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Museum of
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BRINGING STORIES TO LIFE

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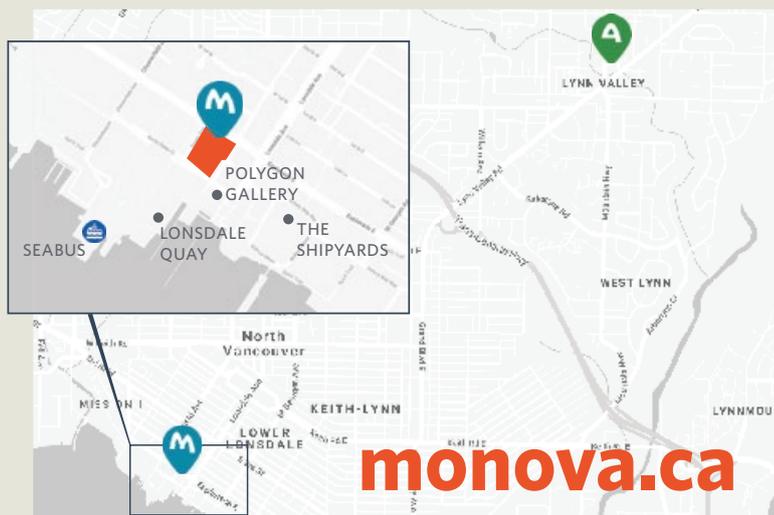
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MONOVA

SUPPORT PROGRAMS AT MONOVA

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With the mandate of “culture for all,” MONOVA: Museum of North Vancouver has created a fascinating and fun mix of programs designed to appeal to an audience diverse in cultures, interests and ages.

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SENSORY FRIENDLY MORNINGS

In February, MONOVA hosted its first Sensory Friendly Morning at the Museum of North Vancouver. These mornings provide a positive experience for visitors, by providing pre-visit information, altered light levels and display volumes for a calm, quiet sensory visit experience for children, their families and caregivers.

“MONOVA is creating museum experiences for all visitors, including those with autism. Our gift supporting Sensory Friendly Mornings makes a meaningful impact for children and families.”

AMES FAMILY FOUNDATION

COAST SALISH PLANTS AND GARDENS

Working with Indigenous Cultural Programmers and Indigenous plant growers, MONOVA’s Coast Salish Native Plants Gardens Program will enhance community spaces where visitors can learn about traditional medicinal plants and indigenous ways of knowing, fostering respect and understanding for First Nations practices, culture, and language. All community members will have the opportunity to develop an understanding and respect for Indigenous culture in a guided and educational way.

This project will provide ample opportunities for community involvement in the design, planting and maintenance stages and will consult, involve, collaborate, with MONOVA’s partners with the local Skwxwú7mesh (Squamish), and Səlilwətaɣ (Tseil-Waututh) Nations.



LEFT: MONOVA's *Sensory Friendly Mornings* has been designed for individuals who are on the autism spectrum and neurodiverse.

ABOVE: Indigenous Cultural Programmer Senaqwila Wyss.
Photo: Alison Boulier

JOIN THE FRIENDS SOCIETY—BECOME A MEMBER AND SUPPORT MONOVA

The Friends of the North Vancouver Museum and Archives Society (Friends Society) is a charitable and membership organization dedicated to developing awareness of the history of North Vancouver by supporting and raising funds for MONOVA.

The Friends Society invites you to get involved: Anyone can show their support by purchasing a Friends Leadership Circle Membership. Members enjoy a full range of benefits including an annual MONOVA pass and partial tax receipt.

- Friends Leadership Circle Members are the backbone of the Friends Society and enjoy a full range of benefits including an annual MONOVA pass and partial tax receipt.
- Donations can be made on-line at monova.ca/friends
- Or by mail: 3203 Institute Road, North Vancouver, BC V7K 3E5

MONOVA relies on contributions, monthly or one-time gifts, to help safeguard and expand our community's archival and museum collections, build learning experiences and inspire future generations. Donations are accepted through the Friends of the North Vancouver Museum & Archives Society.

LEARN MORE AND GET INVOLVED

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Friends Society Directors at MONOVA: Museum of North Vancouver. Back row, from left: Terry Hood, John Lakes, John Gilmour, Indigenous Policies and Practices Advisor Latash Maurice Nahanee, MONOVA Director Wesley A. Wenhardt, Ken Izatt. Front row, from left: Former MONOVA Director Nancy Kirkpatrick, Robert McCormack, Joan Fleischer, Mina Mashhour, Donna Oseen and Terry McAlduff. Photo: Alison Boulier

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“CHILDREN OF ADAM”

In the medieval period, “Sa’adi”, an Iranian poet from Shiraz, wrote a poem that now stands on a wall at the United Nations building eight centuries later. It reads:

“Children of Adam are limbs of one body,
As they have been created of one essence.
When the hardship of time wears one limb out,
The other limbs cannot rest.
If You feel no sympathy for the ones who suffer,
You don’t deserve to be called a Human.”

“Sa’adi” is known for the quality of his writing style as well as the depth of his thoughts. In the early 13th century, he tried to establish the importance of unity of mankind regardless of social class, country of origin, and race. The issues we are still dealing with, presently in the 21st century.

Seemingly as modern Children of Adam, we simply don’t believe that we are of one body. We keep forgetting that we are of one essence, black, white, brown. We tend to be willfully blind to our neighbors’ hardship. And yet, with just 10% of the world’s military spending, poverty and hunger can be eradicated from the world forever in 15 years.

Hundreds of billions of dollars a year are needed to tackle climate change, the greatest threat to humanity. That is less than %10 of the world military budget.

These numbers show that human values are still attainable. We only need to imagine.... Imagine a world as one body. Imagine a community that feels for each other. Imagine the earth in peace! Imagine ...

Mehnoush Shahbandi
Editor-in-chief



Front Cover: MONOVA: Museum of North Vancouver’s Indigenous Cultural Programmer Senaqwila Wyss (centre) with Lily Wyss (left) Kamaya Leo (right) in front of cedar carving of Sch’ich’iyuy (The Two Sisters) by Skwxwú7mesh (Squamish) carver Wade Baker. Photo: Maxine Bulloch

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Museum of North Vancouver

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KNOW BEFORE YOU GO

MONOVA: Museum of North Vancouver is **now open** at 115 West Esplanade in The Shipyards, Thursday to Sunday from 11:00am to 5:00pm. Plan your visit at monova.ca.

