

RIGHT TO FOOD ZINE

Summer 2021
Issue 27

DTES Urban Farm

Hives for Humanity:
A beekeepers' Tale

Camp HOPES

free



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

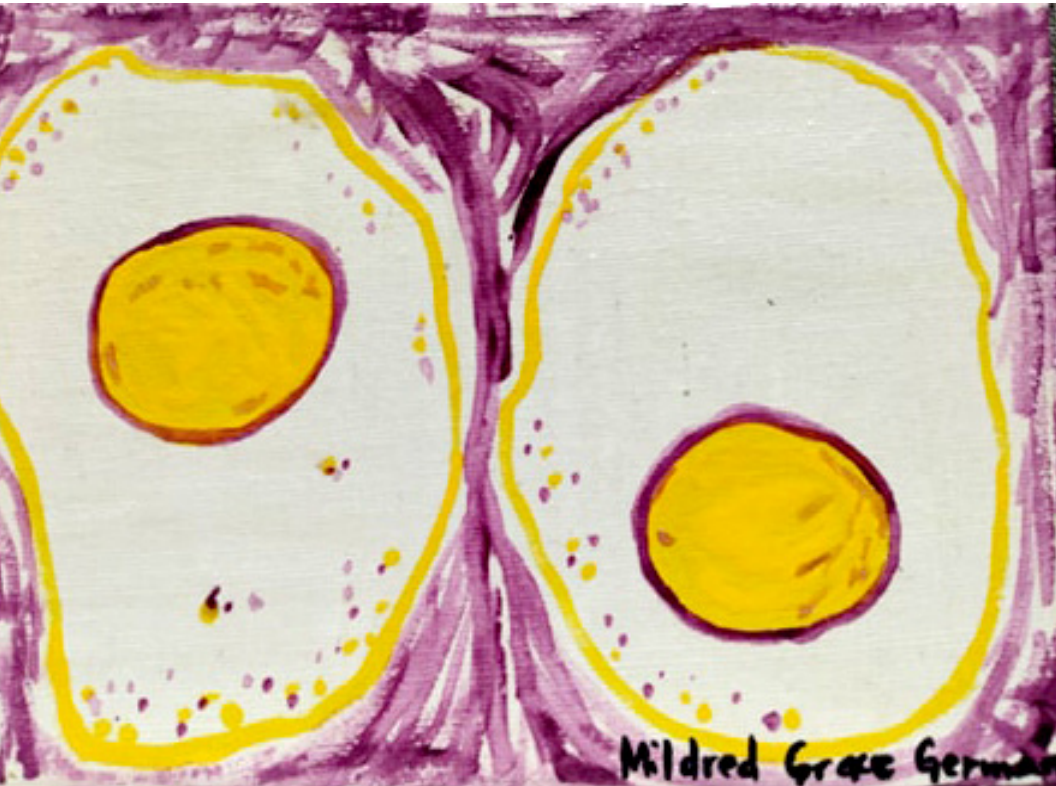
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Community Engagement



Mildred Grace Germain

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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.

HIVES for Humanity

Pathways to Governance, from gardens and bees, to boards and committees, and back again! A beekeeper's tale:

By Sarah Common and Jim McLeod

Over the past three years H4H has been deepening our governance to both emerge and empower community leadership. Our Community Engagement Committee (CEC), which is a pathway to our Board of Directors, is composed of members who experience the violence of the systems we seek to dismantle most directly: poverty, exclusion from safe and dignified health and housing. Founded in 2018, the CEC is centered around the practice of leadership as listening. The voices of the people who are most affected must be centered for community work to be lasting, for systems change to occur. Leadership and skill exist in our frontline communities; our work at H4H, and indeed culturally, is to empower that leadership.

When we do this, when we really listen to what exists in our communities, we find a wisdom beyond our own, a wisdom of lived experience that holds knowledge in story, poetry, food, movement and gathering. ***The joy, the hope, and the momentum that exist in our relationships and communities are real, and they are transformational: they come from the ground up – from each of us.*** As one of our members, Florence Hodgeson puts it we are ***“working together, comb by comb, to build a healthy hive”***.



Bees and people have very similar needs of shelter, food, and connection: a house to make a home; a variety of nutritional food to sustain our bodies and celebrate our spirits; connection to each other, to nature, and to ourselves. Honey bees visit two million blossoms to make a pound of honey, to collect the fuel that will nurture their young and allow them to thrive. How many points of connection does a human need to live in health with hope for their young and for their future, to be safe?

We work to create our own “bee space” — space that is just right for two bees to work alongside each other, sharing warmth, understanding and resources. We gather like the bees, making a space for every person to contribute. At H4H workshops and meetings, we start with sharing our names, where we are coming from, and what we are hoping to learn. We pass the honey bee frames from person to person, building trust through relationship, shared experience, and accountability, both to the bees and to each other.

When we work to support connection and belonging for everyone, when we recognize each person as holding unique value, that is when we may heal from loss and disconnection. At H4H, this means housing first, a place from which every



person can access shelter, food and community, from which they can build their own safety and belonging, and take their own healing journeys. It means honouring this land, our host nations, our plant and animal kin, and the waters that interconnect us all. We do this through relationships that are collaborative, respectful and reciprocal. It is through relationship that we are accountable, that we create and grow – and the buzzing bees, and the vibrant gardens that surround them, call us into relationship.

We believe that beekeeping is a transformative experience, offering a chance to pause, connect and belong – a chance to heal. We believe it is an access point, into nature, community, and deeper understanding of the gifts we each carry and may contribute. We believe this because we have experienced it.

