

The Villager

Winter / Spring 2005

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

- ◆ ukuleles rock
- ◆ canucks in cameroon
- ◆ solid roofs make solid roots
- ◆ saluton! is esperanto spreading?
- ◆ fighting the fear of birthing
- ◆ hop on an autorickshaw
- ◆ a trip to grease

by Starr Munro

my little corner

What do leprechauns and roosters have in common? They are both green? Wait a minute... roosters aren't green... or are they?

According to the Eastern Zodiac, 2005 is the year of the rooster, the green wooden rooster.

Green is the colour of hope and spring, the colour of lively creations and emerging new talents.

Wood symbolizes family, practicality and diligence.

The rooster symbolizes fertility and romantic love. Roosters are communal in nature, forming partnerships. And despite the rooster being a very peaceful bird, it is also a bird that tends to slip into the realm of arrogance.

Astrologers believe that 2005 will be a great year for creative ambitions and scientific works. Practical joint ventures are predicted to be successful, and new talents will emerge. People who pay attention to detail are likely to be rewarded, while romance and new births take hold. Family will become the number one priority. Both 2004 and 2005 are years with "metal" based signs, which means that arguments and disputes from 2004 are likely to spill over into 2005. And the arrogant rooster is a reminder for us to remain humble and avoid the downfalls of cockiness. Whether or not you believe in

astrology, you have to admit that the possibility of having a creative, romantic, successful, yet humble year, filled with drama, friends and family, is quite exciting.

Looking at the stories in this edition of *The Villager* it seems we have nailed all the major focus areas of the green wooden rooster. In the department of family, practicality and joint ventures... Village 900 station manager Doug Ozeroff explores his new biodiesel venture (page 7), two interns are humbled when they unite and head into the jungles of West Africa (page 3), a community binds together to build affordable housing (page 9) and holistic child-birth moves to the forefront for more and more women (page 4).

In the department of lively creations and emerging new talents... Kimberli Persley speaks with music producer Sheryl Mulholland about the revitalization of Hawaiian music (page 12) and speaks with Indo-Jazz band "autorickshaw" (page 14). Amanda Farrell delves into the evolution of David Suzuki's new book (page 6), and Ryan Price explores the development of a powerful universal language... and more.

We hope you enjoy the 2005 Winter/Spring edition of *The Villager* and best of luck in the year of the green wooden rooster! 🐓

a bouquet

Thank you to everyone who listens to Village 900 and to those who donated to the station in 2004 and during our recent listener support drive. Every donation makes a difference, and together we raised over \$4,200 – 70% of our goal! The money will help us purchase a new, digital CART machine to air messages from non-profit and charitable organizations. Timing is everything, as another

CART machine broke at the start of the fundraising drive, adding more urgency to our request for support. Thank you again to everyone for being a part of Village 900; enjoy your CDs, tote bags, travel mugs, and thermoses. On another note; we are now working on our latest fundraiser... our World of Music Volume 2 CD compilation. 🎵

Watch www.village900.ca for details!

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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

Camosun College regularly places college and university graduates as interns in developing countries. This time it's Africa...

by Craig Paulson and John Antill

postcards from cameroon

B iologist and social philosopher Herbert Spencer once said "The great aim of education is not knowledge, but action." And for Craig Paulson and John Antill, their quest for action will be the true test of their education. The local graduates have journeyed to Limbe, Cameroon in West Africa, as ecotourism and agro-forestry interns with the Canadian International Development Agency, in partnership with Camosun College International, in hopes of gaining knowledge, insight and practical experience that will help them pursue careers in forestry and tourism. The following journal entries and notes are Craig's and John's first observations as they venture into the jungles of Cameroon...

