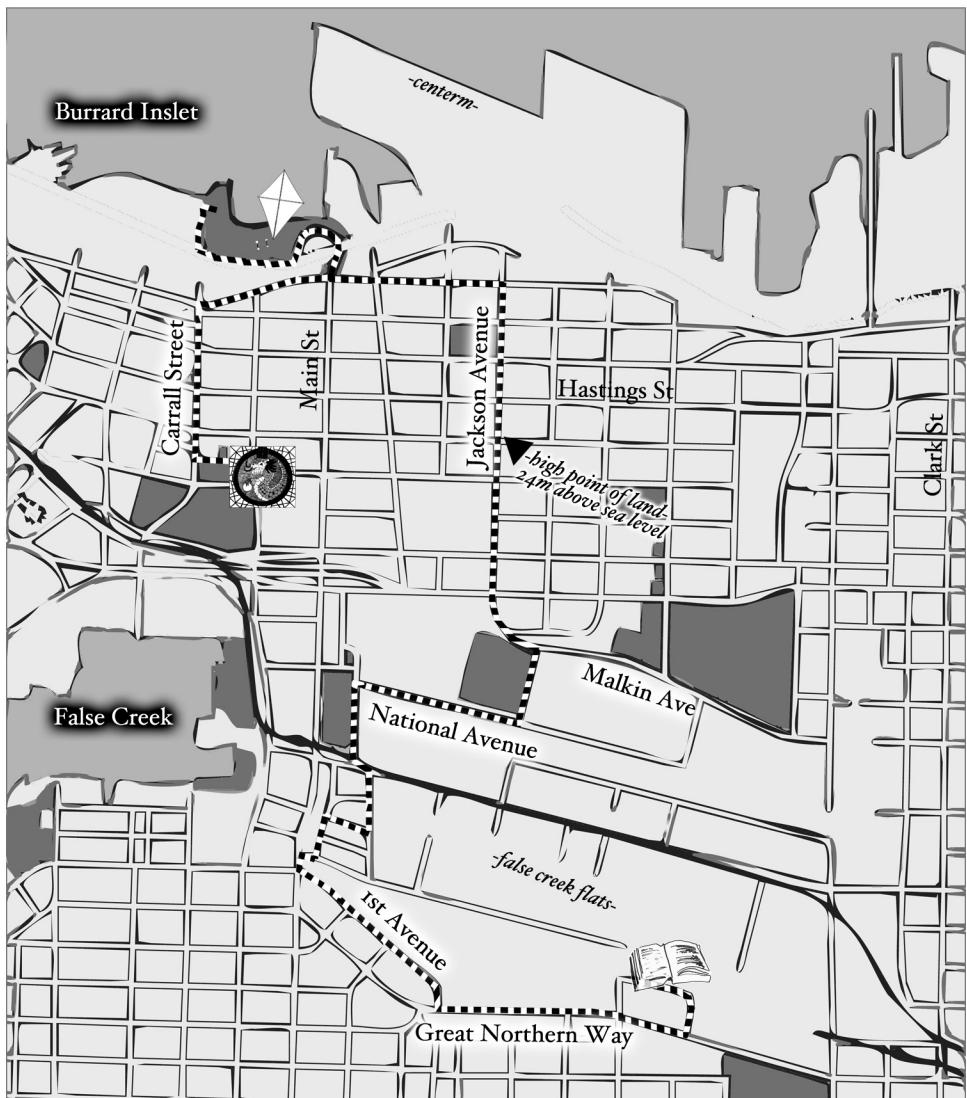
START: dragon
Dr Sun Yat-Sen Gardens



ELEMENTAL: air
Crab Park



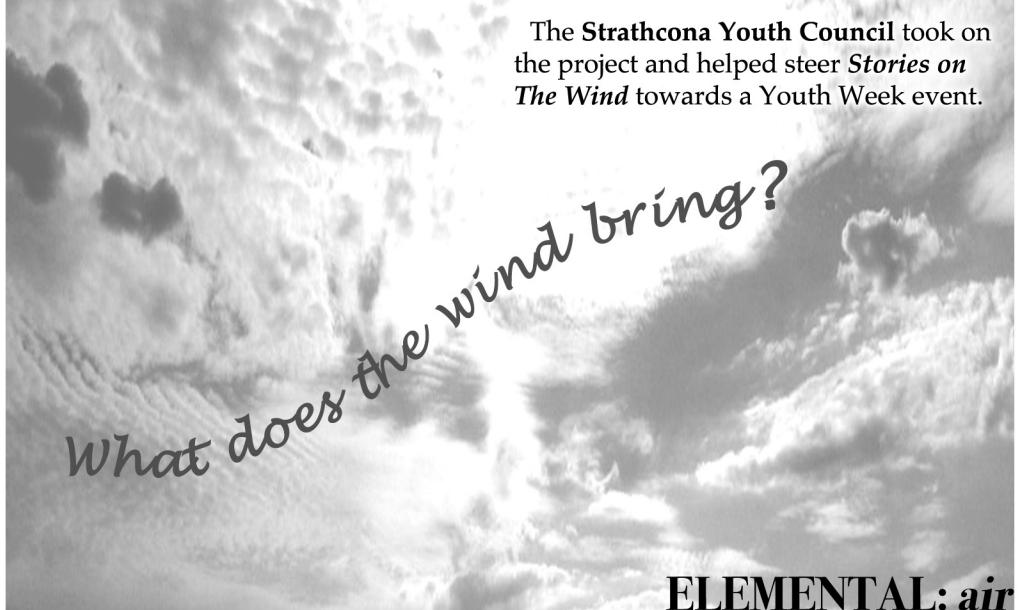
ELEMENTAL: water
False Creek Flats



From March – May 2011, more than 300 kids and seniors living in Strathcona built a giant “Storytelling Rokkaku” (Japanese six cornered fighter kite) during **ELEMENTAL air**.

The Strathcona Youth Council took on the project and helped steer *Stories on The Wind* towards a Youth Week event.

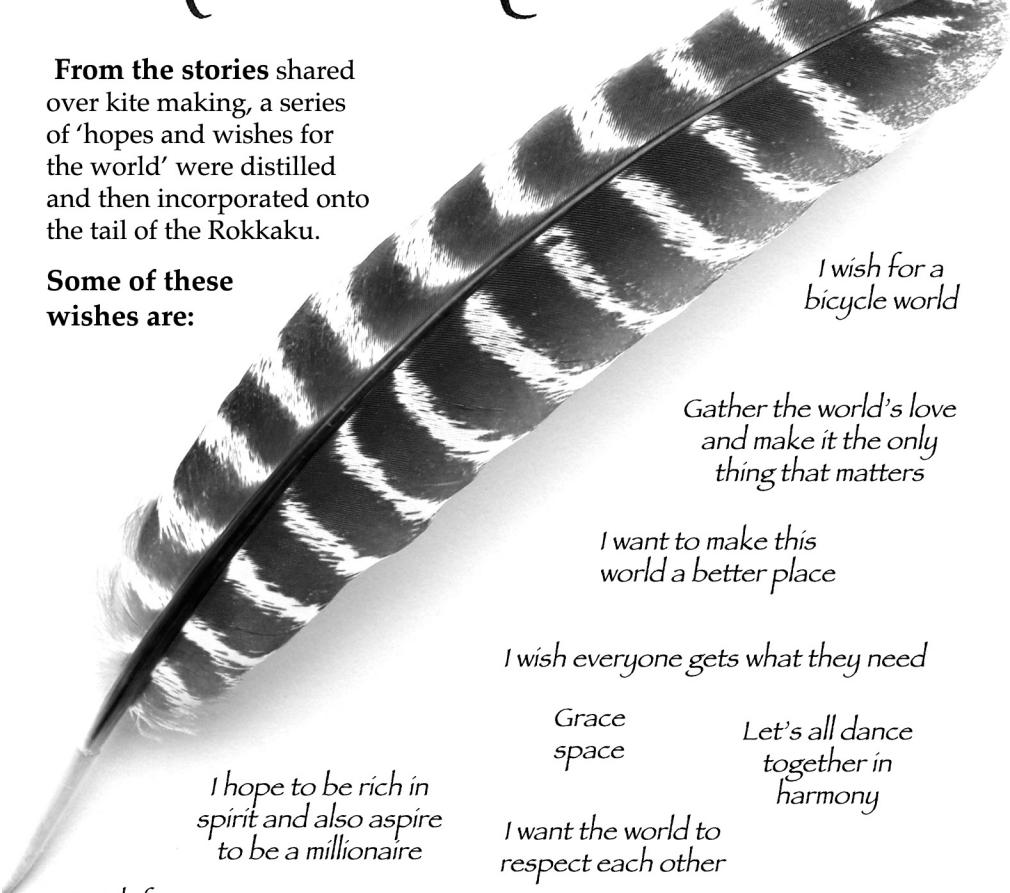
What does the wind bring?



what DREAMS do you wish to lovingly

From the stories shared over kite making, a series of 'hopes and wishes for the world' were distilled and then incorporated onto the tail of the Rokkaku.

