



Your next (haunted) home!

The Ghost Town

Vancouver's Pub Trivia Mafia

Vaincity in the 90s: A retrospective of

Robson Street then and now

Transit-Friendly Treats



EDITOR'S NOTE



Welcome to our first issue of Vaincity Magazine, a publication for Raincouver lovers and haters alike. Vaincity is committed to providing our readers the Vancouver experience, with a satirical tone. Under our sarcasm, though, you will find a team of writers committed to sharing great recommendations

for nightlife, hiking, gyms and local eats.

We live in chaotic times... With the recent threat of Trump's annexation of Canada and wanting it to become the 51st state, tariff wars with the US and Trudeau stepping down as the 23rd Prime Minister, life in the true north strong and free is unstable. Canadians do not know who to vote for in the upcoming April election that Mark Carney has announced shortly after taking over Trudeau's position. Carney VS. Polliere?

We will not tell you who to vote for, but we will provide a space for Vancouverites to weather the uncertainty, where you can leave

the daily grind of your life, with some lighthearted sarcasm and useful information at your fingertips. The best places to get a cocktail in ***The Top 5 Classiest Places to Get a Drink***, get tips on thrifting in ***The Dos and Don'ts of Thrifting in Vancouver***, how to practice ***Yoga: From Ancient Indian Practice to a Frat Bro's Next Rave Idea*** and feel nostalgic for our former prime minister in ***Is Justin Trudeau a Haida Raven?***

We hope that you enjoy our work of love, sweat and tears. Tears of joy that Vaincity is now live.

**—Mayumi Izumi,
Managing Editor**



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Vancouver's Top 5 Classiest Places to Get a Drink

Looking for a classy night out on the town in Vancouver? Look no further than this helpful guide to Vancouver's classiest spots

By: Alex Rickman

Have you ever been looking to enjoy a classy night out on the town but not known where to go to find the right environment? Well, look no further! Here's a list of the top five classiest places in Vancouver to enjoy a drink, so you can enjoy your next outing without worrying about ending up in a low-brow establishment that doesn't meet your standards.

5. Sailor Hagar's

Just minutes away from the popular yet unclassy Shipyards District, Sailor Hagar's may smell funny at times and have oddly sticky floors, but it packs plenty of character. From cheap food to cheaper beer, Hagar's may not have the ambience nor the quality that you would expect from a classy establishment. However, make no mistake, it may be the classiest bar in North Vancouver. One improvement, however,

could be playing their music even louder so as to drown out potentially uncultured conversations patrons may wish to have.

4. Dawson's Dogs

An essential stop for anyone attending an event at BC Place! For the fan looking to pay an economical price for a classy beverage, look no further than the \$5 menu at Dawson's. Boasting a staggering single-beer menu, the choices are endless for the fans looking for an escape from the embarrassing mess that are the Vancouver Whitecaps. While it does charge a cover in the form of your ticket to an event, it is well worth it to experience the majesty that is Dawson's.

3. The Skytrain

It may be B.Y.O.B, but nothing says class like cracking open a cold one on the train. Drinking expert John Doe described the moving view once you get past Stadium-Chinatown station as stunning, and



reminiscent of a time when train travel was considered the finest way to get around. The addition of tables for your drinks and a full Service bar could see the Skytrain moved to the top spot on this list, but for now, third place it is.

2. Granville St. McDonald's

Boasting panoramic views of the Granville Strip and its exciting happenings, the upstairs dining room at the Golden Arches on Granville Street is truly second to none when it comes to fast food establishments to enjoy a cocktail in. With staff who are simply not paid enough to care, even if drinking is prohibited on the premises, this is a must visit for anyone looking to enjoy a classy beverage in the heart of downtown.

1. Capilano University Library

The class of academia shines through at this fine establishment, where you can enjoy a drink surrounded by an environment of higher learning. When the stress of finals season is hitting, it's important to remember to make some time to relax, and what better way to do so than with a cultured beverage right where you're studying? The Capilano University Library truly provides an unmatched ambience for a drink. Or, so I've been told.

"It may be B.Y.O.B, but nothing says class like cracking open a cold one on the train."

Discover Your New Favourite Cafe

By: Mizuki Kinoshita

Are you tired of waiting in long lineups and overpriced coffee at coffee chains?