The Museum is **easily accessible** by bike, public transit and the Seabus. Bicycle and car parking is available in various locations throughout The Shipyards.

The Museum is **wheelchair accessible**, with wheelchair accessible washrooms and baby changing facilities. Assistance dogs are welcome.

Free admission for people who self-identify as Indigenous.

Located at 3203 Institute Road in Lynn Valley, MONOVA: Archives of North Vancouver is open by appointment. Book your appointment at monova.ca/archives

IT'S OFFICIAL! MONOVA: MUSEUM OF NORTH VANCOUVER IS OPEN TO ALL

BY SANDRA THOMAS

MONOVA: Museum of North Vancouver Director Wesley A. Wenhardt says while COVID-19 presented some extra challenges in finishing the 16,000 ft² museum, the team was determined it would open in 2021.

"The project could never have come together as it did without the hard work of staff and volunteers, private and public partnerships, assistance from both the City and District of North Vancouver, and more," says Wenhardt, who adds that years of meaningful discussions with community members and Indigenous leaders were also a huge part of the process.

On December 4, 2021, Wenhardt gathered with MONOVA's municipal partners, Indigenous friends and colleagues from the Sḵw̓x̓wú7mesh and Səlilwətaɣ Nations, members of the Friends Society and Commission, Polygon Gallery and many more, to officially open the doors to this museum (115 West Esplanade), more than 50 years in the making.

Commission Chair Dee Dhaliwal, was also in attendance.

"The amazing work it took in the past year to open the museum has to be put into context of the decades of hard work it took the different people who handed the baton to those running the final leg," says Dhaliwal.

She notes that while COVID was an added challenge, it wasn't insurmountable.

"It wasn't ideal, but everyone was focused on trying to get this to be as inspiring a space as possible," says Dhaliwal. "Everything about its design just energized the group and COVID wasn't going to stop that."

Meanwhile, Wenhardt hopes the new programming now on offer at MONOVA will entice more residents and visitors to check out the museum, located in the heart of the Shipyards District.

"We don't want to be a community centre, we want to be the centre of the community."

On December 4, 2021, MONOVA: Museum of North Vancouver officially opened at 115 West Esplanade in The Shipyards. Dee Dhaliwal, Don Bell, John Gilmour, Bowinn Ma, Mayor Linda Buchanan, Latash Maurice Nahanee, Mayor Mike Little, Carleen Thomas, Bob McCormack and Greg Holmes were on hand for the official ribbon cutting. Photo: Alison Boulier.

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NVMA Commission Chair Dee Dhaliwal, Skwxwú7mesh Nation Chairperson Khelsilem Tl'aḱwasikān, Tsleil-Waututh Nation Elder Carleen Thomas, and Museum Director Wesley A. Wenhardt sign the historic agreements at the new Museum of North Vancouver, 3 December 2021. Photo: Alison Boulier

RELATIONSHIP BETWEEN MONOVA AND LOCAL FIRST NATIONS STRENGTHENED BY MEMORANDA

BY SANDRA THOMAS

Sheryl Rivers, who helped develop MONOVA: Museum of North Vancouver's Indigenous Voices Advisory Committee in 2015, says it's no surprise the museum responded to the Truth and Reconciliation Commission with its own calls to action, including the creation of Memoranda of Understanding with both the Skwxwú7mesh (Squamish) and Səlilwətaḱ (Tsleil-Waututh) Nations.

In June 2015, the Truth and Reconciliation Commission (TRC) presented the executive summary of its findings, including 94 "calls to action" to further reconciliation between Indigenous peoples and all Canadians.

"I've been brought to tears by the support and respect at the [board] table and appreciate the support of the City of North Vancouver, who stepped up even before the Truth and Reconciliation Commission announced the calls to action," says Rivers.

Rivers adds the committee was instrumental in transitioning MONOVA's informal relationships with the Skwxwú7mesh and Səlilwətaḱ Nations, into a more formal and structured partnership through the development and signing of



Indigenous Cultural Programmer Tsawaysia Spukwus (Alice Guss) providing a welcome to the new Museum of North Vancouver, 3 December 2021. Photo: Alison Boulier

Memoranda of Understanding (MOU) with the Nations.

On Dec. 3, 2021, the day before the official opening of the new Museum of North Vancouver, the MONOVA team invited members of the Skwxwú7mesh and Səlilwətaḱ Nations, including Khelsilem Tl'aḱwasikān, Chairperson at Skwxwú7mesh Nation, and Carleen Thomas, Elder from Səlilwətaḱ Nation, to a signing ceremony.

"This is the first of the public museums in our territory that we've developed a protocol agreement and MOU with," notes Khelsilem Tl'aḱwasikān. "There are a lot of belongings that exist out there in the world somewhere that were either bought or taken at some point that we want to see returned. And it's through these relationships with these public institutions that we're able to work together to achieve repatriation, so those belongings can come home to our people."

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Memoranda of Understanding made official at a signing ceremony in December 2021

GOALS OF THE AGREEMENTS

Signed under the Coast Salish welcome circle at the new museum, the memoranda outline a path to work together, with a focus on meaningful cultural sharing of knowledge as a way to create a more informed community on the North Shore. The long-term goals are to improve communication between MONOVA and the Skwxwú7mesh and Səlilwətaɣ Nations, and to understand, respect and follow appropriate protocols that will in turn lead to a strengthened relationship.

The shared purposes of the MOU agreements are as follows:

- Create spaces to share stories from the Nations
- Repatriation support
- Support for Coast Salish art
- Collaboration with the Archives of North Vancouver
- Understanding and respect for protocols
- Support exhibit development
- Compensation for community involvement
- Support for language revitalization
- Create more opportunities for Indigenous programming

“When this new Museum was just a vision, and I was asked to be a part of it, I had the opportunity of collaborating with Sheryl Rivers, Chief Janice George and Carleen Thomas, Latash Maurice Nahanee and other Nation members to take a relationship that had been pretty informal and help make it more meaningful and strategic,” says Indigenous Voices Advisory Committee member Terry Hood. “It took many years to develop these Memoranda of Understanding. They’re powerful documents, jointly created at a time of national and local reckoning with our history, and they represent just the beginning of what is possible.”

Admission to the Museum of North Vancouver is free for those who self-identify as Indigenous.



