

REMARKABLE WOMEN

Honouring Women from Vancouver Communities in History

The Vancouver Park Board's Remarkable Women poster series (2008-2014) honoured local women who made significant contributions to the arts, culture, food, sports, community and Reconciliation in Vancouver. To coincide with the Women Deliver 2019 Global Conference, the Park Board is proud to re-mount the original poster series to once again celebrate these Remarkable Women of Vancouver with a snapshot in time of their many accomplishments.



PHOTO COURTESY JEWISH MUSEUM AND ARCHIVES OF BC

SYLVIA ABLOWITZ

Sylvia Ablowitz was a humanitarian and is the namesake for English Bay's Sylvia Hotel. She grew up Goldstein in Vancouver's West End in a home filled with live music and dancing on weekends, playing tennis in Stanley Park and ice skating on Lost Lagoon. The building opened in 1913, but the Goldstein's lost it shortly thereafter due to hard economic times and the oncoming war. Sylvia was also a champion long distance swimmer. Taught by the famous lifeguard Seraphim "Joe" Fortes, she won races that covered the distance between English Bay and Kitsilano Beach! Sylvia graduated in 1921 with a Bachelor degree in French from UBC, lived in California for a while, and worked for a labour union.

Sylvia's impressive dive from a tugboat while on a Jewish singles cruise in Indian Arm caught the eye of her future husband, Harry Ablowitz. They married in 1928 and together founded Vancouver's successful Ablowitz Reality Ltd. Sylvia was on the board of many Jewish community groups and helped establish a community centre, the Louis Brier Home and Hospital, and a golf course. She was a member of the National Council of Jewish Women, a life member of Hadassah, and a volunteer into her mid-90s with the Jewish Family Service Agency, doing telephone home checks for isolated seniors. In 2002, the Sylvia Hotel flew its flag at half-mast when Sylvia Ablowitz died at the age of 102.



PHOTO COURTESY LEE CROWLEY

MAUDE CROWLEY

Women like Maude Crowley led the way in shaping Vancouver into the city it is today. Maude was the matriarch of the Avalon Dairy family. Born in New Brunswick in 1876, she moved with her family to Newfoundland where she married Jeremiah Crowley. They arrived by train in Vancouver in 1906 at a time when there was still growth in the local agricultural communities. The Crowley's secured land in South Vancouver and started a ranch amidst the other scattered farms and ranches of the Cedar Cottage and Collingwood neighbourhoods.

By 1913 they had a full-time dairy business. Maude performed the vital domestic duties involved in the raising of 13 children and also took on many of the other responsibilities required to run a successful business. As needed, Maude milked cows, sold eggs, and sometimes ran the dairy when Jeremiah was away working as an iron moulder. In their two-story Victorian farmhouse, family life was the centre of her world. Maude found great delight at the many family gatherings that occurred over the years. Jeremiah died in 1950, and three of her sons ran the business with Maude as Avalon's president. Fifty years after first arriving in Vancouver, Maude Crowley passed away in 1956 leaving seven sons, three daughters (three children predeceased her), 29 grandchildren and 12 great-grand children. As a strong and resourceful woman, Maude played an active role in the success of BC's oldest family-owned independent dairy.



PHOTO COURTESY DELBERT GUERIN

GERTRUDE GUERIN

Gertrude Guerin (nee Ettershank) was born in the village of Mission Reserve, B.C. in 1917. She was elected to the Musqueam Council as Councilor in 1956 and 1958, and elected Chief in 1960 – the first Indigenous woman to be elected chief of a First Nation in Canada. Gertrude's nickname, "old war horse," stuck with her, even 20 years after she left politics. In 1936, Gertrude married Victor Guerin of Musqueam and together they raised four children in North Vancouver before moving to Musqueam Nation in 1954. There, Gertrude became an advocate for the Musqueam people, especially around issues of fairness and non-discrimination in the school system.

Gertrude was the founder of the Vancouver Friendship Centre and played key roles in founding the Vancouver Police Liaison Society and the Native Education Centre. Although she passed on in 1998, Gertrude is remembered for her strength, determination and love for her people.

Edna Grant (left background) and Adeline Point (right background) were, along with Gertrude, remarkable Musqueam women who worked to promote and educate the community. Qwsaliy'e-Adeline contributed a wealth of knowledge that allowed linguists to develop and complete the UBC Musqueam Language Program. E'ixwe'tiye-Edna was a strong cultural leader and played a crucial role in preserving traditional teachings and strengthening the art of Salish weaving and knitting.

They all left a strong cultural legacy framed upon pride, virtue and dignity.



PHOTO COURTESY SQUAMISH NATION EDUCATION DEPARTMENT PHOTO ARCHIVE

SUSEL-LAT-T, VIOLET RIVERS

Violet Rivers (nee John), born November 1, 1920, was an extraordinary Squamish woman, egalitarian and political activist. Like other Squamish leaders of the time, she was highly visible in the St. Paul's church community. The Potlatch legislation prohibited First Nations from holding public gatherings so the community held Monday night readings and later addressed political issues. Violet was active in the Capilano Community Club (CCC) which promoted the maintenance of Squamish culture and values. They also raised funds to support the Chiefs work on Aboriginal title and rights.

In 1963 the Canadian government granted Aboriginal people the right to vote. Violet worked tirelessly within the Liberal Party to ensure the Squamish people's voice and vote was important. She believed in the values that the Liberal party offered and forged strong links with Members of the Legislative Assembly and the Members of Parliament of the North and West Vancouver ridings.

Violet collaborated with Squamish contemporary Edward Nahanee, a fellow Liberal party member and representative to the Native Brotherhood, to bring forward valuable political information to the B.C. Native Women's Society. As a political activist, Violet funded her own travel and activities by becoming the first Native Avon sales representative.

Violet was supported by her beloved husband Ernie Rivers and her two traditionally adopted daughters Shirley and Darlene Rivers. She passed away on December 7, 1977, but she influenced generations of Squamish leaders including Barbara Charlie, Julie Baker and Deborah Jacobs who work within the broader community and political spectrums. Paramount to Violet was her belief that Squamish women's issues must be heard and addressed in their own voices and by their own authority.

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PHOTO COURTESY JAPANESE CANADIAN
NATIONAL MUSEUM AND ARCHIVES

HANAKO SATO

Hanako Sato was an educator who, through her teaching, helped the Japanese language and culture live on for thousands of Vancouver Japanese Language School (VJLS) students. Her students respectfully called her Sato sensei, meaning teacher, and in turn, she regarded them as her children. For almost half a century, her detailed record keeping and office management skills contributed significantly in maintaining the high standards of this Japantown school and its international reputation. The school was a community mainstay.

Her spouse was Tsutae Sato, VJLS principal, and this wife and husband team produced books that can still be found on the shelves of The Tsutae and Hanako Sato Memorial Library. During the WWII Japanese evacuation from the west coast, Hanako and her husband lived in Lacombe, Alberta. The Satos returned to their school positions when the VJLS reopened in 1952. Now a designated heritage building, the school on Alexander Street was the only property in Vancouver returned to the Japanese people after the war.



PHOTO COURTESY TRACEY McDOUGALL

VIE MOORE

Viva "Vie" Moore was born in 1901, on Salt Spring Island, where some of the first African American immigrants to BC eventually settled. Shortly after arriving in Vancouver, she opened her legendary Strathcona eatery in 1948. Vie Moore's Chicken and Steak House located just off Main at 209 Union Street was one of many in a long tradition of women-run chicken house restaurants in this area.

For almost three decades her East End restaurant was the social hub of Hogan's Alley, an ethnically diverse neighbourhood which was the heart of Vancouver's black community. Vie's renowned eatery brought together a social and racial mix of people from all over the city who came to dine on her famous Southern cooking. Plates of fried chicken, steak, biscuits, salad, french fries and peas were served on crisp white tablecloths, cleaned and pressed at the local Chinese laundries, while her favorite collection of blues tunes played on the jukebox. Vie was known for her generosity and kindness, and throughout the years she provided many jobs for local women. In the early 1970s the Georgia Viaduct construction destroyed most of Hogan's Alley, but the iconic restaurant survived.



PHOTO COURTESY ADRIAN R. ZABOR

MARY LEE CHAN

Mary Lee Chan challenged the gender and cultural expectations of her day by becoming a prominent Vancouver civic activist. Born in 1915, she grew up on Slocan Street until, in 1924, the family returned to China. Although highly unusual for the times, Mary, a girl, was given a formal education, and later taught at a government school. Mary returned to Vancouver in 1947, the same year Canada's Exclusion Act was repealed. She worked as a Chinese teacher, at the Chinatown family store, and in Gastown's garment factories.

Mary, husband Walter, and their children were living on Strathcona's Keefer Street when their family home became one of the many scheduled to be bulldozed as part of the City's 1960s and '70s urban renewal project and freeway construction. Along with her daughter Shirley, she was instrumental in establishing the community-based Strathcona Property Owner and Tenant's Association (SPOTA). Serving on its executive and membership committees, and canvassing door to door, she successfully raised community awareness, support and funding. SPOTA negotiated with three levels of government to successfully transform the demolition program into a restoration and preservation project. Their work opened the doors for future citizen groups in Canada to influence government community planning decision-making, a practice that continues today.



PHOTO COURTESY CITY OF VANCOUVER ARCHIVES

EVLYN FENWICK FARRIS

Evlyn Fenwick Farris was an education and social activist dedicated to promoting higher education for women. She was raised in Nova Scotia in an environment where schooling was valued and graduated from Acadia University with Masters of Arts degrees in Philosophy and German. In 1905, Evlyn married lawyer J. Wallace de Beque Farris and they moved to Vancouver. She founded the University Women's Club of Vancouver (UWCV) in 1907 and became its first president. UWCV supported socially progressive issues, and over the years its members included Judge Helen Gregory McGill, Ida Halpern, Laura Jamieson, Ethlyn Trapp and Mary Ellen Smith. Evlyn pressed for the construction of the new University of British Columbia's Point Grey Campus and for many years served on the Senate and Board of Governors. She received honorary doctorate degrees from both Acadia University and UBC.

Evlyn Farris fought to improve conditions for women and children and believed women and men should have equal education. In 1912, when Mabel French was refused admission to the bar because women were not yet legally "persons," Evlyn took up the cause. She challenged gender-biased guardianship laws, helped establish Parent Teacher Associations in the city, and worked towards securing the Mother's Pension. She successfully campaigned for better working conditions for all women, from sales clerks to physicians. The Farris' Shaughnessy home, Wellelyn, was located across from the famous Hycroft mansion, the UWCV's home since 1962.



PHOTO COURTESY GEORGE YIPP

NELLIE YIP GUONG

At a time when there was a strong anti-Asian climate in Vancouver's dominant British society, Nellie Yip Guong built bridges between Chinese and non-Chinese cultures. Of Scottish descent, Nellie was born in 1882 in Nova Scotia and came to Vancouver in the early 1900s with her husband, Charles Yip. He was a member of Vancouver's prominent Yip Sang family, the famed Chinese merchant and CPR contractor. Nellie and Charles lived in the family home on East Pender Street for many years with Sang's 23 children and three wives. Canada's Head Tax and Exclusion Act severely restricted immigration by Chinese women so their numbers were few in Chinatown's existing bachelor society. A white woman married to a Chinese man was virtually unheard of. Nellie learnt Chinese languages at night school, later easily speaking five Chinese dialects. Her skills as a translator were remarkable.

Nellie contributed significantly to improving the quality of health care provided to Vancouver's Asian population. She worked toward creating equality in the medical system and spoke out against the discrimination Chinese patients faced in hospitals. Nicknamed "Granny Yip," Nellie acted as midwife and cared for many of Chinatown's young ones, helped with community adoptions, and also adopted a daughter. Nellie Yip Guong remained a popular and important community worker in Vancouver until she died in 1949.

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PHOTO COURTESY VANCOUVER PUBLIC LIBRARY

HELENA ROSE GUTTERIDGE

Helena Rose Gutteridge, a political and labour activist, had been campaigning for women's rights in Great Britain long before coming to Vancouver in 1911. Without delay, she began her journey in shaping British Columbia's social reform legislation. Helena was a dedicated suffragist and organized the BC Women's Suffrage League in 1913. In 1917, eligible white women got the right to vote in BC. She was living on Triumph Street in the Hastings neighbourhood when she was elected Vancouver's first woman alderman in 1937 as a Co-operative Commonwealth Federation (CCF) representative.

Helena was also a labour activist who fought to improve conditions for working women. A tailor herself, she organized laundry and garment workers in the Tailor's Union and was an executive member of the Vancouver Trades and Labour Council. She was an advocate for equal pay for equal work and the committee chair of the Minimum Wage League. Helena spoke out for working class women like herself, and fought for low-income affordable housing, and the Mother's Pension Act. During the Depression she raised her voice publicly and objected to excessive civic money being spent on the Royal visit. Helena Gutteridge was a pacifist, who campaigned throughout her life for peace and justice. During World War II she was a welfare manager at the Slocan Valley's Lemon Creek Japanese Internment Camp. Vancouver's champion for women's rights died in 1960.



PHOTO COURTESY SHELAGH DAY

JANE RULE

Jane Rule lived in West Point Grey and was a renowned writer, outspoken activist, and out lesbian who fought for the right to freedom of expression. She published many novels and numerous short stories, as well as essays and social and literary critiques. She received numerous literary and lifetime achievement awards, including the Order of British Columbia in 1998 and the Order of Canada in 2007, our nation's highest civilian honour. Born in Plainfield, New Jersey in 1931, she met her life partner, Helen Sonthoff while teaching at Concord Academy in Massachusetts. They moved to Vancouver in 1956, leaving behind the dangerous environment of the McCarthy era.

Jane taught in the English department at UBC and there received an honorary doctorate in 1994. Jane and Helen's Point Grey home became a gathering place, a salon, for Vancouver's literary and artistic communities. Jane was known for her generous spirit and helped many newcomers to the city find places to live and get connected. She was a true pioneer when she courageously published her first novel, the lesbian classic *Desert of the Heart*, in 1964 when homosexual acts were still criminal offences under Canada's Criminal Code. Jane and Helen took their strong community spirit to Galiano Island when they moved there in 1976. Jane continued to write, gave children swimming lessons, and provided financial support to the Islanders. Jane Rule was an honoured community builder in the true sense of the word.



PHOTO COURTESY SARJEET SINGH JAGPAL

AJIT KAUR SINGH

In the 1950s, Ajit Kaur Singh moved from the Okanagan to Vancouver, bringing her strong will and determination to the Collingwood neighbourhood.

In 1929 Ajit and her mother came to Canada from India, arriving in Kelowna to join her father on his farm. When he died, she helped support the family, worked on their 20 acre apple and cherry orchard, attended school and assisted her widowed mother in raising her five younger siblings. In 1946, a year before Indo-Canadians received the right to vote in BC, the family bought a house in town to be closer to good schools. Some local residents and organizations protested the purchase to the city, leading a local newspaper to carry the story of 25-year-old unmarried Ajit, who stood up against racial discrimination. She was adamant that the family, regardless of the colour of their skin, had the right to live in the city and courageously held her ground as the matter went before City Council. With a supportive neighbour's help she succeeded, and the Singh family moved into their new home. Ajit became a highly respected member of the Kelowna community. She helped both Sikhs and non-Sikhs with written and verbal translations, and shared her acute business sense and negotiating skills with local farmers and neighbours. Ajit's family portrait was featured on a Canada Post commemorative Sikh First Day Cover, issued in 1999.



PHOTO COURTESY CITY OF VANCOUVER ARCHIVES

TOSCA TRASOLINI

The remarkable Tosca Trasolini was an adventurous trailblazer from Vancouver's Italian community. Defying her expected gender role, she received her pilot's license in 1936 and co-founded Canada's legendary, first all-women's flying club, The Flying Seven. Fellow club members included Betsy Flaherty, Alma Gilbert, Rolie Moore, Jean Pike, Elianne Roberge, and Margaret Fane Rutledge. The Flying Seven's activities made national headlines. Their famous 1936 "Dusk to Dawn" flying patrol continued throughout the night in relay style with young Tosca as the first pilot in the air. The club's spectacular 1940s "bomphlet" raid dropped 100,000 pamphlets on Vancouver appealing for donations to purchase World War II war planes. They staged air shows, encouraged women to become pilots, and ran a women's aviation training centre teaching everything from ground school courses to flying theory and parachute packing.