Some of these wishes are:

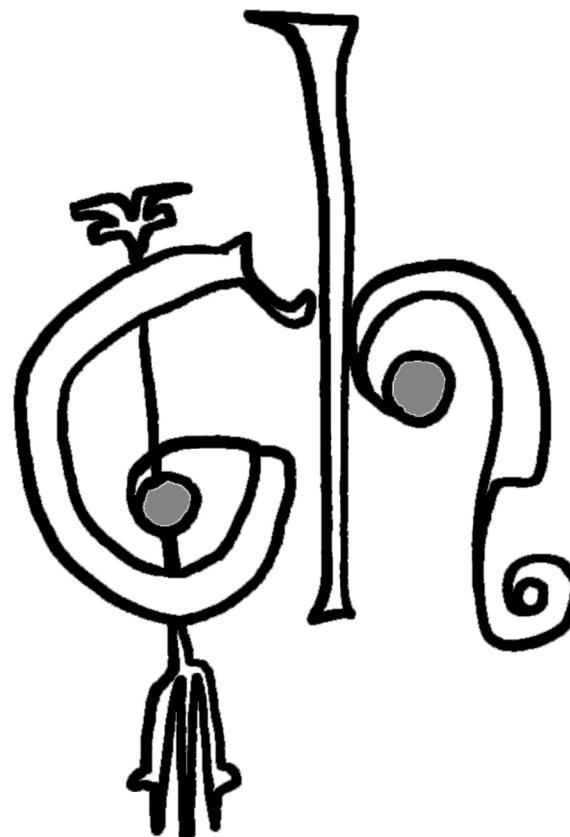
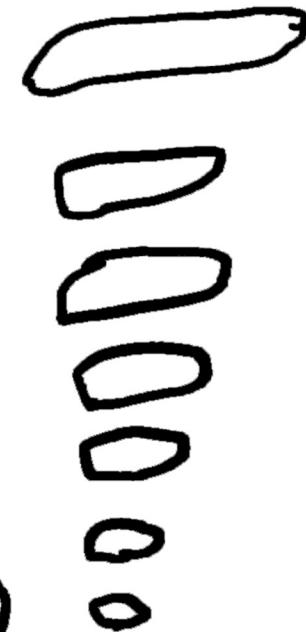
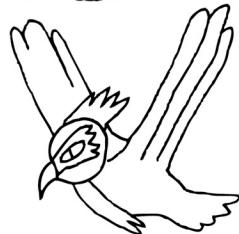


Amour

i_wish

I wish for a superhero

I wish that I will be filled with peace to share with everyone I meet



equilibrium

ELEMENTAL: air



1912 False Creek
old shoreline
former streams

EXPORTS

If Vancouver's wholesale food industry has a geographical centre, it's Malkin Avenue. Referred to as "produce row" for its concentration of produce warehouses, the kilometre long street gently curves along Stathcona Park to the north, its south side lined with no fewer than 10 produce wholesalers.

The delivery vans and refrigerated 18-wheelers pulling up to dozens of loading bays demonstrate the reliance on roads and diesel to transport food. Vancouver wholesalers import from absolutely everywhere, wherever the deal is best. Factors such as low labour costs plus water and shipping subsidies result in artificially low prices for imported food, arriving daily by road, plane and ship.

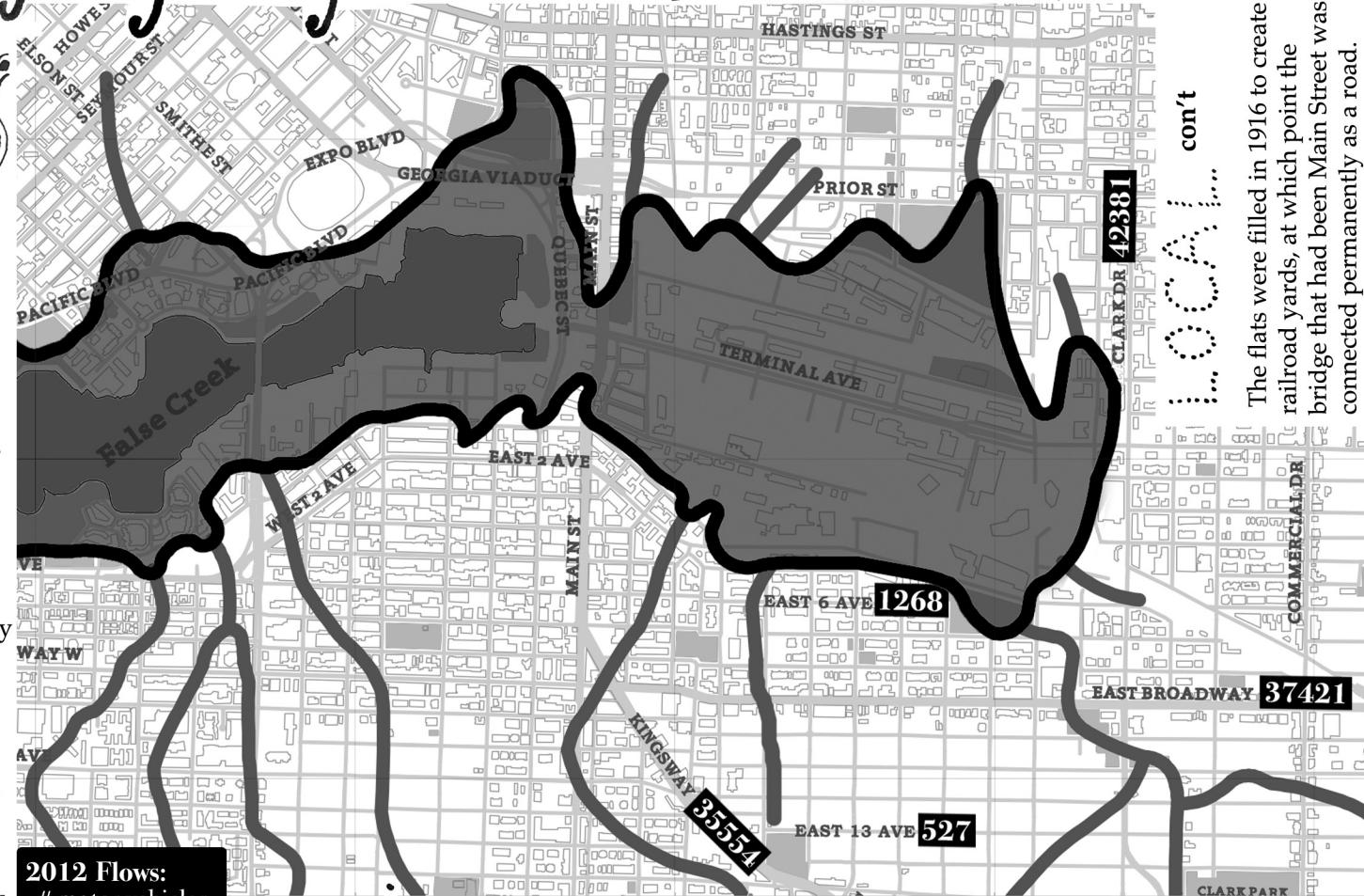
B.C. imported just over one billion dollars worth of fresh fruits and veggies from international sources in 2006, which amounts to an inconceivable amount of food being moved from one place to another.

B.C.'s wholesale food industry goes back nearly 150 years. In 1858 David Oppenheimer--who would later become Vancouver's second mayor--and his three brothers opened a store in Victoria providing food and supplies to fortune-seekers on their way to the Cariboo gold rush. In 1885 the brothers opened Vancouver's first fresh produce warehouse, and today the David Oppenheimer Group has expanded its offices into a dozen countries. Another city mayor, W.H. Malkin, also built his fortune wholesaling food to gold rushers, this time on their way to the Klondike.

Current mayor Robertson has also done some time on Produce Row creating and building a successful organic food processing business.

from Feeding Frenzy by Vancouver Courier October 5, 2007

flip flop of FOOD & FLOOD



100 years ago False Creek was a tidal marsh much bigger than today, and it reached towards Clark Drive from a narrow isthmus of land at Main Street. Downtown was an island at high tide, and the water lapped at the edges of what is now Strathcona.

