



# RIGHT TO FOOD ZINE

Winter 2020/21  
Issue 26

The NS Lobster  
**Dispute**

**What to do?**

What to Grow?

We, The Secwepemc Say:  
**No TMX Pipeline**

**free**

**Downtown Eastside Neighbourhood House**  
573 East Hastings St. Vancouver, BC V6A 1P9  
Unceded Coast Salish Land & Waters

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## Right To Food Zine

**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.**

# T A B L E O F C O N T E N T S

- 3 It Ends Too Soon | Poem
- 4 Keep it Growng | Article
- 6 Veggies Are your Friend | Poem
- 7 Food Inspiration From The Community | Community Interview
- 10 Energy Balls | Recipe Poem
- 11 What's Growing in Strathcona Park | Article
- 14 Strathcona Community Gardens | Map
- 16 We, The Secwepemc Say: No TMX Pipeline | Reporting Article
- 20 The NS Lobster Dispute | Article
- 22 Plight of the Food Industry Workers and Migrant Workers in Canada Amidst COVID-19 Pandemic | Article
- 24 What to do? What to Grow? | Poem
- 25 Balikbayan Boxes | Article
- 26 Meet the Team [Join us!](#)
- 27 Start the Healing | Original Art

## It Ends Too Soon

Poem by Thuy Le

Drizzles knocked the window  
North winds *hissed* and bellowed  
Lashed from clouds hollow  
Swayed the old willow

Fragrance of spring faded  
Sweet summer sun shaded  
Shriveled leaves a template  
For a timeless canvas  
long outdated.

Wrapped in a cocoon  
An avocado and a spoon  
Brioche and cheesecake feed the tunes  
of dancing droplets

Hot choc topped the gloom  
Of glowering shivers.  
Sipping it slowly  
Taking a small bite  
Fearing it ends too soon.

Although there are many uncertainties with the current situation the world is facing, one thing that remains consistent is that we all need to eat. Throughout 2020 we witnessed breakdowns in the global food chain as a result of the pandemic while the majority of the world was forced to shelter in place and life as we knew it came to a grinding halt.

Long line ups and empty store shelves left many of us questioning our ability to fend for ourselves if and when the stores are unable to provide the bare necessities. Which led to a resurgence in home gardening as many folks embraced growing their own food for self sufficiency. Some were seasoned gardeners who seriously upped their game, while others who were completely inexperienced started out for the first time.

### **Food security during insecure times was the incentive of this major growth spurt.**

In 2021, this resurgence in self sufficiency will continue to grow.

Anyone who asks me what I like to do will often get an earful about food. Food is my life. I love to grow food, gather wild foods, share food, feed people, harvest food, preserve food and save seeds. I am grateful to have the time and willingness to centre my life around food. Over the years I have increased my capacity to grow often by sheer luck coupled with my undying passion for our human right to food.

**It's not easy to make roots when renting and living situations are often precarious. Even when given access to space for growing, those spaces are not always guaranteed forever. I've started many gardens only to be displaced due to demovictions, but no matter what I keep growing.**

# Keep it Growing

By Shannon Hecker

As a person on disability living on a fixed income, funds are always tight. Understandably, many people may be discouraged by the initial cost to get started and feel they may be limited in what they can do, but there are many cost effective ways to get growing. Another challenge that deters folks can be a lack of space to grow or even soil quality for those that do have space.

Boulevard gardens are a great way to utilize space and, in Vancouver, there's even funding available for beautifying the neighbourhoods with gardens. Check out the Neighbourhood Matching Fund | City of Vancouver or Vancouver's Greenest city grants (<https://vancouver.ca/people-programs/green-grants.aspx>).

However you don't need any grants or much money to get started. If you are going to turn a city boulevard into a growing space, I would recommend reviewing the guidelines first: Boulevard Gardening Guidelines (vancouver.ca). If you follow these guidelines, there is no need to ask for permission from the city to grow. The grass itself can be turned over and mixed with either store bought soil and compost or your own homemade mix.

Keeping kitchen scraps for compost, saving leaves and grass cuttings (as long as the grass wasn't treated with pesticides or herbicides) are all key ingredients to building healthy soil.

Although composting barrels are recommended, they can be costly and are not always needed. In the past I have turned a nearly dead boulevard with only sod into an oasis for pollinators by building a permaculture garden. I did not buy any soil and only had a few bags of compost which I mixed in. I simply used a garden claw and shovel to dig up the sod, filled pockets of the dug up boulevard with kitchen scraps, covered with leaves and then covered that with the dug up dirt with the turf upside down and other dirt I dug up on top of it. I did transplant some plants from another garden, and those plants came in pots filled with soil which helped improve the soil as well.

**Imagine if everyone in your neighbourhood grew different varieties of food to trade and share among the local community.**

We would be able to grow much of what we eat.

