

The Villager

Winter/Spring 2009

A Publication of Village 900 — Victoria's Global Roots Radio



- ❖ copy right? copy wrong? copy left!
- ❖ combing curbside junk drifts
- ❖ molding malawi minds
- ❖ hidden history hints
- ❖ a simple life odyssey

By Liz McArthur

my little corner

Old winds batter the few brave crocuses popping their heads above the soil. Despite freak snowstorms on the west coast, the little flowers are reminders that spring is on the way and winter won't last forever. Suddenly the grass seems a little greener, the light a little brighter – could winter be on its way out?

There are ways to embrace the cold and dreary climate though. For some, pitching a tent in a snow bank is a great way to beat the winter blues. We take a look at some people embracing the winter for a little camping getaway.

And if the hope of spring has you itching to clean your house, Courtney Broughton has some pointers on what to do with all that stuff you're ready to let go. She also has some options for old belongings that are ready to get passed along to someone who may have a use for them.

The Winter/Spring issue of *the Villager* takes us on a journey with former Village 900 morning show host Morningstar Topham. She weaves a story about following a life path that brings her back to the land in an unexpected place.

Nic Vandergugten explores the struggle young women in Malawi face

trying to get an education and discovers a new program that is helping them break cycles of poverty. He explains how this new project is bringing hope to a generation of girls in the African nation.

Right here in Victoria, Claire Coupland delves into some local history. She speaks with an anthropologist turned editor about some of the hidden history of BC's capital city—digging up some gems about the people who shaped the city.

We'll also get a taster of a new copyleft movement that is changing the way artists protect the rights for their work. Becky Koomen talks to some copyright heavy weights about the challenges facing the music industry. And the Villager also catches up with Kim Beggs on her tour to talk about creating music and living the simple life in the Yukon.

Grab a chair, because the Winter/Spring *Villager* is here to feed your mind and your curiosity. ☺

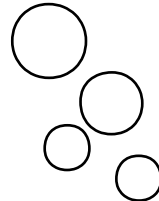


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Village 900 is operated by the non-profit CKMO Radio Society. Our music programming is a format called Global Roots, a contemporary mix of folk, roots and worldbeat music. We also produce local spoken word programs and air international current event and social issue programs. Our funding comes from a number of sources, including operating grants from Camosun College, fundraising, sponsorships, corporate underwriting and listener support.

Village 900's mandate is threefold;

- to provide an alternative radio service to the people of Victoria,
- to train broadcast students in co-operation with the Applied Communication Program at Camosun College,
- to produce and air educational programming for university transfer credit.



printed on post-consumer waste paper
with soy-based inks

A personal venture into the world of meridians and energies.

By Liz McArthur

spring tune-up

Dr. Mui, principal of Victoria's International College for Chinese Medicine, looks at me sternly. "You need help," he says.

I am attached by various wires and metallic probes to a Meridian Diagnostic Machine in his office, a new device and the only such machine in Victoria. We are watching a computer spit out pages of results. Two first year Traditional Chinese Medicine students tell me not to worry when I express my concern at the tall red bars.

"Red is the worst; Not healthy," says Dr. Mui again, but the students assure me that what I am looking at are typical of student results.

We are all sitting at the college discussing the benefits and growing popularity of Traditional Chinese Medicine (TCM) and acupuncture: something I find myself returning to each year as the promise of spring arrives in the air.

"One of the most interesting results is for something that is difficult for them to explain."

My first acupuncture experience was eye opening. I went to the appointment not expecting the treatment to help me in any way. My acupuncturist put needles in my ears, scalp, arms, chest and legs to help with a lingering injury from a car accident and for the first time in months the pain and tension was gone at the end of the session.

Dr. Mui is not surprised. "It is recognized by the World Health Organization, BC Medicare pays for some acupuncture and ICBC has paid for acupuncture for a long time. They see the benefits."

He explains the ancient, holistic approach combining herbs, massage and acupuncture is appealing when treating the body. "Western medicine has side effects," says Mui. "[But] the body is self

balancing, self regulating. We are stimulating points to help the body rebalance itself. Acupuncture is good for treating disorders, but also good for preventative [measures]."

We continue to scrutinize the results of my meridian diagnostic test and I realize that it doesn't vary from the information my acupuncturist usually gives me. Although instead of using a machine, she takes my medical history, asks about any recent health problems, then examines my tongue and checks my pulse at different points on my arm.

Megan Dove and Marisa Covantes are the students administering the test in Dr. Mui's office. I take off my shoes and hold a curved metal bar that is connected to the machine. Marisa touches a probe that is also attached to the machine to various points on my arms and legs that correspond with acupuncture points. When my results are printed, the two students explain the readings.

"Every organ has an energy function and a physical function. The machine looks at the energy function," says Dove. This is the same thing my acupuncturist looks for. "This is not for disease diagnosis, but it can show a path. Over time, excesses or deficiencies can lead to organ problems," says Dove.

The chart has a bar graph for each of my internal organs and Dove and Covantes explain that I appear to have energy deficiencies in my large intestine, something that corresponds to worry. I have excesses in my spleen and Covantes tells me this is related to pensiveness, or thinking about past events. She says this is common for students.

One of the most interesting results is for something that is difficult for them to explain.