In the flats the water went up and down with the tide. The area was washed by several salmon-bearing streams draining east of what is now Main Street, and many more to the west.

Surrounded by swamp and boggy areas, the flats were edged with grasses, berry bushes, and medicinal plants. Tall and thick forest spread over most of the area that would

The shallows abundantly supported shellfish, oolichon, smelt and sturgeon. There were many beaver ponds in the area, and Elk were common. Thousands of migratory birds lived around the creek. First Nations used to say, "When the tide is out, the table is set."

The flats were filled in 1916 to create railroad yards, at which point the bridge that had been Main Street was disconnected permanently as a road.

WATER

WATER

In November 2011, ELEMENTAL brought people together to develop and share water stories. We looked at the different narratives that flow together here in the False Creek Flats: historical, geographic, political, peopled and wild.

We listened and supported each other. We practiced communicating between languages. We built our confidence and skills so we could tell cohesive and powerful stories.

How can our many narratives flow together in a nourishing way?

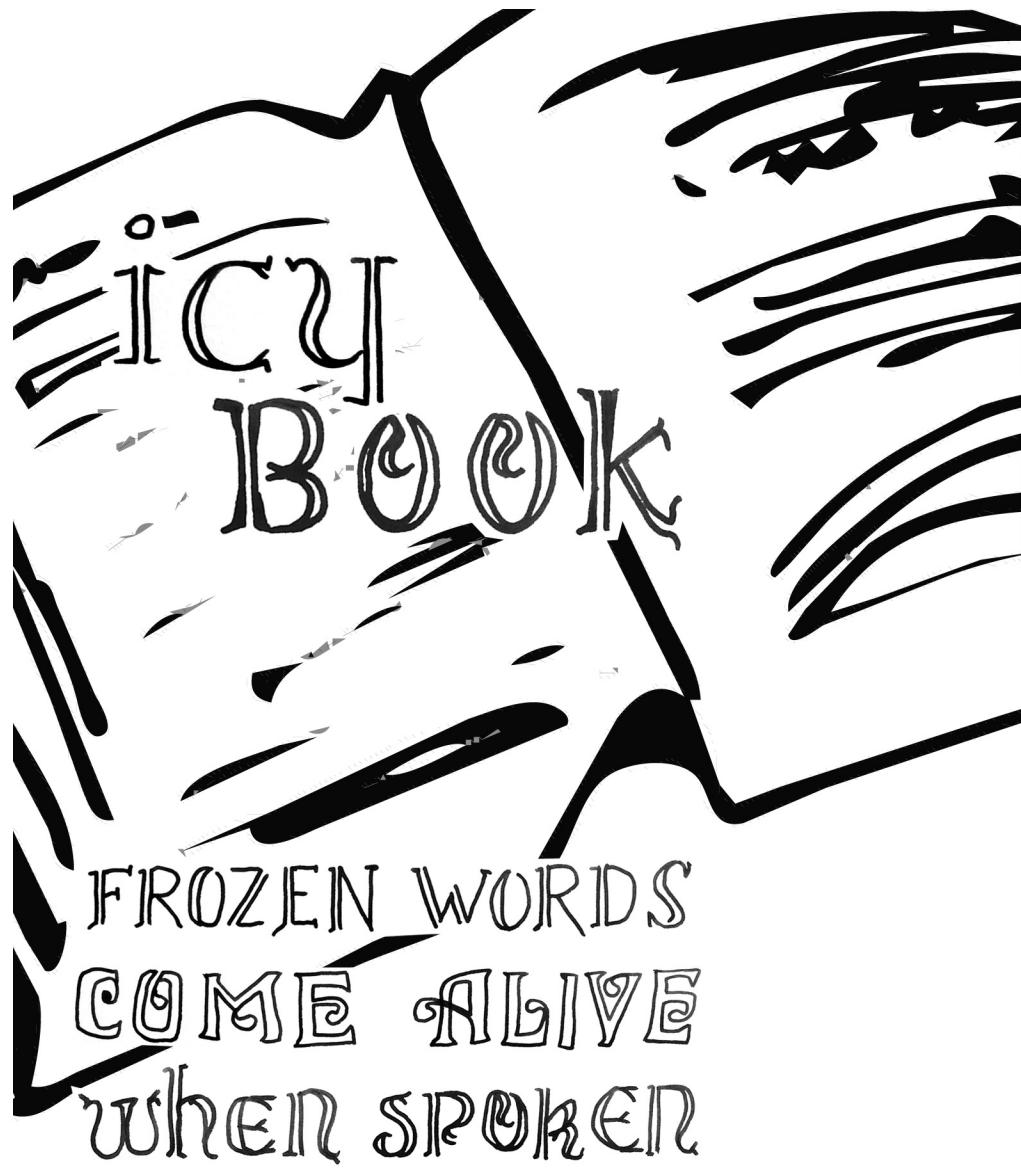
LISTEN

Understand

Hear our
watery
stories
as they
swim
forth.

Participating groups included School of Language Studies, and Aboriginal Education and Services from Vancouver Community College.

ELEMENTAL: water



On display, a book of "watermarks" for each story. Fibers for the book were sourced at The Means of Production Garden located just up the hill in China Creek Park.

Experience and witness the slow flowing outwards of frozen waters here in the Mount Pleasant Watershed.

ELEMENTAL: water



How much land is required to grow what is used in my art? MoP is an alternative to "home depot art shopping"

The Means of Production Garden was started in 2002, and grows artists' materials, native plants, and fruit.

A very participatory space, it was created with an intention of involving community. It is a living and productive landscape, a creative commons, usable and changeable by artists and community members future forward.

The MoP Artists' Raw Resource Collective helps MoP Garden come to life by organizing opportunities for people to participate. You can: plant, harvest, or process plants; Create art from materials on hand/land; Participate in dialogues and celebrations.

The artists continue to explore the use of natural materials to make art, and see that their work creates seasonal awareness, builds community relationships, and helps forge inter-generational connections.

Artists' garden materials are intended for artist use - the process of acquiring materials from MoP is primarily a labour exchange. Also, free workshops are offered in exchange for materials as available.

The garden is managed by **Environmental Youth Alliance**, who uses it as a teaching model for youth training in fiber arts, horticulture and agriculture. Among many others, you can learn about herbal medicine making, apiculture, & fruit tree pruning.

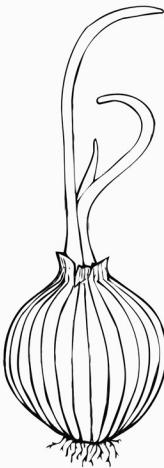
wise & tangible skills that can be passed on to future generations.