The bees do not care about socio-economic status: What matters is that you are present, focused and respectful. The labels we are assigned that judge us as rich or poor, the stigmas that result in discrimination and violence, the pain we carry and the stress we hold, these may all dissipate in moments when we focus on the bees. Even if those are just short moments of relief, even if all the burdens wait outside the apiary to be picked back up, they build our resilience and connectivity. This is the therapy of beekeeping, the power of

connection to our own agency, our own worth and potential, which is offered by the bees and the culture of the hive – where every being's value is recognized, welcomed, honoured.

As we hear calls to inclusive governance, to centering voices of lived experience, and as we witness the inspiring leadership of Indigenous peoples in protecting this land and all it provides, we are called to action. One of the steps we have taken is to build an open source Governance Toolkit which includes our Terms of Reference, outreach booklet, code of conduct, meeting protocol, and year end reports sharing our process. We are sharing this in community and would love to connect with you:

h4hgovernance@gmail.com. It shares the pathway from gardens, to bees, to governance, all interconnected.

This came about because we have been asking ourselves the question of where power lies in our organisation, and how we might best work to dismantle systems of oppression and exclusion, through our shared work of supporting people, plants and pollinators alike.

Jim McLeod has been a part of our work since day one, he carried in the first hive with us at the Hastings Folk Garden in 2012, he was a founding member of our Community Engagement Committee in 2019, and he joined our BOD in 2020. He is a member of the Megaphone Speakers Bureau, has been on the Boards of the Lifeskills Drug Users Resource Centre, and Vancouver Area Network of Drug Users, and he is a co-author of the Research 101 Manifesto for Ethical Research in the DTES, and wrote the poem accompanying this piece in reflection on the process of that work.






JIM MCLEOD

Each of us living have a story to tell

Which explains why some fail where others excel
 But try to look closer in a different way
 Those you call failures are paving the way
 You see a nuisance, a burden, a waste
 But never in your life were you forced to taste
 Of that bitter fruit that is our only nourishment
 Where in every aspect of our life you'd see a predicament
 But I've received much more from those with nothing to give
 Than from those who in grotesque excess do live
 Try living my life for just any one day
 And when you run screaming remember I have to stay
 We live out our lives surviving on nothing
 And yet I manage each day to still give back something
 You scoff at us who are forced to yearn
 And spit on those from whom you should learn
 It's true that no one must survive in this way
 But there are systems in place that uphold this each day
 We don't live like this because it's our choice
 We live as we must when others have stolen our voice
 But we'll get it back and return to the light
 Because every day we continue to fight.



Jim McLeod believes the Downtown Eastside is brimming with talent the rest of the world overlooks. He is an active community member, working with Hives for Humanity and has served on the boards of the Vancouver Area Network of Drug Users and the Drug Users Resource Centre. He is excited about his work with Megaphone Magazine's Speaker's Bureau project, working with audiences and participants to help them see People Who Use Drugs as just that -- people. Jim is also a cast and research member of the Illicit Theatre project -- a shadow play about peer first responders and the overdose crisis in the DTES. Jim notes that he is not a "functional addict" but that his functioning, all of his community advocacy, beekeeping and gardening, is possible because he is self-medicating with pain medication. Chemically dependent since elementary school, people are often surprised to learn that Jim has a spotless criminal record. Jim was born and raised in Vancouver and his ancestry is Açorean Portuguese on his dad's side, and on his mother's Haida, Kwakiutl and Inuit, with Irish and some British and French.

Sarah Common -- Sarah is the Executive Director and one of the co-founders of Hives for Humanity Society. She is passionate about fostering vibrant and healthy community through empowerment and education, and believes in the profound impact of connecting individuals and communities to their land, food and spirit. She is of Irish settler descent, an uninvited guest on these unceded lands, working to be accountable to the land and to create loving and inclusive opportunities for connection.

What is Aquaponics?

By Jo Begin

Aquaponics is a closed-loop system that combines raising freshwater fish and growing plants without soil, as we most of the time imagine it. It integrates Aquaculture and Hydroponics into a new discipline that follows its own rules and method to operate.

Aquaponics

is making a complete cycle of symbiotic associations, where the fish help the plants and the plants help the fish.

It is an organic system where both complement each other.

Water from the fish tank is pumped through Media Beds, which filter the water, and the bacteria turn it into usable nutrients to feed the plants. After cycling, the Media Beds contain earthworms, bacteria and protozoa, and other life types found in soil. In the simplest term, you feed the fish, and the fish's waste becomes the nutrients for the plants that filter the water, which is returned to the fish.

Aquaponics is the equilibrium between the amount of waste from the fish and the plants' nutrients. The primary input of nutrients for fish and thus plants comes from the diet fed to the fish. The fish's well-being affects the plants' healthiness; therefore, no chemicals or pesticides of any kind are used.

Not only fish can be raised but pretty much any species of sea fruits or aquatic creatures from shrimps to eels passing by crabs, oysters, or clams. Same with growing, one can potentially grow any kind of fruit, vegetables, herbs, flowers, or plants. I have seen systems with bushes like strawberries, raspberries, or blueberries but also bigger fruits like cantaloupes, watermelons, and even taller trees providing bananas, mangos and papayas.

One can even build a system that will use saltwater which is known as marine aquaponics. Many crops can grow on seawater, and some demonstration farms have shown its feasibility. The Netherlands' government has reported a breakthrough in food security as specific varieties of potatoes, carrots, red onions, white cabbage, and broccoli appear to thrive if they are irrigated with saltwater. Several other plants grow well in saline water like tomatoes, cauliflower, bell peppers, barley, and seaweed.