"The name [of the organ] means sun, but there isn't a physical organ attached to it," says Dove. "It is more about the passage of energy in the body." She adds that many of the principles of TCM



Photo credit: Liz McArthur

Tapping into our inner healing.

originated thousands of years ago before there was a full understanding of the human anatomy. The people developing TCM could probably see a function happening in the body and assigned it an organ, although it is not physically manifested.

I leave the office with a little more information about the ancient medicine I have come to embrace in my own life. Although a new technology is being integrated into the age-old medicine, it still boils down to balance and the body's energy flow. Less than a week later I am back on the table, a human pincushion. As soon as my acupuncturist taps in the last needle I am out like a light, waking up 45 minutes later after the most restful sleep I've had in months. ☺

tcmworld.org

Fulfilling a west coast dream on the east coast.

By Morningstar Topham

the long road home

When I think of a journey I often picture an Indiana Jones-type, traveling around the world, seeing a new town every day or two; or perhaps someone setting out on an expedition through the high North in search of new plant species or deep caverns in dark glaciers. But when I reflect back on the past year or so of my life, I have come to realize that without knowing it, I have myself embarked on the journey of a lifetime.

As a little girl there were a few things I knew for certain. I wanted to be a mother, I wanted to live by the ocean and I wanted to have a farm.

By my 29th birthday I was a single mother of two with a rewarding job in government public affairs and had a small garden in one of Victoria's thriving family housing Co-ops. For me, that was a starting point. My garden was a far cry from a farm, but by the second year the kids and I were eating home grown veggies from spring time, until pretty late in the fall. Not exactly what I had hoped for as a daydreaming youth, but all things considered we were living a very fortunate and healthy life.

There is something about having a vegetable garden that for me was like a small window into the way life is really supposed to be. It made me feel like I was working toward my full potential. Perhaps it was the residue of self-sufficiency from my ancestors, or perhaps it was the underlying feeling that our society is heading back into a simpler way life (whether we are ready for it or not).

There was a time when I thought that I would buy a farm in West Saanich, but as I grew up, it seems that the price of a piece of Vancouver Island also went up. I even began pondering the idea of heading into the Kootenays to find a piece of land that wouldn't end up owning me.

And then it happened. My friend of 14 years and I decided to start seeing

each other. That in itself was a big step for me, but I did it, embracing my fear and using it as the fuel for growth.

Soon after Stephen and I began dating he got offered a job in Cape Breton. Within three months he flew to Cape Breton, worked his first week and put

"We would leave our whole world behind to begin building a new life."

an offer on our dream home. Stephen would move in January, and the kids and I would follow in June. Sight un-seen, air un-smelled, the kids and I would leave our whole world behind to begin building a new life.

Some of my friends and family couldn't understand why I would leave behind the life I had just worked so hard to create in the place I had called home for 25 years. I kept coming to the same conclusion though: with every risk I had

taken in the past five years I had been rewarded. Why not take a big leap, in hopes of a big pay off?

The next few months were a whirlwind. Many last coffee dates, lunches and last minute speeches. Then there was the packing, cleaning, wedding planning and at the end of it all - a beautiful May wedding.

We left Victoria a few days later. Then after a few delayed flights and an unexpected overnight stay in Halifax we finally touched down in Sydney, Cape Breton.

After what seemed like endless "lasts" we began to explore a new world of "firsts." The first time seeing the town where we would shop for groceries, taking the kids skating and scouring head to toe searching for a good restaurant; the first time smelling our new ocean; and for the first time seeing our new home and sleeping in our new rooms.

Since then life hasn't really slowed



Photo credit: Morningstar Topham

Morningstar putting away her fall preserves as winter advances.



Photo credit: Morningstar Topham

A wintery east coast scene from the author's kitchen window.

down. We live 20 minutes outside of the "city" on 16 acres. Our house is a big, beautiful "fixer" right on the ocean with the property backing onto a great salt water lake. There are fiddleheads, blackberries, chanterelle mushrooms, rosehips, and many other treats ready and waiting to harvest. It is the place I had always wanted, but in the place I least expected it.

And the firsts continue. We have been invited out to community dinners and knitting groups. We have met an array of lobster fishermen who happen to dabble in electrical, plumbing, vehicle repair, and just about anything else you could need help with. We have also learned that there is a cash price and a cheque price- the latter being way more expensive for any type of services needed.

As we fell into fall we began to prepare our house for the wintertime. A lot of the locals around here joke that there is no spring or autumn, rather there are only two seasons, and they change overnight. So with the impending doom of the oil market, we started researching our alternatives. We decided on wood heat and then, after hearing a neat interview on the radio, we also purchased supplement-

tary solar heating unit. The "Cansolair" is made by a fellow in Newfoundland. It sucks the cool heat from the house, draws it through a solar-heated panel filled with recycled aluminum cans, and then pumps in warm dry air back into the house. Let me tell you, there is nothing like coming in from walking the dog to a warm, sun kissed room - heated in essence for free. (Well, after we pay it off.)

The first snow came on Halloween, and since then there have been a few light

"It is the place I had always wanted but in the place I least expected it."

dustings. The North Eastern winds blow through here more often than not with the force of a train, and our home sings with 100 years of cracks and quirks and history.