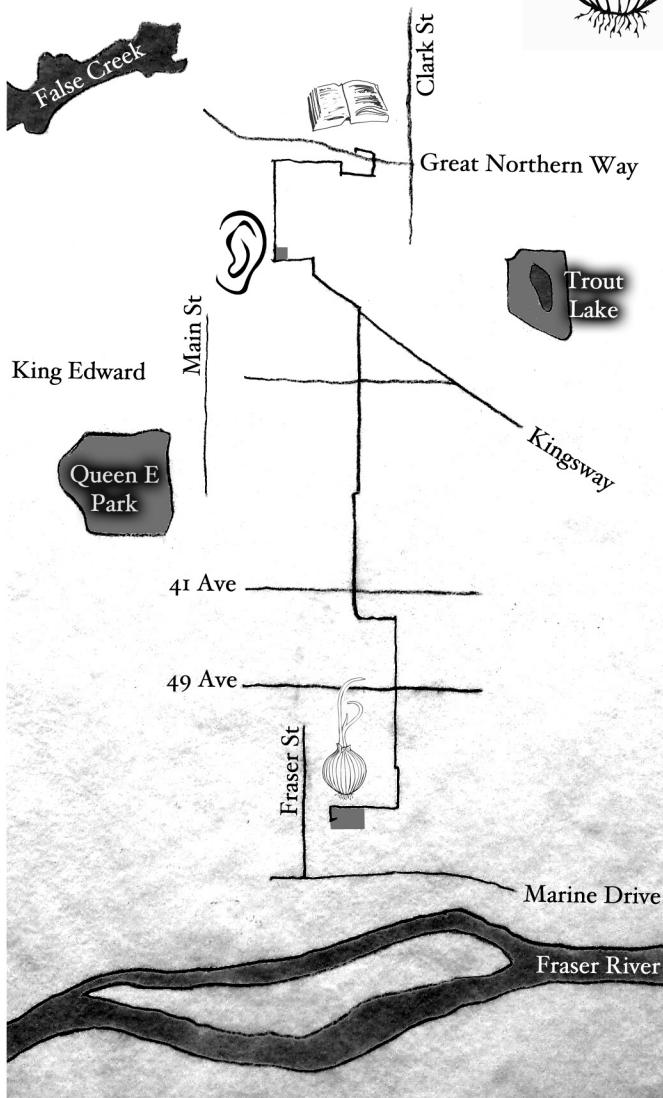
ELEMENTAL: earth

Robson Park
Storytellers Bench



ELEMENTAL: fire

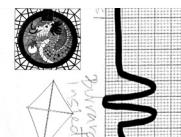
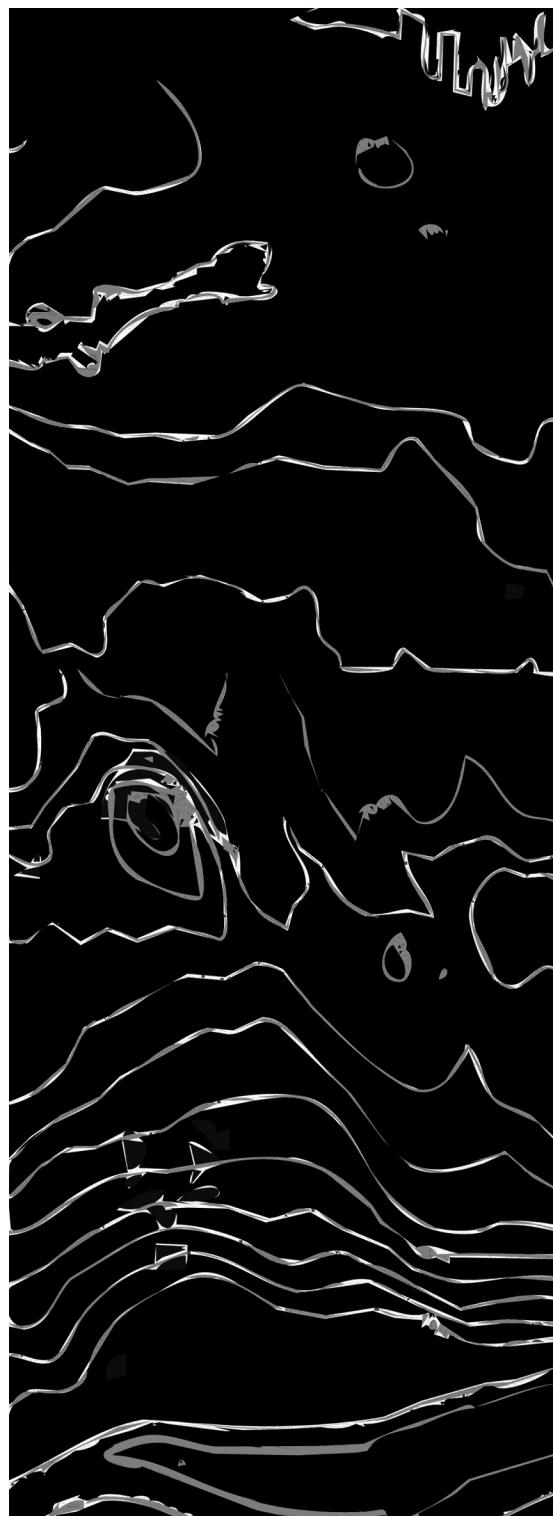
Moberly Park
Arts & Cultural Centre



How to ride up and over a height of land.

Cross Great N Way and head up the hill on 7th. Go right after the park, then curve: continue on 6th Ave until St George where we turn left. Continue uphill to Robson Park. **STOP**

Depart the park on 14th Ave. At Prince Albert St turn right into the greenway. Dodge right on 15th to continue south on Prince Albert. Turn left in the Alley that runs parallel and north of Kingsway. At the Windsor bike route head south. Jog right at 25th to continue on Windsor. After 41st head into Memorial park follow signs left at the circle onto 43rd. Go a few blocks until turning right onto the Inverness bike route. At 59th turn right. Enjoy the views of the Fraser River delta as you ride again to Prince Albert, turning left where you shortly find the left turn into Moberly Park, & the Arts and Cultural Centre.



Jackson & Pender 24m



False Creek Flats



E 10 Ave

King Ed

E 33 Ave

E 40 Ave



Fraser River

10m increments

We live near
St George Street
where we can
hear water rushing
underneath the
manhole covers.

STREAMS IN THE CITY

Before it was piped
into a sewer and
paved over this was
once a living stream

And if you look at the old maps of Vancouver you can see how this small stream
was part of a larger network of over 50 salmon streams.

When we walk in Vancouver,
we notice the dips and cracks in the streets,
some of which are signs of the old streams that still flow
captured and buried underneath our feet.

We've heard that in the Musqueam language
verbs change depending on where you stand in relationship to the water
if you are down stream or up stream this is indicated in your verb form.
Such awareness of place is beautiful.

And as we become more attuned to the waters beneath our feet
we honour them by organizing community conversations,
engaging in design workshops,
and even parading in salmon hats along the path of the buried creek.
Now, we have built a cob storytellers bench near the headwaters of the creek.

Some of us have been meeting to explore the possibility of
daylighting sections of the creek that run along St George Street.

The creeks were everywhere in the
city, running underneath the IGA
parking lot near Dunbar and 41st,
beneath the Starbucks at Main and
14th, in the alley behind the Naam
on 4th, near the Famous Foods at
Kingsway and Clark, and more.

We are inspired by projects like Still
Creek, the Renfrew Ravine, the
Sanctuary in Hastings Park, the still
surviving Musqueam Creek, & more.



Quite likely there is a creek running underneath your feet
as you walk in your neighbourhood too.

By paying attention to the lay of the land, and where the low lines lie,
you can uncover in your imagination the flowing streams
that once covered this place we now call home.

*Excerpt of a video poem by Rita Wong, Shahira Sakiyama, and Naomi Steinberg.
<http://vancouverstories125.blogspot.ca/2011/10/streams-in-city.html>*



learn more about the St George Rainway and creek daylighting at <http://mtpleasantwatershed.wordpress.com>

imagine St. George Rainway

St George creek
is underground.
Hear it rushing
at E 6th by the
traffic circle.
The headwaters
are in the area
of 13th, where
you'll now find
a Storytellers
Bench built of
cob. Mural to
be between 7th
and 8th Ave.



imagine

A Benchmark

In partnership with the St. George Rainway, Native Education College (NEC) and the Mt. Pleasant Family Centre, elder storytellers indigenous to the land shared stories of the earth and plants at a community workshop series, hosted at the NEC.

On EarthDay 2012 construction began on the ELEMENTAL storytellers' bench, grounding our ideas in earth, place, story, history. MudGirls hosted a free cob-building workshop. Cob is: clay sand and straw - an accessible, non-toxic, pre-industrial concrete. yum! Storywise, we learned more about St. George Creek, the False Creek Watershed and the waters surrounding the Salish Sea.

Listen to the words of old cedar trees here at the headwaters of St. George Creek.

Many community groups have been raising awareness of St George creek while working towards meeting the needs of all the intersecting interests.

The Storytelling bench is in direct support of daylighting the creek, and provides a wonderful opportunity to take rest and contemplate 'source' while also being a physical reminder of the need for ongoing dialogue and story-sharing within healthy communities. The shape of the bench is like the Two Sisters mountains. Here the sisters hold space within which we can all learn to take rest. Yes.

Our stories and voices are important, and we can all contribute to community planning and conversations.

ELEMENTAL: earth

MudGirls is a network of women who build natural buildings for ourselves and each other, as well as helping others build their own. We work with unprocessed natural and recycled materials such as cob, and also work with strawbale, driftwood, adobe, cordwood and recycled materials like glass, car tires, glass bottles and more. We create beautiful and healthy structures that are earth friendly.

Our mission is to Empower ourselves and others through sharing skills and knowledge that promote healing and living in harmony with the Earth.

The MudGirls is a consensus-based, non-hierarchical collective of women that support each other to gain training and employment. The Mudgirls is worker-run and for-hire which includes women members in Courtenay, Nanaimo, and on Denman, Lasqueti and Saltspring Islands.

MUDGIRLS

Guiding Principles

We are a collective that is human friendly: recreating our concepts of work to prioritize respect and care for our hearts, our bodies and our children while we work together. We create a work environment that nurtures us.

We are structured non-hierarchically. Each member is equally valued and has equal say in decision making.

We work with unprocessed natural and recycled materials to create beautiful and healthy structures that are earth friendly.