November 27, 2004

After three days of excruciating night flights and day stopovers, John and I arrive in Douala, Cameroon (city of 1.5 million people) to officially commence our internship (also known as work, play, adventure, travel, and education). Since our arrival time it is about 11:30 pm, we haven't seen anything of Cameroon except for a poorly lit customs and baggage claim area, and the truck that takes us for our first of many wild rides through the unpredictable highways. Because we can't see what we have gotten into, we rely on our other senses; they don't comfort us. The crippling humidity and the volume of nocturnal crickets and birds overwhelm us with the feeling of our world pulled out from

under us – along with everything we imagined and expected. We meet our hosts with a mix of relief and enthusiasm, and quickly pile six into a small pickup. Halfway through the 50 minute

journey to our new home, we are stopped by guards on the highway. After 40 minutes of waiting in the truck, while the guard refuses to be reasonable and our hosts try to salvage our first impressions of their country, an agreement is reached. The guard will allow us to pass in exchange for one of the donated soccer balls we brought as gifts. Shortly after this

ordeal, we're introduced to our new residence in a bleary-eyed stupor and we sleep.

November 28, 2004

U p o n waking, I am met with the unreal

sensation of being on the other side of the planet for the first time in my life.

The most notable difference between Cameroon and Canada is the noise. Life here is so abundant that plants and animals of all shapes fill every available space. It is a constant orchestra of crickets, dogs, traffic songs, birds, people and music. All day and all night the orchestra never ceases.

November 30, 2004

It's hot. I haven't seen a thermometer, but it's humid and hot - sticky and sweaty. The shower and the ocean are the only cure, which isn't bad at all.

John and I are fortunate to live in a relatively posh part of town, but it remains very strange from a Canadian standard. Having no refrigerator or hot water took some getting used to, but the food here is very fresh, and the cold water is a welcome change from the heat. We also have two pet cats, and the occasional goose and goat visiting. The local food is very different. Cassava is a common starchy root vegetable that needs to be boiled for a very long time, then either fried or fermented. Ripe popo (papaya), unreal pineapples, excellent bananas, fried ripe or unripe plantains, and fresh grilled fish are favourites. Oh,



Photos: (Top Right) John hikes through the dense forests of Cameroon; (Bottom Left) Craig measures up to a giant tropical tree in the Bimbia Bonadikombo Community Forest

Photos supplied by Craig Paulson and John Antill

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Options in holistic childbirth bring women back to the driver's seat...

by Starr Munro

empowering life

The shrill sound echoed from his tiny lungs... Until then I had been sitting quietly on the bus, drinking my organic coffee and cynically reading the colourful array of bus ads. As the small child continued wailing, his pregnant mother gently cooed his angst and I suddenly became stricken with a looming fear... the fear of childbirth. I'm nearly 30 and as my body reaches the climax of its child bearing years, it occurs to me just how terrified I am at the notion of giving life to another human being. The idea of lying in a sterile hospital, feet strapped to a bed, experiencing a pain that would make most grown men whimper is enough to keep me celibate.

Yet, as more and more of my friends enter the world of motherhood, I am slowly coming to realize that childbirth can be a powerful, beautiful experience.

The key seems to be finding the birthing option that best fits your personal comfort level.

For Kristin Smit, mother of two, employing the services of a midwife not only empowered her birthing experience, but it made logistical sense.

"I had my first son, in the hospital with my regular doctor, but he was no longer performing deliveries when I was pregnant with my second child," says Smit. "I decided to use a midwife rather than find a new doctor and the care was unbelievable. You develop almost a friendship with your midwife during scheduled appointments [visits run an average of 45 minutes]. I liked the fact that she would consult with the obstetrician on duty and was very thoughtful of my needs. But the best part is the care after delivery. When you're exhausted and dealing with a new baby you don't want to go out. Midwives come to your home to check on you and your baby."

Smit's husband was very skeptical about having his son delivered by



Holistic birth supporter Moira Campbell relaxes with baby Issey

photo: provided by Moira Campbell

anyone other than a trained doctor.