If you haven't already, buy your seeds now! I envision a shortage of these supplies much like the shortage we experienced last spring as Covid-19 took over the world. Also, at the end of the season, we witnessed a shortage in canning supplies. So please be prepared folks and don't wait until the last minute to get your canning supplies. I recommend purchasing a dehydrator if possible, however you can also make use of old window screens for drying food during the summer months and you can dry herbs and greens all year inside on a screen.

For those of you on a budget, free seed can be acquired through Village Vancouver - [www.vancouvervillage.ca](http://www.vancouvervillage.ca). They also offer many free courses to educate folks how to grow in the city with limited space. This past December, they hosted two free workshops, one about getting ready for spring and the other about indoor vertical gardening. Check them out and see

how you can get involved. Another way to acquire free seeds is simply visiting community gardens and start talking with folks about trading and gifting seed.

**You can also save seeds from food bought at the store as long as it is not GMO and preferably organic.**

I've grown many tomatoes and squash from seeds saved from store bought goods.

With time and practice anyone can turn a gardening hobby into a reliable way to feed their family or at least supplement their diets. My goal is that one day I will be able to grow enough varieties of food to be able to eat, preserve and trade throughout the year to be self sustaining.

**Seeds symbolize hope, potential and promise of fulfillment.**

Our ability to grow food is much more than just feeding ourselves; it's a way to participate in the natural cycle of life which is certainly something we can rely on.

**If it's just not possible for you to grow your own food, I recommend making it a point to buy from local farmers markets.**

You have an opportunity to get to know the growers and where your food comes from while lessening our reliance on a global system of food supply and strengthening our local economy.

## Veggies are Your Friend

By Yuka Matsuno

Hello folk, grab a friend and take a seat,  
Today I am going to give you a treat  
By telling you an important story  
About a topic close and dear to me

For as long as humans have roamed the land  
We have gobbled and grown food by hand  
Cooking up concoctions, rich and deep  
Which to this day our cultures keep

First let's talk about the magic of beans  
Mung, soy and kidney, all rich in proteins  
More fantastic than Jack's gigantic vine  
You can eat beans fresh or dried over time

Beans can maintain their nutrients for years  
And with their fiber time can't interfere  
Some people like to cook their beans in stew  
And they're also used in foods like tofu

Leaves high in iron are next on the list  
Kale and spinach always give salad a twist  
From spring to winter these greens are in season  
And can keep your head thinking clear with reason

Now let's talk about some of the best foods in fall  
Pumpkins and squashes delicious are all  
A classic dessert is the divine pumpkin pie  
But my favorite is soup, I cannot lie

With such a nice color and creamy taste  
Squash soup is also great for there is little waste  
Just roast the squash halves seedless and face down  
And take them out when they are tender and light brown  
Then you can blend it with the herbs you like  
And enjoy this lovely autumn delight

Sadly, we must bring this poem to an end  
But please remember that veggies are your friend  
And if you eat them in the season they grow  
The health of your body and the world will show



Illustrated by | Charlotte Chau

# Food Inspiration From The Community

Get to know some members of the community and their food inspirations! UBC LFS students Danica Davies and Dylan Flach interviewed 3 DTES NH staff to learn some of the ways that culture and life experiences can impact one's relationship with food.

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## *Bill Beauregarde*

Bill has been living in the Downtown Eastside community for 12 years, and is quite involved with his community. He would currently describe himself as an "old-fashioned cook" at the Neighbourhood House. Bill keeps himself busy by facilitating a Saturday breakfast and lunch program, as well as creating many meals for the Neighbourhood House. After making around 200 portions, half of these meals get served at the Neighbourhood House, while half are given to be distributed at Camp KT tent city in Strathcona Park. He also was a founder of the very Zine you are holding in your hands! When he isn't working at the Neighbourhood House, Bill gets involved with other societies in the Downtown Eastside, and also is taking some Theology courses online at home. Having an Enoch Cree Nation background, Bill grew up near Stony Plain Reserve where he learned how to forage and obtain his food from the land around him. His heritage has instilled in him the importance of having an "open door policy" when it comes to sharing food with company. Bill believes it is important to be able to share food with others, as this brings a connection with those lacking

a place to share a meal. While he mainly cooks with North American influences at the Neighbourhood House, Bill loves to incorporate Ukranian and Asian influences at home, which he was introduced to through cooking with friends. Bill is very talented in the kitchen, and doesn't even need a recipe to whip up a masterpiece! His favourite dessert is making peanut butter cookies (but make sure you use real butter!). Bill cooks by feel, smell, and textures, and over the years, he has learned the key to how much spice to add to certain foods in order to create a spectacular meal. If you have ever eaten at the Neighbourhood House, you may know Bill by his famous Boston Baked Beans, or his crowd-pleasing perfectly fluffy rice (he ensures it isn't too sticky!). The importance of food to Bill B. revolves around the socialization aspect, and how it can be used to welcome others.