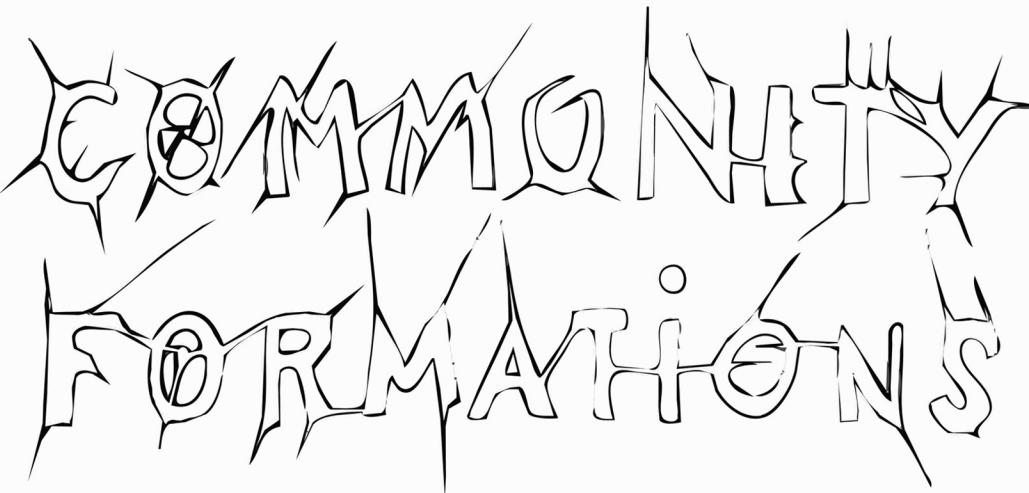
We use the teachings of Non-Violent Communism to create a peaceful, mutually respectful and revolutionary harmonious group process.

All our events are child and mother friendly with quality childcare always provided.

We are a women's collective and seek to empower ourselves with skills to build homes.

We seek to do our business in a non-capitalist spirit. We keep the cost of natural building affordable by keeping our wages low, offering our workshop for barter, building for people with low-income as much as we can.

We work together to make this up as we go, nurturing a creative, inventive and courageous spirit in us all.



Robson Park Community Garden

Robson Park Community Garden was started in 1996 by a group of gardening enthusiasts and Mount Pleasant residents. Since then it has blossomed and grown, the soil becoming richer and more fertile year after year, the edges becoming filled with flowers and beautiful growth. We work together, and hope that we all do our best to contribute to the whole of the garden, as well as to our own garden plots.

In accordance with Parks Board's Community Garden Policy, the gardens are fully organic, and weeds and pests are controlled naturally.

74
community gardens
in Vancouver

There are currently **74 Community Gardens in Vancouver**, with more being created all the time. Community gardens and other forms of urban agriculture are recognized as important neighbourhood gathering places that promote sustainability, neighbourhood livability, urban greening, community building, intergenerational activity, social interaction, crime reduction, exercise and food production. Urban agriculture is a powerful tool to achieve multiple social, environmental and economic benefits.

a showcase of existing communities +community spaces at this site.

MOUNT PLEASANT FAMILY CENTRE

The Mount Pleasant Family Centre is a place for families with young children to drop-in and make new friends, learn new skills, and receive support. As a 'Home away from home', we are a resource centre for both adult caregivers and their children.

Created in 1976 in response to the needs of local mothers for a safe, child-friendly space to meet, the purpose of the society is as relevant now as it was then:

- To promote and provide neighbourhood facilities for family related services and learning skill programs with an intervention, prevention and educational focus.
- To provide a drop-in centre for parents and children in the community
- To promote and organize workshops and other activities designed to develop skills for family living
- To assist in counseling and referrals to other community agencies.

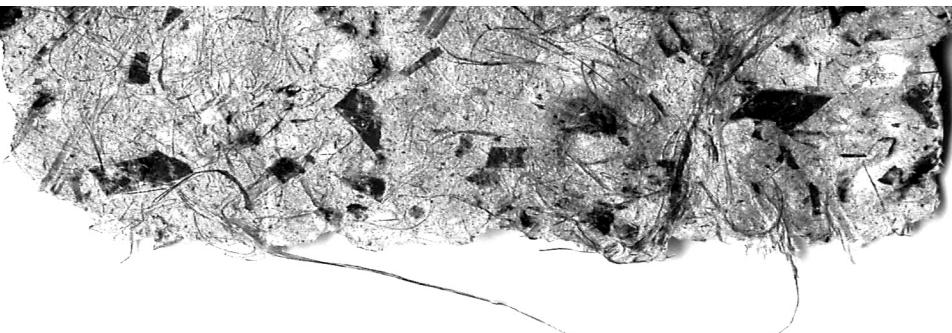
*kivan boys
and girls club*

Kivan Boys and Girls Club was the first in Greater Vancouver, opening its doors in 1936. It is a place for friendship, informal guidance and activities for children and youth. We encourage the physical, educational, character and skill development of each member through recreational and social activities.

No one is ever turned away due to an inability to pay. We value and actively promote diversity to reflect the cultures of our community in our programming, membership and staff. Our intent is ensure equal opportunities for all children, youth and adults, regardless of age, race, color, gender, creed, visibility, religious belief, sexual orientation or national origin.

Volunteers are the heart and soul of our organization, with more than 1,200 individuals contributing each year.





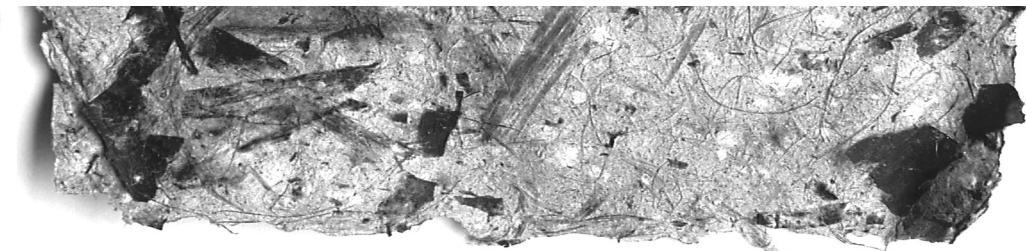
imagine an ongoing growth of
where we share skills and stories
where we weave supportive &
communities for past present
and especially for the future

o d u s s e u

Odyssey is a program that provides services to youth and their families who are affected by substance abuse. Specifically we offer individual, family and/or group counselling, drop-in, social/recreational activities, referrals, drug/alcohol information and education.

The name **Odyssey** reflects our philosophy that dealing with alcohol and drug issues requires a "journey of growth." This journey is unique for each individual. We believe individuals have the right and capacity to determine how they would like to change, the strength to make these changes, and the right to decide who to involve in their change process.

We believe that substance abuse is part of a complex interaction between biological, psychological, spiritual and social factors unique to each person. We operate within a harm reduction model, and offer a supportive atmosphere where youth feel comfortable to explore alcohol and drug related issues and consider options for obtaining a healthier lifestyle.



community-led spaces
place-based

**NATIVE
EDUCATION
COLLEGE**

The Native Education College (NEC) opened its doors in 1967 and became British Columbia's largest private Aboriginal College. It exists to support Aboriginal learners through a culturally rich environment with small classes that are taught in a traditional longhouse. Non-Aboriginal learners are welcome.

Our philosophy is founded on the principles upheld by the Elders of our respective nations. The values of our people are contained in the teachings of our Elders – to protect our spirituality, our culture and our land. We will uphold these ideals; live them to the best of our abilities.

Diversity: We recognize that as Aboriginals, we are many people. We celebrate the diversity of our ways as a source of strength within our nations. Thus in diversity we find unity.

Respect: We recognize that nothing is barred from consideration as long as it does not intrude into the lives of others. From our unity arises our respect for Mother Earth, upon which we all depend, our respect for the ways and opinion of others, even if we do not share those ways or opinions.

In respecting others, we respect ourselves; our capacity to appreciate each other as we are, and our resolve not to see our ways compromised.

Gratitude: From our unity arises our responsibility to our present generation and generations yet unborn and our gratitude to the generations that have come before us.

Understanding: We will rely on example and persuasion rather than authority and force when change is considered. We are determined to explore the limits of our understanding.