Combining different techniques used in permaculture, like worms composting and others, it is possible to build a self-sustainable system that will also produce fish feeds like worms, seaweeds, or pellets. Aquaponics is the ideal complement to organic urban farming.



The History of Aquaponics

Aquaponics might seem trendy and high-tech, but it is an ancient farming method that wetland farmers developed more than 1000 years ago. Maya and Aztec farmers in Mexico planted on chinampas, human-made islands in freshwater lakes and marshes, utilizing the nutrients produced by crayfish, fish, worms, and microorganisms to produce a diversity of crops.

Another early aquaponics system was discovered in Southern China, where farmers grew rice and crops with water fertilized by ducks, finfish, and crayfish.

However, as modern agricultural technology, it is still in its infancy as researchers into it started in the 1970s. Numerous farms, universities, and Aquaponics institutes have studied it and improved it since then.

Super Energy-Efficient

Aquaponics is one of the greenest ways to grow food. Since the energy required is only electricity, one can easily use solar, wind, or hydroelectric power sources. Without farm equipment to run or fertilizers, aquaponics can efficiently run off the grid.

Water-Efficiency Too

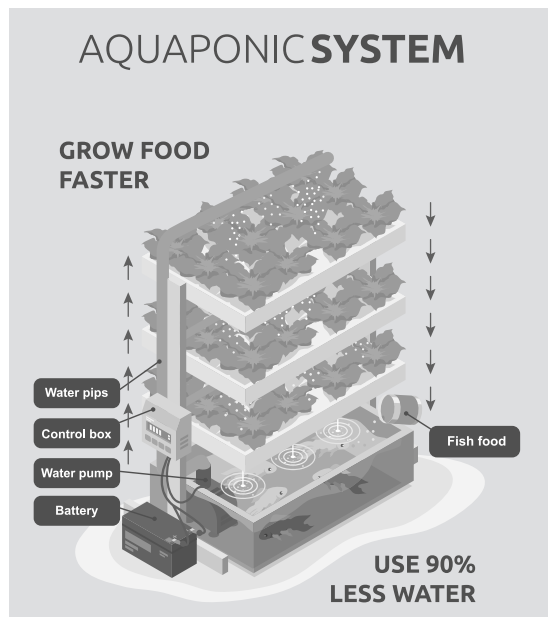
Aquaponics only uses just 10% of the water needed for regular farming. Aquaponics systems recirculate and reuse water very effectively. The only water added is to replace loss from absorption and transpiration by plants, evaporation into the air from surface water, and removal of settled solid wastes from the system that can

also be reused for composting or in different ways.

Growing All Year-round in Unexpected Places

Aquaponics allows you to raise fish and grow food year-round, which is valuable for farmers in desert or arctic climates. Farmers in the Nunavut and the Desert of Jordan can now bring fresh salad greens, tomatoes, and tilapia to their communities all year round. Those foods were previously expensive and out-of-reach most of the time.

Aquaponics can provide fresh, hyper-local food in areas where it is typically unavailable, but also in places like cities, where space is at a premium, the soil is contaminated and/or very expensive, and often have a lack of fresh produce. I used to say that you can grow from -55°C in Siberia to +55°C in the desert, but I would be willing to test it in even warmer or colder areas like in Antarctica.



Wildfires, Deforestation, and the 5th Year Anniversary of the Paris Agreement

By Mildred German

F ebruary 2021, Unceded Territories
Despite the ongoing multiple warnings of the irreversible impacts of climate change, Canada has rather caught the world's attention with its controversial mega-projects such as the Trans Mountain (TMX) Pipeline Expansion, the CGL Pipeline, and the Site C Dam.

The numerous protests against the clear cuttings are happening in B.C. Particularly these clear cuttings are associated with the pipeline expansion to give way to roadbuilding for the machineries, transportation of construction supplies, and building the pipeline routes.

Protests against the clear cutting have brought direct actions such as roadblocks, tree climbing, and building camps in groups and individual efforts to call for the protection of the old-growth forests.

With BC's 3.6 million hectares of clear cut forests, more hectares are at risk of deforestation due to the road-building, pipeline construction, and expansion. Wildlife is affected too with the noise of machinery, risks of explosions, leaks, and poisoning of water and food resources.

Particularly, the water and food resources are being affected by TMX with the deforestation being done amidst the pandemic. Indigenous communities have brought their many concerns on the TMX and clear-cutting. Indigenous leaders and supporters have been protesting the TMX, LNG, and Site C Dam, mega-projects affecting the land, water, hunting grounds and salmon habitats.

Protesters have faced threats from police, and the RCMP with fines, arrests, and jail time in the protection of natural resources.

3.6 MILLION
hectares of forests
were clear cut



A 2019 report from Sierra Club of BC found that an area larger than Vancouver Island, a combination of 3.6 million hectares of forests were clear cut in the province between 2005 and 2017.

Wildfires Globally

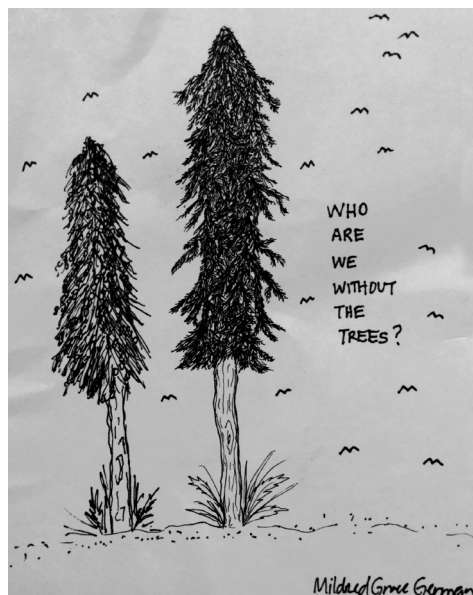
as B.C. Chops Its Old-Growth Trees

The year 2020 has been marked as a year of wildfires. Wildfires which devastated many parts of the world. There were wildfires in Australia, the Amazon forests, in Africa, in many parts of America, and more other places. In September 2020, Vancouver was covered in smog from the West Coast forest fires and experienced the struggles of inhaling bad air quality.