We spend our evenings these days dreaming of spring time potential. We have picked out the spot for our garden. Stephen has started a trail system that will soon be a disc golf course. We talk of wind power generators, chickens and goats, and a few yurts to accommodate tourists. After a season of harvesting I am

now getting good at canning and drying and freezing. I know where there are an abundance of cranberries in the early fall, I can find chanterelle patches with little effort, and I know where the sweetest blackberries are hidden. And that is just the beginning. There are blueberries and fiddleheads and morels to tackle this coming year.

As I sit watching the freezing rain coat the trees outside, I think one of the best things to come out of our journey east is that instead of my dreams remaining a childhood fantasy, they are slowly becoming a reality. Maybe I am a little more Indiana Jones than I first thought. I have taken the mystery out of the east and am working on unearthing every treasure it has to offer. There are days when I miss the comforts of "home" until I realize that we are creating a new home and that it takes time. With the success of each new experience my spirit becomes fueled and ready to take on the next challenge. ☺

Morningstar Topham is a graduate of

the Applied Communication Program at

Camosun College and ex-morning show

host at Village 900 who has followed her

dream to the east coast.

An archaeological look at the capital city's lesser known history.

By Claire Coupland

victoria underfoot

Nicole Kilburn sees archaeology as a tool that can be used to find the truth. “[It can] provide insights into a wider cross section of people and their experiences in the past, not just things that were considered interesting enough to make it into history books.”

Kilburn is an archaeology instructor at Camosun College and one of the editors of *Victoria Underfoot*, a new book that explores Victoria’s history through artefacts. For our province’s capital, *Underfoot* is the first history book of its kind. It delves far past the common belief that marks the beginning of Victoria as the date Europeans arrived and it explains in depth the artefacts discovered and how the land was used thousands of years ago.

Kilburn says some of this historical evidence is less well known to Victorians, but just as importantly deserves our respect and attention. “Just looking at the way we had the BC 150 celebrations; it highlighted the conception that our province wasn’t born until the Europeans arrived,” she laments.

**“Once it’s gone, it’s gone.
We do not have a second
chance.”**

Many aspects of our heritage are taken for granted and some forgotten about. The layers of history Victoria holds are diverse and wide ranging, like the historical events that have taken place. Although social and political aspects of history are written by the victors, artefacts recovered show exactly how life was during their time.

Ceramic food containers used by Chinese lepers on D’Arcy Island, the leper colony east of the Saanich Peninsula, show us how simply these men were forced to live on the island where they were shipped to die on. Expertly carved stone spearheads found near the ocean explain how first inhabitants utilised the land to survive. Kilburn mentions even

earlier evidence of geographical disasters.

“The wet site under the Esquimalt lagoon [3000 year old] contains sediment evidence suggesting tsunamis,” Kilburn explains.

Various ethnic communities and their history, such as the Chinese population have been overlooked and not credited fairly. Kilburn encourages people to learn more about minority communities in Victoria history. Although early Victoria was mainly influenced by British colonialism, Kilburn points out Chinese people used to surpass 50 percent of the population, making up the majority of workers who built our city and our province.

“The Chinese community offered a huge amount to how Victoria was shaped, but often they are very marginalized,” says Kilburn. “It’s humbling to be reminded of that.” Kilburn says “Archaeology can level the playing field by presenting some of those marginalized populations with artefacts. But not pointing fingers, just accepting this part of the social era and moving forward.”

According to Kilburn the same things that attract many to visit or live in Victoria were the same as they were 3000 years ago. “There was a tremendously complex culture here before Europeans and not many people are aware or give as much respect to it as it deserves.”

One of the most important themes *Victoria Underfoot* has to offer is the awareness presented to the public about how precious our existing archaeological remains are.

Kilburn says it will take a community effort to save the things that have been discovered, and it starts with people opening their eyes to what an historically rich area we live in. “We don’t have the opportunity to appreciate our history down the road,” she says. “If we don’t start protecting it now, we stand to lose a lot about our identity. Once it’s gone, it’s gone. We do not have a second



chance.”

There are rules however, when it comes to excavating the land beneath us. Under the Heritage Conservation Act, all heritage pre-dating 1846 is protected by law. Even if there are artefacts in somebody’s backyard, they do not have the right to excavate it. This also includes indigenous people who wish to excavate artefacts that are part of their heritage.

“Archaeologists and the public need to create more dialogue in terms of what Victoria’s heritage is, and how we can protect it as a community,” says Kilburn, adding that it will take trust. “We encourage people to care about our heritage and start asking questions.”

The artefacts give us clues about what stories lie beneath Victoria, and there could be plenty more to discover. Right under our feet is a world of information. ☺

harbourpublishing.com/title/victoriaunderfoot

One man's trash is not always another man's treasure.

By Courtney Broughton

junk city

Ah, spring cleaning—the time of year when forgotten items, stashed away in boxes and drawers, are brought out from their places of hiding to face the ultimate question: to keep, or not to keep? Or maybe it's not spring cleaning that is celebrated or practiced in your home, but a New Year's resolution to cut down on extra items, a pressing need to downsize possessions in the process of moving, an urge to clean out the closet and any ill-fitting clothes that live there, or a way to do a little self-cleansing by purging the extra junk cluttering your life.