Tosca excelled in the many challenges she took on. She was the highly skilled legal secretary for lawyer and judge, Angelo Branca. An outstanding athlete, Tosca won numerous cups and awards in track and field, rode motorcycles, played lacrosse, basketball, and beat out all the male competition in a 20-foot greased pole climbing contest. Tosca was community minded and served as an executive member of the Women's League of the Sons of Italy. She also wrote a column called "Flight" in the Italian language newspaper, *L'Eco Italo-Canadese*. Tosca married and moved to California, and died in 1991.



PHOTO COURTESY CARLEEN A. THOMAS

LILLIAN C. GEORGE

Lillian C. George was born in 1919 in North Vancouver. Mrs. George was an integral part of the Tsleil-Waututh (People of the Inlet) community and exemplified leadership through hard work and compassionate dedication to her people. She spent many years as Secretary Treasurer for the Band which included being the entire Education Department and Social Development Department. Through her efforts an After-School Daycare was created, and for a couple of years, a local teacher volunteered to read with the children, preparing them for school. Mrs. George also made connections to the local surrounding communities: she was a member of the Victoria Order of Nurses, the Imperial Order Daughters of the Empire and sat on the Board of the North Shore Chapter of United Way of Canada. She volunteered with Meals on Wheels and visited local schools to teach about the Tsleil-Waututh People (Burrard Indian Band). Education was the way out for our people, so she encouraged the children to seek higher education. She also showed leadership by joining the local Parent-Teacher Association, pointing out that we need to become involved with our children's education.

Mrs. George had profound faith and it showed in her volunteerism: she drove elders to doctor appointments and special needs children to school, over and above her regular work day. She made time to participate in the Indian Homemakers Association, and at one point joined in a national protest to protect the health care rights of aboriginal peoples. To further connect and network, Mrs. George created a local IHA club on the Tsleil-Waututh Reserve, which connected with other women's church groups and held clothing drives for First Nations communities in the North. Mrs. George worked tirelessly networking and building awareness among the non-native community about the plights and strengths of the First Nations communities. Most importantly, she left a legacy: she passed on the teachings of "giving back to the community" to her children, her grandchildren, and great-grandchildren.

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PHOTO COURTESY CLIFF LEMIRE

IVY GRANSTROM

Ivy Granstrom was an outstanding athlete who overcame many challenges on the way to compiling an impressive list of athletic and personal achievements.

Ivy had poor eyesight that failed gradually throughout her life. During World War II, she hid her condition to train as a nursing aide with the Red Cross and joined the air raid patrol. After suffering a major back injury in a car accident, Ivy started rehab by walking, then jogging, then running into the record books of Masters track competitions.

Ivy started her running career in blind sports events, but later competed against sighted athletes. She had a pacer, Paul Hoebrigs, who would guide her by voice, each holding onto the end of a cloth band. Ivy was named Sport BC Athlete of the Year in 1982 and was appointed a Member of the Order of Canada in 1988. In 1993, at age 82, she won seven gold medals in her class at the World Senior Games in Utah and two silver and three bronze medals at the World Veterans championships in Japan. In 1994, she broke five records, two at the Pan Am Masters championships and three at the World Masters Games in Australia.

Some may recognize Ivy as Queen of the Polar Bear Swim as for 76 consecutive years she was a fixture at the annual English Bay event. But Ivy's accomplishments go far beyond braving frigid waters. In 2001, Ivy was inducted into the Terry Fox Hall of Fame. She passed away on April 14, 2004.



PHOTO BY ROBIN CLARKE; COURTESY LEONA M. SPARROW

LEONA M. SPARROW

Leona M. Sparrow, born in Vancouver, has been connected with Musqueam all her life. She comes from a family rich with athleticism and community governance, which is reflected in her many achievements and commitments. A multi-talented athlete, Leona has competed in many different sports including swimming, softball, field hockey, basketball, and track and field. She participated in several Junior Olympic training camps and was a member of the Inter High Juvenile Softball championship team in 1963; champion Junior Basketball team in 1964; championship Senior Basketball teams in 1965 and 1966; and of the Senior Field Hockey champions, also in 1966. All the while, she was competing in the Vancouver and District Inter High school Track and Field competitions from 1961 to 1966.

Leona received her diploma in dental hygiene and acquired her Bachelor and Masters degrees in Anthropology at UBC. While working towards her degrees, she competed in university level athletics in shot put, discus, relays and javelin for five years and basketball for two years. She competed at National Championships and was a member of the BC International Track and Field Team in 1966 and 1967 and a member of the 1966 Marpole-Oakridge Queen's basketball team that won the Canadian Junior Women's championship. In 1967, Leona was awarded the Tom Longboat Medal for Outstanding Indian Athlete in British Columbia.

For 15 years, Leona served on Musqueam Chief and Council and worked as a consultant before returning to UBC and graduating from law school. She is now the Director of Musqueam's Treaty, Lands and Resources Department, and serves on several Aboriginal service providers' boards and committees including Vancouver Aboriginal Child and Family Services Society, New Relationship Trust, the Museum of Anthropology. She is Musqueam's liaison to UBC.

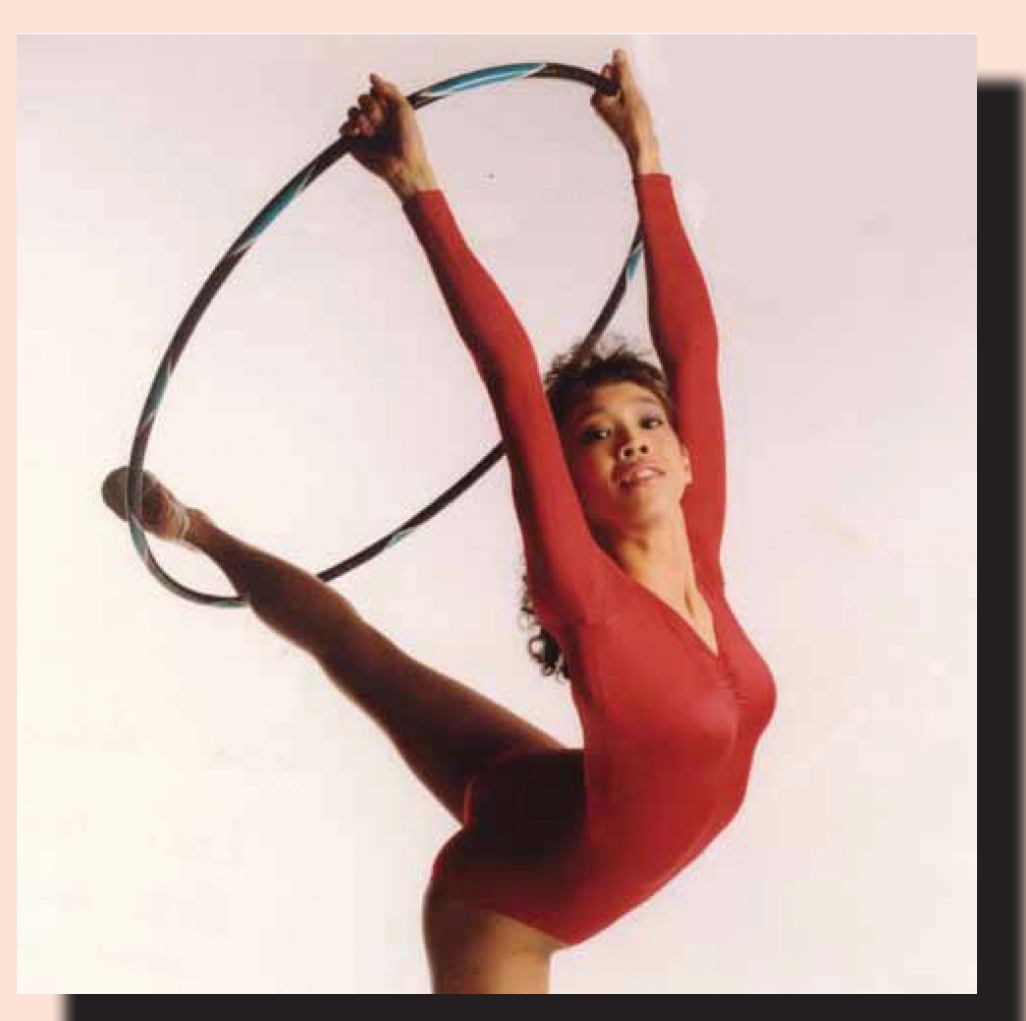


PHOTO COURTESY LORI FUNG

LORI FUNG

Lori Fung grew up in East Vancouver, roller skating on East 8th Avenue, making up routines and pretending she was performing. She took up rhythmic gymnastics in 1976 and two years later, as a 16-year old, she was competing nationally.

Determined to excel in her sport, Lori convinced her parents to let her train in Bulgaria where some of the best coaches of the time were teaching. Her ongoing hard work and dedication paid off with a series of championship wins: she won every BC Provincial Championship from 1977 to 1988 and won the Canadian National Championships from 1982 to 1988.

When rhythmic gymnastics was made an official Olympic sport for the first time at the 1984 Los Angeles Olympics, Lori made it her goal to qualify. She placed first overall at the 1983 International competition in Lausanne, Switzerland, and by the end of the year was ranked 23rd in the world. At the beginning of 1984, Lori again trained internationally, this time in Romania. She came in first at the Canadian Olympic trial meet, realizing her dream to compete at the Olympics. Lori upset the favoured Romanians and became the first person to win an Olympic gold medal in rhythmic gymnastics.

Lori was inducted into the Canadian Olympic Sports Hall of Fame in 1984; the BC Sports Hall of Fame in 1985; appointed to the Order of Canada in 1985; appointed to the Order of British Columbia in 1990; and was inducted into Canada's Sports Hall of Fame in 2004.



PHOTO COURTESY AMS ARCHIVES 1960 TOTEM

MARILYN PETERSON KINGHORN

A talented multi-sport athlete, Marilyn Peterson Kinghorn grew up in Vancouver's Sunset neighbourhood and was a top competitor at John Oliver High School. Her university career began at the University of British Columbia in 1957 with the field hockey team. UBC won the Pacific Northwest Field Hockey Tournament with rookie Marilyn finishing the season as the team's top scorer, averaging a goal a game.

For the 1958-59 season, Marilyn took on duties as co-captain of the field hockey team, joined the Thunderette basketball team and became a member of the Women's Athletic Directorate. In 1960, the Thunderettes won their first Western Canadian University title (WCIAU), with Marilyn, at guard, one of the leading scorers in the championship game. That same season, Marilyn joined the UBC track team which also went on to win a WCIAU championship. She was the first winner of the Barbara 'Bim' Schrodt Trophy (now the Marilyn Pomfret Award) as UBC's top female athlete in 1960.

In 1960-61, Marilyn and the Thunderettes repeated as WCIAU basketball champions. Marilyn joined UBC's volleyball team and helped them to win their first Western Canadian University title. That was Marilyn's fourth WCIAU championship.

One of UBC's top athletes, Marilyn won six Big Block awards, graduating with a Bachelor of Physical Education in 1961 and completing teacher training in 1962. She was a member of the UBC Alumni volleyball team that won both the Western Canadian and Canadian Women's championships in 1962 and 1964.

An all-round athlete of remarkable talent and strong leadership skills, Marilyn was inducted into the UBC Sports Hall of Fame in 2000.

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PHOTO COURTESY CITY OF VANCOUVER
ARCHIVES, CVA 371-1643

BARBARA HOWARD

Barbara Howard was the first black woman athlete to represent Canada in international competition.

She grew up in Vancouver's Grandview neighbourhood during the 1920s when the area was still countryside. Participating in school sports, Barbara discovered her talent for running and quickly became a favourite for relay teams. In Grade 8 at Laura Secord School, she won her school's senior championship. She attended Britannia High School where the track coach, Mr. Edwards, took her under his wing.

Track time trials for the 1938 British Empire Games, to be held in February in Sydney, Australia, took place in Vancouver in October of 1937. At the western time trials, Barbara equalled the Empire Games record of 11.2 seconds for the 100 yard sprint – a performance that earned her a spot on the Canadian track team. She was just 17 and still in Grade 11.

Barbara ran well at the Sydney Games, coming in sixth in the 100-yard final against some very formidable opponents. She was a member of the relay team that won silver in the 440 yard relay and bronze in the 660-yard relay. Returning to Vancouver, Barbara went on to become a UBC graduate and the first person from a visible minority to be hired as a teacher by the Vancouver School Board.



PHOTO COURTESY BETTER BAXTER

BETTY BAXTER

Betty Baxter played volleyball at the University of British Columbia as an undergraduate and was a member of the T-Birds team that won the National Interuniversity Sport title in 1972-73 and again in 1973-74. In 1974 she was named BC's University Athlete of The Year. A member of the national volleyball team, Betty was captain of the team that represented Canada at the 1976 Montreal Olympic Games.

She began her coaching career at the University of Alberta in 1977. In 1980, she coached the University of Ottawa to a silver medal in the CIS National finals and was named Interuniversity Coach of the Year for the 1979-1980 season.

In 1979 Betty became full-time Head Coach of the National Volleyball Program, the first female, and the first Canadian, to achieve this position. She coached the national team until January 1982 when she was fired after months of speculation about her sexual orientation. She has since been an outspoken advocate for lesbian and gay issues in sport and the community.

A strong believer in developing equity in sport, Betty is a co-founder of the Canadian Association for the Advancement of Women in Sport and the National Coaching School for Women. She was a board member and spokesperson for the 1990 Vancouver Gay Games. As a player/coach Betty capped off an impressive career with a gold medal win in volleyball at the 1986 San Francisco Gay Games and a silver medal at the 1990 Vancouver Gay Games.

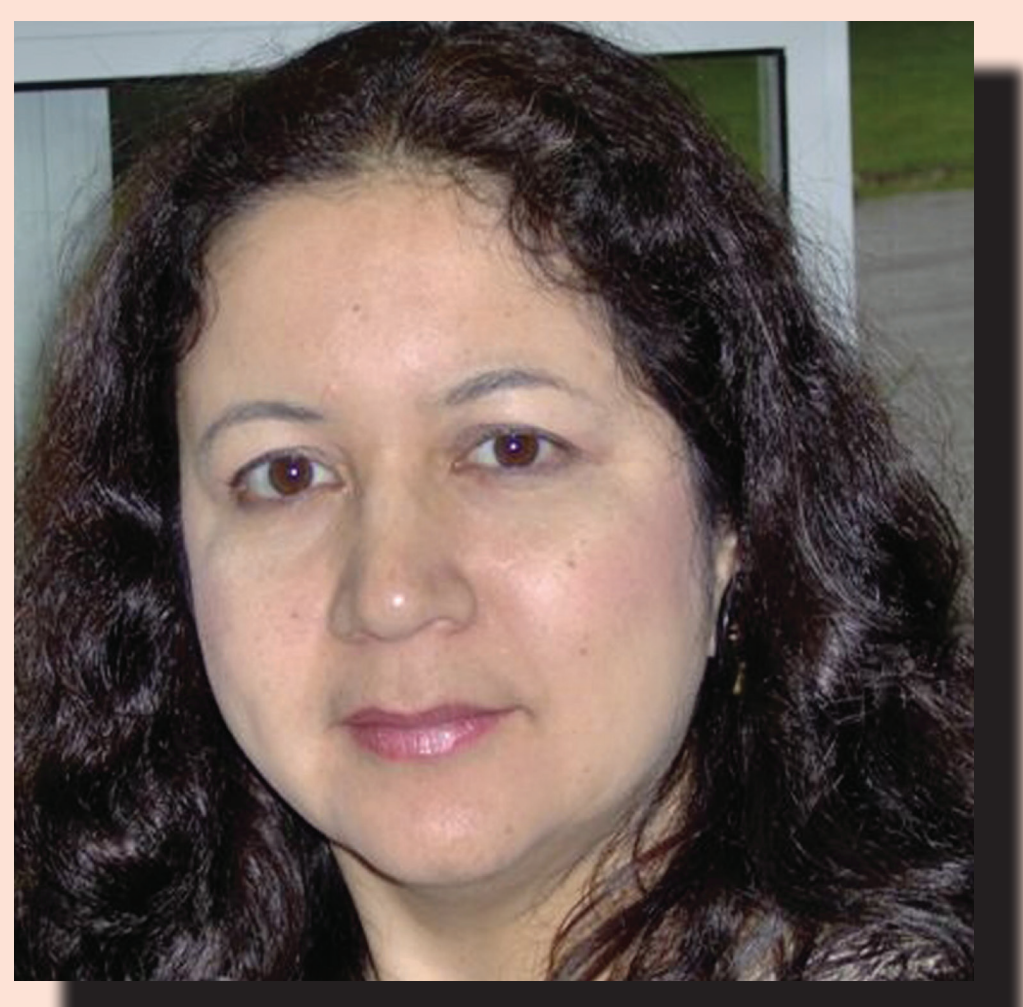


PHOTO COURTESY DEANNA B. GEORGE

DEANNA B. GEORGE

Deanna B. George is a hard-working role model with an inspiring love of sport. Born and raised on the Burrard Reserve of the Tsleil-Waututh Nation, Deanna is active in her community and has been very involved in sports since she was a child, when she played on her school volleyball teams.