*Note the NEC is located at E 5th Ave & Scotia,
and is included here as a partner of ELEMENTAL.*



SCAVENGE

Scavenger hunt: can you find but do not gather... please leave things where you find them)

- a grandfather tree
- a sink hole
- a creative action
- a lot of bicycles
- a friend
- a new idea
- something sharp
- something soft
- a seed with wings
- a button
- a stream

- a circle
- a helping hand
- an air photo
- a breath of fresh air
- tool used for growing food
- a flowering vegetable plant
- 10 red cars
- 2 sisters
- other things:

ELEMENTAL: earth

Use what you got

second hand free box upcycle fix regift
sharing freely and completely without hoarding

Use what you got

health learning breath
practicing how to be a kind and supportive person
Commit to practices that reduce reactivity and transform old habits
you can become more creative altruistic engaged

Use what you got

a glowing hint a feeling deep in our hearts that there is a better way
to live in isolation is to live in sadness we are interconnected
Home Find it Make it the best place to live
we gather connect & reconnect to family friends others
we are reinventing and relearning meaningful ways to live together

1. Do I need it?
2. How many do I already have?
3. How much will I use it?
4. How long will it last?
5. Could I borrow it from a friend/family?
6. Can I do without it?
7. Am I able to clean, fix, maintain it myself?
8. Am I willing to?
9. Have I researched it to get the best quality for the best price?
10. How will I dispose of it when I'm done using it?
11. Are the resources that went into it renewable or non-renewable?
12. Is it made of recycled material and is it recyclable?
13. Is there anything that I already own that I could substitute for it?
14. What values do I support with this purchase?
15. Why do I think I want it?
-Questions to ask yourself before buying something-

nourishing the hearth fire

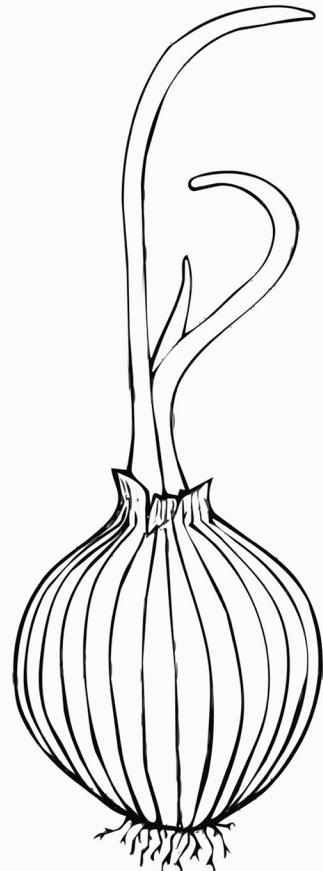
Workshops with a 6/7 class from Trudeau Elementary helped students develop an exciting story about a bear, a scorpion, food security and Ayurvedic medicine.

Inspiration and confident voices grew.
Kids and all people can bring forward ideas.

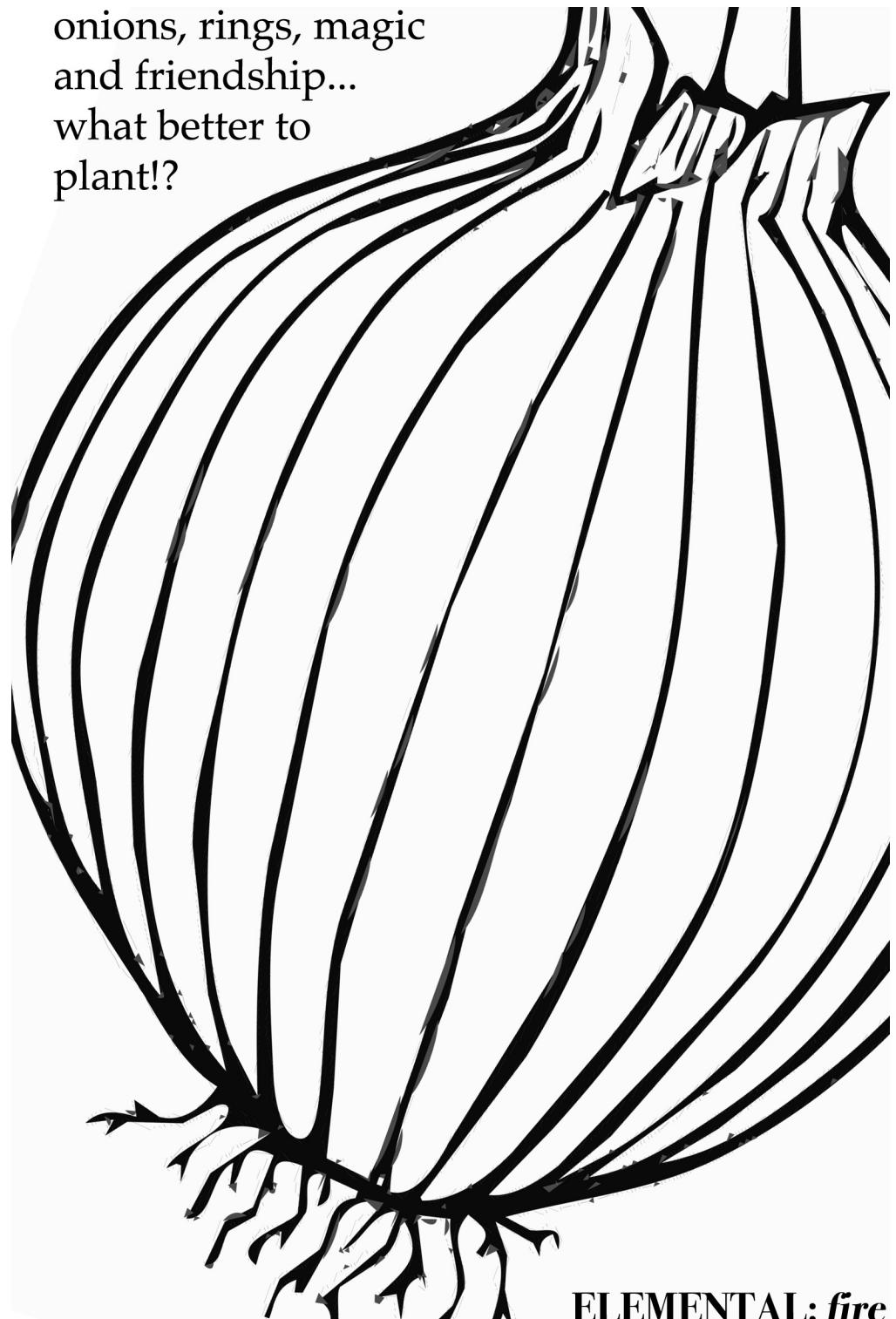
Here are some:

- Fire is in us all**
- Never be greedy**
- Sharing is caring**
- Always share your food**
- Elemental fire**

At ELEMENTAL: fire we learned that warmth is necessary for health, and can come from foods like onions. Intercultural sharing continues here at the Moberly Arts and Cultural Centre.



onions, rings, magic
and friendship...
what better to
plant!?



ELEMENTAL: fire

MOBERLY ARTS AND CULTURAL CENTRE

Moberly Arts and Cultural Centre is a community arts centre that provides a place for intercultural connections, a gathering place for the community and an opportunity for all to experience the arts in programs, events and performances.

We are a Park Board Centre with an arts mandate. Think of us as the Roundhouse's cozy cousin tucked away in a lovely park down by the Fraser River.



We are passionate about the arts and offer a welcoming space for creative professionals, for people who think they can't draw/dance/act but want to, and for everyone in-between.



What happens at Moberly?

Neighbors practice tai chi outside our front doors nearly every morning.

We rent our studio theatre to small dance and theatre companies.

Orchestras rehearse and record here.

We have an artist-in-residence called the **Something Collective**.

We host an annual university/college big band festival, produce a community dance series, and create community art projects.

Children from the neighbourhood take part in our Creative ReMix program, while their Punjabi grandmothers share culinary wisdom in our kitchen.



We created a first for the Park Board: a Cultural Herb Garden, where plantings and workshops bring people from all cultures together for things like Dividing and Sharing Herbs and a Cultivating Connections Tea Party.



ELEMENTAL: fire



Vancouver is currently drafting a Vancouver Food Strategy, which will help Vancouver focus on specific goals and actions to improve our food system. It will look at how food is produced, processed, distributed, accessed, consumed, recycled. The strategy will build on policies that already exist and address gaps where needed.



VANCOUVER FOOD STRATEGY

Goals of the Vancouver Food Strategy could include:

- ensuring that neighbourhoods have grocery stores or farmers markets within walking or cycling distance
- improving access to nutritious, local and affordable food (e.g. through community kitchens, fresh produce stands)
- creating more opportunities to grow food in the city (e.g. community or rooftop gardens, urban farms, community orchards)
- reducing the distance between food production and consumption (e.g. policies supporting farmers markets, "buying local" campaigns)
- nurturing citizen-based groups to advise on food policy issues (e.g. Food Policy Council and Neighbourhood Food Networks)
- supporting food celebrations that reflect the diversity of our city
- improving the ways that we manage our food waste (e.g. medium and large-scale food composting, community composting programs)
- integrating food policies into city-wide and neighbourhood plans

What does it mean to "open you table"?