Yes, the impacts of the 2020 wildfires have been tremendous. To date, the impacts to the world of the 2020 wildfires remain. Many plants, trees, and wildlife have been burnt to dust by the raging fire. Many animals were displaced, wounded, trapped, or charcoaled. Many homes and communities were affected or became unlivable. Numbers of homeless resulted due to the wildfire.

The horrors of the wildfires we saw in the news and the smog that gave many city dwellers the cough and choke are clear reminders of the worsening climate crisis. With these realities of global catastrophe amidst climate change and COVID-19 pandemic, it is ironic that trees be cut. It is ironic that raging wildfires eradicated many forests of the world, that the so-called 'lungs' of our planet have been diminished, and many living organisms dead, that our governments have policies that allow massive deforestation.

To allow massive deforestation amidst the global climate crisis and the pandemic, it is not only ironic, but also untimely, non-essential, and irreversible.



UN Marks the 5th Anniversary of Paris Agreement

Climate Change has been attributed to the raging wildfires, drought, floods, extreme temperatures, typhoons, melting glaciers, and rising waters.

The 2013 devastation of the Super Typhoon Haiyan in Tacloban City, Leyte, Philippines highlighted the undeniable impacts of climate change and the crisis many countries, such as the coastal Philippines, face.

With the nearly 10,000 dead and more missing bodies following the SuperTyphoon, the people of the Philippines and Filipino delegates demanded action at the United Nations (UN) Climate Meeting. It was then, finally, that the UN was prompted to act on climate change after many years of debates on the issue and to oblige every nation to uphold their commitments to reduce their carbon footprints. Thus, the adoption of the Paris Agreement / Accord de Paris, which is now in its 5th year.

However the recent UN report marking the 5th anniversary also indicated that not a single member nation, including Canada, is on track in keeping their Paris Agreement goals. The numerous reports of Canada violating Indigenous rights and territories, also expose Canadian mining violations reaching as far as the Philippines, Guatemala, and other countries across the Global South.

As the world grapples with the ongoing COVID-19 pandemic, on top of the impacts of climate change, and wildfire, BC's deforestation and fossil fuel mega

industries highlight Canada's lack of political will in addressing climate change, and in creating climate crisis solutions.

With the world under the fangs and threats of coronavirus, global pandemic, climate crisis and imminent death,

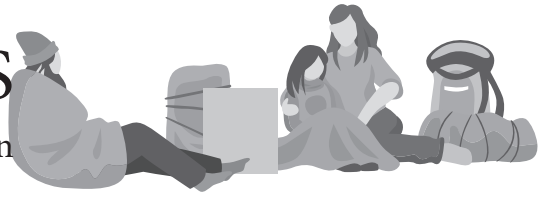
when is the best time to work towards a more sustainable future, and to keep our natural resources protected for the health of our environments and beings now and of the future generations?





Camp HOPES

By Anita Suen



Amidst an opioid epidemic, the health concerns of the COVID-19 pandemic ordered the shutdown of the tent city in Oppenheimer Park, a site where hundreds of unhoused people formed a community without sufficient support from the city. Framing the tent city as a COVID-19 hazard rather than addressing the absence of affordable housing further stigmatizes the experience of homelessness, as well as diverting attention from the solution to build more permanent housing as an immediate action to combat homelessness.

General Mike Farnworth, Minister of Public Safety and Solicitor ordered the evacuation of Oppenheimer Park for May 9th of 2020, despite the lack of proper accommodations. There were only 200 social housing units offered when there were roughly 340 individuals living at the park. Therefore, some inhabitants were offered temporary housing, such as Single Room Occupancies (SRO) and hotel rooms. In many cases, people were forced to forfeit all of their possessions or part with an emotional support animal or even their families and partners due to the “no guest policy” to only spend a limited amount of time in a hotel room or SROs.

The promise of permanent housing was an incentive for people to leave the encampment, however, this was ultimately taken from them, and they were left with no long-term housing option. As a result, many relocated to

a vacant parking lot near CRAB Park, forming Namegan’s Nation 2.0. On June 10th, residents of Namegan’s Nation were once again forced out of their homes, as the BC supreme court issued the Vancouver Port authority an injunction against members of the camp.



This led to the establishment of Camp HOPES (formerly known as Camp KT), located at Strathcona Park, which shelters roughly 250-500 people. Unfortunately, a new order has been issued calling for the dismantlement of Camp HOPES by April 30th of 2021, which also restricts new tents from being set up after the 30th. The signed formal agreement came after 10-months of the encampment, facing much criticism from the Strathcona Residents’ Association, claiming that the neighbourhood has felt traumatized by the last 10 months.

Camp HOPES, situated in Strathcona park on unceded territory, is currently led by Indigenous matriarchs who enforce rules about who can stay in the camp and implement a no violence policy, rejecting anyone who has shown violence against others. In recent months, Camp HOPES residents have constructed small fences around their sector of the park to divide Camp HOPES from other individuals who have also set up tents in Strathcona Park. The main camp within these borders provides a community for people that prioritizes their safety and wellbeing, offering a pantry, makeshift kitchen, and washrooms. Several camp residents cook for their neighbours in the kitchen, providing breakfast

services or big meals when they receive grocery cards.