If so, it's time to explore Vancouver's hidden cafes. From expertly brewed espresso to cozy atmospheres, these local cafes serve top-quality coffee without the wait and high price tag.

Why not fall in love with Vancouver's local coffee?

Doe Coffee

(E Hastings St x Nanaimo St)



Doe Coffee is a tiny and charming café with warm lighting. It is proud of sourcing top-class coffee beans from around the world. Doe Coffee offers single-origin coffees, crafted blends, espresso beverages, and teas to create memorable experiences for every customer. A selection of freshly baked goods, from buttery croissants and muffins to cookies, are all made here. These baked goods are a perfect match and complement their coffee and tea. For the perfect cozy moment, try a latte with buttery croissants while getting lost in a good book. The cafe is a very clean, cozy, and comfortable environment with friendly staff to make you feel relaxed.

Milano Espresso Lounge

(Gastown)



Stepping into Milano Espresso Lounge feels like a trip to Italy. It provides a rich Italian coffee heritage at affordable prices. Its master roasters artfully blend 13 different Arabica coffee beans for a harmonious balance of flavour, sweetness, acidity, and aroma. This blending process has earned them gold medals from the International Institute of Coffee Tasters. You can taste up to eight sample espresso blends in a single visit at Milano Espresso Lounge. Pair espresso or your favourite coffee with a delicious canelé or a warm panini for a wonderful experience. It is an ideal spot for whether you are enjoying a quiet moment alone or enjoying conversation with your coffee friends in a dimly lit, cozy lounge.

Exploring these local cafes isn't just about great coffee. It's about supporting Vancouver's coffee culture as well. Next time, when you need coffee, skip the chain and try something local. You might be able to find your new favourite coffee place and have a memorable experience.

“These local cafes serve top-quality coffee without the wait and high price tag.”



How to be a Cheap Date

Don't let your student budget ruin what could be a beautiful date night

By: Andreea Maxinianu

If there is one thing Vancouverites can't give up, it's going out to eat. With the cost of living at an all time high, it's hard to enjoy a meal without worrying about it breaking the bank. Rest assured, Vancouver still has a few hidden gems here and there where the food is both delicious and (relatively) cheap! Below you'll find 3 restaurants offering a variety of our cities diverse cuisine. To be clear, this will not be a guide on the finest dishes, we need cheap, accessible and tasty food. As a bonus, you'll be able to impress your friends, or a date, with a surprisingly affordable but filling outing.

Yuko Maki

Yuko Maki has been my go-to sushi spot for years. Their service is quick, the food is always delicious, and the cost is jaw droppingly cheap for sushi. They have two combo options front and center on the first page of their menu. First one starts at \$11.99 and allows you to pick from any three items from their list of rolls,

cones and maki. The second one is a bit pricier at \$15.99 but you get 3 times the options and the portion sizes will give you a bang for your buck. Best of all you will also get a free miso soup included with either combos. If that's not really your thing, their menu is filled to the brim in options from noodles to bento boxes.

Bon's Off Broadway

Bon's Off Broadway is a staple when it comes to comfort breakfast food. Their menu is insanely affordable and their portion sizes are almost too good to be true. But the star of the show is their \$2.95 all day breakfast special including two eggs, hashbrowns and a piece of toast for less than the bus fare it cost you to get there. If you're not feeling up to the standard breakfast, you can also get an eggs benedict for only \$17, or an omelette starting at \$14. Or, if have a bit of a sweet tooth they have quite the pancake and french toast selection. Starting at \$5 for just one pancake to \$14 for three, you really cannot go wrong with breakfast food at Bon's.

Basil Pasta Bar

If the name did not give it away, Basil Pasta Bar is an essential to cure your pasta cravings. For only \$15.95, their portions are ridiculously big and delicious. If you are one of those people who likes to modify their meals at restaurants, this place is for you. You are the chef, and for the low price of \$13.95 you can create the pasta of your dreams. You can choose everything from the noodles to the toppings. Or, you can choose anything from Spaghetti Carbonara to BC Smoked Salmon Fettuccine. A guaranteed safe bet for you and anyone you bring along. And once you are in the comfort of your own home again, let the evening end with a pastry

“we need cheap, accessible and tasty food.”



Trail Rules you Shouldn't Ignore

By: Aurea Tabale

Vancouver is a city of contradictions. The air is crisp and clean, but the rent will take your breath away. Hiking is practically a civic duty here, yet too many forget it comes with unspoken rules.