Throughout the 1980s and '90s Deanna "pulled canoe" – Coast Salish style canoe racing. When Tsleil-Waututh Nation didn't have a canoe club, Deanna joined other clubs like Riccol Cree, Geronimo, and Sto:lo Princess. She raced in the singles, doubles, mixed doubles, six man and 11 man races, while at the same time a busy mom of three building a career.

Deanna has played women's soccer since 1990, for Tsleil-Waututh as well as teams for the Metro Women's Soccer League, and continues to play with her two daughters. She also enjoys hockey, played in Native tournaments and the Vancouver Western Ball Hockey League. In 2005, she was voted Unsung Hero, nominated by her team and the League presented her with a trophy.

Deanna has worked to ensure that the Tsleil-Waututh Nation had youth soccer teams in local Native soccer tournaments. If teams couldn't travel to Mt. Currie and Sechelt, she would help players get on other teams, just so they could participate. Over the years, Deanna has helped her children's soccer teams in a variety of areas, including coaching, in both North Shore Leagues and Native tournaments. In 2002, Deanna helped coach Team BC to gold at the North American Indigenous Games in Winnipeg.

Deanna B. George is a strong and devoted athlete who inspires many with her love of sport and her true sportsmanship.



TOP: PHOTO COURTESY THE NORTHER INDIANA
CENTRE FOR HISTORY, BOTTOM: PHOTO
COURTESY MARGARET MAXWELL

HELEN CALLAGHAN & MARGARET CALLAGHAN

Vancouver sisters Helen and Margaret Callaghan were among the best players in the All American Girls Professional Baseball League. They grew up in the Mount Pleasant neighbourhood playing every sport available to them including baseball, basketball, field hockey and lacrosse. When men's professional baseball was suspended during World War II, the AAGPBL women's league formed in 1943. Helen and Margaret were "discovered" by scouts while representing BC at the World Softball Championships in Detroit in 1943.

A strong outfielder, Helen excelled as a batter and runner. In 1945, she was the league's batting champion with a .299 average and led in hits, doubles and home runs. Over her 388-game career, she stole 354 bases, making her a real threat on the diamond.

She played four seasons with the Minneapolis Millerettes, Fort Wayne Daisies and Kenosha Comets before retiring in 1949. She passed away in 1992.

Margaret, who had been working for Boeing and had to receive special government permission to be released from her essential wartime duties, joined the league in 1944. She was a good defensive infielder, leading all third basemen in fielding average in 1944 and 1945, and had the most putouts in 1946. Also a threat at base-running, she stole 80 bases in 1946.

Helen and Margaret's story, and of all the AAGPBL ball players, became the basis for the 1992 feature film, A League of Their Own. In 2008, Helen and Margaret were inducted into the BC Sports Hall of Fame for their role in women's baseball.

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PHOTO COURTESY RICH LAM / UBC ATHLETICS

POONAM SANDHU

Born and raised in Vancouver, Poonam Sandhu began playing field hockey at age nine for the India Club. Naturally athletic, Poonam also played soccer for the Killarney and KLM soccer clubs, and played field hockey, basketball and ran track for John Oliver Secondary. She was named the school's Athlete of the Year for five consecutive years from 2004 to 2008.

Poonam has played field hockey at the provincial level since the age of 14 and began training with the National Team in May of 2008. In June 2009, she traveled with the team to Kazan, Russia to play in her first World Cup qualifying tournament, the Champions Challenge II. In August 2009, she began playing field hockey for the UBC Thunderbirds, traveling with the university squad to Argentina where they competed against various club teams from Buenos Aires and Rosario.

Poonam's first season with the T-Birds was a successful debut: she earned a starting forward position and was named a candidate for Rookie of the Year. After becoming CanWest Champions, the UBC Thunderbirds went on to win their record 12th McRae Cup and were crowned CIS 2009 Field Hockey Champions. Poonam earned Player of the Game honours during the tournament in UBC's match against the University of Toronto.

As a carded member of Canada's National Field Hockey Team, Poonam is training for the 2010 World Cup qualifying tournament and the 2010 New Delhi Commonwealth Games.



PHOTO COURTESY WHYTE MUSEUM OF THE CANADIAN ROCKIES, V263/NA-3863, PHOTO BY BYRON HARMON

VANCOUVER AMAZONS

Though Vancouver's hockey history is a long one, the achievements of the Vancouver Amazons, a women's team from the 1920s, is largely forgotten.

The Banff Winter Carnival was an annual event that hosted an invitational women's hockey tournament and in 1921, the Vancouver Amazons were the first team from the city to participate. Though they were defeated in the final, the rookie Amazons had played well.

Frank Patrick, owner of the Amazons, and of the men's professional team, the Vancouver Millionaires, organized a tournament for the Amazons against the Seattle Vamps and the Victoria Kewpies. The Amazons went undefeated during this tournament and did not allow any goals against them on their way to becoming West Coast Women's champions and the first women's team to win an international competition.

The Amazons returned to Banff in 1922 with experience and confidence. The team consisted of captain Phebe Senkler and her sister Norah at defense; forwards Elizabeth Hinds, the first BC woman to score a hat trick; Kathleen Carson; Nan Griffith; and goaltender Amelia Voitkevich. The roster was rounded out by Lorraine Cannon and Mayme Leahy.

In the championship match up, the Amazons once again found themselves facing the Calgary Regents. With the Regents leading 1-0, Kathleen Carson scored late in the third period to send the game into overtime. Kathleen, who had, according to the *Vancouver World*, "a shot like a man's", scored again in the extra frame to give Vancouver the win. The Amazons won the Alpine Cup and became "lady champions of western Canada".



PHOTO COURTESY YUKA CHOKYU

YUKA CHOKYU

Born in Japan, Yuka Chokyu came to Canada in April 1989. In 1990, a car accident that left her paralyzed and wheelchair dependent. In 1991, Yuka took up wheelchair tennis, playing at a public court in Vancouver's Dunbar neighbourhood. She immediately fell in love with the sport. Inspired by a wheelchair athlete who came from Japan to participate in a local tennis tournament, Yuka started competing on the International Tour in 1995, and has not looked back since.

She first made the National Team in 1997. The following year, she was ranked sixth in the world in singles, becoming the first Canadian player to qualify for the prestigious Wheelchair Tennis Masters. She has won numerous awards including Sport BC Disabled Athlete of the Year (1998) and the Premier's Athletic Award (1996-1999). She was named Female Athlete of the Year by the BC Wheelchair Sports Association (1997 and 2001) and by the Canadian Wheelchair Sports Association (1997, 1999, and 2001). Tennis Canada named her Female Wheelchair Athlete of the Year in 2000 and 2001 and Wheelchair Athlete of the Year in 2005 and 2006.

Her career accomplishments also include winning 22 singles titles, 48 doubles titles and competing in the Beijing 2008, Athens 2004, and Sydney 2000 Paralympic Games.

She currently trains six days a week, demonstrating the hard work and dedication necessary to achieve her goals of a World Top 8 singles ranking and to qualify for the 2012 London Paralympics.



TOP: PHOTO COURTESY THE SIYAMIN ARTIST COOPERATIVE, BOTTOM: PHOTO COURTESY LINDSAY HUBLEY

PAM BAKER & VIRGINIA JOHNSTON

Pam Baker, ancestral name **Hi-mi-ka-las**, is of Squamish and Kwakiutl descent. She played women's fast pitch for 30 years with other Squamish youth. She also played basketball, lacrosse, and soccer. When, due to sports injuries, she could no longer play, Pam began her journey to become one of the most 'inspirational coaches', an honour bestowed on her by the All Native Basketball Association of British Columbia. In 1988, she established her business, Touch of Culture, and developed self-esteem, life skills and cultural awareness workshops for Aboriginal youth. She coached two North Shore Wolves, Intermediate, and Senior men's teams, and worked to start a new junior team. In 2009, Pam coached the North Shore Wolves Intermediate Basketball team to the All Native Championships.

Virginia Johnston is of Coast Salish and Ojibway descent from the Squamish and Brokenhead Nations. She is a youth ambassador, spokesperson, role model and mentor for the First Nations Snowboard Team. Included in her list of many accomplishments are being featured in the Aboriginal Sports Gallery at the BC Sports Hall of Fame, and recipient of the 2008 Proclamation for International Women's Day by Mayor Samuel Sullivan, in recognition of her sharing her personal story to get where she is in athletics. Going into her fourteenth season of snowboarding, she is one of the elite team competitors disciplined in FIS boardercross and will be training in half pipe and slope style. Virginia was selected to be a 2010 Olympic Torchbearer in Qualicum, BC on November 2, 2009.

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REMARKABLE WOMEN

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The Vancouver Park Board's Remarkable Women poster series (2008-2014) honoured local women who made significant contributions to the arts, culture, food, sports, community and Reconciliation in Vancouver. To coincide with the Women Deliver 2019 Global Conference, the Park Board is proud to re-mount the original poster series to once again celebrate these Remarkable Women of Vancouver with a snapshot in time of their many accomplishments.



PHOTO COURTESY OF ANNA MOBILE

ALINE LA FLAMME

Throwing rocks is easy," says Aline La Flamme. "And it's important to shed light on what's not right. But the real work is rolling up your sleeves and actually doing something." A woman who stands by her words, Aline has been practicing traditional aboriginal healing for over twenty years.

A graduate of Simon Fraser University with a degree in criminology and psychology, Aline marries her training with her knowledge in traditional healing to help many people become productive members in their community. She co-founded the Aboriginal Front Door Society in 2001 to provide a safe space for aboriginal people in the downtown eastside. The foundational teaching and guiding principle used and incorporated into the Society's documents was: *We will walk with love, honour, respect and compassion for all things in Creation, including ourselves.*

Aline's healing circles focus on recognizing aboriginal people's strong ancestral roots, working through the events and repercussions of contact and residential schools, and offering them tools to move toward a renewed sense of self. The Executive Director of Aboriginal Front Door from 2003 to 2007, Aline established the Elders Training Program, where, through a combination of traditional teachings and therapeutic work, people learned their own wisdom to become resources and role models in their community.

In addition, Aline is a founding member of the Skemcis Medicine Wheel Society; founder of Daughters of the Drum; provided culturally-based healing workshops and ceremonies through the Native Women's Association; and developed and operated culturally-based healing programs for aboriginal people in five prisons.

A Métis grandmother, pipe carrier, Sundancer, and singer, Aline is also the maker of over 1200 drums. An inspiration to many, she has led by example, following a basic teaching of the Elders Training Program: *We will show the way by going first.*

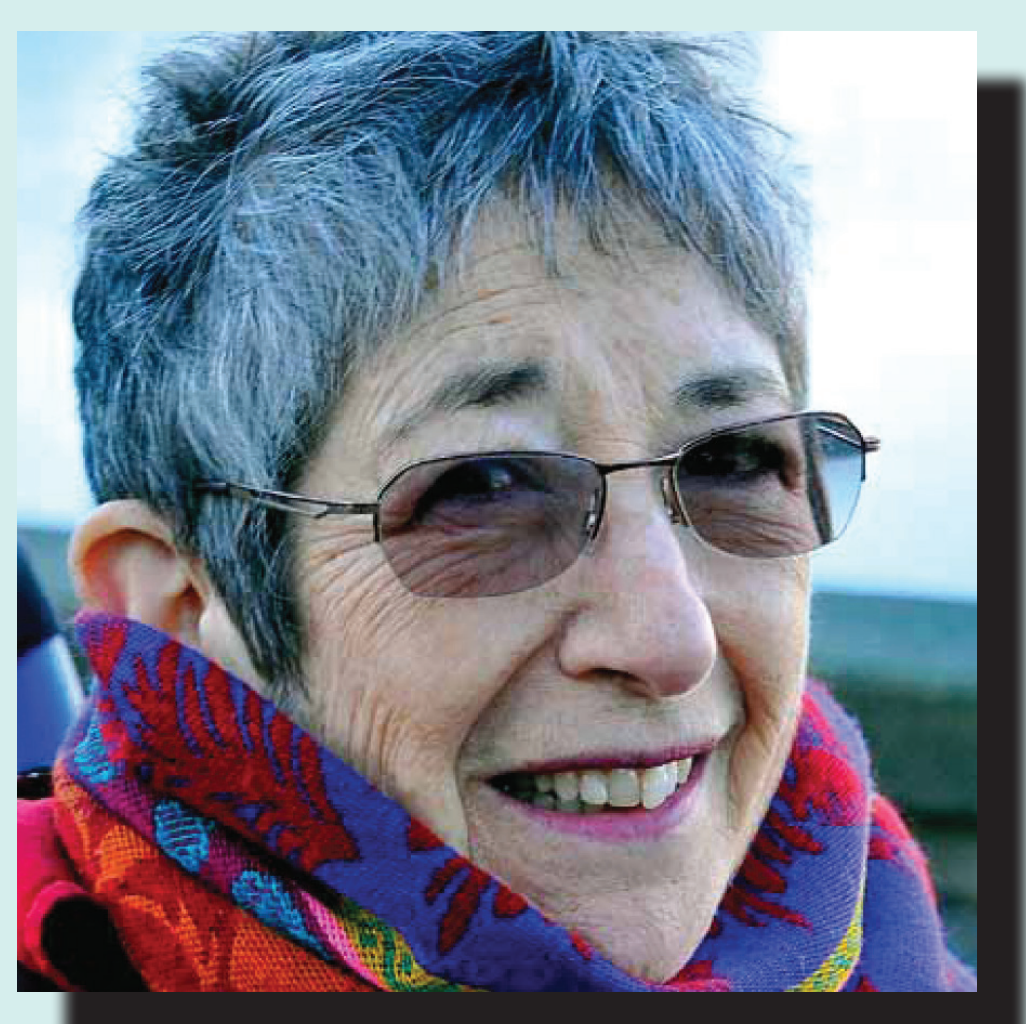


PHOTO COURTESY OF DM GILLIS

BONNIE SHERR

Bonnie Sherr Klein's life with disability is informed and enriched by the movement for disability rights.

A documentary filmmaker, Bonnie immigrated to Canada from the US during the Vietnam War and began a long career of activist filmmaking with the National Film Board of Canada. She was a key member of the innovative Challenge for Change Program and later the historic women's unit, Studio D. Her award-winning films include the infamous documentary, *Not A Love Story: A Film about Pornography*.

In 1987, at the age of 46, Bonnie had a catastrophic stroke caused by a congenital malformation in her brainstem. She became locked-in, quadriplegic, respirator-dependent, and experienced panic attacks. After six months in hospital and three years in formal rehabilitation, Bonnie now walks short distances with two forearm crutches, and moves through the world on Gladys, her motorized scooter.

Bonnie used her documentary and activist experience to address people's fear and ignorance of disability. She created several CBC radio features based on the intimate journals of her stroke experience. In collaboration with Persimmon Blackbridge, she wrote the 1997 VanCity Book Award winner and best-seller, *Slow Dance: A Story of Stroke, Love, and Disability*.

Believing in the power of art to change people's lives, she co-founded KickStart (formerly the Society for Disability Arts and Culture), which produced Canada's landmark KickSTART! Disability Art and Culture Festival.

Bonnie returned to filmmaking and the NFB 17 years after her stroke to make *SHAMELESS: The ART of Disability*, a collaborative and intimate film about five artists who challenge the stereotype of disability as tragedy.