The leaders of Camp HOPES keep the community secure by putting in place protocols for visitors, such as the media. The protocol is a tobacco offering into the sacred fire, which helps residents connect spiritually to their relatives, the land, and each other. Camp HOPES also serves as space for outreach workers to reach their clients and connect with them on an ongoing basis. In addition, residents say that Camp HOPES offers a breather from constant displacement from streets and shelters, as it is draining to find shelter or set up tents daily.

Food System in the Park:

Many humanitarian organizations, like the Downtown Eastside Neighbourhood House, DTES Community Kitchen, Mama Bears Kitchen, and Avant Garden have been diligently delivering free meals, and discounted goods. Mama Bears Kitchen is a non-profit community kitchen with aims of reducing food waste and serves free, wholesome home cooked meals with gourmet flair to anyone in need in the DTES and Strathcona Park. Also, on Saturdays, the Neighbourhood house has been making a hundred extra meals that are delivered to Camp HOPES. But these are not sustainable solutions to the food insecurity in these communities, as these foods are only available at specific hours and have a limited quantity and diversity.

Within the camp, there are many elderly and vulnerable residents



living with chronic illnesses and poor health, therefore, there is a need for foods with higher nutritional content, such as meal replacement drinks, tuna, eggs, and yogurt. There is also a lack of 24-hour food access centres, most notably after 10 pm, when the temperature drops and people are searching for something warm to eat. However, focusing solely on distributive operations can ultimately take attention away from larger food sovereignty issues that stem from neoliberalism, colonialism, and imperialism. Nevertheless, support from the public for low-income or unhoused communities plays a role in alleviating the immense struggles they face.

Strathcona Residents:

Residents of Strathcona have deemed the camp to be endangering the neighbourhood, stating that the rate of petty crimes has increased. Tracy Pincott, a Strathcona resident, claimed that “the crimes are horrifying, we have lost our park during a pandemic. Our children have nowhere to go”. This statement juxtaposes the struggles faced by Camp HOPES inhabitants, which have been exacerbated by the pandemic, including loss of employment, reduction or closure of social services and drop-in centres, and no guest policies in non-market SROs. This, in turn, resulted in more people not having access to shelters and resources. The growing population of Camp HOPES concerned Strathcona residents, thus, they held a rally in hopes for political help for managing B.C.’s expanding homeless encampments and their inaction on homelessness. Because of the continued inaction, over 2000 housed Strathcona residents signed a petition saying they will withhold their property tax payment because of the city’s lack of action to deal with the camps and the effects that it causes to the surrounding area.

Strathcona Residents Protest:

In late September of 2020, a rally held by Safe Home For All, which was made up significantly of nearby housed residents, aimed to bring attention to finding a solution in Strathcona Park, and appropriate housing for those residing in Camp HOPES. Maureen Teahan, a housed Strathcona resident, voiced that “we’re trying to get safe housing, number one, for the group of people that have been forced to make

camp at Strathcona Park”. However, there are criticisms of this rally, as it could be seen as a call for the enforced decampment of the growing Camp HOPES. Karina Castro, who is with the Our Homes Can’t-Wait Coalition stated “what they are fighting for is to dismantle this tent city --- they don’t actually care about whether people are displaced back onto the streets”.

Many residents of the camp voiced their disapproval of this rally, questioning their true intentions. Angela Peterkin, who has been living at the park for three months at the time, said “what I think they’re fighting for is their community. And they forget this is our community too --- we should be out there with them if this is about housing, nobody has come to talk to us about what we need”. What Camp HOPES residents truly want is a safe, temporary home and basic infrastructures, like washing stations, electricity sources, more garbage cans, hot water, and showers. In addition to the decriminalization of surviving, which puts an end to street sweeps, bylaws and criminal code laws that criminalize poverty, homelessness, drug use, and illicit economies like sex work and drug dealing. Supporters of Camp HOPES and the community are also fighting for health care and safe supply for all, along with the immediate increase of government assistance; welfare, pension, disability, EI.



Picture taken from: cityhallwatch.wordpress.com

Call to Action:

As mentioned before, the charity of humanitarian organizations is beneficial to the livelihoods of low-income residents, but this is not a viable option as we need to address the issue beyond its surface. The chronic underinvestment in housing for families and the inflation of housing costs have intensified the ongoing homelessness in BC. Governments need to be held accountable for any economic or environmental downfalls communities are facing.

To stop the perpetual displacement of Indigenous people on their land as a form of colonial violence, the residents and supporters have demanded Federal, Provincial, and Municipal governments for the return of unceded territories such as Oppenheimer, CRAB Park, and Strathcona Park. Calling for the construction of an Indigenous healing centre in the parking lot of CRAB Park in place of industrial facilities for the Vancouver Port. As well as the call for an Indigenous group to run the field house located in Oppenheimer Park, since the city is planning to reopen the park in June of 2021.

To tackle food insecurity issues among marginalized individuals, policymakers must implement actions such as programmes or policies that ensure people their right to food. As there is an immense inequality of wealth within the city; with a large concentration of it in the hands of a few, it leaves many others without much. This can be seen through the 13000 tonnes of nutritious, edible food being wasted when 1 in 10 B.C. households face food insecurity. Therefore, there need to be more regulations on food waste from businesses and the

implementation of policies and plans to redistribute this food instead of contributing to climate change and the cycle of hunger. By allowing self-determination and self-governance of the food system without the control of markets and corporations, it will in turn empower the people.