## **Follow Bill's recipe tip to create delicious beans!**

When cooking with dry beans, he recommends adding double the amount of spice you would to canned beans to ensure they are packed with flavour.

## *Shaista*

After coming to Canada from Afghanistan in 2012, Shaista lived in New Westminster, then made her way to the Downtown Eastside community where she currently has resided with her family for almost 3 years. Shaista believes it is important to give back to the community, so she volunteers with nonprofit organizations while working with the Neighbourhood House. She keeps herself busy by being involved in the community through organizing events such as community kitchens, clothing swaps and Mother's Day celebrations. Cooking is very important

to Shaista, both socially and culturally. When looking for resources for meals, she ensures she adapts them to her family's budget. Within the last two years, Shaista has organized three events (mentioned above) where she shares her own and other's cultural foods. Her cooking preferences are for Afghani and other Middle Eastern foods, but she enjoys cooking with a variety of influences.

This recipe has been shared on behalf of Shaista, as it is her family's favourite Afghani meal.

### Qabuli pulao (Rice Pilaf with Meat, Raisins & Carrots)

#### INGREDIENTS:

1kg lamb leg/shoulder or beef  
 1 large onion  
 3 cloves of garlic  
 1 cup of water

- Start by cutting the meat into large chunks. Then, chop the onion and mince the garlic. Cook the beef or lamb with onions, garlic, cumin, coriander, salt and black pepper. Add the water and bring to a boil, then turn down heat to simmer until the meat is cooked. Feel free to add other spices you like as well.
- While the meat cooks, steam the rice.
- Julienne the carrots, then fry them in oil and additional spices until softened. Add the raisins until they swell.
- When the rice is done, put it on top of the meat sauce and let it steam for an additional 5-10.
- Using a serving bowl, put rice and meat sauce in first, then add the fried carrots and raisins on top.
- Share with friends or family and enjoy!

### *Anonymous*

This community member has resided in the Downtown Eastside Community for around seven years, prior to which they lived in Ontario. As a child, their parents were together on-and-off, so at times their single mother did not have much free time to spend in the kitchen, leaving their four older sisters to do most of the cooking. They remember always looking forward to Sunday dinners, where their family would get together to share a meal, such as roast beef. Later in life, this individual spent a year in Thailand, where they developed a love for Thai Curry. Otherwise, they generally cook North American and Italian dishes, some of their favourites being fried eggs and roast chicken with potatoes. This person experienced homelessness for a period of time while living in Vancouver, during which they relied on food lines to eat. They proclaim that one “can never go hungry in Vancouver” due to the great number of spaces where one can receive food for free, such as Union Gospel Mission, Salvation Army on Cordova Street, First United Church and Powell St. Getaway.

Now working at the DTES Neighbourhood House, they serve food, clean, and wash dishes, as well as working on the neighbourhood house’s ‘*Let’s Speak Up*’ program. Prior to COVID-19, they volunteered at the Carnegie Community Centre, and went through the Community Action Network (CAN) program, which is a series of workshops designed to give a voice to individuals who have had experience with poverty.

**This community member would like to see structural changes at Food Lineups, and an increase in spaces that allow community cooking, in order for individuals to obtain more freedom in their cooking practices.**



This snack is **more** than a little treat,  
Though it is definitely **very sweet**.  
It is **made with nutrients** to keep you full,  
And vitamins and minerals to **soothe your soul**.

The best thing about this **ENERGY BALL**,  
is that a kitchen is not required, at all.  
you just **need a bowl** and **maybe a fork or spoon**,  
we promise you don't even need much room.

Now let's get started on this little snack,  
It definitely is a cooking hack.  
Please start with some **dates, 1 cup** will do,  
Then **add to a bowl** where they will act like glue.

Now the **fun** is about to begin,  
**Grab a fork or spoon** - but don't forget your grin!  
You're going to **mash these dates** with all your might,  
Until big chunks are no longer in sight.

A **half cup of nut or seed butter** is what you should add,  
**Stir it together** and don't get mad,  
If it gets a little messy, that's part of the fun,  
And don't get too tired, we are almost done.

Now is time to **add oats, 1 cup** will do  
Mix a bit until you're through,  
Then the next ingredients are for you to pick,  
It's starting to look good, try not to lick!

We suggest you **use what you can find**,  
Like **shredded coconut, or seeds**, or even orange rind!  
**Dried or fresh berries** could work too,  
**Or spices** like cinnamon to add a pretty hue.

Once everything is added and stirred nice and well,  
Take some time to appreciate the smell.  
Then grab a bit and roll into a ball,  
And do the same, for it all.