Many people opt to dispose of items responsibly, through donating to charities, recycling programs, garbage services, or the Hartland landfill for items that are damaged or non-recyclable. However, the past few years have shown a steady increase in the amount of unwanted items showing up on roadsides throughout Victoria. Often these items are larger pieces, like furniture and appliances.

Katie Josephson, Communications

Director for the City of Victoria, says there isn't just one cause for items left on public property. "We find there are multiple barriers to proper disposal." She says they include lack of transportation for moving bulky items, cost of disposal, and well-intentioned hopes of community recycling.

While it may be with good intention that people leave items, it is also illegal, with a fine of \$200 to anyone who dumps or abandons household waste on public property.

"Collection of abandoned items by City crews costs \$200 per call," says Josephson.

The problem has recently elevated and has become a concern of the fire department as well, with abandoned mattresses and couches being set on fire. Each call to the fire department to respond to these issues cost \$500, and quickly add up from there.

"The City of Victoria's Street Cleaning section is spending approximately \$125,000 per year in the collection and disposal of

abandoned goods," Josephson says.

Victoria's climate raises another issue; once items are wet, they often become unusable garbage, and what once could have been donated to help others, is then ruined.

There are many local organizations that accept donations of useful items. The Victoria Women in Need Community Cooperative accepts clothing, books, toys, furniture, and household items. Some items are given to women making the move into independent homes from transition houses, while others are sold through WIN stores, with proceeds given back to the community through other programs and services.

For those who prefer the internet, there is Freecycle, a private, nonprofit organization that started up an initiative in the US over five years ago. They created a website where users can log in (for free!) to a group representing their area and post items they would like to recycle to others, as well as pick up a few items they are needing that are posted as giveaways.

The only rule to posting items is that all items must be given away or received without charge. The organization currently keeps over 500 tons a day out of landfills through all the giving that happens on their site. And if you haven't heard of it, it doesn't mean other residents in Victoria haven't—Victoria's membership on the site sits at 5,835, and Freecycle has built a community of more than six million members worldwide!

Slapping a FREE sign on a sofa and parking it on the curb may not be the most effective way to make sure it reaches someone who may need it. The next time a cleaning spree is in order, consider an alternative way of passing your used belongings on. ☺

womeninneed.ca
freecycle.org



Are curbside freebies misguided good intentions?

*Q & A with wandering musician Kim Beggs.**By Liz McArthur***yukon rhapsody**

On her cross Canada tour, Kim Beggs took a moment between trains to chat with Village 900. The Canadian singer-songwriter is based in the Yukon and embarked on not only a tour through Quebec and BC this year, but also a set of American dates. When Beggs isn't making music, she is still using her hands, working as a carpenter, drawing, painting, sculpting or working on films. Here she gives us a glimpse of her life spent on the road and at home in Whitehorse.

Is it important for you to make sure people hear your music, or would you write for yourself regardless of anyone hearing it?

There's the idea of the artist and expressing yourself in a creative way, but I also partly want people to hear my messages. Music is essential to any healthy society, and I think we all value music and art, but I don't think we realize how essential it is and how much it costs. For every minute and every cubic centimetre of space we take up on this earth we pay

rent. It costs money to live on the earth and to live in this society. It becomes a balance of wanting people to learn my messages, but there are true hard costs of living that I'm trying to cover.

Does it surprise you when someone takes a completely different message from one of your songs than what you intended?

Not really, because I write very metaphorically and I have my own meanings in songs that satisfy me. I just want people to feel something. Usually what people get from my songs is completely different from what I get and that's ok – it's my way of having my privacy. It's like everything is disguised and in code. Some things in my writing are really literal, but it was never my intention or goal to have my whole story, life and existence to be read by other people. I'm a pretty private person. I don't mind if people share with me what they get out of a song. I think that's really great and I'm honoured especially if they are moved and it reminds them of something in their life.

A lot of your songs have a serious tone, is that an influence of where you live and the things that surround you?

It's everything; it's me. I would say more the choices I make in my life are inspired by the energy I carry with me and I have a slightly more serious energy so I would say my choices – where I choose to live and how I choose to live are influence by my own insides. I think that's probably true for a lot of people.

Are you still living the rustic lifestyle in the Yukon?

My lifestyle has had ebbs and flows. I've been living there for almost 18 years; 12 of those years living in the cabin, hauling the water and bucking the wood and all that stuff. Currently I'm living in an apartment. It's kind of like living in a cabin. I'm up on the second floor, so I've got a beautiful view of the mountains. I don't actually have to go out and buck wood and stick it in the fire. Truthfully that lifestyle has become too expensive. It used to be an affordable way to live, but now it's actually become too trendy and I can't afford it anymore. Usually what determines my lifestyle is affordability. People are charging a lot to rent out a cabin.

And apartment life isn't as much hard work either?

I think a big part of it was having to drive in and out of town. The last place I lived was about 40 minutes out of town plus the cost of gas. Driving isn't so bad – it's kind of a peaceful time to think, it's a time when songs come to you. ☺



Photo credit: Kevin Kelly

Yukon singer songwriter Kim Beggs.

kimbeggs.com

Fighting for the right to embrace copyleft.

By Becky Koomen

leftopia

Imagine a world in which your intellectual or artistic creations were open to me to alter. Where other groups or individuals, with potentially vastly different worldviews, could come along and undo or redo my version of your work. Would this threaten the sanctity of the original ideas? Or would this process spiral forward toward some kind of creative ideal not yet conceivable to us?