ABOVE: Local Indigenous artist Wade Baker and MONOVA's Program Coordinator Carol Ballard were on hand for the signing ceremony. Photo: Alison Boulier

BELOW: NVMA Commissioner Sheryl Rivers providing a welcome to the new Museum of North Vancouver, 3 December 2021. Photo: Alison Boulier



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LEFT AND ABOVE: *Tea time at Kojia Cafe at 239 St. Georges Avenue in North Vancouver. Photo: Ibrahim Ahmed Chowdhury*

BELOW: *Serving a warm bowl of Aash Reshteh, a popular Iranian noodle soup dish. Photo: Ibrahim Ahmed Chowdhury*

IRANIAN FOODWAYS AND CULINARY TRADITIONS ON THE NORTH SHORE

BY SANDRA THOMAS

Stroll through any of the dining/shopping districts that make up life in North Vancouver and you'll find it hard to resist the hints of turmeric, cardamom, cinnamon, saffron and lemon wafting from the entranceways of the community's many Iranian restaurants and spice shops.

The variety and choices of Iranian dishes, groceries, baked goods and spices available are as vast and multicultural as the regions of Iran from where these shop owners, chefs and bakers hail.

Which is just one of the reasons Nazmi Kamal, an instructor of Capilano University's School of Tourism and Outdoor Recreation, has launched a multi-faceted project called, "Cuisines of Diaspora: Expressions of Iranian Foodways and Culinary Traditions." "Diaspora" is a word used to describe a group of people who live outside of their homeland, either involuntarily or by migration.

Once complete, the project will eventually include the creation of North Shore's first Iranian food guide. To that end, information is being gathered through interviews, photography, submitted photos and recipes, home cooking demonstrations and hours of research.

"These places have so much more to offer than simply a pastry. Not to downgrade good pastry, but they also have Iranian art hanging on the walls and are places to gather," says Kamal. "They're important."

While the guide was initially meant to simply inform the public about the Iranian food available on the North Shore,

it's now grown to become a resource to help Iranians and non-Iranians, residents and tourists find culturally specific food spaces.

Another important finding of the project so far, is just how common the act of sharing and eating food together is within the Iranian community, from busy markets to

bakeries and fine-dining restaurants to cafes.



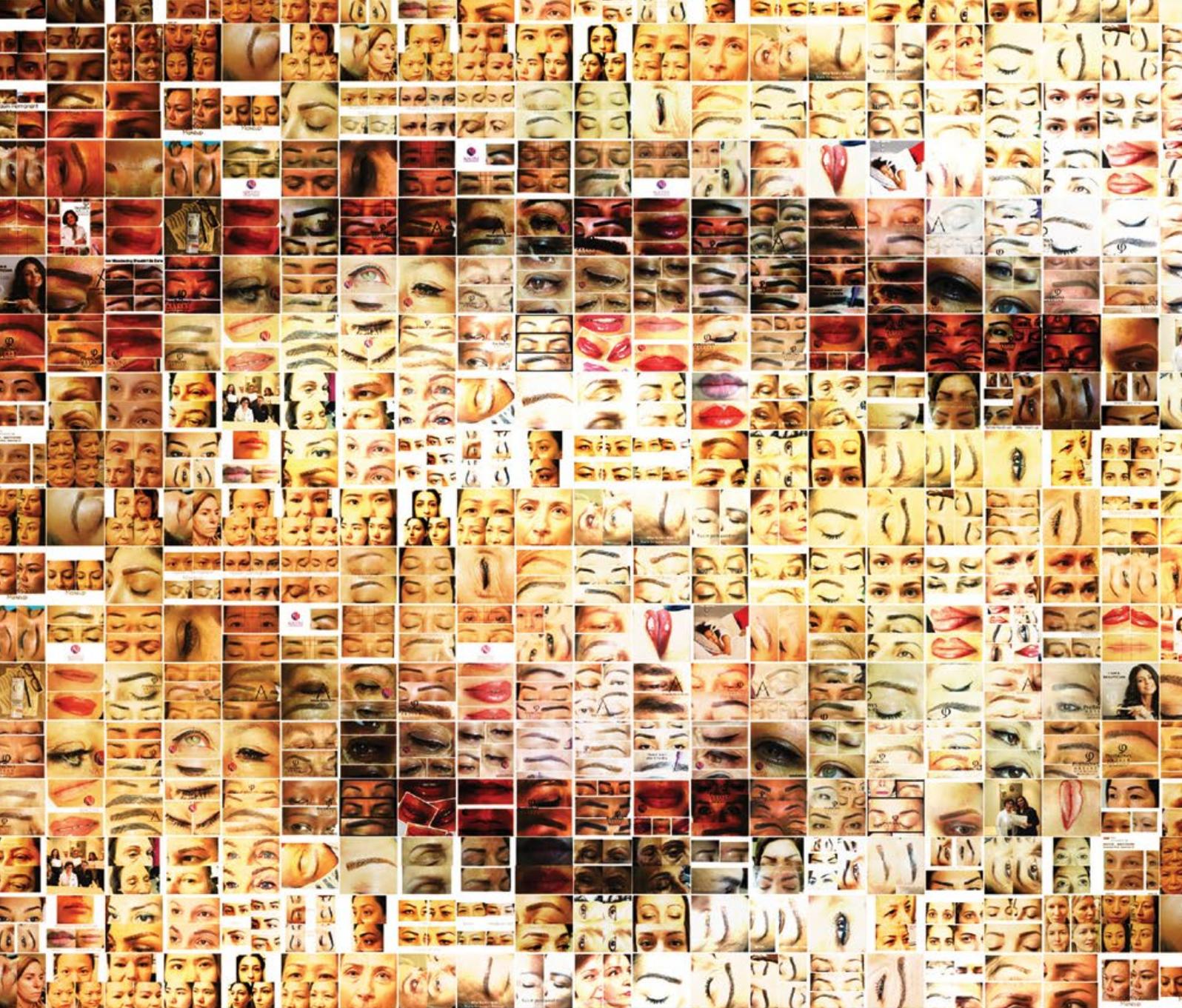
Kamal notes while he did receive some funding to hire two Capilano University students to start the project, more financial help is needed in order to get this important work finished.

"I'll continue working on this project beyond its original time and funding resources to make sure it's shared

with the community," says Kamal. "Some additional areas of funding may be available through Cap U to me to make that happen. But regardless, it is a project to be fulfilled and with the help of MONOVA, I am seeing that already."

Kamal is partnering with the programming team at MONOVA to offer some special events at the Museum of North Vancouver, which could include a mobile photography exhibit, guest speakers and, of course, tastings.

"I'm very happy that MONOVA is willing to collaborate in that way," says Kamal.