Once you are done, **it's time to try**,  
Bite into one of these little guys.  
This snack can be put in the fridge or not,  
Whichever is best for you in your spot.

We hope you try this recipe with  
family and friends,  
There is no limit of age,  
everyone is a gem!  
Food is a very social tool,  
So invite people over  
to pull up a stool.

**Community is what fills up  
our hearts,  
Everyone contributes and  
does their part.  
Cooking is what can bring  
people together,  
With warmth and happiness,  
no matter the weather.**

Original Poem Written by  
Danica Davies

# What's Growing in Strathcona Park?

Written by Morgan Dowling | a plant lover with mixed Japanese and European settler ancestry

PLANTS CONNECT US IN MANY WAYS. THEY GROUND US IN OUR CULTURES, REPRESENT SOURCES OF FOOD OR, I MEDICINE, AND CONNECT US TO OUR COMMUNITIES.

Growing up, I spent a lot of time in my Obachan (grandmother's) garden in East Vancouver. These experiences provided me with a deep love for gardening and growing vegetables. These values have followed me throughout my life and continue to inspire me to volunteer for local gardens and community food initiatives. Community gardens provide volunteering opportunities to connect community members. The Strathcona and Cottonwood Community Gardens are two spaces that provide these experiences to community members. These gardens are dedicated to promoting plants of all kinds. Tucked away on the west and south side of Strathcona park, the gardens are a secluded slice of urban paradise exploding with life.

On the west side of Strathcona park, community gardens immediately greet you with plants of every shape and colour. As you enter, high terraces of beans lean into garden walkways and bunches of beets or char sit upright along garden beds. The vast variation of the plant community represented in the gardens highlights the strength and resiliency of the space. The 200 community garden plots are managed by members of the Strathcona Community Gardeners Society, the group that oversees and cares for the gardens. Memberships to volunteer in the Strathcona

**THE GARDENS ARE  
A SECLUDED SLICE  
OF URBAN PARADISE  
EXPLODING WITH LIFE**



Community Gardens are open to all community members. Membership requirements include regular attendance to monthly meetings and a yearly membership fee of \$10. Currently, there are no available plots for new members, but the garden is accepting 'plotless' volunteers to help with gardening in other areas of the park.

'Plotless' volunteers can volunteer at the gardens without the responsibility of managing their own community plot. This allows for a more flexible volunteering experience.

For more information about 'plotless' volunteering, email: [strathcona.garden.info@gmail.com](mailto:strathcona.garden.info@gmail.com)

New members can also add their name to a garden plot waiting list if they're prepared to manage their own community garden plot. Plots are assigned on a first come, first served basis.

If you're interested in volunteering with the Strathcona community gardens, check out more information on their website: <http://strathconagardens.ca>

In addition to garden plots, the Strathcona Community Garden has an orchard that is home to more than 300 fruit tree varieties. The diversity of tree varieties and management styles makes the Strathcona Community Garden Orchard a special place

for learning, growing and fostering community connections. The gardens also include an herb garden, children's play area, wheelchair accessible planting beds, a large sustainably built eco pavilion, and beekeeping facilities with honey production.

The strathcona beekeepers association is a small group of dedicated individuals who support and manage bee keeping facilities in the community gardens around strathcona park.

For more information about the strathcona beekeepers, check out their website <http://strathconabeekeepers.blogspot.com/>

If you're interested in learning more about gardening or growing fruit, volunteering with the Strathcona community gardens would provide you with invaluable knowledge about gardening, fruit tree management and vegetable production.

At the southern end of Strathcona park sits the Cottonwood Community Garden. Named

for the towering cottonwood trees that stand above it, this 3-acre garden was transformed by community members to create the vibrant space it is today. The Gardens include 150 community garden plots, accessible raised beds, an Asian plant garden, an Indigenous plant garden, a greenhouse and beekeeping facilities managed by the strathcona beekeepers association. The gardens and the community garden plots are managed by volunteer members.

For more information about volunteering with the Cottonwood Community Garden, visit their Facebook page @SaveCottonwoodCommunityGarden or email the gardens at: cottonwoodgarden@gmail.com

Last year, Vancouver city council voted against the proposed development of Malkin Avenue as part of the Georgia and Dunsmuir Viaduct removal plan. This decision was announced after four years of city planning, but will finally guarantee the long term prosperity of the Cottonwood Community Gardens. You can read more about the challenges faced by the cottonwood gardens in the City Farmer News or in the Vancouver Observer. With this new found security, the Cottonwood Community Gardens

have been busy putting together exciting new developments. Volunteering with the Cottonwood Community Garden would allow volunteers to learn about growing and harvesting plants from all around the world, including Indigenous plants from right here in the pacific northwest.