Anita Suen is a third-year UBC student majoring in Food, Nutrition, and Health. As a graduate of Britannia Secondary School and frequenting Strathcona Open Gym every Friday throughout her adolescence, she has been aware of the growing absence of affordable housing caused by the spread of gentrification in so-called Vancouver. This drives her concern for the continuous struggles faced by unhoused individuals and the lack of food sovereignty in the city.



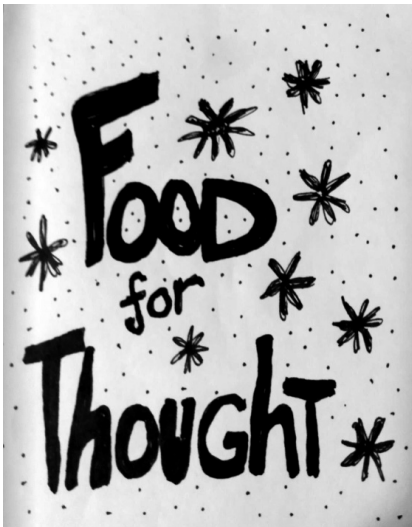
Picture taken from: vancouversun.com/news
PHOTO BY MARK RALSTON

STOP THE WAR ON DRUGS



By Mildred German

HUWAG KANG BABOY



As the new year 2021 unfolds, news of a 37-year old Filipino man in clear mental distress was reported fatally shot on January 5, 2021 by Vancouver Police in the

corner of East Hastings Street and Princess Avenue, a few steps away from the Vancouver Downtown East Side's (DTES) Neighbourhood House.

This fatal police shooting of a clearly distressed man in Vancouver in January prompts the rattling question, "Who's Next?". Community groups, legal advocates, and concerned residents of the DTES held a rally and march in response and to denounce the police brutality in responding to mental distresses and mental health wellness checks.

Reports have exposed the growing number of Canadians who have faced mental health, addiction, or alcohol issues

in some form over the past year and since the COVID-19 pandemic began. More reports also expose the impacts of COVID-19 pandemic to the mental health of our essential and frontline workers, medical staffers, care providers, people with disabilities, our seniors, the homeless and marginalised sectors.

In addition to the distress brought by COVID-19 is the alarming overdose deaths amidst the pandemic. Suicide and self-harm is rampant due to the isolation. Many evictions, relationship changes, and job losses add to the many struggles brought by the pandemic.

Then, there's also the stigma that demonises, isolates, harms, and kills. Rather than compassionately treating mental distresses, and

addiction as public health issues, the police nowadays abuse and execute, and our public health systems greatly fail in tackling these crises resulting in fatalities. All these highlight where our public money is being spent, the deepening issue of systemic racism in healthcare, and how governments condone police brutality and extra judicial killings.

With the injustice brought by the war on drugs and the increasing police brutality, the question,

“Who’s Next?”

remains in the air and it is indeed very rattling.





Foods that Help Healing Symptoms of Diabetes

By Liu Fang

Although it is not easy to record the amount of carbohydrate one has consumed throughout a day or find out the association between dietary carbohydrate and blood glucose level, knowing the principles below could help minimize the carbohydrate intake and stabilize blood pressure!

Be conscious of the glycemic index (GI) of carbohydrate-containing food! GI is a numerical indicator of how much blood glucose level fluctuates during 2 hours following certain food consumption. There are three categories of GI which are low GI (<55), medium(56-69), high(>70). The higher GI value is, the higher and faster blood glucose will raise following certain carbohydrate-containing food consumption. If you consume a carbohydrate-restriction diet, you may want to choose low GI foods, such as lentils, all-bran cereal, peas, etc. If you are curious about the GI values of the foods you consume, Dietitian Services at healthlinkbc.ca is a good source!

While GI is an indicator of how fast the carbohydrate-containing food could raise blood glucose level, the glycemic load (GL) evaluates carbohydrate according to GI and serving size. Although GI is a helpful indicator for understanding how carbohydrate in certain foods affects blood glucose, it does not account for the serving size. For example, carrots have a GI of 71, which is high GI food. However, a

120 g serving of carrots only has 10 g of available carbohydrates, which gives a low GL (71X 10g)/120g=6. In other words, the carbohydrates in the carrots could raise the person's blood glucose level, but a typical serving of carrots does not contain lots of carbohydrates.

Type 3 resistant starch is less digestible. Some starchy foods, such as rice and potato, are less digestible after being cooked and then cooled because resistant starch is formed during the cooling process, which turns the starch less digestible and improves glycemic response. So it is worth waiting for your potato or other starchy foods to cool down.

FIBERS COULD IMPROVE THE GLYCEMIC RESPONSE



Delicious foods may not fit your diet, so what if you crave some high sugar content foods while on a carb-restriction diet? Is there an alternative way to control the blood glucose level for those with diabetes mellitus? Definitely! High fiber content food could counteract glycemic response at the high-carb consumption.

Fibers play a role in defending the blood glucose level. Consuming some high fiber foods with high sugar content foods helps to improve glycemic response. There are two mechanisms that fibers could stabilize the blood glucose level based on its characteristic -- water holding capacity. Thanks to the water holding capacity, a bulk of gel forms in the stomach when fibers "meet" water so that the gel enfolds food particles in the stomach at high fiber consumption, and enzymes could not pass through the gel or react with the food particles. Without enzyme reaction, nutrients can not be broken down from food particles to be absorbed by the body, so we do not get the nutrients from what we have consumed.

The second mechanism happens in the small intestine, where the nutrients usually get absorbed. Due to the water holding capacity, a thick water layer forms on the small intestine surface that becomes a barrier against nutrients absorption by "telling" the nutrients they are unwelcome to enter the small intestine cells. Since the nutrients do not get "permission" to enter small intestine cells, blood glucose level will not fluctuate due to obstruction glucose absorption.