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ARCHIVES OF NORTH VANCOUVER IS A WEALTH OF LOCAL INFORMATION

BY SANDRA THOMAS

A photography exhibit on display both online and at MONOVA: Archives of North Vancouver (3203 Institute Road), spans 150 years and showcases vintage prints rarely seen by the public before.

The photographic materials presented in *An Archival View: History of Photography on the North Shore (1860-2021)*, include daguerreotypes, tintypes, albumen prints and more.

MONOVA Archivist Jessica Bushey says the extensive exhibit is the result of a 2021 collaboration between the Archives of North Vancouver and visiting scholar Emily Sylman, a masters student in the School of Image Arts at Ryerson University.

Curated by both Bushey and Sylman, the exhibition is being featured as part of the annual Capture Photography Festival, taking place in various locations across Greater Vancouver now through the end of April. As part of the curatorial direction, *An Archival View* acknowledges that as a result of past institutional collecting practices, many North American photography exhibitions have been told primarily through a "colonial, white-settler lens."

One of the aims of this exhibition is to reveal the notable absence of recorded information about women and Indigenous people – both in front of the camera and behind. The curators ask audiences to critically engage with the photographs in this exhibition and ask questions about their creation, use and preservation.

In developing the exhibition, consultation with MONOVA's Indigenous Cultural Programmers assisted in piecing together possible histories about selected images. For example, a self

New photo exhibit spans 150 years and showcases vintage prints from the Archives

portrait of Squamish Nation leader Chief Mathias Joe Capilano (1854-1910), appears to be taken in a photo booth, but no date or event was recorded with the photograph.

Unravelling these mysteries ignites discussions about privilege, power and the role of community archives in preserving historical evidence. The exhibit also presents a history of photographic processes and prominent photographers working on the North Shore over the past century, such as Jack Wardlaw.

Bushey reflects on the evolution of the Archives of North Vancouver, from its start as the North Shore Museum and Archives in the early 1970s at the historic Pacific Great Eastern (PGE) Railway Station, to its establishment as the North Vancouver Museum and Archives in the late 1990s at Presentation House Arts Centre.

In 1996, the enactment of the North Vancouver Museum & Archives Commission, provided the structure to expand the organization's scope. Today, the Archives is home to public records of the District and City that were selected for their long term historical value, as well as donations of archival photographs and textual records from private individuals. But before you rush off to the Archives with your box of old photos, Bushey cautions that there are rules as to what they can, and cannot accept, all of which includes a legal contract.



LEFT: [Chief Mathias Joe Capilano in a self-portrait photo booth], date unknown, gelatin silver print, NVMA #16132



RIGHT: Unknown photographer, [Verity Sweeny dancing in studio], date unknown, gelatin silver print, NVMA F103-S1-F1.8



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ABOVE: MONOVA: Archives of North Vancouver is located in the century-old Fourth Lynn Valley School in the District of North Vancouver. Photo: Alison Boulier

"We also follow a geographic boundary, so we could never accept anything from Burnaby," says Bushey.

Bushey says the majority of people drawn to the Archives want to learn about the North Shore and the way history has unfolded in the region. They're also curious about notable residents, including African-Canadian Olympic athletes Harry Jerome (1940 to 1982) and his sister Valerie Jerome, who today is an educator and political activist.

"Visitors might also be interested in the history or the impact of logging, or whether a family member worked at the Burrard Dry Dock," says Bushey.

She adds that new home owners are particularly interested in the genealogy of their house or property. Of note, Bushey has only had one inquiry about whether or not a particular property was haunted.

She adds, photographs are an unlimited wealth of historic information because they can be used to prove everything from political relationships, to what a building looked like before it was torn down, to details regarding local First Nations, such as their clothing of the day.

"The information we house at the Archives is really unlimited," says Bushey.

Keeping with changing protocols, MONOVA: Archives of North Vancouver is currently open by appointment Monday to Thursday, but their online database is available 24/7.

For more information visit monova.ca/archives



LEFT: Reference Historian Daien Ide in the Archives' Reading Room, currently accessible by appointment only. Photo: Alison Boulier



BELOW: Researchers can visit the Archives of North Vancouver by appointment Mondays to Thursdays. Photo: Alison Boulier

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ABOVE: Actor-Interpreter Charlie Cook leading participants through Science Shows: Tree Talks at MONOVA: Museum of North Vancouver. Photo: Maxine Bulloch

LEFT: CityStudio North Vancouver students toured the new Museum of North Vancouver in October 2021 to design content for popular social media platforms like TikTok. Photo: Alia Youssef

NEW MUSEUM OF NORTH VANCOUVER OFFERS 'CULTURE FOR ALL' — INCLUDING TIKTOK FOLLOWERS

BY SANDRA THOMAS

When staff at MONOVA: Museum of North Vancouver began brainstorming programming ideas several years prior to the museum's opening Dec. 4, 2021, they decided on a mandate of, "culture for all."

With that in mind, the team has created a fascinating and fun mix of programs designed to appeal to an audience diverse in cultures, interests and ages — including fans of social media.

Carol Ballard, Program Coordinator for the Museum of North Vancouver, says to ensure programs for all, it's making a concerted effort to reach children, students and young adults.

To that end, MONOVA launched a TikTok channel in partnership with students from nearby Capilano University, and also offers a variety of online programs and events. MONOVA's Connections Speaker Series transitioned from an online to an in-person event in March and will deliver interesting topics for all ages.

"We will continue to roll out a variety of programming to attract a variety of audiences, including our Campfire Capers for preschoolers," says Ballard. "We want to engage a wide range of the public."

In keeping with the Museum's mandate of, "culture for all," another important program in development is, "New Voices," which will diversify MONOVA's volunteer group by encouraging newcomers to get involved while also learning the history of North Vancouver. Newcomers will benefit by gaining important work experience and, perhaps more crucially, help them make a connection with their new community.

One program already underway is MONOVA's Sensory Friendly Mornings, an exclusive visiting time for families and individuals who benefit from less noise in the galleries and quiet activities developed with them in mind.

Ballard notes MONOVA staff is currently working on in-depth programming for Indigenous History Month on the North Shore, which takes place in June, alongside the museum's Indigenous Voices Advisory Committee.

Sheryl Rivers, a member of the North Vancouver Museum and Archives Commission, helped create the committee six-years ago.