Bonnie counsels, consults, and speaks about health care, rehabilitation, disability rights, and disability arts and culture to health care professionals, disability and survivor organizations, and the general public. She continues to be inspired by the creativity of people living with disabilities.



PHOTO COURTESY OF ALANA ROTHSTEIN

CHRIS MORRISSEY

Chris Morrissey has been advocating for lesbian, gay, bisexual and transgender (LGBT) rights for almost twenty years.

Born in England in 1942, she immigrated to Canada in 1951. After years of working and living abroad as a Roman Catholic sister, she left the convent and came out as a lesbian. She returned to Canada with her partner, Bridget, in 1989. As Bridget was not a Canadian citizen or resident, they began their journey to find a way to stay in Canada together.

In 1992, Chris filed a suit in Federal Court against the Government of Canada alleging discrimination on the basis of sexual orientation, family, and gender. After much negotiating, Bridget became a permanent resident in Canada. Not one day was spent in court. They had succeeded, but the law remained the same. The publicity surrounding the case brought together other Canadians who were experiencing the same difficulty. They formed LEGIT: Canadian Immigration for Same-Sex Partners. In 2002, after 10 years of advocacy work, the law was changed to include same-sex partners in the Family Class.

Chris has continued to work with other volunteers providing support and information to those wanting to sponsor a same-sex partner for immigration to Canada. In 2000, she was a co-founder of Rainbow Refugee Committee which supports those seeking refugee status because of persecution due to sexual orientation, gender identity, and HIV positive status.

In 2001, she began working with aging and older LGBT people. A member of the City of Vancouver Seniors Committee, Chris has increased the visibility of LGBT seniors and raised awareness for the need of culturally appropriate services for this group of older adults within the senior serving sector.



PHOTO COURTESY HANK BULL

CHRISTINA PANIS

Christina Panis is a strong advocate for the rights of Filipino-Canadians and actively works to raise awareness of the issues in her community.

Born in 1980 and raised in Vancouver by Filipino-Canadian immigrants, she has always felt a strong connection to her community. After graduating from Burnaby North Secondary School, she completed a Bachelor degree in Sociology at the University of British Columbia in 2003. In 2004, she began community organizing, as well as working in the not-for-profit sector.

Being a young woman of colour in Canada informed her experiences and led her to question and search for answers about her Filipino community's history in Canada and her place in it. As a member of the Filipino-Canadian Youth Alliance, she learned to educate, organize and mobilize Filipino-Canadian youth against systemic racism, gender oppression, and exploitation at work. She has worked at Centre A, the Vancouver International Centre for Contemporary Asian Art, since 2008. She sees that this crossroad between art, culture, and politics contributes to feminism in Canada, and challenges existing systems to further women's advancement. This is a perfect fit with her social justice work as a member of the Philippine Women Centre of BC (PWC-BC). She was invited to join the Board of the PWC-BC in 2007, and is a founding member of the PWC-BC's Young Women's Committee.

Christina is the current Chair of the Philippine Women Centre of BC, which celebrated 20 years of Filipino-Canadian women's organizing in 2009. She finds strength and encouragement in the community's experiences of migration, struggle, militancy, and the transformation through self empowerment and social justice.

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REMARKABLE WOMEN

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PHOTO COURTESY OF GEORGE DIACK /
VANCOUVER SUN

LEONORA LUCYNA MARKOVICH

Leonora Lucyna Markovich was the architect of some of the most innovative, livable and affordable housing developments built in Vancouver. She came to Canada in 1941 from Poland, escaping the ravages of the Second World War. In 1949 she became the fifth woman to register with the Architectural Institute of BC. Over the next 20 years, she solidified her reputation as a creative and responsive architect. For a time, she was the only woman architect in Vancouver with a private practice.

In 1965 Leonora designed Willow Gardens, a housing complex in the Oakridge neighbourhood at Tisdall Street and West 42nd Avenue. Believing that an apartment complex should reflect the needs of residents, she incorporated gardens and outdoor spaces with affordable high-rise city living. The site consisted of 116 one and two-bedroom suites and 20 two-storey townhouses surrounding a park and recreation area. Leonora included modern elements that we take for granted today: underground parking and a private patio entrance for each unit.

Following the success of Willow Gardens, Leonora was commissioned to design what was then the largest residential project ever undertaken in Vancouver: Langara Gardens at Cambie Street and West 57th Avenue. Between 1968 and 1970, three apartment towers and 20 two-storey garden apartments and town houses were constructed on 20 acres of land with a view to giving average income families access to amenities including swimming pools, landscaped gardens, recreational facilities and a commercial block with stores and offices. Multi-use complexes may be commonplace today, but Leonora's approach to residential construction was creative and original for her times.

Leonora Markovich died at the age of 69 on April 29, 1970. Her buildings, and a legacy of innovative housing and responsive architecture, are still with us.



PHOTO COURTESY DOREEN L. HATTON

DOREEN HATTON

Doreen Hatton has dedicated her career and extensive volunteer work to improving the lives of individuals living with diabetes. As a teenager, she babysat a toddler with diabetes and quickly learned the devastating effects of the disease. She also became acutely aware of the lack of community resources for those with diabetes. She has worked to raise awareness of this complex, life-long condition through pioneering research, innovative education programs, written resources, advocacy, and outreach programs, significantly improving diabetes care not only in Vancouver, but throughout the world.

Doreen was the Clinical Nurse Specialist with the Diabetes Program at BC Children's Hospital from 1987 to 2003. Based on her research into the emotional needs of children with diabetes and their families, she changed the entire focus of care and education of newly-diagnosed children from an in-patient to an out-patient model. This mode of care reduced the trauma and stress of hospitalization for both child and parents, and created an environment where families could relax and learn more effectively. The unique program became the basis for similar day care facilities throughout North America. Her groundbreaking 1992 research into the needs of parents caring for infants and toddlers with diabetes was the first ever nursing literature available that describes the challenges faced by this high-risk population. Her work is still referenced and used worldwide today.

Described as an angel by many of the families whose lives she has touched, Doreen received many honours and awards for her work, including the Queen's Golden Jubilee Medal for outstanding contributions to her community and Canada. She is currently an Adjunct Professor with the School of Nursing at UBC where she inspires students to follow in her footsteps.

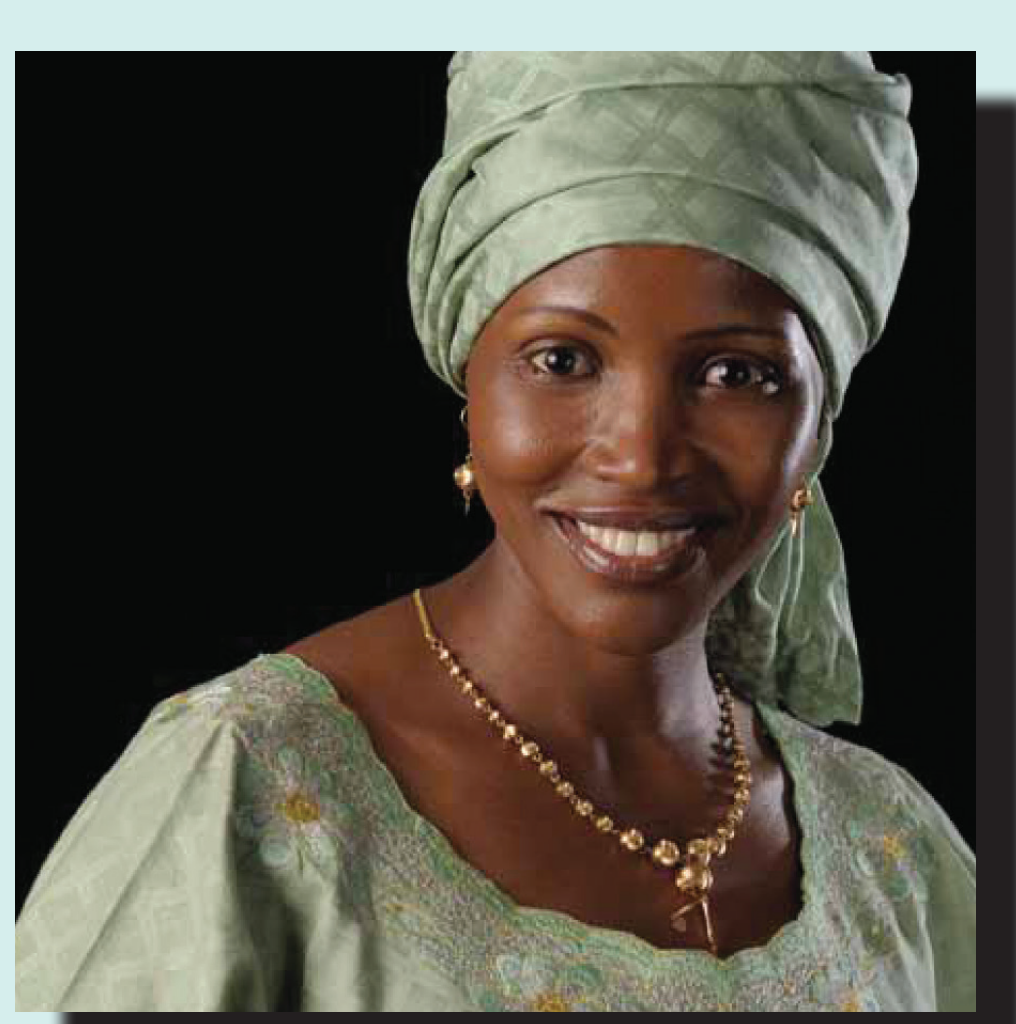


PHOTO COURTESY TODD DUNCAN

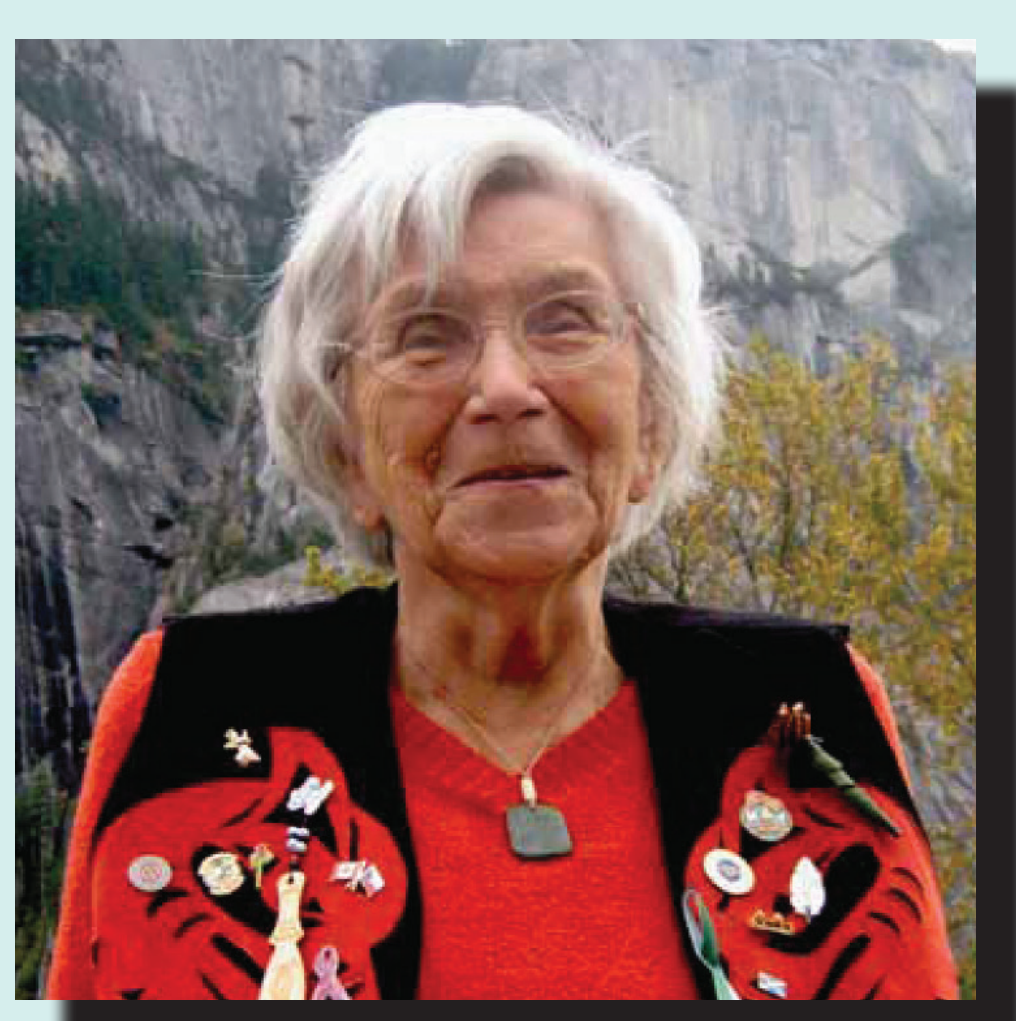
JANE GATWIRI RUKARIA

Jane Gatwiri Rukaria uses her knowledge and expertise of the law to assist those who would not otherwise have a voice in the legal system. Jane grew up in Thuura, a small village in Kenya. Jane, her two sisters, and her single mother Harriet had little status in the Kenya of 1970s. Her uncle Rukaria, the male relative, stepped forward, providing a home and some form of status for her mother. Through this experience, Jane realized that the law did not always help those who needed protection most. She studied law at Nairobi University and was called to the bar in 1992.

In 2002, Jane became a permanent resident in Canada. She attended UBC Law School and was called to the bar in 2004. Finding that the concept of "billable hours"—lawyers charging a per hour rate for their services—put the law out of economic reach for many people, Jane charges a flat fee to make her services as accessible as possible.

Jane practices real estate, wills and estate law, but her heart is in immigration and refugee law. She gives pro bono legal counsel through the Access Pro Bono Society of BC and the Lawyer Referral Service of BC, two organizations that provide legal services to those of limited means. Jane is a resource person for the African community in BC, speaking not only about law, but also about the challenges of settling in Canada. She is a co-founder of the Kenyan Community of BC Society (Ken-BC) and a board member of the Cambie Village Business Improvement Association.

Jane and her family continue to help her village. To further their vision of assisting struggling women and girls both here and in Kenya, the family founded My Sister's Shoulder Society of BC in October 2010.



TOP: PHOTO COURTESY CHARLENE WILLIAMS,
BOTTOM: PHOTO COURTESY BRIAN DENNEHY

GWEN HARRY & JULIETTE BAKER

Mrs. Gwen Harry is an active member in her community, providing leadership and guidance in all that she does. From 1967 to 1991 she served on the Education Committee. For eight years she drove the "Bunny Bus" for Totem Nursery School as well as serving as a teacher assistant. She started a local cub pack and opened her home to children in need by becoming a dedicated foster parent.

Gwen served on Squamish Chief and Council from 1986 to 1998, and since her retirement has remained active in community meetings, land code planning and her involvement in the Alternative Justice System with other Elders from the community.

In 2002, she received the Queen's Golden Jubilee Medal for exemplary service to her community.

A mother of seven children and grandmother to 14 grandchildren, Gwen remains a mentor and role model to the many people she has helped, many of whom still call her "Ma" or "Chesha7".

Juliette (Julie) Baker – Sxwelhchálíya serves the Squamish Nation (SN) people with dignity, honesty, common sense and respect. For the past 30 years, she has worked for various First Nation organizations, Squamish Nation Social Development and Membership Departments. She served as Chair for the SN Membership Committee and representative for SN Appeals Committee for 12 years. Elected to the Squamish Nation Council in 2001, she is currently serving a third term and was designated as "Head of State" on behalf of the Squamish Nation for the 2010 Winter Olympic and Paralympics Games.

Today's work includes serving the Spo7ez Cultural Centre and Community Society and developing new exhibitions and educational materials for the Squamish Lil'wat Cultural Centre (SLCC). She was also part of an editorial team that completed a book for SLCC on the history of the Squamish people past and present.

Sxwelhchálíya is currently focused on Vancouver Aboriginal Skills and Employment Partnership (VanASEP), employment and training; First Nations Land Management Agreement (Land Code) with Chief and Council; and working with various museums on exhibit partnerships.

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REMARKABLE WOMEN

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PHOTO COURTESY ANABEL HO

MARIA MIMIE HO

Maria Mimie Ho was a dedicated educator, volunteer and supporter of community arts and initiatives. Mimie immigrated to Canada from Hong Kong in 1967, beginning her teaching career in Clearwater, before moving to Vancouver and attending the University of British Columbia.