Grayden knows these trails better than most. A seasoned hiker, she's conquered peaks and perfected the art of trail etiquette. If anyone knows the dos and don'ts of hiking, it's her. While Vancouver has plenty of them, these six sacred laws are the ones every hiker should follow.

Start with a smile, or else

Passing someone without saying "hi" on the trail is basically the hiking version of ghosting someone after a date. It's horrible. Whether it's a cheerful "hello" or a simple nod, this small gesture is non-negotiable. "If you don't want people thinking you're hiding a dead body somewhere," Grayden says, "just say hi." So even if you're gasping for air or regretting your life choices, smile, wave, or grunt something vaguely human.

Uphill hikers have the right of way

They're battling gravity, sweat, and possibly their own existential crises. "Shout something like, 'You're almost there!'" Grayden says. "Even if they're not, it's all about boosting morale." Show them some love. Bonus points if you offer them a kale smoothie.

Nobody came to hear your playlist

There's nothing like the sound of birds chirping, wind in the trees, and the occasional squirrel judging you from a branch.

Don't ruin it with a portable speaker blasting some random DJ set. "You're here to touch nature, not host a rave," Grayden says. If you need music to keep you going, let the symphony of your labored breathing be your soundtrack.

Stick to the trail

Those winding paths protect the environment and save you from stinging nettles. Sure, cutting switchbacks might save you a few minutes, but it's also the fastest way to become the villain in every eco-conscious hiker's cautionary tale. "Trust me, you don't want to be the star of an X thread," Grayden says. Just respect the rules.

Leave no trace

Your trash won't disappear like your willpower halfway up the trail. Pack out everything you bring in. "Do you think the forest has a janitor?" Grayden says. It doesn't. The next hiker doesn't need your scraps, and neither do the bears.

The summit isn't a photo studio

When you finally reach the top, take it in. Snap a picture, then keep moving. "If I wanted to watch 20 minutes of yoga poses," Grayden says, "I would have stayed home." The view is breathtaking, but it's not your personal photoshoot.

At the end of the day, hiking is about the journey. You'll sweat, stumble, and question your life choices, but the view makes it all worthwhile. So be a good hiking buddy. "The end of a hike is like dessert," Grayden says. "Sweet, satisfying, and way better if you don't ruin it for everyone else."



Your next (haunted) home!

Murder, mold, and million dollar views: Why this haunted Vancouver home is a steal at \$3.1M.

By: Laila Kasim-Parkinson

"Murder, Mold, and Million-Dollar Views: Why This Haunted Vancouver Home is a Steal at \$3.1M"

It's no secret that Vancouver's real estate market is cutthroat, but luckily for buyers, cut throats can lead to steep property discounts. Just ask realtor Jenny Chen, who's listing an infamous Cambie Street home with a \$3.1 million price tag that would make most people's blood run cold- if the home's bloody past hasn't already done that.

"It's definitely seen better days," Chen admits, gesturing to the peeling yellow wallpaper and creaky floorboards. "But in Vancouver, location is everything. And this location is to die for."

The property in question is a weathered two-story Victorian home on the corner of Cambie Street that has been the site of three gruesome murders and countless

reported hauntings over its 120-year history. Despite this, Chen insists its \$3.1 million asking price is a bargain, a steep discount from the house's \$4 million market value.

"Look at that view," she says, pointing out a grimy bay window to the views of the nearby Queen Elizabeth Park. Chen claims that if you look out the window at 3AM at night, the window

will show you a view of the iconic "hanging tree" in the center of the park that you otherwise won't see in the daylight. "It's like two views in one," she says. "And you can't put a price on history like that."

Chen continues her house tour with infectious enthusiasm, highlighting the "unique features" of the home. "See this

black mold? It's not just any mold- its vintage 1940s mold. You can't replicate that character."

As we ascend the creaking, weathered staircase, the lights flicker ominously. Chen doesn't miss a beat: "Energy-efficient ghosts! They'll save you a fortune on your hydro bill."

In the master bedroom, the site of the gruesome "Axe Man Murder" of 1963, Chen points out the stubborn bloodstains on the hardwood. "Try getting that kind of patina with modern finishes. Its impossible!"

When asked about the property's "lively" reputation, Chen sees only upsides. "Think of the AirBnB potential," she says. "Halloween rentals alone could cover your mortgage."