Rivers says it was decided early on that a cultural advisor would be included in every step of the development of the new museum, including its programming. Tsawasiya Spukwus (Alice Guss)



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LEFT: Indigenous Cultural Programmer Senaqwila Wyss drums for children at Campfire Capers at MONOVA: Museum of North Vancouver. Photo: Maxine Bulloch



RIGHT: Campfire Capers is a preschool story-time program for children aged 2-5 focused on different themes. In each 30-minute program, children will learn about a topic, read a story, sing a song, look at a special museum object and do a fun activity. Photo: Maxine Bulloch



Programming at MONOVA: Museum of North Vancouver has been created to engage all cultures and ages

and Senaqwila Wyss are in charge of Indigenous programming for the Museum.

Rivers says those meaningful consultations between MONOVA and local First Nations helped create a model she believes other museums should be looking to for guidance.

"I think it can educate other museums on how to integrate rather than segregate," says Rivers. "I'd like to give a shout-out to the current staff, they've done an amazing job of bringing everything to life. This is important to me. I feel like I'm following my purpose so I'll do whatever I can to support them."

Laurel Lawry, Manager of Business Operations for MONOVA, says staff, including the guest services team, has worked very hard to ensure diverse voices are represented in all programming, including using surveys as a way to gather input from the community. That information has been and, will continue to be, used to decide on the programming offered.

"It helps us decide what type of programs to run, when we run them and how we deliver them," says Lawry. "We want the community to learn about the museum and interact with programs and exhibits in a really meaningful way. Programming is very much at the heart of everything that we're doing and everything we want to achieve over the next year."

For more information on the programs and events offered at MONOVA, visit monova.ca.

Have a story idea, old photographs or historic artifacts you'd like to share?

The team at MONOVA would love to hear from you. You can reach them by phone at **604-990-3700 (ext. 8007)** or at info@monova.ca to share your thoughts. Your ideas and stories will help inform future programming and exhibits at MONOVA.



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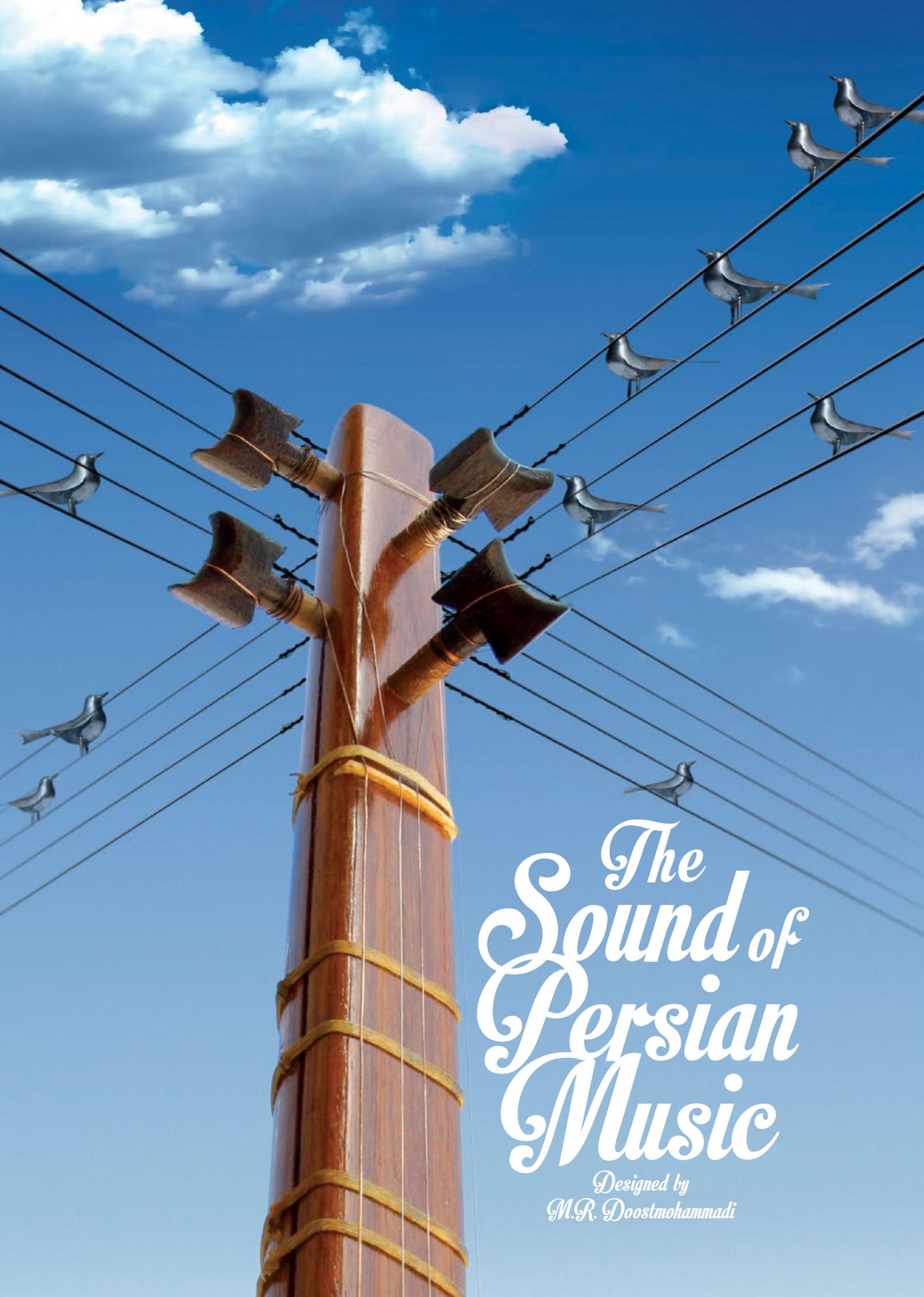