What compels a person to philanthropy?

Working with the University Women's Club (UWC), we developed abilities and storytelling techniques so that we may have stories to share down generations, and to pass skills on to others.

At the ELEMENTAL reception, metal is conceived as a give-away, honoring the West Coast tradition that one's wealth is measured by how much you can give away. Hosted on the grounds of Hycroft, home of the UWC, our long table is spread with delicacies: a taste of delicious goodies sourced from local urban farms and prepared by **Love's Kitchen**.



Tonite, our feast is set out on the City Studio's long table for dialogue.

Created by one of the student groups, this 30 foot long table is made from a locally salvaged Douglas fir donated by the Parks Board. The intent is to engage community members in dialogue about the Vancouver Greenest City goals.

*what does
it mean to
open my table?*

Imagine... by 2020 Vancouver will be the Greenest City in the world.

In the Greenest City 2020 Action Plan, we've set out a clear path towards a bright green future for our community and our planet. Together, we will create a more resilient, healthy and prosperous city.

The decisions we make every day about how we move around the city, what we buy or eat, and how we deal with our waste means that Vancouver residents currently use far more than our fair share of the Earth's resources. It's up to everyone to do their part, to rethink, re-evaluate and re-imagine the way Vancouver works and how we lead our lives

Fortunately, there are many solutions. We can address climate change and other environmental challenges while creating green jobs, strengthening our community, and improving the well-being of our citizens. vancouver.ca

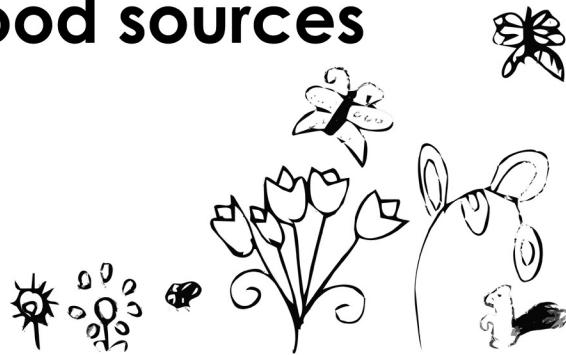


LIKE A KNIFE
CUTS THROUGH
ILLUSIONS

& cutlery a tool to
bring
nourishment

ELEMENTAL: metal

beautiful food sources



Fresh Roots builds local food capacity through local Community Shared Agriculture.

Fresh Roots Urban Farm Society (FRUF) enhances urban food sovereignty by creating equitable access to healthy food and educating communities through engaging, innovative neighborhood farms, and most recently through schoolyard market gardens.

Community Shared Agriculture (CSA) is a mutually beneficial relationship between farmers and eaters, ultimately bringing them closer together. Each year, CSA members purchase a share in the coming year's harvest. By supporting the farm from seed to harvest, members help the farmer use the growing season to its fullest potential, ensuring more abundance for everyone.

Joining a CSA is not like paying for items individually at the market. Instead, you're buying a share of the whole seasons' harvest and sharing in the risks and rewards that are inherent to farming; there are always some things that don't grow as well as expected, and some that produce in abundance! With a CSA you get what is fresh and ready locally.

Why join an Urban CSA?

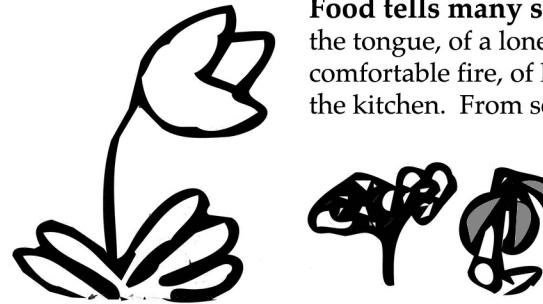
- Support locally grown food and organic growing methods
- Know where your food grows and the people growing it!
- Eat healthier meals
- Connect to the seasons through the food you eat
- Partner with your farmer
- Keep money in the local economy and engage in an innovative, truly sustainable, urban food system
- You are a part of creating access to healthy, safe, affordable food.

ELEMENTAL: metal

In Vancouver and region CSA's are growing everywhere, including:

- Fresh Roots Urban Farm (Vancouver)
- Farmers on 57th (Vancouver)
- SOLEfood (Vancouver)
- City Farm Boy (Vancouver)
- Yummy Yards (Vancouver)
- UBC Farm (Endowment Lands)
- Glen Valley (Fraser Valley)
- Glorious Organics Co-operative (Aldergrove)
- Nathan Creek Organic Farm (Langley)

Loves' Kitchen, catering a la slow food Vancouver style.



Slow Food Vancouver

Across the globe, the food system is in many ways broken. Worldwide, 30 percent of food is wasted, 1 billion people go to bed hungry each night, while another 1 billion suffer from health problems related to obesity and agriculture contributes roughly one-third of global greenhouse gas emissions, according to the UN Food and Agriculture Organization (FAO). Meanwhile, people are increasingly disconnected from how their food reaches their plate, making solutions to the global agricultural system seem even more difficult to attain.

Slow Food is an idea, a way of living and a way of eating. Slow Food is part of the solution, building a network of small-scale sustainable farmers around the globe. Slow Food unites the pleasure of food with the responsibility, sustainability and harmony with nature.

Locally, Slow Food Vancouver runs food events, workshops, food tastings and cycletours.

great gratitudes

Food Sources
Fresh Roots Urban Farm Society
Slow Food Vancouver
Loves' Kitchen
Summerhill Pyramid Winery
Young Agrarians



great gratitudes

Special thanks to

Cyndy Chwelos, Sharon Kallis, Shahira Sakiyama, Rita Wong, Bryn Davidson, Dale Hunter, Tom Baker, Sharon Bayley and Maggie Winston, Saroj Kumar, Vesna Radivojevic, Mary Stewart, Louise Corral, Celia Brauer, Meredith Kezar, Naoko Shiratori, Todd Devries, Gini Bonner, Flora Purcell and all the board / staff of the Mt. Pleasant Family Centre, Clare Kenny, Brian Osterlin, Mohinder Sidhu, Tony Tung, Gary Johnston

ELEMENTAL workshop participants

Strathcona Chinese Seniors Arts and Health group, Strathcona Youth Council (2011), Kivan Boys and Girls Club, Aboriginal Friendship Centre day-camp kids, VCC ESL and Aboriginal learners, Ms. Kezar's grade 6/7 class from Trudeau Elementary, The University Women's Club

Performers

Sam Bob

The Ladies in White (Candice R. Curlypaws, Alex Danard, Nayana Filkow)
Musicians (Martin Reisle and friends)

Image sources and credits

Michael Schmitt

Kiki Whittam-Geskes

RedSara

Pam Brovick

Diane Beckwink

Atonal

Aleatoric Consonance

Infrastructure

In the House Festival

Vancouver Energy Renewal Cooperative
UBC Bike Co-op and George Rahi,
City Studio (Long Table)

Materials sources

Cathie Jung (rip stop nylon)

Shadbolt Centre for the Arts (clay)

Clayzone Ceramics (clay)

Lost Creek Fen (urbomite)

Green City Builders (urbomite)

Steve and Stanley Park, Squamish Territory (cedar fiber)

Means of Production Garden (fibers for paper making)

Haruko Okano (Kakishibui)

Festival Team	Artistic Director: Naomi Steinberg Muneera Wallace: Project Assistant Ari Lazer: Tour Site Coordinator Sara Ross: Bike Tour Coordinator Farida Hussain: Media Liason Pierre Gauthier: Documentation Brenda Koch: Catering Alex DeGrace: Tech assistant Carmen Mills: Designer Harreson Seto: web support
ELEMENTAL co-facilitators	Carmen Mills, Naomi Horii, Lesley Ewen, Natalie Gan

ELEMENTAL co-facilitators	Carmen Mills, Naomi Horii, Lesley Ewen, Natalie Gan
---------------------------	--

Tour Bus Guide

Godfrey Levy

Volunteers

Nadine Pluzak

Mike Arshinoff

Rose Ananda Heart

Thomas Viccars

Melanie Ray

Judi Rainey

Constance Couture

Shonagh McRae

Jumin Lee

Astarte Sands

Cleá Laurey

Allison Prime

Eddie Rothschild

Mina Chung

Mary Sherlock

Eric Promislow

Elisa Lee

Michael Schmitt

Ritual Space held by	Jumin Lee Vesna Radivojevic Tashanna Ducharme Wendy Charbonneau -
----------------------	--