"It took a bit for my husband to realize that midwives are not all airy-fairy. There is much more to what they do for women than just blowing incense in their face and chanting mantras. Midwives empower women to make choices and decisions, I needed an epidural, so I got one, and my midwife supported me through it."

More and more women in BC are choosing midwives to help provide a safe, stable alternative to standard hospital births. Midwives are trained professionals whose sole responsibility is to ensure the safety of both mothers and babies through pregnancy and child birth. They provide medical care from the time pregnancy is confirmed until six weeks after the birth.

It's not a new notion. Most cultures have historical women figures that were dedicated to bringing life into this world, especially in rural areas. Many BC First Nations women attended the births of both indigenous women and western settlers.

But despite their historical significance, Canada was the last

developed country in the world to recognize midwifery as a legal practice. Midwifery only became legalized and regulated in Canada in 1998. To date there are 66 registered and practicing midwives in BC.

BC's Ministry of Health currently reimburses midwives for their services and their caseload number is capped at 40 births per year. The majority of midwives attend as many home births as they do hospital births.

New Victoria mother, Penny Ridley, chose a home birth and describes it as one of the most empowering experiences of her life.

"I always believed that I was fully capable of delivering a baby on my own, without medical intervention," says Ridley. "Birthing babies is something that women can do and our standard medical system is not designed to empower women through the natural labour process."

Determined to avoid a hospital birth, Ridley connected with a local midwife to guide her through her pregnancy and labour. In November of 2003 Ridley delivered a healthy baby girl, in the comfort of her own bedroom, without drugs or medical intervention.

"My daughter was born at home at 4:50 am and by 7 am my husband, myself and Toula were all tucked into bed together. My laundry had been done, the house was tidy and our midwife was gone. It was so peaceful."

But Smit and Ridley remain the minority when it comes to childbirth.

More than one in five Canadian babies are now arriving via caesarean section — an all-time high.

It seems many factors figure into the equation: More women aged 30 and over having babies, fertility drugs are producing more multiple births and high-risk pregnancies now comprise 10% of all deliveries.

But even more traditional, alternative birthing options are being recognized. Whether it's pre-natal yoga, acupuncture, massage or natural medicines, more and more women are starting to get back to the basics of childbirth.

Holistic Birth Fair organizer Moira Campbell defines holistic childbirth as a process that "takes into account the emotional and spiritual side of bringing a new life into your family."

"Popular opinion

is polarizing when it comes to the birthing practice," says Campbell. "More women than ever are having epidurals and caesarean births and they expect to be able to demand those things as their right. But there's a parallel rise in women realizing that their bodies are not somehow intrinsically flawed, and that birth is not meant to be medically managed."

Employing the services of a doula is another empowering option for new parents.

"A doula provides emotional, physical and communication support to mothers and their partners during the labour process," says local doula Eva Bild. "Doctors and midwives focus on the safety of the mother and baby in a holistic way, but because they are concerned with evaluating and assessing the current physical state of mother and child, the emotional support that mothers and their partners need is often overlooked."

Doulas do not provide maternity care, but they do provide information about birthing options and resources, with a strong focus of comfort of the mother.

"As we become more

and more independent from our families... as technology changes, the process of child birth is changing as well," says Bild. "What one woman is going through now during child birth could be very different than what her mother, or grand-mother experienced. A doula can help to clarify the experience."

I'm still not convinced I'm ready to jump into the world of motherhood just yet. Neither my body, nor my mind are quite ready. But knowing that a wide range of birthing options exist other than the clinical, mainstream notion... options that support mothers, options that allow women to make choices about their body, options that bring labour back to the natural realm of childbirth and empower women... knowing all this, makes me a little more confident that giving life to another human being will be the most beautiful, most amazing experience of my life. ☺

Starr Munro is a graduate of the Applied Communication Program at Camosun College

birth trip

Labour is often compared to a journey and on this life-changing journey; the doula is the tour guide.