In 1973, Mimie founded the Strathcona Chinese Dance Company as a recreational dance program to promote Chinese dance art in Canada. Based in Strathcona, the company provides opportunities for inner city children and youth to explore and be proud of their heritage while promoting goodwill and fellowship through the performing arts. The SCDC has grown into a world-renown dance troupe, touring throughout the world, performing for many heads of state and dignitaries.

Also in 1973, Mimie co-founded S.U.C.C.E.S.S., an organization that helps new immigrants to Canada. Now a multiservice agency, it delivers employment, business, education, and health services to thousands of new Canadians from all backgrounds. In addition to her community and dance work, Mimie was a high school math and Mandarin teacher, passionate about making a difference in the lives of her students. Mimie taught at Templeton Secondary School for 13 years, using creative and unique ways to incorporate cultural activities, and of course dance, into the language program. A well-respected member of the community, Mimie was recognized for her dedication and volunteer work, twice receiving the Volunteer Award from the Vancouver Park Board in 1983 and 1993. In 1984, she received the Citation for the Promotion of Multiculturalism, and in 1996 was honoured as the first Chinese Canadian woman to receive the Civic Merit Award from the City of Vancouver.

Madame Ho passed away on March 11, 2010. The Maria Mimie Ho Memorial Fund was established to honour her legacy of promoting Chinese culture, and provides bursaries and scholarships to students.



ROSEMARY THOMAS

Rosemary Thomas has been an integral part of the Tsleil-Waututh Nation her entire life. Mrs. Thomas grew up in North Vancouver in a family that always participated in building community.

Mrs. Thomas exemplifies leadership, creativity and hard work through her many years of service to the Tsleil-Waututh Nation. She supervised TWN's After-School Daycare and Summer Day Camps. She led a team of women in teaching high school students to be day camp counsellors, and provide care for children 6 to 12 years of age. Throughout the year, Mrs. Thomas built community by organizing special holiday events for the entire community – especially to celebrate two major holidays: Halloween and Christmas. At Halloween families would gather at the Hall for activities and contests and hand out treats to other children. At Christmas, there would be a sit-down dinner including turkey and all the trimmings. One year featured a Nativity play. Throughout the year, Mrs. Thomas inspired and led other community members with her creative ways to help boost funding for programs by organizing auctions, flea markets, and Boxed Dinner evenings. She also ran the Burrard Canoe Club as manager and cook, and spent six years as an elected member of the Tsleil-Waututh Council.

Mrs. Thomas has a deep Catholic faith and spent many years building community through faith, teaching many of our people Catechism. In addition to her own 10 children, her faith brought many children into her home, providing them all with love and support. To this day many still call her "Mom" and their children call her "Gramma".



MARY BERNADETTE ROBERTS

Mary Bernadette Roberts was born on July 18, 1948 to George and Ethel Roberts (née Pierre). She was raised in the Musqueam community all her life with a strong cultural and traditional upbringing.

Mary has been the First Nations Support Worker at Southlands Elementary School for 23 years. She helped develop a program for children needing additional or alternative forms of support. This work and other programs she initiated or participated in, support the value of inclusiveness for the many youth in our community, ranging in types of activities from health and cooking to tutoring, crafts and cultural values

Mary incorporates Musqueam's traditional values in everything she does. She has a unique way of teaching where children do not even realize that lessons are being taught. Mary is "Auntie" to everyone and that is how it is here traditionally: it is respect and honour. Connecting youth to ancestors, she has and continues to mold and guide our young people. She dedicated a great deal of time and effort to revitalizing and keeping our language alive working with Musqueam Elders, as well as protecting our culture through work on archaeological projects.

Mary actively participated in sports and recreation by supporting Musqueam teams; traveling with them, assisting with fundraising, working at events, and supervising the children and youth. She is always there to help in any way possible and wherever she may be needed – including funerals, celebrations, and traditional ceremonies – without expecting payment or thanks. Mary truly represents the past, present, and the future with her gentle way of incorporating language, culture and the teachings.



PREET BAL & POONAM SANDHU

Vancouver sisters **Preet Bal** and **Poonam Sandhu** have been knee deep in recyclable containers for years. In 2008, the pair started a pilot project to divert waste generated from the annual Vaisakhi parades in Vancouver and Surrey. These parades, attended by up to 100,000 people, are well known for the free food that is distributed, including bottled water, juice and pop. The sheer size of the events and lack of appropriate receptacles meant many recyclables were discarded into garbage bags.

In 2008, with a dozen blue bins and less than a dozen volunteers in tow, Preet and Poonam set up recycling stations along small sections of the parade route. Each recycling bin was staffed by a volunteer, highlighted with bilingual signage (English and Punjabi), and monitored closely to prevent contamination. The bins started as a foreign entities, but quickly became a welcome addition, saving 200 containers per hour from going to the landfill.

Subsequent years have seen the pilot project grow with the support of the City of Vancouver, City of Surrey, Metro Vancouver, the respective temples hosting the parades, and an increasing force of green-minded volunteers and citizens.

Community interaction is not new to Preet and Poonam. The duo spent nearly five years before a television camera, hosting a weekly entertainment program for the South Asian community. Besides entertainment, Preet and Poonam used television as a medium to communicate health, community and environmental messages. They were produced the lower mainland's first children's television program for South Asians, which taught basic numerical and language skills in Punjabi, Gujarati, English and French. The show was a hit!

Both Preet and Poonam are deeply rooted in the belief that true success comes from community betterment and betterment starts from within. Poonam Sandhu is a registered nurse. Preet Bal is an environmental technologist.



PHOTOS COURTESY SONIA JOHAL

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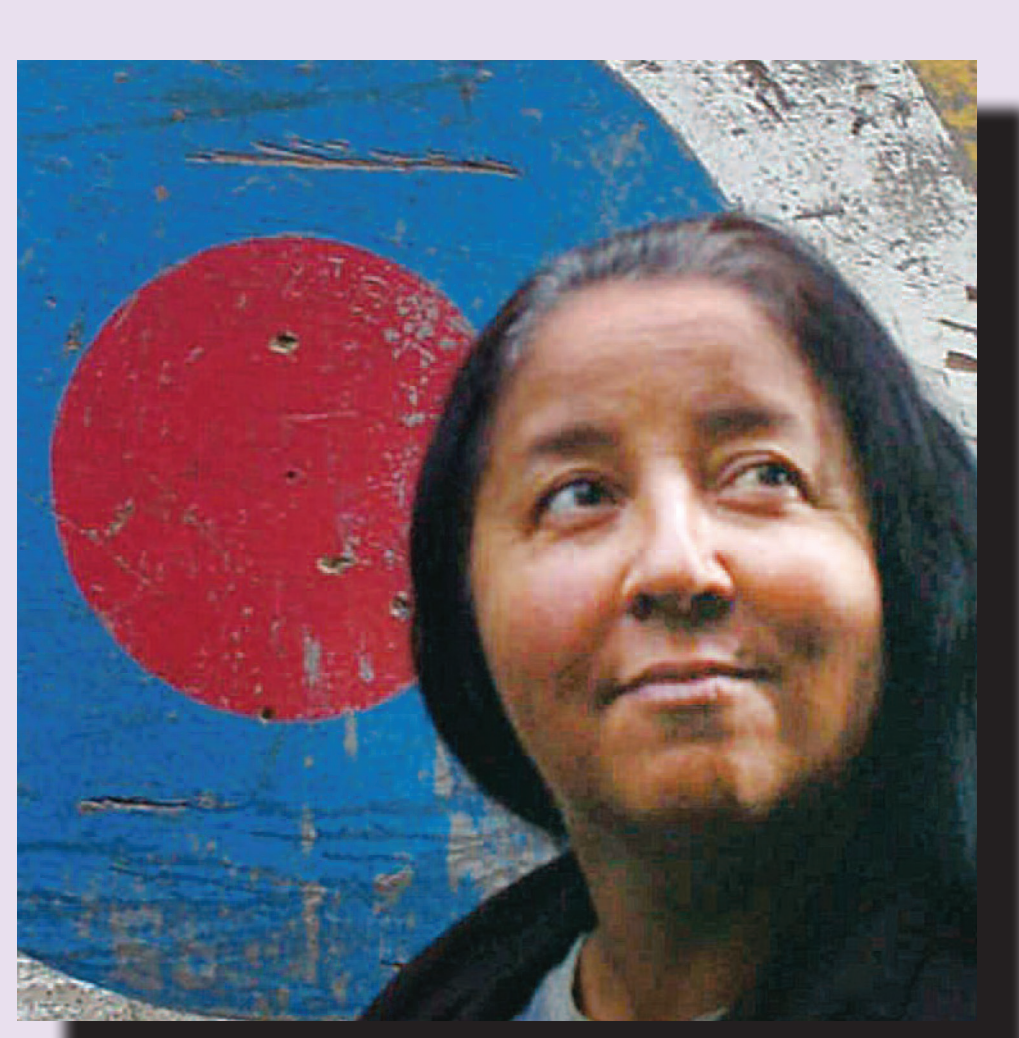


PHOTO COURTESY RUSSELL KILDAL

JAN WADE

Jan Wade was born and raised in Hamilton, Ontario, moving to Toronto to attend the Ontario College of Art and Design where she graduated with honours. She arrived in Vancouver in 1981 and began working and collaborating in the underground art and music/club scene rich with innovative performances and spontaneous happenings.

Jan was raised in a close-knit segregated community, experiencing and witnessing many of the dramatic changes brought on by the Civil Rights Movement. She was heavily influenced by the Black Church, and by the southern black aesthetic of her great-grandmother and grandmother, through quilts, crochet and hand-painted signs. Jan's mother always encouraged her creativity, cutting up brown paper grocery bags when there wasn't enough money for drawing paper. To this day, Jan harbours a love of drawing on brown paper.

Jan has exhibited her work locally, nationally and internationally. Her wall of crucifixes, *Epiphany*, premiered at the Walter Phillips Gallery at the Banff Art Center as part of the AfroCubanismo Festival, the first major festival of Afro Cuban Culture in North America since the 1959 Revolution. In 1995, it was shown at the 1st International Arts Biennial in Johannesburg, South Africa. She participated in the first major group exhibition of African Canadian Artists at the Art Gallery of Ontario, and then travelled to Haiti to participate in a group exhibition of Artists from the Diaspora at the National Gallery of Haiti in Port Au-Prince.

Jan's current work explores the creative work of people of the Diaspora and its significance and influence and meaning within a larger social context.



PHOTO COURTESY GREGORY CROW

JAN DERBYSHIRE

Jan Derbyshire is a performer, playwright, theatre maker, director, teacher, and comedian. Her work involves solo performance, community and artist collaboration, traditional playwriting, experimental storytelling, video, words on paper, event creation, and stand-up comedy.

Jan's unique and unconventional view on life, coupled with her direct style, has her tackling taboo subjects head on. Her one woman show, *Funny in the Head*, deals with mental illness, psychiatric assessment and treatment, hallucination, alcoholism, lesbianism and pharmaceuticals with great humour and compassion. The show enjoys successful runs and excellent reviews wherever it plays, including at the 2010 Cultural Olympiad in Vancouver. Her works have been produced locally, nationally, and internationally appearing at such festivals as Women in View, Summerworks, Rhubarb, and the Dublin International Gay Theatre Festival. Her plays have been produced at Buddies in Bad Times (Toronto), The Belfry (Victoria) and The Great Canadian Theatre Company (Ottawa).

A prolific writer, Jan's other plays include *Dog of My Understanding*, *Audition of The Embarrassed Woman*, *The Opposite of Everything is True*, *Under The Big Top* and *A Modern Woman's Guide to Female Impersonation*, just to name a few. She has been Artist in Residence with The National Film Board of Canada, the Firehall Arts Centre and Playwrights' Workshop Montréal. Currently she is an Artistic Associate with PTC (Playwrights Theatre Centre) and Screaming Weenies Theatre, both in Vancouver. She has performed stand-up comedy on A&E, CBC, CTV and her creation companies include Loco Motion, Squid Theatre, Myth Universe and Human Writes.



PHOTO COURTESY NORM JONE

LORITA LEUNG & JESSICA JONE

Mother and daughter **Lorita Leung** and **Jessica Jones** are Vancouver-based dance artists who have been promoting Chinese dance culture in Canada for two generations.

A former professional dancer with a career in China and Hong Kong, Lorita immigrated to Vancouver in 1970 and began teaching to a handful of students in the basement of her home. Several years later, toddler Jessica began following in her footsteps. Lorita's hard work and dedication led to the dynamic growth of The Lorita Leung Dance Academy, now celebrating its 42nd anniversary.

Lorita is a true pioneer of Chinese dance in Canada. In 1984, she established the Lorita Leung Dance Association, a non-profit society dedicated to promoting, preserving and enhancing Chinese dance culture in Canada. The dance association successfully brought the Beijing Dance Academy Chinese Dance Examination Syllabus to Canada, and now every year, hundreds of young dance students across Canada benefit from this training and examination program. In 1993, Lorita was awarded the 125th Anniversary of the Confederation of Canada Medal for her significant contribution to her community.

Jessica is an award-winning dancer who studied dance at the Beijing Dance Academy and Simon Fraser University. She has carried on the family tradition by taking over stewardship of the Academy and has forged new artistic ground by bringing together Eastern and Western dance styles. In 2004, she and husband Chengxin Wei, co-founded Moving Dragon Dance Company, a contemporary dance company with emphasis on cross-cultural fusion. Moving Dragon has toured across Canada and has been featured at the National Arts Centre in Ottawa and the CanAsian Dance Festival in Toronto. In 2011, Jessica became Canada's first Senior Instructor of the Beijing Dance Academy Chinese Dance Examination Syllabus.



PHOTO: SANDRA BLIMKE, COURTESY OF CATRIONA JEFFRIES GALLERY

JIN-ME YOON

Jin-me Yoon is a renowned visual artist who works in photography, video, and installation. A professor at the School for the Contemporary Arts at Simon Fraser University, she shares her passion for contemporary art with her undergraduate and graduate students.

Born in South Korea, Jin-me came to Vancouver as a child immigrant in 1968. The profound difference between one culture and another, within the space of a plane ride, has informed her collage aesthetic: cutting one thing from one context and combining it in another context to see what new formations arise. Her work centers around conceptualizing the body, history, and place, which often involves questions of identity.

Her earlier work, such as *Souvenirs of the Self* (1991), questions Canadian national identity and belonging. One of her best-known projects is *A Group of Sixty-Seven* (1996), a portrait of 67 Korean-Canadians looking into an Emily Carr painting and looking out from a Lauren Harris painting. This work has been exhibited many times in Vancouver and is in the collection of the Vancouver Art Gallery. *Welcome World* (2010) was produced in Vancouver during the 2010 Winter Olympics. Her current work explores the complexities of globalization through projects in Korea, Japan, Austria, and Mexico.

A mother of two, Jin-me also explores contemporary motherhood as a subject in her work. She is involved in various aspects of her local community as a citizen and a member of the arts community. Her work has been extensively exhibited locally, nationally and internationally and is represented in the collections of major institutions across Canada. For Jin-me art is essential to understanding the past, in the present, to imagine the future.

vancouver.ca/remarkable-women



REMARKABLE WOMEN

Honouring Women from Vancouver Communities in the Arts



SUSAN A. POINT WITH DAUGHTERS KELLY CANNELL (MIDDLE) AND RHEA GUERIN (LEFT). PHOTO COURTESY THOMAS CANNELL

SUSAN A. POINT

with daughters Kelly Cannell and Rhea Guerin

Susan is a Coast Salish artist who lives and works on the Musqueam Reserve in Vancouver, BC. From birth she has been taught the importance of Coast Salish values, traditions, and stories. Susan has been instrumental in re-establishing Salish art, drawing inspiration from the designs of her ancestors and exploring the use of non-traditional materials, inspiring a new generation of Northwest Coast artists. Possibly her biggest reward has been the opportunity to meet elders and teachers from other Salish communities, and to see the current renaissance in Salish culture.

Susan has exhibited internationally, and has been awarded many public art commissions, including works in Stanley Park, the National Museum of the American Indian, Vancouver International Airport, and the Museum of Anthropology UBC.