Despite its grisly history, this haunted house on Cambie is only one of many properties with a dark past, and buyers are weighing the pros and cons when considering the potential of these malevolent homes. Stigmatized properties, including those with violent pasts or paranormal activities, can often be had at a discount- sometimes up to 25% off market value.



"In any other city, this place could be a tough sell," Chen admits. "But in Vancouver, people are dying to get in here. Literally, in some cases."

While some might balk at the idea of living in a home with such a checkered past, Chen insists that in Vancouver's cutthroat real estate market, buyers can't afford to be picky. "Murder, mold, evil spirits- at this price point, those are just features."

Chen has a point. In a city where a modest condo can cost millions, perhaps a haunted house isn't too bad of a deal after all. Just don't expect the ghosts to chip in on the mortgage.

Wellness Redefined

Vancouver's Circle Wellness Spa is a World First

By: Mizuki Kinoshita

Rushing to catch the bus, stuck in traffic, another meeting running late, sound familiar? City life in Vancouver moves fast, but what if you could hit the pause button? Located in the heart of the city, Circle Wellness Spa is your escape to a whole revolution in resetting, recharging, and relaxing people.

This isn't your typical spa; Circle Wellness offers a combination of "ancient wellness rituals with modern technology for an immersive and truly memorable healing experience." Circle Wellness uses a variety of elements to create its environment, such as sounds and aromas. If you walk next to the center, you will probably not notice it, as it is in a shiny metal container near the lively industrial quarter of Granville Island and it completely merges with the scenery. Step inside, though, and enter another world: immersive senses, both old and new, blend ancient wellness practices with modern innovation.

Liisa Ladouceur, a woman solo traveler has discovered the place and talked about it through her blog. Circle Wellness is a one-of-a-kind offering: right at the reception you can find a waterfall with a video explaining the experience ahead of you. Entering the actual spa rooms, there's a living wall made of moss and plants surrounded by speakers playing ambient music composed by DJ-producer Michael Red. After having had a cup of herbal natural tea, you can immerse yourself in the diverse areas it offers: Circle Wellness has

implemented a "wellpod" instead of a sauna, which brings a different experience as the temperature is at 50 Celsius degrees instead of 90 (usual spa temperature) so guests can spend more time in it, plus the

"If you really want to unplug from the daily grind and be alone with your own thoughts as you benefit from hydrotherapy and heat, this is the place!"

whole room is made of "glowing Himalayan salt brick walls" giving an ancient natural experience.

Furthermore, the spa also introduces a cold plunge bath with temperatures that can change between 2 and 15 degrees Celsius. As one of its clients, Liisa has defined her experience as follows: "If you really want to unplug from the daily grind and be alone with your own thoughts as you benefit from hydrotherapy and heat, this is the place!" As wellness tourism booms, Circle Wellness Spa sets a new standard in the sector, attracting locals and global travelers alike to experience relaxation in a way that's never been done before, marking solidly its brand in the city of Vancouver and North America as well.

Ready to redefine your wellness routine? Circle wellness is what can make that happen!

"Circle Wellness Spa is your escape to a whole revolution in resetting, recharging, and relaxing people."



The Ghost Town

Why is North Vancouver dead by 10:00 pm?

By: Mayumi Izumi

The City of North Vancouver's outdated liquor laws are the reason the city doesn't have any nightlife. In the good old days, it thrived. There were Holidays, Tugs and Two Lions, but they were all closed. No dance clubs exist now and the city and district essentially turn into ghost towns after 10 p.m. The only one that stands today is Seymour's Pub.

When asked why the city has no night clubs, North Vancouver City Councillor Tony Valente responded, "I think it has to do with how difficult it is to get approved under our antiquated liquor laws... Another issue may be the lack of transportation options to get to/from nightclubs late at night in our community. I think this is getting better now with more density around commercial areas but was definitely a barrier in the past."

Councillor Valente also mentioned that they have received only one application for dancing at Finch and Barley, a Lower Lonsdale bar and

restaurant and the city council approved it last year. Valente added that the city has hosted some pop-up Shipyards dance parties, but because of the old liquor laws, businesses are reluctant to apply for a liquor licence as a dance club.