Currently, there is a war being fought over this very idea. The culture stewards (the copyright industry) are the cops, while the sharers (downloaders) are the robbers.

"If you share your creative wealth, you can accomplish great things." This is the philosophy of the Creative Commons, an organization providing free tools for authors, scientists, artists and educators to "mark their creative work with the freedoms they want it to carry."

Referring to a set of intellectual property rights granted to individual creators of any substantive and discrete idea or original work, copyright ranges from publication, distribution, and adaptation of the work. Copyright laws are designed to protect the creator's "moral rights" to be credited for their work, thereby promoting the progress of the arts and sciences.

Dr. Lawrence Lessig is a professor of Law at Stanford University and the founder of Creative Commons. According to Lessig, this copyright war is an unwinnable and overwhelmingly damaging war; the cost of which is an entire generation of criminals.

Fighting alongside Lessig on our side of the border is Dr. Michael Geist a University of Ottawa law professor. Geist is a frequent user of BitTorrent media sharing service, a large scale peer-to-peer file sharing method requiring little bandwidth to distribute files. He is also a vocal proponent of Intellectual Property Law reform.

"I'm hopeful that Canada can develop a [copyright] model that benefits all stakeholders and does not resort to damaging litigation that serves no one's best interests," says Geist. He argues that the effects of file sharing on the Canadian music industry can be positive on the industry itself, not negative the way the opposition would have us think.

As many alternatives are being proposed to the chokehold the copyright industry currently enjoys, maybe it's time we re-think the way creative products are controlled in the public domain. One such alternative is copyleft.

Copyleft is a licensing scheme designed to decriminalize public interaction with music, art, software, and a whole host of creative products. It allows artists

"I'm hopeful that Canada can develop a [copyright] model that benefits all stakeholders."

to make their licensed music available for reproduction, adaptation, and distribution with one very important caveat: that all reproduced versions of the work carry the same freedoms as the original.

As for the creative potential of public feedback, Canice Breitz, a young South African artist, offers a positive response rooted in social anthropology of non-literate societies. In these societies culture is passed down orally, resulting in the transmission of a culture that is inherently layered with generations of interpretation. This is, according to Breitz, "how the artistic process works."

"We live in a world infused with commercial culture, yet we rarely see how it touches us, and how we process it as it touches us," says Breitz. She says what is missing in today's copyright scheme is an appreciation of the colourful variation in which these ideas are received and

uniquely experienced.

Certain musicians who have embraced the copyleft phenomenon have begun to produce pre-filtered musical tracks available specifically for remixing. In this way fans are able to gain a personalized level of interaction with the music they love and follow.

Opponents to the copyleft revolution argue that this practice is not sustainable for the music industry, and worse, that it will hinder or stop the creative output of our artists by failing to provide adequate compensation for their creativity.

Gregg Gillis, also known as Girl Talk, is a 25-year-old biomedical engineer from Pittsburgh who also happens to be a rising star in a new genre of music called "mash-up" or "remix." He asserts that this new practice is exactly what the industry needs to survive. "From a financial perspective, this is how the music industry can thrive in the future... this interactivity with albums. Treat it more like a game and less like a product."

For this to occur, the current copyright regime will have to advance to a digital age of music distribution, akin to the transition away from traditional oral cultures. In Canada, this arising need for change has led a group of artists to publically oppose restrictions set forth by the Canadian Recording Industry Association.

The Canadian Music Creators Coalition, a group totaling more than 200 artists, follows three fundamental tenets: suing fans is destructive and hypocritical; digital locks are risky and counterproductive; and cultural policy should support actual Canadian artists

Will Canadian movements like this eventually lead to a musical "leftopia"? Perhaps. But more importantly, if we allow it to, it may help us unlock some mysteries of the very nature of creativity. ☺

creativecommons.org

Cultivating empowerment among African girls.

By Nic Vandergugten

malawi girls

Sometimes words have the power to challenge even the most cynical among us. While many of us in the western world are aware of the complexities inherent in offering aid to anyone, let alone faceless strangers half the world away, it's no surprise that we become numb to many of the popular aid programs that assail us by way of canvassers on downtown street corners, or television infomercials.

I recently felt my cynicism come under fire when I met with Christie Johnson and Memory Chazeza, founders of APU, Malawi Girls on the Move. This was something altogether different from anything I had heard of before.

"One of the most important things to me about this project is that it has its basis in a young local leader whose dream is coming true," says Johnson of Chazeza. "She is of the Malawian culture, she grew up as an orphan, in poverty, she knows the problems in Malawi, and this is her dream."

Johnson, a teacher at Victoria's Lester B. Pearson College, met fellow volunteer Chazeza while volunteering at a girls school in Malawi, Africa nine years ago. Life in Malawi is hard. The average life expectancy is only 42 years, compared to 80 years in Canada, and HIV, malaria, and other health hazards are confounded by widespread poverty. Although women enjoy equal rights under the constitution, Chazeza says in practice they remain victims of widespread abuse and subjugation.

"It happens sometimes that teachers tend to ask for sex in exchange for high grades, and these girls haven't yet realized that they can get high grades just by working hard, studying hard. As a result some of the girls get pregnant, which is very risky, because Malawi is one of the countries that has been hit by HIV," says Chazeza. Under these conditions it is not surprising that girls are almost always discouraged from attending school, and

rarely achieve formal education.