The doula helps her clients design the itinerary. "What would you like to see in London? Would you like the baby delivered up onto your tummy? Who will cut the cord?" She helps them decide what to pack: "An umbrella will come in handy in Dublin. Have you remembered your slippers and the massage oil?"

Once the clients have set out, she reminds them where they are along the way: "If this is Tuesday, it must be Rome. If the contractions are like this it must be transition." She helps them to negotiate with the foreign officials: "Why don't you ask Dr. Smith if you can get up and sit in the shower for awhile." She makes sure they are comfortable and that their luggage all arrives safely.

Having a tour guide does not mean you don't need a pilot or a mechanic or a flight attendant for the airplane you're going to take. And having a doula doesn't make the roles played by nurse, doctor or midwife any less important. While many caregivers do a wonderful job of providing emotional support during labour, their primary concern is to get the "airplane" to destination safely. When things get difficult and you hit an "air pocket" or a "slight delay" the caregiver's concern is primarily for your safety. The doula, knowing that they are taking care of the nitty-gritty, can continue to focus on her client's comfort, her sense of control, security and her experience and memory of her baby's birth.

Excerpt from "The Doula as Tour Guide," by doula Eva Bild and the Mothering Touch Centre

"I always believed that I was fully capable of delivering a baby on my own, without medical intervention"



One book, one tree and a relationship between two authors that will last a lifetime...

by Amanda Farrell

tree: a life story

Inspiration can strike us at anytime. It can happen on the bus ride to work, while you're dozing off to sleep, or, if you're Dr. David Suzuki, while you're sitting in your back yard, looking at a slightly crooked Douglas-fir tree.

"It was that specific tree that triggered something in my head that I had taken for granted," says Suzuki. "I realized a tree has to make its living from wherever the seed fell. It's got to get all its water and nutrients to build a tree that might be 30 feet in diameter and live a thousand years."

The moment sparked Suzuki to start work on a new book about the Douglas-fir tree. When he sat down to work on the mounds of information his research assistant had gathered, however, he ran into a problem.

"I began to write it and I gave up after a couple of months because I realized my life was just too frenetic to go through all this information and organize it," says Suzuki.

Enter Wayne Grady, an Ontario-based writer. As an editor of several anthologies, author

seed to sapling to well past its death. Grady said that the project was a huge learning experience for him.

"I learned everything about Douglas-fir. I knew nothing about them before I began the research," says Grady. "Two areas that really fascinated me were the sections on mycorrhizal fungi and canopy mats. Both were totally new to me, and absolutely amazing to discover."

"Their roots are wrapped with fungi, which take water and minerals out of the soil and give it to the trees, and in return the tree gets sugars made in the canopy and gives it to the fungus."

One could even say the

the project.

"We both had the same book in our minds when we began writing," says Grady. "Two authors can cover a lot more territory than one, and each can provide a perspective. But in the end, the book has to sound as though it was written by one person, it has to have a single voice."

This single voice is very strong throughout the book's 180 pages, is easy to follow and totally enthralling. You'll put the book down with a mind full of new facts and information, but the two writers hope those aren't the only things you will leave with.

"I would like people to first of all realize that life is a miracle," says Suzuki. "Whether it's a tree, or a plant or a human or a fish; that it's a



of eight non-fiction books, and a renowned translator, he was the perfect man for the task. With a publication deadline looming, Grady wasted no time getting started on the project.

"I would write a bit, then send it to David by e-mail to places like Tibet and India," says Grady. "He would edit what I had written and write something of his own, then send it back to me for further revision and addition, and so on."

The end product is the book "Tree: A Life Story," a book which describes the lifecycle of a Douglas-fir tree from

relationship between these two writers parallels that of the tree and the fungus. Suzuki's strong science background combined with Grady's editing, research, and writing skills made the two writers a perfect fit for the project. "Wayne is a highly recognized and respected author in his own right, and for him to do this with me was a very generous act," says Suzuki.