In the early 1990s, Holidays, was one of the most popular nightclubs in Lower Lonsdale and Thursdays were dedicated to students with a college pub night and cheap drinks back when Capilano was still a college. A huge dance floor was in the center of the club, wallflowers and those who didn't like to dance walked around or sat at the counters that circled the perimeter.

Also in the 90s, Tugs was in the Lonsdale Quay Market. Those that worked at the Keg Steak Restaurant or other restaurants on the north side would walk across the covered walkway connecting the two sides of Esplanade Avenue. It was a place to go to drink and dance after a busy night at work where restaurant patrons

lined up at the hostess stand and on Fridays the line up spilled out into the courtyard. Later in the mid-2000s, Two Lions Pub at Westview Shopping Centre was hopping. The club was packed with customers of mixed ages, 20s to 40s. The dance floor was not as big as the space was built as a pub rather than a dance club.

The lone survivor, Seymour's Pub is located down the hill from Capilano University and was a popular spot for North Vancouverites to go to in the early-to-mid 2000s. The current patrons include older folks, families and some Cap students and faculty who like to dine at the pub, but back in the day, people liked to let loose on the dance floor.

Emails were sent to the City of North Vancouver Councillor Don Bell, and to the Chair of MONOVA Commission Dee Dhaliwal, to ask why there are no clubs in North Vancouver, but a response was not received in time for publication.



“I think it has to do with how difficult it is to get approved under our antiquated liquor laws”

— Tony Valente



For Rent

The absolute bottom of the barrel of Vancouver apartment listings

By: *Gwen Pemberton*

Apartment hunting in Vancouver isn't for the faint of heart. Unless you want to live in a house with nine other people—yes, this is based on a real example, and no, I don't want to talk about it—you're looking at spending upwards of \$2,000 a month, and likely throwing your firstborn into the deal if you dare leave a hole in the wall.

But who wants to think about that? Take a break from doom scrolling Craigslist and get a load of what landlords in this city are getting away with. And hey, if you're desperate enough, the links are attached.

\$720 4br - 100ft² - DEN, Downtown, close to chinatown skytrain station, furnished

(downtown vancouver)



Have you ever dreamed of living in your very own bunker? This is almost as good! You can share this cozy studio with three other strangers. Don't worry though, they are "really clean and respectful of each others space." You have 100 square feet all to yourself, separated from your new roommates by a partition wall. In the photos

it looks suspiciously like a curtain, but don't worry too much about that. Features include original brick, a sliding door and a whole shelf just for you. Sure, it's a bit of a fixer-upper, but at least utilities are included. Interested parties should note, it's unclear whether the space includes a shared kitchen, but don't hold your breath.

Honourable Mention:



\$1,250 1br - Room available mount pleasant

(Mount pleasant)

"Private room to share with Roommate's

Bills are included

Most be clean and quiet"

That's it. That's the whole listing, photo and all.

At least they cut to the chase.

Here are a few bonus tips to aid you in your apartment search. This week's theme: How not to get scammed, from someone who almost was.

1. Check when the account was created.

If you are on Facebook Marketplace and it was anytime after 2019, maybe think twice before giving anyone your social security number. If it was 2024 or later, don't even think about it. When was the last time you saw someone create a Facebook account?

2. No viewing? No deal.

When looking for your new home, it's best to assume that you've lost object permanence. If you can't see it with your own eyes, it isn't real. I've heard every excuse in the book. "I'm out of the country at the moment." "The signal where I am is really bad, I can't video chat right now." "It's just like it looks in the pictures, you can see it as soon as you make the deposit." Those all came from the same person, but just one of them should have sent me running for the hills. What can I say, I was desperate.

3. If you do spot a scam, remember it's good etiquette to report it.

Look out for your fellow apartment hunters as you all wade through mountains of trash to find that one golden basement suite in Burnaby with a washer/dryer (and only a small mold problem).

Why We'll Never Get a Vancouver Skytrain

The real reason the North Shore Skytrain proposal will never be approved

By: Jasmine Garcha

British Columbia's beloved monorail system, the Skytrain, is a staple of Vancouver culture. Listed as a tourist site on Google, this rollercoaster ride entertains outsiders and city natives alike. With the Skytrain, Vancouverites can get anywhere within a five-city radius — except from one side of North Vancouver to the other.

The Skytrain has and continues to face major expansions. When Vancouver hosting the Olympics went into discussion, the “Canada Line” was built so that the rail system extended out to the airport. Currently, the “Surrey Langley Skytrain” project is underway. However, despite being proposed in 2020 and 2023, the North Shore Skytrain has never and will never proceed.