Johnson saw the girls' hunger for knowledge. "They absorbed every lesson, every word that came out of their mouth, and they changed right in front of me."

When the school they were working at closed due to lack of funds after only a few months, the two women found that they could not abandon their former

"If these girls did not go to school, each of them would have at least five children, and these children would be in poverty; they would not go to school!"

students. After much deliberation, they decided that Johnson would return to Canada and seek funding, while Chazeza would stay on in Malawi and try to find schools that would accept the girls.

Women in Malawi carry virtually no power, and Chazeza struggled to be taken seriously by both school administrators,

and the families of the girls. "[The girls] have got parents who are not educated, so they don't see the importance of educating their child, they just think that the girl should get married, says Chazeza "When this happens, life becomes a waste".

Despite the odds, 22 of the girls completed secondary schooling and went on to further training. Five earned university degrees, and many now operate their own small businesses; something that is almost never achieved by women in Malawi.

"If these girls did not go to school, each of them would have at least five children, and these children would be in poverty; they would not go to school," explains Chazeza. "Now, with 24 girls, we've got seven children, and these are children with mothers who are going to give them good healthy care, good nutrition. These are mothers who will send their kids to school."

After witnessing the tremendous ability of education to change lives, Chazeza and Johnson found that they had only just begun.



Photo credit: Christie Johnson

Hungry minds at Malawi Girls on the Move School.

Just last year, Chazeza witnessed the birth of her life goal with the opening of Atsikana Pa Ulendo (Girls On The Move) Secondary School. Relying initially on donations from around the world, this school for girls accepts applicants on a strict basis of financial need and prior achievement in order to ensure the highest possible success rate. In addition to secondary education, the school provides training in cooking, tailoring, accounting, agriculture, and other local trades, as well as a fish farm, vegetable garden, and a medical clinic for students and local villagers.

“If you educate a woman, you educate a nation,” explains Chazeza. She says by helping women achieve financial independence, they become free to choose a husband who would treat them with respect, and are more likely to send their own children to school.

Atsikana Pa Ulendo is still an ongoing project. The program relies primarily on donations; however, future plans include expansion that will allow the school to become completely self-reliant. ☺

To learn more, or to find out how

you can help out, visit:

malawigirlsonthemove.com.

listener profile

Village 900 listener: Al Deagle
Tuning in from: Surrey, BC
Profession: City Worker

Al's Story

Al lives an active life doing everything from hiking the Coastal Mountains to leading a kid's ball hockey league in Surrey. Now the president of the league, he remembers how he got involved years ago.

“A friend's nephew had a team, but couldn't find anyone to play. I knew another league existed. His uncle and I set up some games for them and agreed to coach them and it sort of carried on from there. His uncle and I were old friends from playing men's ball hockey.”

The rest is history - the teams now encompass boys and girls from the ages of five to 18. Al says they recently had divisions put into the league.

And any spare time not taken up by work and ball hockey is mostly spent on active pursuits. “I play ice hockey. I also like to do a little bit of kayaking, lots of camping and some fishing.”



Al Deagle enjoying a meal in a seashell on a camping trip.

Why he listens to Village 900

Stumbling across the station on the airwaves one day, Al was hooked. “I listen for everything from the international flavour to the news and music. There are no commercials and it's not influenced by ownership that puts a slant on the news or the music.”

Working for the City of Surrey, he likes to play the music at work and sometimes surprises his co-workers with the variety of music.

If you have a comment to make, email us: feedback@village900.ca

A James Bay perspective on the global financial crisis.

By Claire Coupland

economic ghost town

Over the past year, the flow of tourists from the US has been steadily declining all over Canada. As a hotspot for American tourists, Victoria has experienced this drop in tourism first hand.

“There has actually been an increase in numbers for Canadian visitors”, according to Bruce Carter, CEO of the Greater Victoria Chamber of Commerce. He says other factors like new passport regulations are coupled with the economic downturn in the US over the past year are also to blame.

Changes in tourist numbers may not affect larger businesses as much, but for smaller pocket communities in Victoria, it is a different story. One community in particular, James Bay, has certainly felt the effects of the tourism downturn so far.

“Smaller businesses have been shutting down. I took over this shop because the owners before were having a lot of trouble making profits,” says Maria De los Reyes, owner of James Bay’s Crepes and Cream.

James Bay is well known for its small coffee shops, book stores and a cozy residential neighbourhood feel. It’s close to town and the ocean, so visitors can experience a quieter part of Victoria while being a stone’s throw away from their hotel. However, some smaller businesses in James Bay are now struggling to make ends meet.

De los Reyes thinks this year may turn out to be bleak for British Columbia’s tourism industry. “Usually, tourists make up 50 or 60% of our customers,” she says. “They love coming here, but lately, it’s been quiet. But we’re hoping this summer things will pick up again.”

“As prices for cruise holidays and hotel packages have been greatly reduced to attract customers, the revenue has in turn gone down for these businesses,” says Carter. Although this has been a challenge for US directed tourism in Victoria, some outdoors adventure businesses, like whale watching, have done well.



Fewer tourists are filling up James Bay establishments.