The plant diversity throughout the Strathcona and Cottonwood Community Gardens reflect the diversity of the surrounding community. This is represented by the culturally specific plants and foods that are grown throughout the gardens. Celebrating diversity and amplifying community voices helps us connect to our cultures and values. Connecting through community-led green spaces like the Strathcona and Cottonwood Community Gardens strengthens local food knowledge and shares it across generations. Volunteering in these spaces provides the opportunity to connect with local food systems, cultures and of course, community.



Illustrated by | Charlotte Chau



**1**

**HASTINGS ST FOLKS GARDEN**

117 E Hastings Street

**150** Garden plots

Visit in person or call 778-650-4732 to apply

**2**

**MILLROSS GARDENS ON MAIN**

989 Main Street

**130** Garden plots

Visit [millrossgardens.com](http://millrossgardens.com) to apply

**3**

**DTESNH URBAN FARM**

369 Hawks Avenue

Email [ED@dteshouse.ca](mailto:ED@dteshouse.ca) to request a garden box

# STRATHCONA COMMUNITY GARDENS (VANCOUVER, BC)



## STRATHCONA COMMUNITY GARDEN

857 Malkin Avenue  
200 Garden plots  
Visit [strathconagarden.ca](http://strathconagarden.ca) to apply, \$10 membership fee and \$5 annual plot fee



## COTTONWOOD COMMUNITY GARDEN

857 Malkin Avenue  
150 Garden plots  
Visit [cottonwoodgarden.ca](http://cottonwoodgarden.ca) to apply, \$10 membership fee and \$5 annual plot fee



## WOODLAND PARK COMMUNITY CENTER

705 Woodland Drive  
64 Garden plots  
Email [woodlandparkgarden@gmail.com](mailto:woodlandparkgarden@gmail.com) to apply for waitlist position

## \*Reporting from the frontline

Weytk friends and family, we bring you an update today from the frontlines of the pipeline resistance in Secwepemc territory. Opposition to the Transmountain Pipeline has been fierce and burning across the West for well over 6 years. Initially the fight was against a resource extractive corporation, "Kinder Morgan," then, in a strange but not totally unexpected turn of events, the Canadian government purchased the pipeline for some few billions of dollars and has been leaking billions and billions of dollars more since.

After a while, these large numbers of dollars become as unimaginable and absurd as the claims made by the Canadian government that this pipeline benefits the People or is even safe enough to construct across over 1,309 waterways and through thousands and thousands of Nations and People who have not given their consent for this project to be built.

THE EXISTING PIPELINE THAT IS BEING TWINNED IN THIS MOST RECENT PROJECT HAS ALREADY LEAKED MULTIPLE TIMES, MOST RECENTLY CAUSING SERIOUS ENVIRONMENTAL DAMAGE WHEN LARGE SPILL OCCURRED IN JUNE 2020.

Environmental disturbances have also been rampant during the building of this pipeline including the illegal installation of anti-salmon spawning mats that even the National Energy Board declared was outside of the work the corporation was permitted to do and that were later removed on the authority of the Secwepemc Nation.



We, The Secwepemc Say:

17

# NO TMX PIPELINE

By Anushka Azadi\*



Photography by | Anushka Azadi

While construction on some areas of the pipeline route beginning in Edmonton and ending in Burnaby is at advanced stages of completion, this summer, the Transmountain pipeline, now owned by every single Canadian taxpayer, began preparing to drill under the Thompson river in Secwepemc Territory. The Secwepemc Nation is a large Nation that encompasses an area larger than the United Kingdom and has a history of fierce sovereignty and resistance that is brought to bear when law and land are being violated. This is the territory the last armed standoff occurred when the Canadian government attacked a group of Sundancers during the Gustafsen Lake Standoff in 1995. It is highly encouraged that readers take the time to learn about this struggle as it has direct implications to what we are seeing happening on Secwepemc Territory today. As matters came to a head and a canoe and

**IN RESPONSE TO DRILLING UNDER THE THOMPSON RIVER WHERE WILD SALMON LAY THEIR EGGS, WHERE 67 ARCHEOLOGICAL SITES AND SECWPEPMC MEMORY INDICATE A BUSY VILLAGE, TRADE AND MEETING AREA, THE SECWPEPMC HAVE INITIATED ONGOING PATROLS OF THE PIPELINE CONSTRUCTION SITES, NOTING DAMAGE TO THE LAND, POLLUTION OF THE WATERS AND A DRAMATIC EFFECT ON THE WILD SALMON POPULATION.**

kayak journey dedicated to the youth of the Nation concluded, it was decided that the People would stay and stop this pipeline for once and for all through ceremony, direct action and the love of a Nation for their land and water.