Overall, fibers have a counteracting effect on blood glucose level after consuming high sugar content foods. The first mechanism happens in the

stomach, where food particles get trapped in the gel-forming fiber. The second mechanism occurs in the small intestine that a thick water layer formed on the intestine's surface obstructs the glucose absorption rate.

FIBERS IS OUR DIETARY FRIEND!

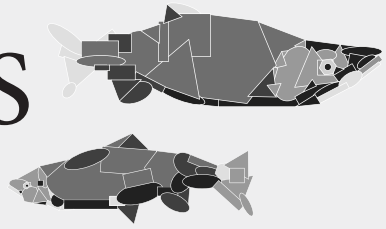
Since there are many health benefits related to fiber intake, noting down the amount of fiber we have consumed from a particular food seems essential for us, and it is super easy! In the Nutrition Facts table, we need to look at the percentage of Daily Value that the fiber from one serving contributes. For example, the fiber in one serving of All-Bran cereal contributes to 44% of Daily Value, which means we need two servings to satisfy an adequate fiber intake to achieve health benefits. However, it is strongly encouraged to get fiber from different food sources to maximize food diversity.

Fibers are widely spread in the diet. Choosing bran, whole grain, wheat, barley, rye as the grain source rather than white flour could improve fiber consumption. Some fruits and vegetables are also dietary sources of fiber, such as strawberries, apples, root veggies(carrots, parsnips, turnips), broccoli, peas, raspberries, cabbage family, etc. If you are interested in learning more about dietary fiber and your health at healthlinkbc.ca is a place where you could explore more!



Fish FARMS

Out of the Water



By Anushka Azadi

Most of us have seen images from the early days of colonization, an Englishman standing beside a pile of buffalo skulls looking quite pleased with himself after eliminating for sport and for conquering, the main food source of the Human Beings that occupied the Plains territories since time immemorial. Most of us, seeing this picture, have felt a deep sense of sadness at the needless death and disrespect to life that has accompanied colonization since it met the shores of Mi'kmaq Territory.

From the starvation and nutritional experiments of residential schools to the forced settlement of nomadic hunting communities, food has been used as a weapon and starvation as a tool of colonization for centuries in the Americas and globally and this practice has never stopped or ended because colonization has never stopped or ended. This is a difficult reality to grasp for those of us who are not Indigenous, who have immigrated from other war-torn, colonized countries, who are the other victims of British brutality. Who, having been sold the illusion of Canada, an apologetic country where we could be safe and free, have arrived at the shores of another war, this one, hidden from immediate view and against the very environment that sustains its People.

They say those who do not know their history are doomed to repeat it and we see this repetition today in the

struggle to protect the wild salmon that many Indigenous Nations rely on as a primary food source. Since time immemorial, wild salmon have fed the People, the forests, the bears, the eagles and has nourished the spirituality, culture and sovereignty of many Nations in areas where no treaties exist and there is no legal means by which the federal, provincial or even municipal governments claim jurisdiction. Just like the buffalo, the wild salmon have been targeted by colonization for extinction primarily by fish farms that have populated the waters of the Ahousaht, Musgamagw Dzawada'enuxw and the Namgis Nations. Without wild salmon, free to wander the ocean, rivers and waterways and to give life to the territories they pass through on their four year life cycle, poverty and starvation begins to take hold and the People who have also been free, are forced into reliance on the colonial illusion of jobs, economy and a prosperity that never arrives.

Salmon fish farms have operated in coastal waters since the 1980s, introducing the invasive eastern species of Atlantic Salmon to the West Coast. In a short time, they have decimated wild salmon populations in the area as a result of the parasites and disease created within the open net farms situated in oceans and along key migratory routes of the original wild salmon. The fish farms have created oceanic dead zones, where



the ocean once thrived, teeming with life, a grey quiet can be found after decades of antibiotics, hormone laced feed and dead diseased farmed salmon have been dumped into the waters to devastating effect. Pregnant women are warned not to consume fish farmed salmon by the companies themselves as are young children because of the devastating and toxic health effects and accumulations of antibiotics, steroids and other chemicals used to produce the fish in fish farms.

Not one of the Nations where fish farms have taken up occupation in their waters, have ever consented to these operations and have actively resisted fish farms since their introduction and it is our responsibility to respond to these violations of consent in the places in which we have power and access to do so and to support sovereign Nations that are defending their waters and life sources. Pressure your politicians to stop backing and subsidizing the fish farm industry, pressure your grocers not to carry farmed atlantic salmon, gather your community to honour wild

salmon and to teach each other of the harms of colonization and farmed, GMO salmon and support all Nations in the fight to stop fish farms from driving wild salmon populations to extinction.

Nation members have documented the declining populations of wild salmon and other sea life directly correlated to the declining physical and mental health of the People. The Department of Fisheries and Oceans along with the provincial government has repeatedly failed to protect fish populations and has instead, as a result of the money generated by the diseased farms, buried the significant amounts of scientific evidence of the widespread loss of life in favour of economic projections and the ongoing colonization of Indigenous territory.