Although the beginning of the year is usually a slow month for businesses in general, local shopkeepers claim that they’ve been noticing the effects already. “We have been here 23 years, so we rely on loyal customers as well as tourists,” says Yvonne Woerpel. She runs the James Bay Tea Room and Restaurant. “Many of [our customers] are, however, seniors or retired people whose income and investments are being greatly affected,” she says. As small business owners, we struggle for every dollar we make and do everything on our own, without corporate backing, so it’s been especially difficult.”

Small business owners in James Bay and elsewhere are hoping for the best and waiting to see what 2009 holds. Victoria Carriage Tours has also seen the affects of the global economic crisis on their business that usually thrives during the warmer months of the year. During the past three years, they have surveyed a downturn of profits of 20%. A statistic

that also includes the other two horse and carriage companies in Victoria.

Benny Kerner, a driver for Victoria Carriage Tours, has seen this first hand. “I’ve definitely noticed fewer people taking horse and carriage rides. And as for smaller businesses, many people are loyal to smaller businesses, but it may not be enough to hold them up.”

But according to Carter there is some hope for smaller businesses. He suggests two things: “Know your core business and stick with it. Remain flexible with your business and have the ability to adapt to change.” ☺

I want to support Village 900

Village 900 is nine years old this year. Your support has helped us maintain our distinctive Global Roots music programming, broad coverage of community events, and world affairs programming including the BBC World Service News. Your donations also have assisted in the purchase of improved broadcasting equipment for our studios, where we work hard to bring you exceptional local radio on the air and online 24 hours a day. This year our funding will help upgrade our transmitter. Please consider continuing your support through a donation.

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- \$50** 2 Global Roots music CDs OR one Global Roots music CD PLUS your choice of ONE item from the list ⇨
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- Water Bottle:** translucent lemon green 500 ml water bottle with solid screw top - keep hydrated.

thank you

Charitable tax receipts can be arranged through an outside third party for amounts over \$100.

Please call 250.370.3658 in advance to make arrangements.

Please consider adding \$5 to your donation for shipping costs. Your 'thank you' gifts will be shipped regardless of your decision. Please make cheques payable to the CKMO Radio Society and mail the completed form to:

CKMO Radio Society, 3100 Foul Bay Road, Victoria, BC V8P 5J2

or visit us at www.village900.ca to securely donate online.

*Pitching tents in a snowy season.**By Liz McArthur*

As darkness closes in on a snowy woodland scene, truck headlights flick on, illuminating a clearing. Boots stomp down fresh snow and hands unroll a tarp on the ground. Laughter rings out in the still forest as a sleeping bag is tossed down and a man curls up inside it, rolling himself in the tarp, ready to get some shuteye.

For some, camping in the summer is not enough. A little off-season camping is in order to satisfy the call of the wild. And while planning a winter camping trip may seem daunting at first, there are plenty of options on the West Coast. Ken Rodonets is the President of the Comox District Mountaineering Club, an organization that celebrated its 80th birthday last year. He says it's difficult to pinpoint what exactly draws people to winter camping.

"The challenge maybe, and with no one else around, you get that quietness," he muses. "And winter, you can go just about anywhere if the snow is deep enough."

According to Rodonets, winter camping enthusiasts are often drawn to Mt. Washington. With a pair of skis and a knapsack it's possible to go deep into Strathcona Provincial Park, the oldest in British Columbia, encompassing over 250,000 hectares of wilderness. In the

"Leaving after work and not wanting to travel too far, we did stay at a campground. There aren't any services in the winter though—no running water or firewood delivery."

summer, the park offers hiking trails, camping pads and bear caches. In winter, there is plenty of untouched space to explore.

There are many places to go says Rodonets. "Mt. Albert Edward is one destination. You can head up to Circler Lake in one day; if you're on backcountry skis it's about half an hour and you're

back down because it's all downhill."

The Mountaineering Club, a member of the Federation of Mountain clubs in BC, formed in 1928 when the original route finders in the area began exploring Forbidden Plateau in the Comox Valley. Rodonets says some of those trails are still on the plateau. The club continually works to improve and maintain the trails.

And there are benefits to having those extra pairs of eyes in the park in the off season. Rodonets says if they see any damage to the parks or something unusual, they will report it to the rangers.

But you don't want to jump in with both snowshoes is the advice Rodonets gives budding winter campers.

"Strathcona Park is good. You don't have to go very far if you are new to it. Go snowshoeing for an hour or two, then stop to set up your tent. Try an overnigher first, or two days and see what's missing from your equipment or what you need. Then if you like it, go for more days out."

That's advice Julie Tarr, a former forester, took to heart. After years of talking about a winter camping trip, Tarr embarked on her first winter camp this year with some friends.

"It wasn't intended to be an actual winter camp out, no igloos or long treks through the snow," says Tarr. Although they didn't make a long trek into the wilderness, the trial run took them to Bamberton Provincial Park, where they did pitch their tents in some unexpected snow. "Leaving after work and not wanting to travel too far, we did stay at a campground. There aren't any services in the winter though – no running water or firewood delivery."

With limited daylight hours, winter camping can mean a lot of tent time, or time spent around the fire.

"If it's dark by six o'clock, you know you have to have your meal ahead of time and get everything put away before



Photo credit: stock.xchng

Embracing the elements with some extreme winter camping.

the darkness. Or you can cook outside of the tent and eat inside the shelter," says Rodonets.