The sacred fire that was lit at the drill site and in the river bed burned for weeks as the Secwepemc gathered, conducted ceremony and meetings, shared information and concerns and made a public display of their non-consent for the Pipeline crossing through their territories. Keeping the sacred fire through a sand storm, the flooding out of the river bed by Domtar Pulp Mill's toxic water and the constant intrusions and intimidations of the RCMP (CIRG and Grey Shirt Units), was no easy task and when winter began coming down the mountain, a pipe ceremony was called and it was decided to close the sacred fire. While the fire burned, 9 People had been arrested, ash and hair cutting ceremonies were completed, a cease and desist order was issued and issued again and weeks of direct action and disruption of pipeline construction were held up by the Nation to show that no consent had never been given for this Pipeline or for the Canadian government and it's enforcement arm, the RCMP, to conduct themselves in this way on

Secwepemc territory.

Work and action continues in opposition to the Transmountain pipeline that has, after the work of the Nation, hit a snag in its attempts to drill under the river and in this great delay, cost more time and money to re-drill, remove the pipe they have already tried to force under the river and continue the work of the Oppressor, the Colonizer.

The TMX Pipeline will not be built, please keep the Secwepemc in your prayers and most importantly in your actions, there are many ways to resist a pipeline owned by the Canadian state. It is asked of all of us now, to act to bring about a world we and our future generations can actually survive and thrive in, in any way we know how. Kukstemc, thank you, and follow “We, the Secwepemc: Virtual Unity Camp to Stop Transmountain Pipeline” on Facebook or head to [sqeq-petsin.ca](http://sqeq-petsin.ca) for up to date information on Secwepemc Resistance to the Transmountain Pipeline. The next court dates are March 1st 2021 in Kamloops. The resistance continues.



## WHITE SUPREMACY, MOBS AND TERRORISM

**Now a delicacy, lobster was routinely fed to slaves, servants, prisoners and their children during the colonial era. More recently, lobster gained popularity and demand here and abroad, and Nova Scotia's world-famous lobsters have again gained global attention due to the war-like conflicts**

It has been 21 years since the 1999 Marshall ruling, a ruling by the Supreme Court of Canada which recognized Donald Marshall Jr., a Mi'kmaq, and the Mi'kmaq peoples' rights to catch and sell fish.

Mi'kmaq peoples have inherent rights to fish in their homeland, regardless of recognition from the colonial government. Nonetheless, it was significant that the Canadian court ruled that Marshall, a Mi'kmaq, and the Mi'kmaq peoples have rights as agreed to in the Peace and Friendship Treaty, one of the Treaties signed by the British Crown between 1725 and 1779. These Treaties have not been extinguished and therefore, remain in effect.

That means, the modern-day descendants of the Mi'kmaq people in the Maritimes and in Quebec are not subject to Canadian government regulations that apply to settlers regarding hunting, fishing, or land use.

However, white non-Indigenous commercial fishermen in Canada's Maritimes in Nova Scotia (NS) are challenging Mi'kmaq peoples' rights, citing "conservation" and fears of "overfishing", and calling for the federal government intervention. Violence has escalated, the unrest ongoing, and acts of


MI'KMAQ PEOPLES HAVE INHERENT RIGHTS TO FISH IN THEIR HOMELAND... HOWEVER... WHITE NON-INDIGENOUS COMMERCIAL FISHERMEN ARE CHALLENGING THESE RIGHTS.

## VIOLENCE HAS ESCALATED...

terrorism have been reported.

A video circulated on Twitter by Mi'kmaq fishers on their boats showed them being rammed and shot with flares, their gear and trap have been hauled away, their facilities have been set on fire, they have been blocked from crossing borders, and the white mob surrounded Jason Marr, a Mi'kmaq fisherman who was able to livestream his ordeal as he was forced to barricade himself inside a lobster pound as the mob vandalised his vehicle and called for him to relinquish his lobster harvests.

The suspicious fire on October 17 remains under investigation. It was so big that 80 firefighters were called in from 8 fire departments. An arrest had



been made, but the RCMP has faced heavy criticism for its failure to address its inaction in the dispute, as officers stood idly by as the violence escalated, even protecting the settler aggressors.

A long history of racist white mobs in Canada.

THE TERROR BROUGHT BY WHITE NON-INDIGENOUS PEOPLE IN THE NS LOBSTER DISPUTE IS AN EXPOSITORY OF THE ONGOING AND DEEPENING ISSUES OF CANADA'S WHITE NATIONALISM, CLASS DIVISION, MISOGYNY, AND THE FORCED ASSIMILATION OF INDIGENOUS PEOPLES AND "MODEL MINORITIES."