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The Sound of Persian Music

*Designed by
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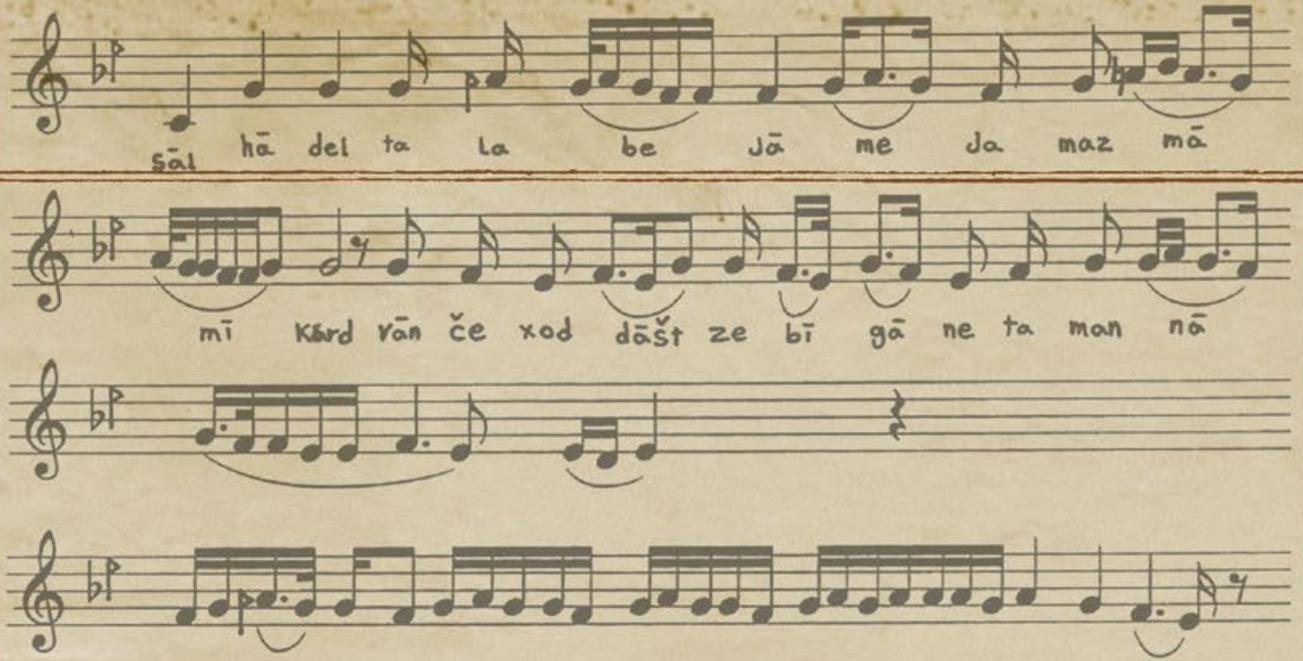


Iranian traditional music (also called Persian classical music) is the native music of Iran and Persian speaking countries. It has its own special science and arts as well as sound and performance. The origin of this music goes back to ancient Iranian music. It has a history of at least 4000 years. The Greek historian, Herodotus, who lived about 2500 years ago, wrote about the importance of music at the ceremonies in the ancient Persia. Barbad, the great musician of the 7th Century (A.D.), created the first musical system in the Middle East. Sarkad, Ramtin and Nakissa are the other great musicians of the ancient time.

Iranian classical music relies on both improvising and composing. When you improvise music, you invent it from your imagination while you are playing. But when you compose music, you write it first to be played later. Iranian traditional music is based on a series of modal scales and tunes which must be memorized. In the past, those who wanted to learn this music had to visit the masters and get lessons from them. That was a traditional way of learning. But during the 20th Century, most of the music education moved to universities and conservatories.

Repertoires of more than two hundred series (radifs) are each divided into short melodic movements called gushehs,

*The
Sound of
Persian
Music*



The Sound of Persian Music

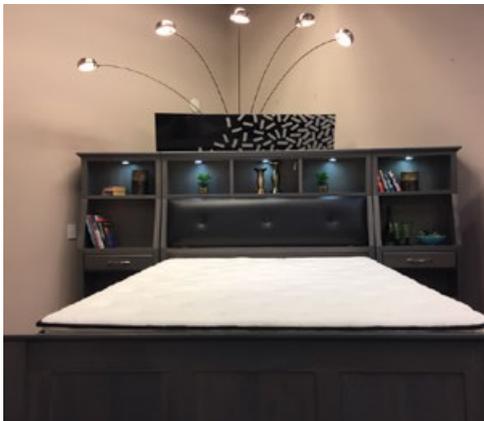
which are themselves divided into twelve dastgahs. Each gusheh and dastgah has an individual name. A typical performance consists of a pishdaramad (pre-introduction or more appropriately prelude), daramd (introduction), tasnif (song), chaharmezrab (rhythmic), reng (movement), and a chosen number of gushehs. The gusheh and daramad are non-metric and rhythm-free, while the tasnif, pishdaramad, reng and chaharmezrab are rhythmic.

Books written by Iranian musicologists, such as Farabi's *The Great Book of Music*, have influenced the music culture throughout the Islamic world. Iranian music has influenced the music of various countries greatly since the Sassanid's era. This provides the reason why melodies within the classical music of Turkey, Syria, Iraq and Egypt bear the names of some Iranian modes.

Iranian traditional music is vocal based. The vocalist plays the most important role; he decides what mood to express and which dastgah is related to that mood. In many cases, the vocalist is also responsible for choosing the poems (usually by Saadi or Hafez) to be sung. The singer is accompanied by at least one wind or string instrument, and at least one type of percussion. Traditionally music is performed while seated on finely decorated cushions and rugs. Candles are sometimes lit.



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CHESS vs. BACKGAMMON

GAMES OF OPTIONS AND OBLIGATIONS

Mehrnoush Shahbandi



What is life rather than a game of options and obligations? You are free to choose your job, your clothes, whether to marry or not, and many more! However, there are also a lot of things for which you have no choice! Nobody can choose their parents and their time of birth. You don't have any control over how you look, the country you were born in and the language you speak as your mother tongue! But this amazing quality makes life livable and interesting, the quality that is taken into many games.

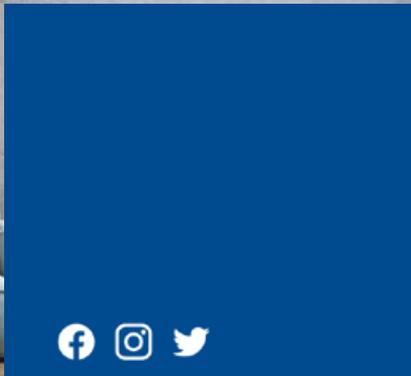
Chess and backgammon are two counterparts of choice and obligation. You choose your strategy and move in chess, and you might win, but you can't win in backgammon if the dice don't like you. The obligation of the dice plays it! Backgammon, which is about 5000 years old, is one of the oldest games in existence. It is still played in many countries. The first dice, made from human bones, was found in the country now known as Iraq. The ancient Egyptians played a game called Senet, which resembled backgammon, with moves controlled by the roll of dice. The board, with its twenty-four points and thirty checkers (or pieces or men) has been around for a long time, but the game has not always been called backgammon. The Romans were the first to make it truly popular with their version called "Duodecim Scripta et Tabulae" or "Tables" for short. Emperor Claudius, who had a special board made on the back of his chariot, played the game to get rid of the boredom of long journeys. Emperor Nero was a keen



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gambler. Each of his games was for what is equivalent of \$10,000. We actually don't have any record of what happened to his opponents if they lost!