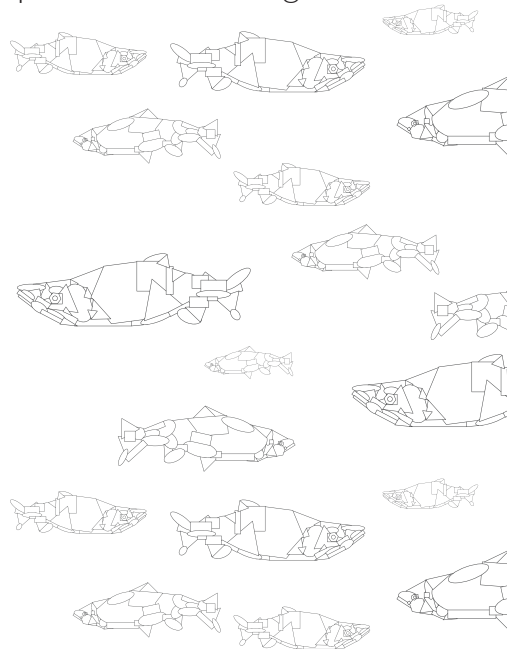
It has taken decades of work and courage for Nation members to finally force the colonial governments to even discuss the possibility of taking a step back from the decades of destruction the government subsidized fish farms have caused. The federal and

provincial governments have made commitments to remove open-net fish farms from the Broughton Archipelago over the next decade while on the ground, fish farms have continued their operations and along with the RCMP, terrorized the Chiefs and members of the Musgamagw Dzawada'enuxw and the Namgis Nation that have challenged their tenure. Ahousaht Nation members had to physically occupy fish farm docks until they were removed from their waters. All of this to protect and uphold life, to survive under foreign occupation, to follow the laws of the lands and waters that have existed and sustained life for much much longer than any colonial government.

Most recently, the Federal Courts have overruled apparent provincial jurisdiction that recognized the damage fish farms were causing and the lack of consent given by the Nations whose waters host the farms by legislating a stoppage of restocking of these farms by June 2022. Federal Courts, in an alarming ruling, have granted an injunction to fish farm corporations and against the Fisheries Minister to continue their work in restocking the farms.

When colonization met the Eastern shores of Mi'kmaq territory, there were so many fish, you could walk on their backs to get across the bay.

There are no treaties on both the East and West coasts of Canada and despite the best attempts of the government, Indigenous Nations have never surrendered their responsibilities to their territories. When the buffalo still roamed the plains, the targeted extinction campaigns against them were a way to exterminate and subjugate the Indigenous populations of the area and it is no different with the wild salmon today. We, who are uninvited guests on these territories are also responsible to the land we live on and the water that sustains us and especially in times of sickness and confusion, we hold a sacred obligation as Human Beings to the life within and around us. Where colonization steals from us our independence, freedom, imagination and health, our commitment to life makes us free again and it is this Human Being's hope that we all find our way out of the prisons of economy and into the wild open fields of life again.



Burdock Kinpira

By Hisao Jim Ichikawa

A traditional Japanese recipe. Cut 50% burdocks and 50% carrots into matchsticks, fry with a bit of water until soft but not too well done, add a little soy sauce, cayenne pepper, sesame oil to your taste. If you have any roasted sesame seeds, sprinkle some on top as you serve. Why fry with water? Doing so will help



I was an abused kid and I was not very happy in Japan, so I tried to immigrate first to Brazil, second Argentina, but I found out the condition was not good in these countries, so I gave up going. The third country I found was Canada.

My English was very poor, so I failed twice in English test to immigrate. I had to study for one year and a half to pass the interview. I was so happy to immigrate to Canada in 1969. I was already 29 years old and learning a new language was extremely difficult. The purpose of my coming to Canada was not to amass wealth but to experience life fully and boldly, so I tried many jobs, logging, fishing, landscaping, brick laying, translation from Japanese to English, Macrobiotic healing, giving shiatsu and workshops on healing by food and lifestyle change.

I tried to work less than two months a year on average and travelled in Europe, Asia, and South America by hitching and sleeping on beaches, train stations, etc. I studied in Langara College, and UBC and after many years, I finished a bachelor degree in French Literatures. Later on I realized we are brainwashed by commercialism which makes people buy more things to make profit.

We are still influenced by the old colonial way to extract whatever natural resources

to avoid burning oil which when burned becomes carcinogenic. If you have only a dull knife you can cut any way you want and use any other healthy oil, if you don't have any sesame oil. If you are sick and need to cleanse yourself, you can skip oil, cayenne, and soy sauce.

Please remember food is medicine, so overdosing even with nutritious food could cause health problems. If you fart a lot after eating burdock, it is a sign of overeating.

to make profit. This insatiable quest for economic growth and prosperity is causing rapid global warming and pollution of air, water, and soil. The industries causing pollution backed up by the governments are to be blamed for, but we, consumers, are causing the damage by continuously buying new products and wasting things without realizing how much damage we are causing.

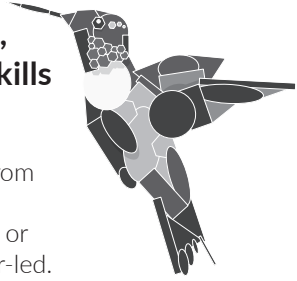
I write my own life story and I play a healer of Mother Earth and people. I try to go to every protest rally possible and I play the guitar and sing almost every day in front of Home Depot with a banner which reads "Keep the oil in the soil. Stop TMX for our kids". Some people donated money, a few times some people finger me, and some people tell me I am wasting time doing so, but I cannot give up.

My step is slow but I like to walk toward the realization of my dream every day. I like to share my healing vegetables with people who want to try them. Now I am giving away burdocks and Jerusalem artichokes to people who can come to my house to get them. All food is medicine, so I respect what I grow and eat in moderation. I grow all organically without buying anything, so I give away my vegetables all free. If you want, let me know in a couple of days. My facebook: Hisao Jim Ichikawa and email: hisao40@hotmail.com.



Interested in contributing your ideas, articles, poems, artwork, photography, social media skills or 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 or connect with us on **Facebook** or **Instagram**. We are our own media and completely volunteer-led.



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