White mobs, historically, have been used to subdue Indigenous peoples, Black people, and people of color in America and Canada, and deny them economic sustenance. Historically, segregation, slavery, and white lynching of Black people were so prevalent in America as a form of racial terrorism to intimidate Black and the non-white. White mobs have practiced lynchings and extrajudicial killings in order to punish, execute, intimidate, and to enforce white supremacy.

In Canada, Louise Sam, a 14-year old Stó:lō youth was lynched by a white mob in 1884 after being accused of murder. Sam's lynching is Canada's sole recorded lynching. Sam was later proven innocent.

Among many other incidents in Canadian history of white violence, one in 1907 Vancouver stands out. That year, Vancouver's Anti-Oriental Riots were fuelled by white mobs and white nationalism. It was this anti-Asian racism that resulted in the formation of the Asiatic Exclusion League in Canada, which lobbied for Canada to eliminate Asian immigration.

## December 18 is International Migrants Day

Unceded Territories | On top of the job losses and unforeseeable economic future amidst COVID-19 pandemic, the reports of outbreaks in many food-related establishments continue to rise. These reports have been concerning many countries including Canada as food insecurity has plagued many places in the world amidst this global health crisis.

Particularly in Canada, the outbreaks have affected its many food and agricultural sectors. There are reports of positive coronavirus outbreaks and exposures in numerous restaurants, bars, greenhouses, grocery stores, and processing plants. In BC, large COVID-19 outbreaks were reported in chicken processing facilities, such as Vancouver DTES' United Poultry facility at 534 East Cordova Street, where public health officials have identified an outbreak with nearly 30 employees tested positive for the novel coronavirus in April 2020. Canada's largest COVID-19 outbreak to date also leads to the food-related industry - the giant meat processing plant, Cargill Alberta, which reported over 900 COVID-19 cases in their slaughterhouse in May 2020.

**The lack of personal protective equipment (PPE) and social distancing protocols in the establishment have been linked to these deadly COVID-19 outbreaks.**

However, in the case of the Cargill Alberta meat processing plant outbreak, this ordeal has largely affected the workers and their communities, who majority are Filipino workers and migrants, who have to face the unfair blame and criticism due to their cramped housing and living situations when the outbreak broke news.

With Canada's long history of failing to enforce regulatory controls and safe protocols for all workers long before this COVID-19 crisis began, "essential", temporary, migrant, and undocumented workers also suffer Canada's failure to provide proper housing and accommodations to these workers, which too has been linked to the coronavirus spread and COVID-19 outbreaks.

These many COVID-19 outbreaks in our food and agricultural sectors are concerning, particularly with many "essential", temporary, migrant, and undocumented workers, who are exposed to precarious workplaces, remain the most hit and vulnerable to COVID-19 outbreaks and deaths. Canada cannot afford to keep losing workers in this pandemic. In fact, the lack of labour has resulted in millions of unharvested apples and produce left to rot in many parts of BC and Canada. This loss and waste of food testifies to the labour gaps in the Canadian society and economy, which highly is dependent on migrant labour.

Despite the COVID-19 outbreaks, the food-industry remains a working machine and many food-related jobs remain the most-sought by employers in Canada. These jobs include cooks, food service supervisors, general agricultural workers, and food service attendants, according to the Canada Job Bank website.

As many “essential” workers are already subdued to 3D (dirty, difficult, and dangerous) jobs, many of these jobs offer low-wages, and only satisfy Canada’s ongoing demand for cheap labour. As Canada is highly dependent on cheap labour to secure food production and agriculture, our ongoing nourishment is therefore on the hands and backs of the hardworking agricultural labourers and “essential” workers growing food and securing our food supplies amidst this pandemic.

Each Canadian province implements public health protocols to curb the spread of COVID-19. Thus, to not overwhelm hospitals, morgues, and graveyards. But there remains no cure for COVID-19 although development of effective vaccines is in progress.

In BC, masks and face coverings are mandatory in indoor public spaces including grocery and retail stores, seven months after the lockdown. This protocol is believed to help reduce the transmission

Illustrated by | Mildred German



of the novel coronavirus, in addition to practicing other public health protocols of social distancing, and avoiding large gatherings and unnecessary travels.

The coronavirus was first news spread in December 2019, it was only in March 2020 the government of Canada implemented the lockdown, on the advice of the World Health Organization (WHO). However, where were the unions and government agencies in securing the PPE supplies for the workers, as news of the coronavirus spreading between December and March before the lockdown? It was nearly a wipe out of parts of Canada’s working class, as workers scrambled to find N95 masks, and PPEs.

As the pandemic remains, we will see many industries downsize, switch to remote work, or close down due to the COVID-19 outbreaks. It is a real threat to the food and agricultural system when workers keep contracting COVID-19, getting exposed and sick (many without paid sick days), or passing away. Many workers come to work healthy and it is an injustice to only be exposed while at work when avoidable and preventable.