Her awards include the Order of Canada, an Aboriginal Achievement Award, appointment to the Royal Canadian Academy of Arts, and election to the International Women's Forum. Susan has honorary doctorates from the University of Victoria, Emily Carr University, Simon Fraser University, and the University of British Columbia.

Susan has four children and eleven grandchildren, all artists in their own right, and through her family Susan has become a teacher. "The task of my generation is to remember all that was taught and pass that knowledge and wisdom on to our children," says Susan.

Susan's daughters, Rhea Guerin and Kelly Cannell, have been immersed in Coast Salish art since their mother began practicing wholeheartedly in 1981, and have been largely influenced by their mother's teachings. Both have developed their own distinct style and have begun teaching their own daughters. Rhea and Kelly often assist their mother by painting and carving, as well as collaborating on many large scale works.



PHOTO COURTESY TOM GLEAVE

MARINA SZIJARTO

A visual and celebration artist with a diverse, eclectic arts practice, Marina Szijarto works in theatre, dance and performance, creating sets, costumes poster and design, as well as community-engaged rites and celebrations. Much of her work is site specific, and is created for, and with, a particular landscape, community or season.

Marina has been exploring the artist's role in rites of passage, specifically death, funerals and mourning, for the last 12 years and has pioneered the use of shrines to honour the dead in Vancouver community-based events. She is the Art and Technical Director at Vancouver's Mountain View Cemetery All Souls event and the Creative Director of A Midsummer Fete, a celebration of art, the environment and organic farming at Colony Farm Regional Park.

Marina also works with communities to envision and produce public art and community celebrations. She was the artistic director of mosaics for the Footprints project, co-designer of the Welcome Walkway for the Moberly Arts and Cultural Centre, and designer for the Heart of the City Community Play in the Downtown Eastside. Her giant puppets, lanterns, stilt costumes, and parade props have been seen in festivals throughout Vancouver, including the PNE, Pride Parade, Vancouver Folk Music Festival and Illuminares.

With a degree in Fine Art Embroidery, Marina has been known to make millinery for drag queens and little dogs and to belly dance on stilts. She dreams of traveling the world making community flower mandalas to heal the planet and the human soul. She has received two Jessie Richardson Awards, plus seven nominations, for outstanding costume design, set design and mask/puppet design for her work in the Vancouver professional theatre community.



PHOTO COURTESY PATRICK PARENTEAU

PAROMITA NAIDU

In 2010, Paromita Naidu combined her love for dance and fashion design and called it Lotus Eye. Rooted in the belief that fashion, visual arts, music, and dance are all inextricably connected, Paromita chose her company name based on the ancient and symbolic pairing that represents beauty, grace, knowledge, perseverance and growth—qualities she was drawn to through her work in the arts. Her goals include increasing public understanding of different fashion traditions, showcasing talented South Asian models, designers and artists, and bringing together and supporting innovative companies that have conscious, creative, and revolutionary business models.

Along with her rich academic career (BA, MA, MHA), and position of healthcare research manager (UBC), she is currently a Director on Diwali Celebrations Society and Vancouver Asian Heritage Month Society. She is also a past director of BC Multicultural Health Services Society.

Paromita has a long history and career in dance. She studied ballet at the Royal Winnipeg Ballet School, and the Tisch School of Performing Arts (New York) and Bharata Natyam (Indian Classical dance) under established gurus in North America. She furthered her classical training and completed an arangatram under Jai Govinda.

Paromita has completed many group and solo performances, which have included original choreography and folk dance. Cutting edge works have included collaborations with rock bands and modern dance companies. She is well-respected in the dance community and is currently teaching and producing dance shows and a South Asian arts festival. She recently performed at the BC Victory Celebration for the 2010 Winter Olympics. Paromita is also the recipient of two BC Arts Council scholarships.



PHOTO COURTESY DAVID GOWMAN

SHARON KALLIS

Sharon Kallis works with green materials that others throw away, repurposing garden waste and invasive species to create site specific installations that become ecological interventions. Her philosophy is to work with what you have at hand. Involving community members in traditional hand techniques like weaving and crochet.

A member of Vancouver's CORE artists' live/work co-op in the downtown eastside, Sharon began working informally with the groundskeeper's green waste pile in CRAB Park in 2002. Since then she has worked with local community members to transform and enhance public spaces around Vancouver, working with community members using traditional hand techniques like weaving and crochet.

In 2009, Sharon worked with the Stanley Park Ecology Society on The Ivy Project. Sharon and diverse community members crocheted a bio-netting erosion control blanket from the English ivy that overruns the park. After drying, the blanket was successfully installed on a steep bank in Stanley Park to help prevent landslides. In 2010, she transformed green waste in CRAB Park into woven orbs that became habitat for native birds. A founding member of Means Of Production Artists Raw Resource Collective in 2007, Sharon continues to facilitate community creative engagement with the art materials grown at the Means of Production Garden in the Mount Pleasant community.

Sharon is working with other artists on the Urban Weaver project researching the ways traditional weaving techniques can transform local invasive plant species for community use. Sharon continues to look for ways that city green waste can be creatively up-purposed, as well as provide opportunities for building community and turning waste into resource.

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REMARKABLE WOMEN

Honouring Women from Vancouver Communities in the Arts



PHOTO COURTESY BARRY PETERSON, BC WRITERS IN FOCUS, MOTHER TONGUE PUBLISHING

KATE BRAID

After years of working at traditional “women’s jobs” as receptionist, secretary and childcare worker, Kate Braid spent fifteen years working as a labourer, apprentice and journey carpenter building and renovating houses, high rises and bridges as a non-union, union and self-employed carpenter.

During her early years in the trades, with no other women to talk to, she began talking instead to her journals to try and understand the male culture of construction. As the working days grew longer and her lines shorter, she realized she was writing poetry. This led to her first book, *Covering Rough Ground*, which won the Pat Lowther Award for best book of poetry by a Canadian woman.

Inspired by the life and work of Emily Carr, Kate wrote her second poetry book, *To This Cedar Fountain*, nominated for the BC Poetry Prize. Her next book, *Inward to the Bones: Georgia O’Keeffe’s Journey with Emily Carr*, was nominated for several prizes and won the VanCity Book Prize. Kate has also written *Emily Carr: Rebel Artist*, a biography of the iconic painter.

Other books include, *In Fine Form*, co-edited with Sandy Shreve, the ground-breaking book of Canadian form poetry; *A Well-Mannered Storm: The Glenn Gould Poems*; *Turning Left to the Ladies* (also about her experiences in construction) and *Red Bait: Struggles of a Mine Mill Local* with Al King.

Since leaving construction in 1991, Kate has taught creative writing at UBC, Simon Fraser University and Malaspina University College (now Vancouver Island University) and has given readings, lectures and workshops across Canada. Her memoir of being a carpenter, *Journey Woman*, was published in fall 2012.



PHOTO COURTESY VANCOUVER ADAPTED MUSIC SOCIETY

SYLVI MACCORMAC

sylvi macCormac creates soundscapes by weaving together various elements: her rich Celtic heritage, her love of music and sound, and inspiration that comes from being born and living in Coast Salish Territory.

She began performing music in the early 1980s while working in children’s theatre, and took up songwriting, playing Vancouver’s folk circuit and composing soundscapes. She has released four albums and published an online ebook about WB Yeats and Japanese Nō Theatre.

Sylvi’s music is heard internationally and her compositions have been published in collections including the Canadian Music Centre and Canadian Electroacoustic Community, with commissions and film credits from KickStart, the CBC and the National Film Board of Canada.

In 1982, when she was 21 years old, sylvi was diagnosed with multiple sclerosis. Aware that she would lose the ability to tour and play guitar, she took up studies at Simon Fraser University where she was introduced to computer music, soundscape and composition. In 1999, *Waves of Kokoro*, one of sylvi’s soundscapes, garnered international acclaim, receiving Honourable Mention at Concours International de Musique Electroacoustique, held in Bourges, France.

Her production credits include the 2004 CD, *Uts’am/Witness* that includes artists Buffy Sainte-Marie, Bruce Cockburn and the Squamish Eagle Song Dancers. She is also the creator of *WHEELS Soundscapes: Voices of People with Dis Abilities*, at the Vancouver Adapted Music Society. Sylvi volunteered with the Vancouver Folk Music Festival for 30 years, and composed *VFMF Soundscapes 1999-2002: Festival Quartet for Solitude*, a labour of love in honour of the Festival.



PHOTO COURTESY OF SQUAMISH NATION EDUCATION

TRACY WILLIAMS

Sesemiya Tracy Williams is a young Skwxwú7mesh / Squamish mother, weaver and high school / home school counselor. She was initially inspired by her late grandmother, Eva Nahanee, who was a wellknown cedar basket weaver.

Tracy pursues her education in the cedar weaving arts in many ways. She has learned to collect the inner bark of the cedar and its roots to process them for use in weaving baskets and now regalia clothing. She continues to learn the techniques to make capes and tunics, as well as hats, mats, and adornments. She has incorporated fireweed, stinging nettle, and rush fibers as well as animal fiber to enrich and strengthen the pieces she makes.

She has completed pieces for use in the Vancouver 2010 Winter Olympic ceremonies, and for museum display and education. She is an invaluable role model to those she learns with as well as the students she works with.



PHOTO COURTESY OCEAN HILAND

CHARLENE ALECK

Charlene Aleck is a hard-working and devoted artist who inspires many with her love of culture and the arts in its many forms. Born into the Tseil-Waututh Nation, Charlene comes from a family strong in the fine arts.

Charlene began her acting career on the television series, *The Beachcombers*, playing Sara Jim for 15 years. She won two Peoples Choice Awards: Best Actress in 1987, and Best Supporting Actress in 1988. She also played a variety of character voices on CBC radio, worked with director Margo Kane in *Dzahlaron*, and as a guest instructor for Spirit Song Native Theatre. Sharing her love of acting, she cofounded a summer youth camp focusing on Native Culture and Theatre Arts.

Charlene performed with the Karen Jamieson Dance Company, and as the main guest dancer created an infused performance of traditional and contemporary dance. They toured internationally, performing for the Prince of Japan in the late 1990s. A graduate from the Blanche McDonald School of Modeling, she spent several years as a model for Dorothy Grant.

Returning to Tseil-Waututh, Charlene joined the Children of Takaya Dance troupe, taught as a cultural preschool teacher, and performed at various festivals throughout the coast. She is one of the main coordinators for the annual Tseil-Waututh Nation Cultural Arts Festival at Whey Ah Wichien (Cates Park) in North Vancouver.

As a mother of four, Charlene also designed and made regalia for her daughters and had the honour of designing regalia for our principal players in the 2010 Olympic and Paralympic Winter Games Opening Ceremonies.

Currently, Charlene is sharing her artistic gift in the area of culinary arts and is the co-founder of Red Raven Catering which specializes in First Nations cuisine.

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REMARKABLE WOMEN

Honouring Women from Vancouver Communities in Local Food

The Vancouver Park Board's Remarkable Women poster series (2008-2014) honoured local women who made significant contributions to the arts, culture, food, sports, community and Reconciliation in Vancouver. To coincide with the Women Deliver 2019 Global Conference, the Park Board is proud to re-mount the original poster series to once again celebrate these Remarkable Women of Vancouver with a snapshot in time of their many accomplishments.



MARGO MURPHY

Margo Murphy was born and raised in Vancouver. Since graduating from UBC in Home Economics and going on to graduate work, she has educated thousands of young people about food and nutrition.

After stints at Tupper and Killarney schools, Margo collaborated with three other teachers to create the Spectrum Alternate Program, which allows students to complete their education in an alternative setting. In 1989, she moved to her current job - teaching culinary arts in the cafeteria at Templeton Secondary School. Her work there explodes the boundaries of conventional classroom Prep Training. She brings famous experts like Chef Daniel Boulud, Chef Dale McKay, and Chef Dan Close into the downtown eastside school, and sends her students out of it - to cater at community events such as the HomeGround Festival. Her apprenticeship and work experience students can count on first class placements, including an innovative program with the Cactus Club Café and Chef Rob Feenie. It is no coincidence that her program at Templeton has expanded from twelve to one hundred and sixty students!

Margo engages even the most shy and reluctant learners and encourages them to shine. Under her expert tutelage, many have competed in Skills Canada Regional, Provincial, and National competitions. No less than thirty-five have come home with medals. One of her students, a gold medalist in the Canada Skills competition for baking, had this to say: "Were it not for her ability to lead and inspire her students to reach beyond their capabilities, we never would have discovered how gifted we all were, something she saw all along. Ms. Murphy taught us the most valuable lesson of all - to believe in ourselves."



MARICELA MEDINA ESPINOZA

Through her volunteer work in community programs, Maricela Medina Espinoza has helped build healthy lifestyles and robust communities for many Latin American people in Vancouver.

Born and raised in Asientos, a small town in Aguascalientes, Mexico, Maricela and her family arrived in Vancouver in October 2008 as refugees. When Maricela's kids started attending the Latin American Youth Program at Britannia Community Services Centre, they came home with stories about Cocina Latina, and four years ago, Maricela began working there as a volunteer cook and teacher. She teaches the young people in the program new recipes from all over Latin America as they learn culinary skills in a fun and safe environment.

Maricela is aware how hard it can be for new immigrants to integrate, and she also knows how important it is for them to retain a sense of connection to their first home. A kind and understanding person, she always takes the time to help new arrivals out, and her emphasis on traditional Latin foods and flavors encourages both community pride and self-esteem. Maricela's commitment and dedication to diverse food has been an inspiration to many community programs, for instance Kinbrace Community House, where she helps cook multicultural dinners for over fifty people.

This remarkable and inspiring woman is full of energy and vitality and looks for the positive in every situation. As well as commuting from Coquitlam to volunteer, she works a full-time job and is raising four children. She also enjoys dancing and exercising and makes time to attend the gym. Her colleagues say they can't wait to read the book she plans to write about her life and experiences.



MEERU DHALWALA

Born in India, Meeru Dhalwala moved with her family to Washington DC, where she worked on nonprofit projects to do with international human rights and development. She acquired her Master's degree in England and moved to Vancouver in February 1995. Here, she began to work her culinary magic at Viji and Rangoli restaurants, hailed by the New York Times as "easily among the finest Indian restaurants in the world."

Meeru works closely with her all-female kitchen staff, originally from villages in the Punjab. The results of their experiments with new techniques and eclectic blends of spices and ingredients are enjoyed all over Canada in packaged gourmet curries. You can even enjoy Meeru's food at home - her two cookbooks have won awards in Canada and Paris.

Meeru's message is simple: she wants as many people as possible to eat delicious, healthy meals made through processes that are sustainable. She's promoted that goal through a regular column in the Vancouver Sun, CBC radio segments, and cooking shows at New York's Bowery Wholefoods Kitchen. She is committed to improving her businesses' environmental footprints; she sits on the board of directors for Vancouver Farmers Markets, and she organizes an annual international food fair called Joy of Feeding.

And - oh yes - in December 2012 she opened a new restaurant! In Seattle!

The question on the tip of your tongue may be this: "How does she do it all?" A Seattle Times journalist felt the same way. She asked: "Won't you find a three-hour commute to be a hassle?" Meeru's answer speaks volumes about the spirit behind this remarkable woman's success: "For me, a hassle is when you're bored."



MOHINDER SIDHU

Mohinder Sidhu is a treasured volunteer in the Sunset/South Hill Community - the Indo-Canadian hub of Vancouver. She has served this vibrant people so well and in so many capacities that she was awarded a 2013 Queen's Diamond Jubilee Medal for her work.

Mohinder has served at South Vancouver Neighbourhood House since 1999 as an advocate, educator, and leader on the South Vancouver Seniors' Hub Council. She continues to coordinate the South Asian Women's group, which meets weekly at Sunset Community Centre, and she also conducts a weekly Healthy Living Club at Moberly Arts and Cultural Centre to share food, chai, stories, knitting, and walking. Her contributions to Vancouver Food began in 2006 with SNVH's Community Kitchen Program, in which members of the community learned to cook intercultural food from a rich variety of recipes. In 2009, she took training in food and nutrition for diabetics offered by the Canadian Diabetes Association. Once certified, she began working for the association, and until December 2012, she delivered their Food Skills for Families workshops, teaching no less than sixteen six-week cycles! This program is especially important in the South Asian community, where diabetes has been identified as a particular problem.