Many hypothesize that these proposals are continuously rejected due to the desire to keep higher income areas less accessible to lower income communities. Others think it may be the desire to protect high income, high priority citizens from the horrid sound of construction. However, the reason—unbeknownst to many—is much simpler. It's because of the trolls under the bridges, of course.

If we have three bridges over Vancouver Harbour, the troll trinity will be complete and they will take over the rail lines. We already have the Lion's Gate Bridge and Ironworkers Memorial. If we build another bridge, the third troll, Grungus, will be activated from his slumber and work with his brothers, Fungus and Dungus, to liquify and seep through the city's infrastructure. Once embedded in the system, they have the ability to reanimate at any given moment and terrorize the city.

“Despite being proposed in 2020 and 2023, the North Shore Skytrain has never and will never proceed.”



Legend has it that Grungus, Fungus and Dungus manifested long ago, when Vancouver Harbour's underwater colony began construction of their aqua-bridges. First came Grungus, appearing from the aqua-landfill. Then came Fungus, growing in Grungus' home. Finally, Dungus was adopted as the third brother, and the troll trinity was complete. When the Lion's Gate Bridge commenced construction in 1937, Fungus migrated and began growth on the rear end. Dungus followed suit, as per the wishes of his eldest brother, Grungus, who pitied his dull brother and desired a better life for him.

The Ungus Brothers wouldn't be the first trolls of Vancouver Harbour. As reported by The Vancouver World in 1893, a live ichthyosaurus was spotted in the Burrard Inlet. This followed the report of three skeletons of this beast being found in France, presumably due to the destruction of three bridges built by an underwater colony.

When the bridges fall, so do the majestic critters. If a third bridge is built, and Grungus emerges from the water wielding his aqua-club, the City of Vancouver would stop at nothing to squash these beautiful beasts. Next time a North Shore Skytrain petition goes around, think about whose side you're on. Vote against the destruction of the Ungus Brothers.

***“If a third bridge is built,
and Grungus emerges
from the water wielding
his aqua-club, the City of
Vancouver would stop at
nothing to squash these
beautiful beasts.”***



FEATURES

Vancouver's Pub Trivia Mafia

A glimpse into the city's thriving underground trivia scene fit for anyone who is looking for some weeknight entertainment

By: Gwen Pemmberton

"What is the unit used to measure electrical resistance called?"

The low rumble of conversation punctuated with laughter filled the room at Steamworks Brewing in Mount Pleasant. It all comes down to this. Pub trivia in Vancouver can get competitive, especially when there are prizes on the line. Teams put their heads together all around the room. The tension is as thick as the BBQ sauce on that night's wing special. It has been a tight race all night and there is one final question

"The tension is as thick as the BBQ sauce."

to help decide the winner. There is just one problem. It seems no one can come up with the word ohm.

You've heard it a million times. 'It's impossible to make friends in Vancouver.' 'Vancouver is a no-fun city.' 'There's no community here.' But, there's something happening now that is helping

to change the narrative. Almost every night, people gather at restaurants and bars across the GVA to drink, laugh and put their brains to the test. No fee and no fine print.

Pub trivia is becoming a social hub in the city, and everyone is welcome. Especially if they are down for a pint and a cheeky appetizer once in a while. Sarah Troye has been coming to trivia semi-regularly for a few years. "We never win . . . but, it's good fun," she jokes.

Troye doesn't have a specific go-to for trivia, but has played casually as well as part of more serious teams. "It's always the same people who win, too," Troye remarks when asked if she sees the same teams around. Joe Leary, an independent trivia host concurs. "A lot of repeat winners. I think it becomes a badge of honour for them," he says, "It fires them up. I think people legitimately enjoy the camaraderie of it, and the knowledge they might get from it," he says.

Troye isn't discouraged, although she's never won and clearly doesn't expect to. The fun is in t

he game itself. But, she knows the big players in the game, so new players know who to go to if they want to keep an eye out for the real trivia sharks of Vancouver. I heard that you should watch out for MC Squared.

There are various independent emcees and companies operating across the Lower Mainland that offer their quizzing services. There are many locations all the way from Richmond to Port Moody that host regular trivia nights, such as Good Co., Steamworks Brewing, Portside Pub, Parkside Brewery and many, many more. Rules may vary, but the basic gist is:

Step 1: Form a team.