All the games can be tracked by looking into ancient art and literature, and Backgammon is no exception. In Chaucer's *Canterbury Tales*, and in *Love's Labour's Lost* by Shakespeare, are the lines and verses about Backgammon: "*They daucen, and they pleyen at ches and tables.*" Not until 1645, there was no print record of the game. We are not sure where the game came from, but most scholars agree that it is very likely that it comes from the Middle English *baec* = back ad *gamen* = game.

According to Wikipedia, "Chess is a two-player strategy board game played on a checkered board with 64 squares arranged in an 8x8 grid. The game is played by millions of people worldwide." The history of chess goes back almost 1500 years ago. The game originated in northern India in the 6th century AD. The game was called *Chaturanga*. Later, by the 7th century AD, it spread to Persia, where a more modern version of it was created and called *Shatrange*. When the Arabs

invaded Persia, chess was taken up by the Muslim world and subsequently, through the Moorish conquest of Spain, spread to Southern Europe. The pieces assumed their current powers in Spain in the late 15th century; the modern rules were standardized in the 19th century. The queen is the most powerful piece in the game of chess, able to move any number of squares vertically, horizontally or diagonally. Because the queen is the strongest piece, a pawn is promoted to a queen in the vast majority of cases.

In Europe, the moves of the pieces changed in the 15th century. The modern game starts with these changes. In the second half of the 19th century, modern tournament play began. Chess clocks were first used in 1883, and the first world chess championship was held in 1886. The 20th century saw advances in chess theory and the establishment of the World Chess Federation. Chess engines (programs that play chess), and chess database became important. These two board games have been popular and played for such a long time that everybody hardly thinks of the hidden life philosophy which lies within the games.



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The doors of Saatchi & Saatchi Fine Jewellery first opened up on Robson Street on April 16, 1989. With five generations in the jewellery business, Mr. Ali Saatchi opened his first Vancouver location alongside his youngest son, Julio, and only daughter, Dina. Julio began working in the family business at the age of 17, coming into work after school and on the weekends. He was dedicated to helping his father's business flourish, and together the team of three worked tirelessly to get to where they are today. In July 2016, Julio took over the family business from his father and continues to work alongside his sister. What started out as a small store, will now be celebrating its 29-year anniversary in this coming year. Saatchi & Saatchi Fine Jewellery has a client base of tourists, as well as many locals who continue to come since the business' initial opening. Julio shares many fond memories with past and present customers. In particular, he tells the story of a couple who he originally met in 1992, who came to the store to buy their engagement and wedding rings. 23 years later, the son of that couple came in to buy his engagement rings for him and his partner. The company slogan "Let us create your family tradition" rings true! Julio explains that customers have become like family. From meeting a client's first-born child to then helping find their perfect graduation gift, the store holds many longtime customers.

Saatchi & Saatchi Fine Jewellery specializes in fine jewellery diamonds, precious stones, gemstones, gold, and silver. They travel around the globe to attend all major jewellery shows in order to bring their customers the most exquisite, one of a kind, and latest jewellery designs. This year, the jewellery store launched their brand new line of Saatchi Swiss watches.

From his hard-working beginnings of balancing his life with the family business, Julio has been able to successfully carry on the legacy of five generations and continues to be an inspiration for his children to do the same.



Wake Up to a Pleasant Breakfast

If you are one of those people who care about their health, you shouldn't miss the most important meal of the day, your breakfast! Studies show that breakfast-eaters improve their physical and brain functionality when they ingest their morning meal regularly. There are countless benefits in eating a well-prepared breakfast and start a productive day.

Fuel Your Empty Tank

No engine starts working without fuel, neither does your body. To push your body to have a great start you need to take some minutes to provide fuel for it. Working on an empty stomach leaves you with feelings of fatigue and out-of-sorts.

Boost Your Brain Power

Studies suggest that eating breakfast can help children to be more alert with better concentration and memory, to have stronger problem-solving ability and higher test scores, and of course, to have a happier mood. For adults, eating breakfast means to be more active and consequently more productive which totally ends up being more successful.

Improve Your Metabolism

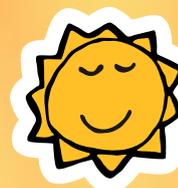
A nutritious breakfast helps regulate insulin levels. A whole-grain meal in the morning including cereals, bread, dairy products, and fruits facilitates metabolism. It is proven that children and adults who eat breakfast on daily basis are less possible to suffer from overweight or obesity. At the same time not being overweight can guarantee a healthy heart. Taking enough soluble fiber reduces the cholesterol level in the blood and prevents heart diseases.

All in all, to have a better body shape, healthier heart, stronger bones, and smoother digestion, try to start your day with breakfast. It doesn't have to be big; it only needs to be complete.