Mutual respect was not the only element to play a role in both the smooth writing process and the cohesive feel of the book. Both writers had a similar philosophy coming into

miracle when you think about it."

Grady hopes readers will think about all that is going on in the world that we may not even know about yet. "And that we'd best not tamper with an ecosystem until we are sure of what we're doing." 🌲

"Tree: A Life Story" by David Suzuki and Wayne Grady (with artwork by Robert Bateman) is published by Douglas & McIntyre



www.douglas-mcintyre.com

A story of moving from fossil to green fuels...

by Doug Ozeroff

my trip to grease

If you'll pardon the pun, my trip to 'Grease' has been a fairly long and slippery slope. Many years ago I worked with a guy in radio named Joe, who lived 'off the grid'. He and his wife have a home just outside of Kelowna, where he generates all his energy via, wind, micro hydro and solar and when those fail, he has two small gas powered engines as back up generators. He only worked on the weekends, making just enough money to buy fuel for his vehicle, back up generators and fresh food staples (seems to me they had a big garden and canned a lot of things.) It's always fascinated me. He never took his energy for granted. I on the other hand (as I'm sure many of us do) do take it for granted. And while he was able to generate all his electrical needs, it was the fuel issue which still evaded him.

I think I'm fairly conscious of the fuel I consume. Most days I'll take the bus to work. Some times I'll ride my bike to work; but I'm a fair-weather rider. I do own a small pickup and occasionally, when I know I'm going to be staying late at work or have a number of errands to run in a day, it's convenient to own a vehicle. I like the independence my vehicle gives me; what I don't like is the impact that fueling and running my vehicle has on the environment. That's why I've chosen to go with biodiesel.

When we ran an article in *The Villager* about a Vancouver university student running a program which converted deep fryer grease into biodiesel ("When Grease Becomes Gas" *Villager* Winter/Spring 2003) it caught my interest. I was interested because it's a cleaner burning and more sustainable fuel and because of his making use of 'neglected potential'; I love the idea that someone is taking something that most people consider 'waste' and turning it into something of use. It's one of my personal mantras; 'make



photo: Doug Ozeroff

The Canola Cruiser before its transformation into a "green machine"

use of neglected potential.' This type of fuel production is exciting to me as it's closer to nature's closed loop system, where there is no waste.

When Dr. Rudolph Diesel first introduced his namesake engine in 1898, he used peanut oil to fuel it. But with cheap fossil fuels readily available, the use of more 'greener' fuels waned.

There are two basic ways that used grease/oil can be used as fuel in a diesel engine. The first is to chemically convert the oil/grease into a fuel. Biodiesel is basically made by adding methanol and lye in specific quantities to the veggie oil. The chemical reaction separates the glycerines from the fuel. The glycerines can be composted or used in the production of soaps and the remaining oil is methyl ester or biodiesel. This can be used in any ratio with regular diesel fuel in most diesel engines without any modifications. The second way is to use the pure, filtered oil. Burning pure oil/grease requires some modifications to a diesel engine. Typically one would install a kit that warms the filtered oil, allowing it to

flow easily into the regular fuel line. The trick is to make sure the fuel line is flushed clean after every use, so that it doesn't congeal and plug the line when it cools.

Depending on who I speak to about this idea, I get varied responses from 'why?' to 'you're nuts!' to 'let me know how it goes, because I've thought of doing this myself.'

According to a recent Environment Canada review, biodiesel is one of the fastest growing alternative fuels in Europe where it has been standardized and promoted by governments. There are many studies showing that using biodiesel reduces greenhouse gases and particulates and would help achieve emission reduction targets accepted by Canada at Kyoto.

My search for a suitable vehicle began in earnest in early summer and it got one step closer in late August. On the ferry over to one of the gulf islands, I met a woman who had just purchased a restored mid '80s diesel Toyota Land Cruiser wagon. I got the name of the mechanic and met him

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