Step 2: Answer questions.

Step 3: Win prizes (ideally).



STEAMWORKS

KITCHEN & TAPHOUSE

STARTERS

POKE NACHOS

4oz tuna tossed in ginger sesame soy sauce, topped with dusted wonton chips, pineapple salsa, macadamia jalapeño, wakame, rice and truffle aioli

JACKFRUIT CEVICHE

pickled, fresh mango, cucumbers, pico de gallo, tomato-chili oil, avocado cream served with tortilla chips

VEGAN GYOZA

fresh vegetable gyoza, pan seared with ponzu fruit ponzu, topped with korean beef vegan acid, sesame & green onion

HUMMUS DIP

roasted red pepper hummus, basil oil, green tomatoes, olives, naan bread & tortilla chips

with no naan bread | Veg with no naan bread

OKTOBERFEST PRETZEL

beer & cheese, chili mustard dip

add smoked cheddar +\$3

CRISPY DRY RIBS

choice of: tossed in salt & pepper or garlic chili sauce

BALLPARK GARLIC FRIES

parmesan, truffle oil, truffle aioli dip

garlic, garlic... and a little bit more garlic

BEER BATTERED ONION RINGS

served with chipotle aioli

NACHOS

corn tortilla chips, fresh jalapeños, scallions, tomatoes, olives, fresh pico de gallo & sour cream

add: guacamole +\$3.5 | chicken +\$5 | brisket

MAINS & BOWLS

CAJUN SALMON & RISOTTO

grilled salmon, butter, a sun-dried tomato medley, topped with a parmesan & cheddar butter, fresh vegetables

POKE BOWL

choice of: tuna, salmon, chicken, beef, pork, or tofu, topped in ginger sesame soy sauce, macadamia jalapeño, wakame, rice and truffle aioli

STEAMWORKS THINKY THURSDAY TRIVIA

ROUND 1 BONUS QUESTION EVERYONE

1	
2	
3	
4	
5	
6	
7	
10	

• 2 2 4 4 8 5 •

TICKET

• 2 2 4 4 8 4 •

TICKET

BAO BUNS

2 FOR \$16 - NO MIX N

BIG LEBOSKI

miso hoisin mushrooms, ground beef, kimchi aioli, lettuce, sesame

K-BAO

crispy chicken, wonton cris, sesame seeds, cilantro, sw

BAO-RIZO

chorizo sausage, red per, chipotle aioli, guacamole

BAHN-BAO

vegan bao bun, crisp, miso marinated mushrooms, carrot & watermelon

PIZZA

* SUB GLU

TUSCAN

italian sausage, roasted roma

HAWAII

back bacon

CLASSIC

bocconcini

ROUND 2 BONUS QUESTION EVERYONE

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Most of these events take place on weekdays as trivia nights are a way for businesses to attract customers on traditionally slow nights. Leary has been working part-time as a trivia emcee since the late 2000s, and hosts trivia at different businesses across the Lower Mainland from Monday to Thursday each week. "It consumes most of my evenings," he jokes, "Fridays and Saturdays are your gravy nights . . . The ideal nights are Mondays and Tuesdays because people don't tend to go to bars for no particular reason. It's a night builder." Trivia is pretty simple, and a cheap way for bars to offer entertainment that not only gets people in the door, but gets them to stick around.

"You need regulars. Without regulars it wouldn't work," says Leary. Most, if not all, trivia nights have their own regulars. Some even have their favourite seats. On Thursday night there was a couple who clearly always sat at a particular corner of the bar. The bartender greeted them warmly, and they had barely sat down before there were samples of a new beer on tap sitting in front of them. The bartender knew their value, and so did Leary. He says, "You rely on them. They provide the impetus for the night."

In fact, sometimes relying on regulars works a little too well. Reservations have become almost essential for those wanting to participate in a little evening brain-bending. Trivia has become so popular that it can be hard for first-timers to find space to join in. Kyla Kooy remembers being turned away from Wildeye Brewing one Wednesday in late November, because she arrived half an hour before trivia night was set to begin. Nearly every table was filled by a silver RESERVED sign. "I was very surprised. It was Wednesday night in North Van," she says.