The world needs healthy and nutritious food in order to live, survive, and thrive.

**Food security is a huge responsibility which most tasks are placed on the backs of the peasants, and “essential” workers all over the globe, who historically have and until to this present day remain to fight for justice, equity, and a sustainable future. Land, water, and clean air are essential too.**

**Keep all these fights growing!**

THRIVE

# What To Do? What To Grow?

by Mildred German

## Ephemeral

To last a long time  
To be born, to live to work  
Or work to live,  
And then to die?

## Ephemeral

With the particles of this body  
Elements  
Matching the stardust which  
Float many billion years  
In and across the universe

## Ephemeral

With the water that runs in  
Our blood, our veins  
The same water drops which  
Give life to Earth  
And all life and life gives  
The water that are tears  
Of joy, of sorrow, of pain

## Ephemeral

Like the seeds that asleep  
And waken up on the shining  
And the kissing of the Sun  
On the day to grow and shine  
To breathe and greet the world

## Ephemeral

With a mind that explores the  
Truth and open to Wisdom  
Pondering and realising  
All these never-ending  
Questions

## What To Do? What To Grow?

The unsolved mysteries  
As ephemeral as can be  
What really happens when we  
Grow?



Illustrated by | Sulecile

## BALIKBAYAN BOXES

by Mildred German

“Balikbayan” boxes are famous as a Philippine tradition by overseas Filipinos and migrant workers to express love, care and concern in forms of sent goods, medicines, clothes, canned food, etc. to their families and loved ones back home in the Philippines. These “balikbayan” boxes usually are delivered from overseas, from many parts of the globe, including Canada, via freight cargo ships or air.

The freight cargo ships can take months to arrive in the port of the Philippines. Only then these boxes can be delivered via “door to door” on-foot delivery to the cities and many remote villages and islands in the Philippines. (Take note Philippines is an archipelago comprising 7,641 islands, of which only 2000 are inhabited.) A symbol of the hard work of overseas Filipino workers.

The contents sent through the “balikbayan” boxes can be very personal, in that they somehow replace the love and presence of the parents away from their children and families as they work overseas. When the separation is longer; the overseas parents can lose sight of how much their own children have grown. Simple things such as sending clothes or shoes can be size-mistaken, challenging, or outgrown. The family separation of migrant workers and their children can truly take its toll.

In Canada, the lack of permanent status has enabled the mistreatment and abuse of many migrants over the years. These federal programs remain employer-based and in-favor of the interests of the employers and many multi-million dollar operations. Literally, the “balikbayan” box is translated to “repatriate” or “return to country” box, which also means for many overseas Filipinos of “coming home” and of the cultural traditions of “pasalubong”. In these modern times of the labour export policies that allow the export of Filipino workers to over 170 countries and territories, the balikbayan box becomes a symbol of the Filipino diaspora.



Homemade bright, star-shaped parol made by a Filipino-Canadian H.A. A Filipino tradition for most overseas Filipinos and workers, symbolising a reminder of the guiding light to ‘Homeland’

Many of these workers cannot come home due to years-long labour contracts and financial instability. Therefore, these boxes also symbolize “the hard work of overseas Filipino workers”. A symbol of love and joy. With over 7 million boxes being sent to the Philippines every year, this Philippine tradition of “balikbayan” boxes over the years have also attracted many business venturers to expand their services as well; i.e. air cargos, lower bulk fees vs postal mail, and with some grocers offering free balikbayan boxes and fee with purchase amount of goods to fill the box to be sent. As there are tons of opportunities to capitalise on migrant work, many governments and their agencies benefit too through this modern tradition, as these “balikbayan” boxes rake-in taxes and other added fees.

Overall, the “balikbayan” boxes have been a symbol that family is always a priority for the Filipinos, that even far distance cannot erase roots, Motherland, and thoughts for loved ones. It is not usually the value of the inside of the boxes that matters, but the thoughts and the care put into the box—from the goods and food picked and packed, to the smell of the box as the family gathers to open it, and to the long-awaited moment of reuniting again with loved ones amidst the wave of forced migration, globalism, and capitalism.

Interested in contributing your ideas, articles, poems, artwork, photography, social media or web design skills or even something else to Right to Food Zine?

As a community partner, we are deeply interested to hear from you and what you feel is important. Get in touch with us by **emailing [rtfzine@gmail.com](mailto:rtfzine@gmail.com)** or connect with us on **Facebook** or **Instagram**. We are our own media and completely volunteer-led.

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Artist: Mildred German

Medium: acrylic on canvas

27

Exhibited at the MPA Society Art Annual Exhibition, at the Petley Jones Gallery, Year of the Swine / Huwag Kang Baboy, and at the VINES Festival



*María Restrepo J.*

**RIGHT**  
TO  
**FOOD**  
ZINE

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