Written by Maryam Khalighi



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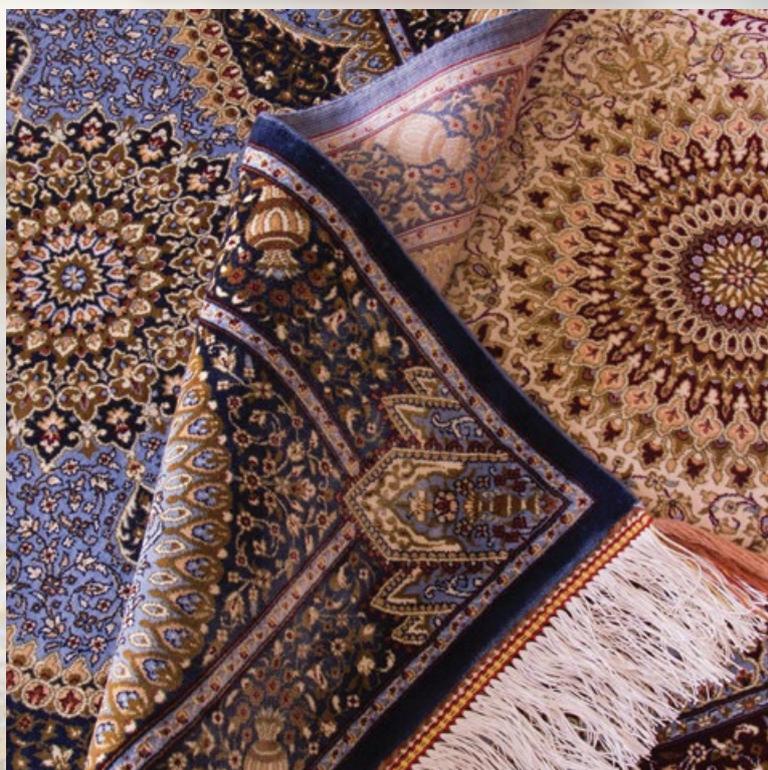
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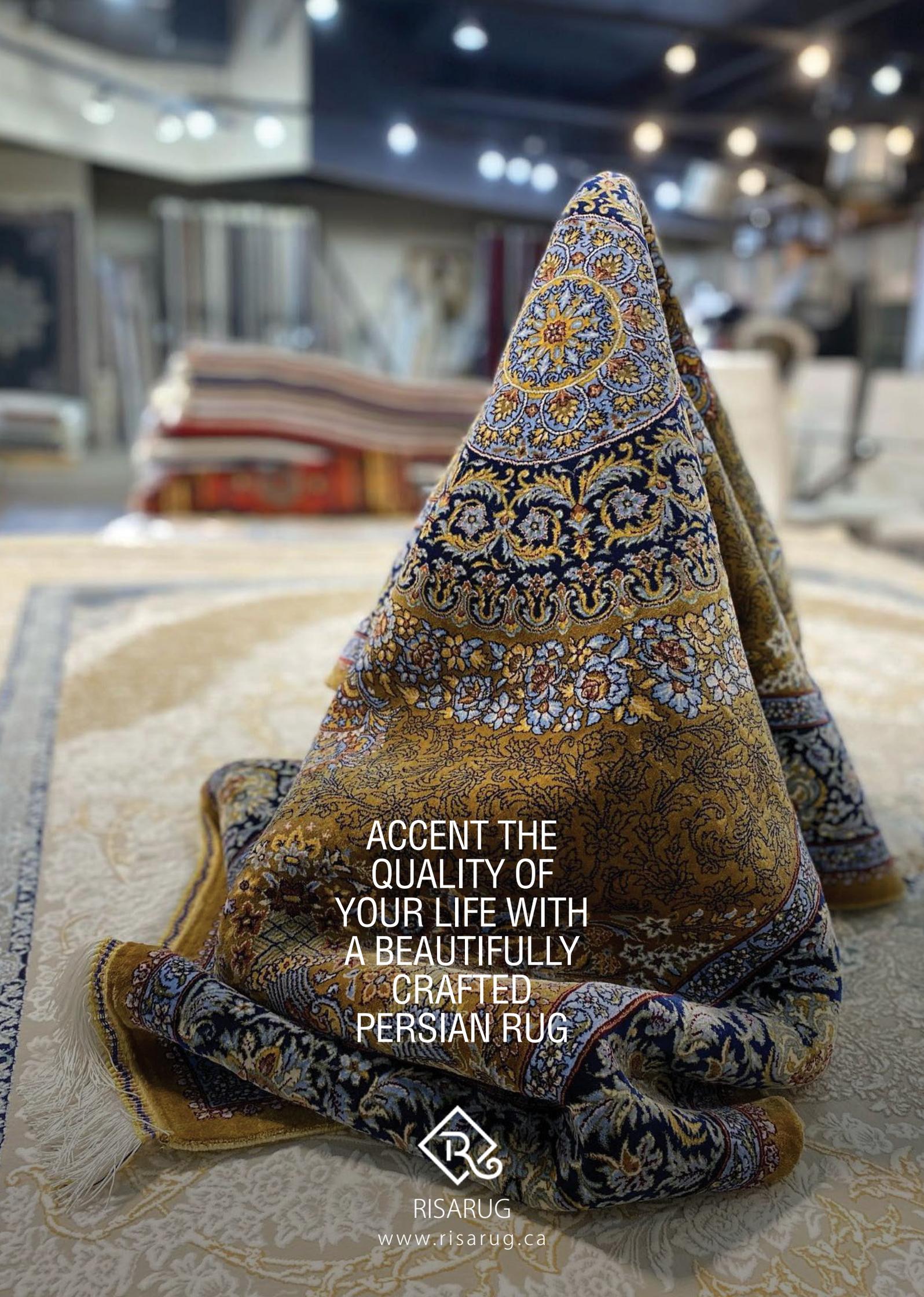
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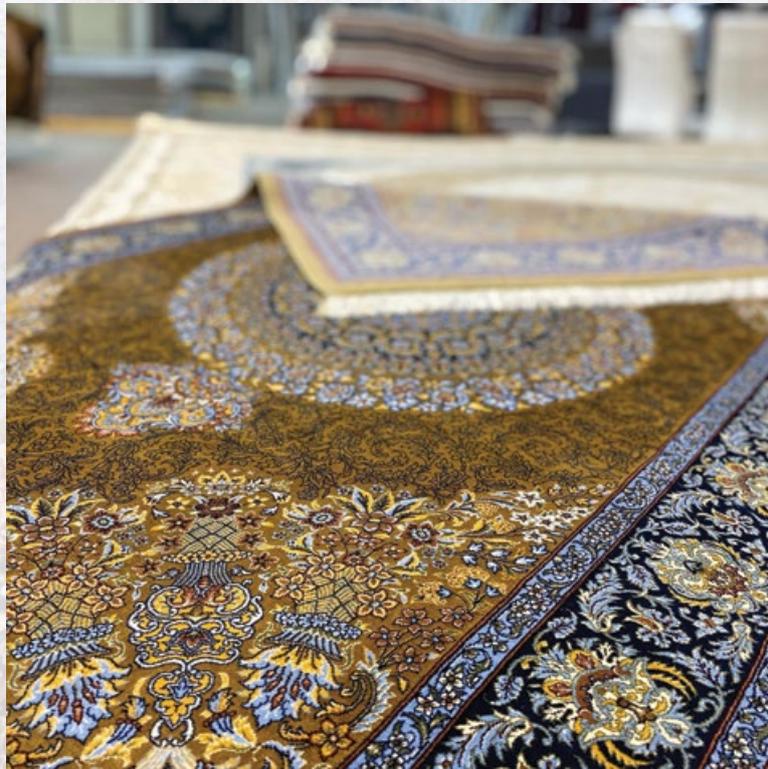


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