Mohinder loves to teach people from all backgrounds and walks of life about Indian food, and she leads several Indian cooking classes at the Sunset and Trout Lake Community Centres. Her co-workers describe her as a dynamo, and her students say she is the best of teachers - dedicated, knowledgeable, and extremely thorough in all she does.

If you ever have a chance to taste her chai, you should. There is none like it.

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REMARKABLE WOMEN

Honouring Women from Vancouver Communities in Local Food



DEBRA GEORGE

Debra George is a passionate, strong food educator in the Tsleil-Waututh community as well as surrounding communities. Her parents, Bob and Cassie George, had fifteen children, all of whom learned to respect food and the perseverance it took to provide for a large family in times of scarcity. Cassie George was known for her delicious pies and cooked for canoe club, as well as for her children, church, and community. Around the dinner table, this amazing couple taught their children the importance of love, respect, kindness and laughter. This table is still the place where generations of birthdays, anniversaries, births, and holidays are celebrated.

As a single mom to six children, Debra has sometimes struggled to put food on the table. However, this has never stopped her from feeding neighbourhood children she knew were going without. She consistently volunteers her time to bake and cook for Elder's program events, teach at the Food Skills for Families program, and serve nutritious breakfast at our Breakfast Club program for Tsleil-Waututh children. She was a kind and most patient teacher in a Foods Course for the Tsleil-Waututh nation school. Debra makes the best bannock on and off the reserve, and during blackberry season, she can often be seen handing out blackberry upside down cake because she loves to see people smile.

Debra stresses the importance of having a good heart while you are cooking, because you put yourself into the meals you are making. The food she cooks and the stories and teachings she hands out with it nourish the body, the heart, and the soul of the Tsleil-Waututh nation and all who have the joy of being taught by her!



ILANA LABOW

In 2001, Ilana Labow embarked on a journey to learn more about herself and her family, traveling to farms across the world. In her travels working on farms with people from different backgrounds, she came to understand the power of connecting and sharing stories through food and agriculture. When she came home, she established Fresh Roots Urban Farm Society, an organization that transforms the way urbanites interact with the land, food, and one another.

Fresh Roots' neighbourhood farms create green collar employment, train new farmers, teach food- and eco-literacy, and provide gathering spaces for community celebrations, culturally diverse knowledge sharing, and intergenerational learning.

As citizens in consumerist cities, it is easy to forget where food comes from and the incredible amount of hard work, physical resources, and labour necessary to supply the food that we eat. For Ilana, farming is not just a physical activity, but also a social, emotional, and spiritual endeavor that brings diverse communities together. As Fresh Roots' young farmers work side by side, they learn basic vocational skills while understanding the importance of honorable stewardship and the value of reciprocity in relationships to each other, the farming community, and the planet itself. All this can occur when food-growing spaces help people feel empowered, safe, and inspired.

Ilana feels blessed to live in Vancouver, on unceded Musqueam, Squamish and Tsleil-Waututh Territory, where soil has remained fertile through honorable stewardship. She believes that simple daily choices around food have the power to remind us of our rights and responsibilities as global citizens.



JERILYN SPARROW

Jerilyn (Jeri) Sparrow, Sulseemiah, is a proud Mother of two sons and Grandmother to five grandchildren. Jeri was born on September 9, 1942 in Vancouver. She is second youngest of eleven children born to Edward Sparrow Sr., Musqueam and Rose (George) Sparrow, Sto'lo. She spent the first six years of her life on the Musqueam Reserve and played in surrounding forest, fields and Fraser riverbank as a child. Jeri had a traditional upbringing, strong in culture, traditional knowledge, and ceremonies.

At the age of seven Jeri was sent to St. Paul's Residential School in North Vancouver for four years and then to public school. Her generation was the first allowed to attend public schools.

She began her working life as a hair stylist, and then went into office work after completing a Certificate in Business Administration and Computerized Accounting. Then a major shift occurred in her career. As a Native Outreach Worker, Jeri provided service in the Cedar Cottage area of Vancouver, where she successfully organized the Cedar Cottage Traditional Pow-Wow for many years. During this period she trained in many alternative health and healing practices. Her traditional teachings and knowledge from her parents on plants and their healing properties lead her to further her studies of alternative healing practices. She is an Iridology Practitioner, Reiki Master, Swedish massage and Skin Rolling Practitioner and has studied Hawaiian Huna. Jeri is now retired and in her spare time she likes to garden at home and at UBC with an emphasis on wholesome foods and medicinal plants. She also makes herbal medicines.



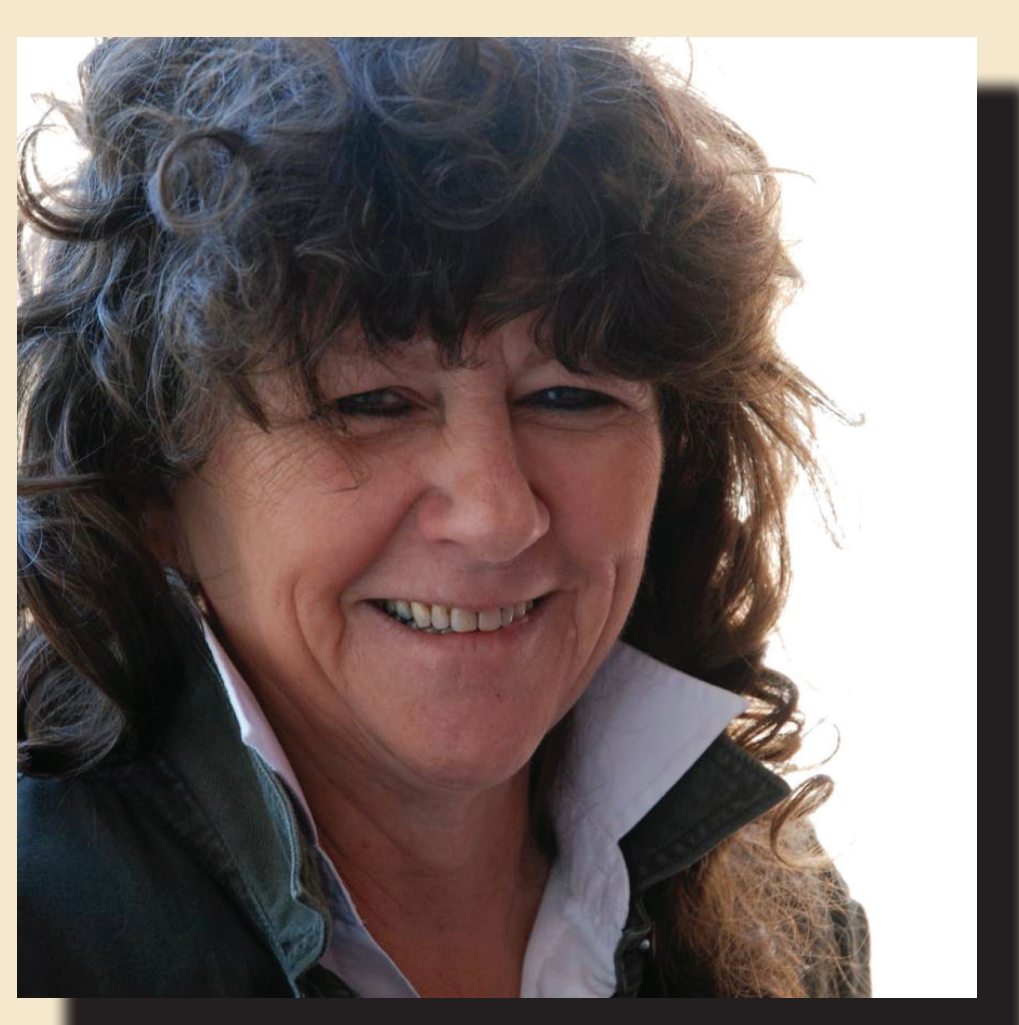
JILL WEISS

Jill Weiss has worked all her life to ensure that green space in Vancouver is accessible to everyone, including seniors and people with disabilities.

Jill built and designed the first accessible community garden in Vancouver at Cottonwood Garden, a model of community integration where people of all ages and abilities work side by side. Though Cottonwood is currently threatened by a truck route, Jill and others can be counted on to speak out. Among other successful campaigns, Jill was passionately involved with the fight to save UBC Farm – the last urban farm in Vancouver.

As chair of the City's Persons with Disabilities Advisory Committee, Jill developed guidelines to open up community gardens to older people and those with disabilities. She coordinated the campaign to equip Vancouver's buses with lift systems, and she ensured that the City's Transportation 2040 Plan provides equality for seniors and people with disabilities. She's worked for the re-instatement of TaxiSavers, accessibility in housing co-ops and ferry docks, and the inclusion of people with disabilities in the Charter of Rights and Freedoms. Jill believes that people with disabilities can and should live in the community like everyone else, so she is working to ensure that new housing in Vancouver is accessible to everyone, that people with disabilities are not forced to live in institutions, and that no new institutions are built.

Jill Weiss is a gardener in the broadest sense of the word. She's planted ideas and projects that have flourished and made our city greener. Her gardens send out roots and tendrils that connect the citizens of Vancouver with each other and with the land that feeds and houses them.



JOYCE ROCK

In the company of almost thirty other Downtown Eastside (DTES) residents, Joyce Rock co-founded the Downtown Eastside Neighbourhood House (DTES NH) in 2005. In this community of 18,000 people, 70% of residents are low-income, +/- 700 are homeless and 5,000 are underhoused in Single Room Occupancy (SROs) hotels. Thousands of people of all ancestries, genders, ages and descriptions annually cross the DTES Neighbourhood House's threshold. The DTES NH was created by low-income, disenfranchised community members living harsh lives, and they identified the Right to Food as the most natural organizing mechanism around which to promote meaningful social, environmental, and cultural justice initiatives.

The DTES NH's Right to Food Initiative led to the creation of the Downtown Eastside Food Charter in 2010. Developed with the participation of hundreds of community members, it complements the City of Vancouver's own Food Charter. In 2009, Joyce co-founded the DTES Kitchen Tables Project in partnership with Potluck Café Society. Its goal is to transform the nutritional impact, quality, abundance and delivery of food across the Downtown Eastside. Based on a Community Economic Development model, it is designed to create employment for low-income DTES residents living with multiple barriers to traditional employment.

From sex workers to elders, had it not been for the inherent nutritional awareness and sheer courage of the average DTES resident, which Joyce witnessed during the years before the modern food movement finally acknowledged the low-income community's Right to Food, none of these initiatives would have ever seen the light of day. This is just one reason that Joyce situates Community Development as the natural home for those who either have no experience of belonging or have had their belonging ripped from them.

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REMARKABLE WOMEN

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SHIRLDENE REYNOLDS

Shirdene Reynolds says that though she's faced some challenges (like growing up in North Carolina in the 50s and 60s, and beating cancer), nothing is more challenging than cooking for kids. "Their taste buds are all over the place – somewhere between starch and sugar!"

As program cook at Britannia Services Centre Out of School Care Program, she appeals not only to the taste buds, but to the hearts and souls of children whose parents are working after school hours. Around 45 kids a day attend the program to socialize in a safe, secure environment, and, of course, sample the chef's diverse cultural cuisine. Shirdene feels that it is important for everyone to be exposed to different kinds of food and different ways of eating, so even when it comes to her native Southern style cuisine, she's happy to innovate. When asked to offer a vegetarian southern-style meal for the East FEAST micro-funding event, Shirdene was unfazed. She shipped in collard greens from California and now grows them in the OSC garden, a plot she cares for in her spare time, with the help of OSC kids. She has put her creative background in theater to good use here by making and installing mosaic stepping stones, again in collaboration with her young colleagues.

Whether it's soup for 500 or hot dogs for micro-footie, Shirdene is a can-do cook, a Pied Piper gardener, and an inspiration in the Britannia community. You'll find her in the OSC kitchen three mornings a week knocking up snacks for those discerning taste buds, and, as she likes to say, "We're not talking cheese and crackers here..."



STEPHANIE LIM

Through food skills workshops, urban agriculture initiatives, and community events, Stephanie Lim gathers neighbours of many ages and backgrounds to address food insecurity as a collective concern. These projects support community resilience, culturally relevant and sustainable eating, volunteerism and leadership development, and environmental stewardship.

The first member of her family to be born in Canada, Stephanie grew up in a diverse (and largely immigrant) Toronto neighbourhood. Her early experiences inspired a longstanding interest in food as a means of cultural continuity and transmission and raised questions about identity and belonging which underscore her work today.

As a University of Toronto student, she combined the interdisciplinary approaches of Linguistic Anthropology and Equity Studies to better understand power relationships and manifestations of inequality. Her current work builds on earlier research around the effects of colonialism and migration on our relationships with food. Recognizing food insecurity as the intersection of multiple forms of inequality, Stephanie views food primarily as a human right, while also honouring its many social, cultural, and historical dimensions.

Stephanie has been involved in community food work for many years, most recently as the Renfrew Collingwood Food Security Institute coordinator. She also sits on the Working Group of Neighbourhood Food Network Coordinators, which enables, among other things, a united voice with which to advocate for just food policies.

Being fortunate to work with people whose passion and gifts enrich community life, Stephanie gains something unexpected every day, from nutritional factoids to new insight into the depths of human kindness. She has lived in Vancouver since 2004, where she and her husband Jesse enjoy imagining the neighbourhood dogs' reaction to hypothetical backyard chickens.



HONOURING SQUAMISH NATION WOMEN WHO FEED THE PEOPLE

Katie Mathias

Arlene Guerrero and Ida Baker Hasler



Chantelle Peters, Julie Peters and Sarah Massey

Suzanne, Shayla Sandra, Shawna and Andrea Jacobs, Shelly Jacobs-Thomas and Jade Taylor



These photos represent only a few of those who come to heart and mind when community need requires a meal for a few or a large group of people. The traditional events of celebration, birth, marriage, and funeral rituals are still marked with the sharing of a good meal. Whether for a family in their home or for a large group of people meeting to discuss Squamish Nation business, these are some of the women called upon to prepare food for the occasion.

There are many trained chefs that do this work with family. Preparation is done with health and tradition in mind. Diabetics and anyone with health issues are always planned for. Some feasts are made up in large part from traditional foods like game and sea food sent as gifts from friends and family.

'I remember going with my grandmother when she'd bring soup or stew to a grieving family. She'd just do it... hear someone was in need and make something...soup, bread, anything and bring it to them. I'd go along... then I'd just have to sit quietly and listen as she spent some time there. I started cooking for the longhouse in 1961 and now my daughters and their daughters do too.' Andrea Jacobs

'We are honoring our mother's teachings. The first time we went with her to help was when I was 12 yrs old and Arlene was 10 yrs old. We went with our Mum to help cook for a wedding. People loved her cooking and would just ask her to come to do the cooking!' Ida Baker Hasler



'You just hear about it and go. You start out helping, like with Auntie Posie...she was always in the longhouse kitchen. Pretty soon, you go and you know what needs to be done and you just do it!' Katie Mathias

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REMARKABLE WOMEN

Honouring Women from Vancouver Communities involved in Reconciliation

The Vancouver Park Board's Remarkable Women poster series (2008-2014) honoured local women who made significant contributions to the arts, culture, food, sports, community and Reconciliation in Vancouver. To coincide with the Women Deliver 2019 Global Conference, the Park Board is proud to re-mount the original poster series to once again celebrate these Remarkable Women of Vancouver with a snapshot in time of their many accomplishments.



PHOTO BY ALEX GONZALES

ANGELA MARIE MACDOUGALL

Angela Marie MacDougall works to end violence against girls and women. For the last 23 years, her work as an advocate, front-line worker, activist, and trainer has brought an authentic voice of change to service and program delivery and community development.

Collaboration is central to Angela's work, and she believes that community development is key to changing social attitudes to violence against women. To this end, she has worked closely with diverse communities in Vancouver and across Canada, including Indigenous and recent immigrant communities. At the same time, she has initiated support services to respond to women's unique needs through their life cycles, considerably strengthening the matrix of services and community response.

Angela has particular expertise in the supervision of multi-racial, multi-ethnic environments within high crisis/trauma work settings. There is a long list of alliances that Angela has supported: Women's Leadership and Training Initiative in north coast/north west British Columbia; Urban Women's Anti-Violence Strategy (an alliance of women's organizations in Metro Vancouver); Alliance of February 14th Women's Memorial Marches (a grass roots effort raising awareness and seeking justice for missing and murdered Indigenous women in Canada); The Violence Stops Here (a campaign urging men to own their role in ending violence against girls and women); Engaging Non-Status, Refugee and Immigrant Women in the Legal System; SisterWatch (a collaboration between community and the Vancouver Police to end violence against women); Violence Against Women and Family Law (an initiative supporting the development of BC new Family Law Act through White Paper on Family Relations Act).