Reduced hours of daylight affected Tarr and her group. "It was difficult arriving in the dark, it was also foggy, and we had to use car headlights to set up the tents."

The only extra safety precautions they took were bringing extra blankets and letting someone know where they had gone. Tarr says her camping crew didn't need any special equipment for the trip; they had all been camping before in fact several members of the group were former Boy Scouts. They pitched five tents in the snow and one brave camper cocooned himself on the ground in a tarp and sleeping bag.

"The only special equipment I packed was hot water bottles. Just before bed, I filled them with water boiled over the fire and tucked them inside my sleeping bag

"Just before bed, I filled them with water boiled over the fire and tucked them inside my sleeping bag to warm it up for me!"

to warm it up for me! I also packed lots of extra blankets and sweaters. We had to bring firewood with us as well, since you can't get it at the campground at this time of year."

Tarr feels their trip was a success and she says they will try it again next year.

Rodonets agrees with Tarr's technique; surprisingly few pieces of extra equipment are needed for off-season camping. He says extra layers are the biggest consideration. Drinking water and fuel for the camp stove are also important.

"You may need an extra litre of fuel. It depends how many days you are going out for," says Rodonets. He recommends weighing the quantities of potable water against the camp stove fuel needed before heading out. It becomes a question of what would you rather carry - water or fuel?

Avalanche beacons are also something to consider for campers venturing



Photo credit: Alastair McArthur

Pointing the way to winter camping destinations in Strathcona Park.

near potentially treacherous areas, but Rodonets points out there are plenty of safe spots to camp in Strathcona park.

And what makes a good spot? According to Rodonets, something close to a water source with a little shelter. Digging down into the snow and pitching the tent lower down will add shelter if there are no trees around.

"Usually you need to find a nice flat area. Then, with snowshoes or skis, pack it down," Rodonets explains. "You'll need snow stakes: Wide aluminum stakes with holes in them to put your guide wire on, then stick them into the snow on an angle."

The snow can inspire some architectural ambition as well. "I know when some people go, they get pretty elaborate," says Rodonets. "[They] will dig out a whole kitchen area with a spot to set up your stove and pots. That way you're cooking away from your tent, and you can make little benches out of the snow."

Like winter camping clothing, layers are the key to keeping the cold from the snow on the ground away from your body.

"Like in summer time, put a piece of plastic down, then your tent on top

of that. If you have a space blanket, something that reflects your body heat up, lay that on your tent floor, then put your Therm-a-rest down on that, then your sleeping bag. The aluminum reflective will reflect the body heat up," says Rodonets.

Considering the small amount of extra equipment and a wide range of options for location, winter camping is within reach for most people interested in trying it out. There are also many resources for winter camping enthusiasts, from the local outdoors store to various clubs and societies. You could even take advantage of the next freak west coast snowfall and pitch a tent in your own backyard. ☺

comoxhiking.com

the other side of folk

7:00 Friday Nights
Your Host: Peter Gardner

Folk music and all its offshoots are something I dearly love. And while Village 900 does a great job of showcasing so much great folk music, it's the offshoots I want to bring to light, and now there's a place for me to do that. Every Friday night I'll play some amazing artists, living right here in Victoria, and abroad too. Borrowing from genres with a folk undertone, such as Americana, Alt-Country, and even Indie Rock. I hope you'll be able to fall in love with some artists and bands you may have never heard of before. – Peter Gardner



Photo credit: Claire Coupland

Village 900 Radio Schedule Winter/Spring 2009

	monday	tuesday	wednesday	thursday	friday	saturday	sunday						
6:00am	Village 900 Morning Show with Earle Thompson & Local News with Don Kennedy BBC News @ 7, 8, 9, and 10 am Local News & Weather @ 6:30, 7:30, 8:30 and 9:30 am In Revue @ 7:20 am					Global Roots Music		6:00am					
7:00								7:00					
8:00								8:00					
9:00								Island Parent	9:00				
10:00	Global Roots Music					The Bioneers	Woodsongs	10:00					
11:00						Public Radio EX		Network Europe	Outlook	BBC Docs	Network Europe	Putumayo	11:00
noon						Public Radio EX	The Bioneers	Network Europe	Outlook	BBC Docs	Global Roots Music		noon
1:00						Village 900 Afternoon Show with Jennifer Lancaster BBC News @ 2, 3, 4, and 5 pm In Revue @ 4:20 pm		Global Roots Music		1:00			
2:00	2:00												
3:00	3:00												
4:00	4:00												
5:00	Deconstructing Dinner Canadian Voices World of Possibilities French 214 BBC Docs		Island Parent Woodsongs Putumayo The Other Side of Folk		Deconstructing Dinner Canadian Voices World of Possibilities French 214 BBC Docs		5:00						
6:00							6:00						
7:00							7:00						
8:00							8:00						
9:00	Portuguese Mosaic Global Roots Music Portuguese Mosaic					Deconstructing Dinner Canadian Voices World of Possibilities French 214 BBC Docs		9:00					
10:00								10:00					
11:00 to 6:00								11:00 to 6:00					
11:00 to 6:00								11:00 to 6:00					

Village 900
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For program details visit www.village900.ca