Community PARTNERS	Strathcona Community Centre Mount Pleasant Family Centre Mudgirls Natural Building Collective St. George Blueway / Rainway False Creek Watershed Society Vancouver Community College The Urban Weaver Project Native Education College Moberly Arts and Culture Centre University Women's Club
Site Managers	Tim Furness, George Rahi, and Rob Telford

great gratitudes

VSOS Board / Staff

Mrs. Esther Steinberg	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Claudine Pommier	Julia Lane - Vice President
	Godfrey Levy - Treasurer
	Erica Booth - Secretary
	Donna Chen - Membership
	Naomi Steinberg - Executive Director

Funders

Heritage Canada	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Canada Council	Julia Lane - Vice President
BC Arts Council	Godfrey Levy - Treasurer
City of Vancouver	Erica Booth - Secretary
Neighborhood Matching Fund	Donna Chen - Membership
Neighborhood Small Grant	Naomi Steinberg - Executive Director
(Mt. Pleasant)	
CCEC Credit Union	

Sponsors

Funders

Heritage Canada	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Canada Council	Julia Lane - Vice President
BC Arts Council	Godfrey Levy - Treasurer
City of Vancouver	Erica Booth - Secretary
Neighborhood Matching Fund	Donna Chen - Membership
Neighborhood Small Grant	Naomi Steinberg - Executive Director
(Mt. Pleasant)	
CCEC Credit Union	

VSOS Board / Staff

Mrs. Esther Steinberg	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Claudine Pommier	Julia Lane - Vice President
	Godfrey Levy - Treasurer
	Erica Booth - Secretary
	Donna Chen - Membership
	Naomi Steinberg - Executive Director

Sponsors

Mrs. Esther Steinberg	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Claudine Pommier	Julia Lane - Vice President
	Godfrey Levy - Treasurer
	Erica Booth - Secretary
	Donna Chen - Membership
	Naomi Steinberg - Executive Director

Funders

Mrs. Esther Steinberg	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Claudine Pommier	Julia Lane - Vice President
	Godfrey Levy - Treasurer
	Erica Booth - Secretary
	Donna Chen - Membership
	Naomi Steinberg - Executive Director

Sponsors

Mrs. Esther Steinberg	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Claudine Pommier	Julia Lane - Vice President
	Godfrey Levy - Treasurer
	Erica Booth - Secretary
	Donna Chen - Membership
	Naomi Steinberg - Executive Director

Funders

Mrs. Esther Steinberg	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Claudine Pommier	Julia Lane - Vice President
	Godfrey Levy - Treasurer
	Erica Booth - Secretary
	Donna Chen - Membership
	Naomi Steinberg - Executive Director

Sponsors

Mrs. Esther Steinberg	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Claudine Pommier	Julia Lane - Vice President
	Godfrey Levy - Treasurer
	Erica Booth - Secretary
	Donna Chen - Membership
	Naomi Steinberg - Executive Director

Funders

Mrs. Esther Steinberg	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Claudine Pommier	Julia Lane - Vice President
	Godfrey Levy - Treasurer
	Erica Booth - Secretary
	Donna Chen - Membership
	Naomi Steinberg - Executive Director

Sponsors

Mrs. Esther Steinberg	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Claudine Pommier	Julia Lane - Vice President
	Godfrey Levy - Treasurer
	Erica Booth - Secretary
	Donna Chen - Membership
	Naomi Steinberg - Executive Director

Funders

Mrs. Esther Steinberg	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Claudine Pommier	Julia Lane - Vice President
	Godfrey Levy - Treasurer
	Erica Booth - Secretary
	Donna Chen - Membership
	Naomi Steinberg - Executive Director

Sponsors

Mrs. Esther Steinberg	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Claudine Pommier	Julia Lane - Vice President
	Godfrey Levy - Treasurer
	Erica Booth - Secretary
	Donna Chen - Membership
	Naomi Steinberg - Executive Director

Funders

Mrs. Esther Steinberg	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Claudine Pommier	Julia Lane - Vice President
	Godfrey Levy - Treasurer
	Erica Booth - Secretary
	Donna Chen - Membership
	Naomi Steinberg - Executive Director

Sponsors

Mrs. Esther Steinberg	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Claudine Pommier	Julia Lane - Vice President
	Godfrey Levy - Treasurer
	Erica Booth - Secretary
	Donna Chen - Membership
	Naomi Steinberg - Executive Director

Funders

Mrs. Esther Steinberg	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Claudine Pommier	Julia Lane - Vice President
	Godfrey Levy - Treasurer
	Erica Booth - Secretary
	Donna Chen - Membership
	Naomi Steinberg - Executive Director

Sponsors

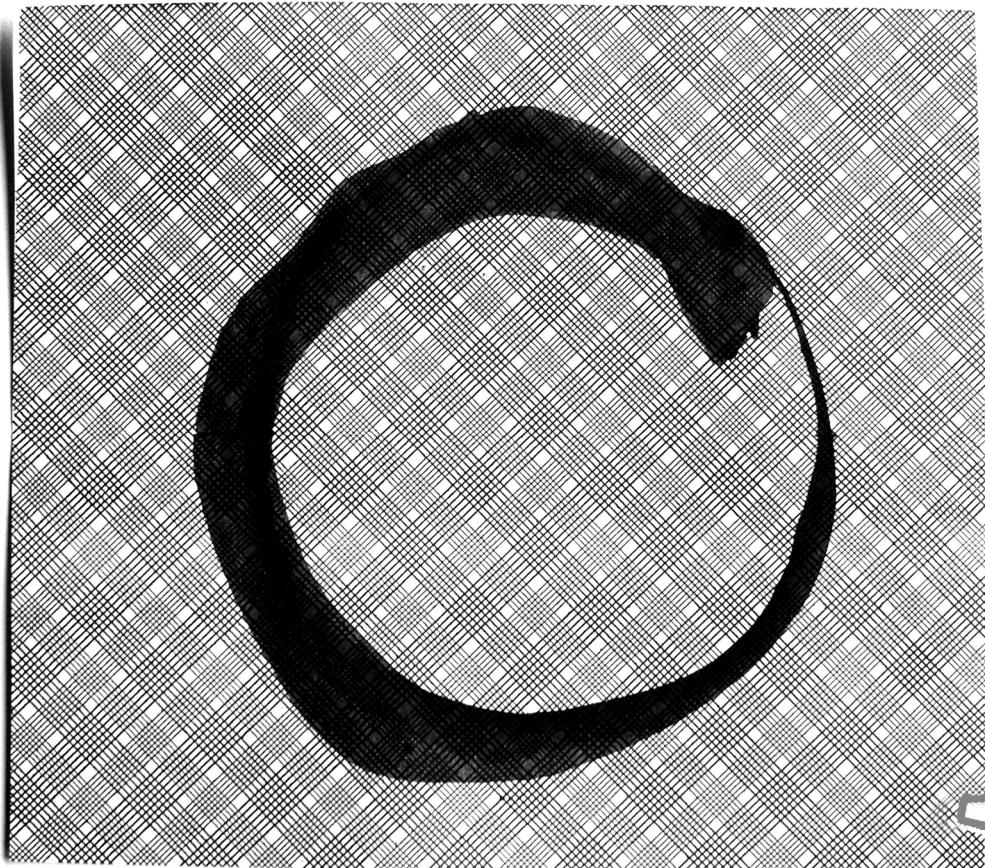
Mrs. Esther Steinberg	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Claudine Pommier	Julia Lane - Vice President
	Godfrey Levy - Treasurer
	Erica Booth - Secretary
	Donna Chen - Membership
	Naomi Steinberg - Executive Director

Funders

Mrs. Esther Steinberg	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Claudine Pommier	Julia Lane - Vice President
	Godfrey Levy - Treasurer
	Erica Booth - Secretary
	Donna Chen - Membership
	Naomi Steinberg - Executive Director

Sponsors

Mrs. Esther Steinberg	Káawan Sangaa (Woodrow 'Woody' F. Morrison, Jr.) - President
Claudine Pommier	Julia Lane - Vice President
	Godfrey Levy - Treasurer



zine created by RedSara

zine production notes:

paper mostly salvaged which explains the strange text and uncharacteristic use of yellow. hand lettered with nib pen & ink well from when I was 8. sticker collection fasteners. transparency salvaged uh for fun melts in laser printer which is why it is blank except for what was already on it.

use what you got

i am grateful to all the orgs included in this zine who hold great values and say it so right in words i borrow. i am grateful for my house a supportive community where we share food and cook nightly meals for each other also we belong. i am grateful for my computer a long term loan from my partner. i am grateful for my bicycle and for the marvelous birds and myriad wonders along the way.

more at redsara.wordpress.com