This Remarkable Woman is currently Executive Director of Battered Women's Support Services.



PHOTO BY LUISFELIPE BARRERA

ANNTUANETH FIGUEROA

Anntuaneth Figueroa is the Latin American Youth Worker at Britannia Community Services Centre.

She left her homeland, El Salvador, in terrifying circumstances when she was only four years old. Her father, Luis, took her across the United States border to escape the civil war and reunite with her mother, who was living there. They were caught and taken into separate custody. Anntuaneth will never forget the two endless weeks before her mother was able to post bail.

The reunited family settled in Dallas, where they found an organization that helps illegal families find permanent residence. They applied for refugee status in Canada, and in 1987, Vancouver became their new home and their dream of a better life in North America was finally realized.

Years later, Anntuaneth's father began volunteering at the Latin American Youth Program (LAYP) at Britannia. Anntuaneth spent many hours hanging out there while her father coached soccer, and thus her own volunteerism began. She volunteered at Killarney Community Centre and showed such outstanding aptitude and enthusiasm for the work that her colleagues encouraged her to train as a Youth Worker. She set her heart on becoming the Latin American Youth Worker at Britannia, and through hard work and schooling, she achieved her goal.

Today, Anntuaneth's program offers a safe, welcoming environment, especially for young newcomers struggling with living in a new country. Her weekly cooking program, Cocina Latina, provides great Latin American food, it's true, but conversation, music, and dancing are just as important! Anntuaneth also leads Spanish Clubs in four Vancouver high schools.

Anntuaneth's passion and work for her community is truly Remarkable!



DARLENE FRANCES POINT

Darlene Point is a residential school survivor. She entered the Convent in North Vancouver at the age of 5 and left at 18, in 1962. That same year, her brothers Eddie and Ernie just knew that if Darlene ran in the Pageant, she'd become the Buckskin Totem Princess of all First Nations. She ran, and indeed, she won!

Darlene plunged into the rich traditions of Musqueam, a culture rooted in commercial fishing. From canoe pulling to family sports, Darlene provides an unbreakable link in the ancestral chain, passing on knowledge from her mother and grandpa to her four children, her grandchildren, and her great grandchildren. She holds Musqueam ties through her mother, Mary Jane (Molly) Campbell; her brother Ernest served as Chief of Musqueam for 14 years; and her husband of 43 years, Gerald Point, was also of Musqueam ties.

Darlene spent over 7 years serving her people as a home care attendant with knowledge in diabetes and foot care; then in 2005, she became the first in her community to attend Langara Community College. During her practicum at Vancouver Native Health Society she learned about substance abuse, mental health, chronic disease, homelessness and poverty. When she received her Certificate in Hospice and Palliative Care, she was the only Band Member to have achieved this level of certification.

Darlene has responded to life's challenges (including breast cancer) by becoming stronger and wiser. A healer, a mentor to youth and a support to her Elders, four words define her spirit – *understanding, healing, empathy and strength*. She is indeed a Remarkable Woman.



PHOTO BY TIF FLOWERS

GWEN HAWORTH

Gwen Haworth has contributed to radical changes in public awareness about trans and gender-variant people.

During her Master of Fine Arts in film production at the University of British Columbia, Gwen created her multiple award-winning documentary, *She's a Boy / I Knew*. The film, which explores Gwen's gender transition through the voices of her friends and family, has played in over 100 film festivals across the world and is part of post-secondary curriculum in schools across North America. Recently, Gwen created four video installations for the Museum of Vancouver's exhibit *Sex Talk in the City*, capturing the stories of 30 diverse Vancouverites. She also directed *Real Stories, Real Lives* with RainCity Housing and Support Society, which explores the Housing First/Assertive Community Treatment model of providing housing and care to individuals struggling with chronic homelessness. She is currently the videographer for RainCity's mental health advocacy project entitled, *NEWS: New Evolution of Wise Storytelling*.

Gwen works at Vancouver Coastal Health as the LGBTQ2S educator for PRISM Services, facilitating workshops in colleges, shelters, hospitals, and non-profit housing. Since 2005, she has also worked part time within RainCity's low barrier housing, emergency and cold weather shelters. She volunteers on advisory committees for the City of Vancouver, Safe Choices, and on the Board of Directors for Out On Screen. In 2013, Gwen was invited by NDP Member of Parliament Niki Ashton to speak at the Women's Forum in Ottawa.

This tireless Remarkable Woman helps to make the world safer for trans people, not only in Vancouver, but around the world.

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PHOTO BY KEN VILLENEUVE

JUDY GRAVES

Judy Graves has spent over half her life working with Vancouver's homeless.

Overnight, she visited doorways, alleys, and parks in Vancouver, talking with people sleeping there. Daylight saw her at City Hall, advocating for their rights and telling their stories to anyone with the power to make a difference: politicians, bureaucrats, churches, community leaders, and service providers. Karen O'Shannacery, Executive Director of The Lookout Society, put it this way: "Judy was able to get buy-in, persuade the powers that be to do something. She made it personal, putting a face on people who were homeless."

As well as advocating for funding and shifts in policy, Judy worked with one homeless person at a time, guiding them toward services and income assistance and into secure housing. In 2005, she designed and piloted the Homeless Outreach Project. In the first two years, the project guided over 700 people from street homelessness to housing, and it continues today in over 50 BC communities. Since 2002, Judy has trained thousands of volunteers across the region to meet and interview their homeless neighbours for the Metro Vancouver Homeless Count.

Judy's work to support thousands of homeless people in Vancouver and beyond is respected by school children, citizens, and experts across Canada. She was awarded an Honorary Doctorate from UBC in 2009 and a Doctor of Divinity from the Vancouver School of Theology in 2013. She retired as the City's Advocate for the Homeless in the spring of 2013.

This Remarkable Woman has been "the conscience of our city," says Maxine Davis, executive director of the Dr. Peter AIDS Foundation, who defies anyone "to hear her speak and not be stirred to help make a difference."



PHOTO BY NORIKO NASU-TIDBALL

KEIKO HONDA

Keiko Honda was living a busy life in Manhattan when sudden illness confined her to a wheelchair. No longer able to pursue her busy career as a cancer research scientist at Columbia University, she relocated to the relaxed Dunbar-Southlands-Kerrisdale neighbourhood with her family...and learned to slow down.

She says that many of her caretakers and neighbours during this difficult transition were people she wouldn't have met in academia, or perhaps even noticed as she flew by them in her "go-go-go" life. She was so struck by the open-hearted compassion of these strangers that she decided to open her life to "spontaneous encounters." Since she and her daughter had enjoyed programs at the Kerrisdale Community Centre, Keiko joined the KCC board. Very quickly, the energy, intelligence, and determination that made her a great scientist were applied to the new work of building community.

True to her vision, Keiko now brings neighbours and friends together to share passions and discuss things that matter, such as art, intuition, the environment and social issues. She believes that community is as important as the joys of life-long learning. Her cultural salons have become so successful that the Vancouver Foundation recently awarded Keiko a small neighbourhood grant. Keiko is also editor-in-chief of *Kerrisdale Playbook* magazine, a community engagement initiative of the KCC, and a member of the Neighbourhood Matching Fund Advisory Board Committee of the City of Vancouver.

Keiko has not only found strength in adversity, she counts herself lucky to be where she is. Living a simple and balanced life that is constantly open to new surprises and wonders is "almost like opening a treasure box," she says. Truly, a Remarkable Woman.



LILA JOHNSTON

Lila Johnston is a bright light in the Squamish Nation community.

As 'Mum' to nine children she was a busy, active parent, and later, as her kids became busy with school, she worked for ten years at the Molly George Day Care. She is a mother, grandmother and great-grandmother, a loving aunt and a caring friend to our community elders.

Based upon her experience at the Kakawis Family Development Center, Lila supports the work of healing programs for women, family, and community. She has been an Elder Counselor to Langara Community College, Vancouver City College, and the Tsow-Tun Le Lum Society Healing Center. She has a 19 year history with the St Anne Pilgrimage in Saskatchewan.

Since 1990, Lila has been an integral part of the Ta na wa Xwniwn ta a ímats / "Teachings for Your Grandchildren" - the Squamish Language Elders Group who dedicate time to bring Skwxwú7mesh snichm, the Squamish language, to the younger generations.

Most recently, she sits in as Elder Advisor for the First Nations Court. As a lifelong parishioner at St Paul's Indian Catholic Church, she has worked in recent years to promote a positive relationship between the church and community throughout the Indian Residential School issues. Lila spends time visiting Squamish Nation members in hospital and bringing people who need help with transportation to and from medical appointments and hospital care. She has done this on a voluntary basis for 30 years.

Her kind good humor is a joy to all who share time with this Remarkable Woman.



PHOTO BY ALI LOHAN

RAVEN-WING (LORELEI HAWKINS)

Cross-culturally adopted when she was young, Raven-Wing (Lorelei Hawkins) is committed to helping people come back to their culture and feel that they belong. She believes in the possibility of change and Reconciliation and has volunteered her time to make the world a kinder place.

Educated with traditional teachings, Raven-Wing feels a responsibility to share her knowledge, especially with the young, including her own grandchildren and great grandchildren. She teaches simple truths – how to respect elders and how to respect oneself. She has helped many Vancouver street youth move on from destructive patterns, get clean, and live fulfilled lives. Often, the youth she has mentored have helped others in turn, creating a positive cycle of change.

Raven-Wing believes that people should know about aboriginal history, including the harms that were done – the sterilization of aboriginal women, suggested and forced abortions and forced adoptions of aboriginal children. She works to change the power imbalance between male and female and get back to aboriginal norms of mutual respect. It doesn't matter who you are, Raven-Wing will reach out to you. She believes that it takes everyone to make a difference, and that everyone is equal.

In 1986, Raven-Wing began teaching the Medicine Wheel Perspectives workshop at Carnegie Centre through the Cultural Sharing program. The workshops continue to this day, now at Raycam Community Centre through the Stepping Stone Vision. In 1981, Raven-Wing became founding Elder there.

Raven-Wing's work is all carried out on a volunteer basis. This Remarkable Woman regards it as a way to practice nonjudgmental compassion, and good, kind, gentle ways.

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SHEHNAZ HOZAIMA CAVEY

Born to parents from Israel-Palestine, Shehnaz Hozaima Cavey learned the kind of brokenness that conflict between ethnic, political, and religious groups can generate – a realization that set her feet early on a path of peace and reconciliation.

Shehnaz often tells how, even in the face of hardship, her parents advocated for the needs of others. Though her father died when she was only six, she remembered his work for community understanding and committed to carrying on his life's passion. As soon as she was able, she volunteered her time, and by the age of twenty, she was helping to coordinate conferences, lead seminars, and speak on behalf of the oppressed and marginalized - paying particular attention to the lives of women, children, and the elderly.

For the last ten years, Shehnaz has worked as a high school English teacher, regularly challenging her students to think and live in ways that honour a spirit of justice and compassion for all. When her teaching week is done, she volunteers in her West End community, helping out at neighborhood festivals, outreach programs, and seniors' care homes. For the past five years, she's served as first Vice-President of Vancouver's West End Community Centre Association, as board member of the Christian Teachers' Association of BC, as well as Chair of the local West End Children & Youth Programming Committee. In the summer of 2013, Shehnaz began pursuing studies in Mediation and Third Party Intervention through the Justice Institute of BC, and, soon afterward, committed to donating her new skills to help mediate and reconcile differences for those otherwise unable to afford the cost.

Though still young, this Remarkable Woman has already devoted much of what she does to nurturing wholeness and understanding amongst others, and continues to do what she can to help strengthen the bonds of healthy community life.



PHOTO BY AJIT GREWAL

SUKI GREWAL

For the last three decades (since Expo '86), Suki Grewal has worked in the pursuit of cultural harmony. Much of this work has been that of the classic grassroots activist – hours of unpaid community organizing that have slowly but surely changed the 'way things are.'

Suki obtained her master's degree in Nursing from the University of British Columbia, where she focused on the relationship among health and ethnicity, culture, immigration, gender, class, transnational identity and kinship ties. Her research resulted in several publications on the relationship between ethnicity and wellness. As a health care practitioner, Suki is a strong advocate for Canada's 'ethnic' communities at the local and provincial levels and has raised awareness of important health issues in the South Asian culture.

Within a broad framework of cultural harmony, Suki has helped to generate greater respect for distinct cultures in Vancouver. To this end, she has been pivotally involved in organizing a variety of festivals and events, including the *Sawan Mela*, the South Asian Festival, and the *Desi Dhamakaa* Festival, a cross-cultural extravaganza of music and dance. She is a founding member and long-standing president of the South Asian Family Association (SAFA) whose mandate includes the promotion of cross-cultural harmony and tolerance, the engagement of youth through programs of arts and culture, and the provision of annual scholarships to grade 12 graduates in the areas of Academic Excellence, Community Involvement and Excellence in the Fine Arts.

This Remarkable Woman has worked tirelessly to build strong bridges between East and West.



PHOTO BY JOSEPHINE A. CHOW

WINNIE CHEUNG

Winnie Cheung is dedicated to creating a truly inclusive and multicultural society. Born in Hong Kong, she was surrounded by both Chinese and Western cultures and learned several versions of Chinese, as well as English. She decided to become an intercultural bridge builder and came to Canada in this capacity.

She worked as Head of Financial Aid at the King Edward Campus of Vancouver Community College, removing linguistic and cultural barriers by having materials translated, training staff, and modifying policies. From there, she went on to become the first visible minority to be appointed as a Director within the Student Portfolio at the University of British Columbia. Here, Winnie created opportunities for international students, local students, government officials and hosting families to meet and get to know each other better.

Winnie volunteers on numerous committees to promote diversity. The boards she's served on include the Laurier Institution, the Vancouver Asian Heritage Month Society, Women Transforming Cities International, Canadian Bureau for International Education, but there are many more. She has co-sponsored conferences and workshops to promote anti-racism, human rights, and global citizenship. As someone who consistently brings First Nations history and perspectives into her work, she helped launch and shape the Vancouver Dialogues Project and was a volunteer for Reconciliation Canada. Winnie is also co-founder of the newly incorporated Pacific Canada Heritage Centre – Museum of Migration Society, which will capture the stories of those who came to Canada through the Western Portal.

Winnie's work as a cultural educator and builder of platforms and spaces for intercultural dialogues has made her a truly Remarkable Woman of Vancouver.



PHOTO BY KARI CHAMBERS

CARLEEN THOMAS

To *reconcile* is to weave a stronger brighter fabric from the unique and diverse strengths of the people. Over a lifetime of activism, Carleen Thomas has woven such a web, made from strands of compassion, understanding, and unity.

In a world where the haves and have nots are pitted against one another not knowing where the true battle lies, and the tattered remains of indigenous peoples' history have left a troubled path to walk, Carleen has persevered with patience, kindness, and love.

For over 16 years (eight terms), she's served on Chief and Council for the Tsleil-Waututh Nation, where she held the Community Development Portfolio. She has also been Tsleil-Waututh Nation Manager of Education and sat on NVSD 44 – Aboriginal Education Advisory Council, Integrated First Nations Police Unit – Joint Management Team, and the Community Engagement Hub on FN Health. She has been Tsleil-Waututh Nation representative on Nautsamawt Tribal Council and Tsleil-Waututh Nation Housing Committee Chair. She continues to represent TWN on the aboriginal advisory boards of North Vancouver School District #44, Capilano University, and Simon Fraser University. In all this work, she embodies the heart of Reconciliation as if it were living and breathing – treating everyone with respect, grace, and diplomacy.

For over a year, Carleen has worked as a member of Tsleil-Waututh Nation's Sacred Trust Initiative – their official opposition to Kinder Morgan Trans Mountain Pipeline expansion. Constantly on the road talking to any who will listen, Carleen honours the responsibility of aboriginal people to protect sacred mother earth for future generations.

She is a daughter, wife, mother, grandmother, auntie, niece, and sister, who hopes that her good work will affect change beyond her time here.

Carleen is a Remarkable Woman.

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