Part of the demand is likely due to the timing—it can be hard to find something to do on a random weeknight—and part of it may come down to the extended happy hour deals offered by many restaurants to participants. There is more to it

than that, though. Part of the draw of trivia night is the chance for winning teams to defend their titles. Some companies, like Drew's Clues, even host a tournament of champions at the end of each season, where they bring in winning teams from each location to see who is the Quiz Master of all Quiz Masters.

Teams with names like Quizzly Puff, Woodraising Hellpeckers, 2 Brain Cells and We Just Came for the Burger come back each week, sometimes each year, to test their mettle. More than that, trivia night serves as a great way for teammates to get together regularly, because of course most didn't meet here.

"Trivia has become so popular that it can be hard for first-timers to find space to join in."

Teams are made up of all kinds of people. High school buddies, work friends, double-daters, university students putting off studying (no judgement). There's no one-size-fits all here. Troye says that she meets all kinds of people at trivia. She isn't a consistent regular, but says it's a great way to catch up with friends or to spend a date night with her partner. "We're shite, but we keep going," Troye says in her charming Irish accent.

The thing about these kinds of events is that they are simple, accessible, consistent and, most importantly, fun. The night consists of more than questions read off of a reel. Hosts are there to keep up the energy and talk to the crowd. "I always change questions. You have to read the room . . . That's the key to any successful event," says Leary. The hosts are what turn each night from a cookie-cutter Q&A into an experience. In addition to some on-the-fly changes to music trivia (a staple of almost all quiz nights), Leary says that it's also his job to blend into the background. "I get bothered if the host is too in

my face," he says, "If I want comedy I'll go to a comedy club."

Pub trivia hasn't necessarily become more popular in recent years, but it has become more prevalent. There are lots of successful trivia nights sprinkled throughout the city, and the main differentiator is the host. "Everybody has their own style. Mine isn't anything in particular. I think that the trivia is the star . . . There's no trick to it, it's just a person in a bar asking questions."

So, maybe it's not really about the fun facts, or showing off your obscure knowledge of Renaissance painters or '80s girl groups. For a lot of regular attendees, trivia night offers them a community of like-minded people who are there for the same reason as them. To have a good time. "It's kind of a bonding experience," says Leary. "It's a friendship-building event."

But, of course, showing off can also be fun. A little good-natured competition makes coming back week after week new and exciting each time. Some stakes and mental strain. People may not like to admit it, but it is fun to be right, especially when everyone knows that you are. Which brings us back to that elusive unit of resistance, the ohm.

Not to brag, but I got that one right. At the end of the night, though, it didn't really matter. When it comes to trivia, the questions are part of the night, but the people there are the night. During intermission (yes, there's an intermission), teams swap sheets to mark their competitors answers and conversations naturally arise. Around the whole bar people are chatting. Some already know each other, some don't, and that's the beauty of the night.

Players can take it as seriously or un-seriously as they choose, test their knowledge a bit and enjoy some company. The ice is broken for them. "It's a fun little diversion from reality for two hours," says Leary. And isn't that what most Vancouverites are looking for?

“For a lot of regular attendees, trivia night offers them a community of like-minded people who are there for the same reason as them. To have a good time.”



Vancouver After Dark: A Nightlife Survival Guide (Maybe)

How overpriced craft cocktails and sweaty sardine cans disguised as a dance floor defy Vancouver's former reputation, transforming the city into a nocturnal playground

By Chelsea Fiddler

It's 10:30 p.m. on a Saturday night and you and your friends are deciding on what to do with the night ahead. To no one's surprise, you settle on a typical night out and about, hitting the clubs of Vancouver. Who wants to waste their youth sitting around when you can be out on the town? After an \$80 Uber ride, endless minutes wasted standing in lines like cattle, drinks that could make a small fortune disappear in the blink of

"Who wants to waste their youth sitting around when you can be out on the town?"

an eye and a steamy sardine can of a room, it seems like everyone in Vancouver had the same idea. But, hey! We must be in the right place then.

The city of Vancouver has had the running title of 'no-fun city' for quite some time now, even though it is flooded with more than 133 bars across the town and over 10 nightclubs on just one street. With such a 'wonderful' selection of

everything from dive bars to chaos-filled raves to live music that could either rock your world or make you wish for silence, Vancouver's nightlife is guaranteed to delight at least someone. So, if you're contemplating where to go and what experiences await, this guide to nightlife may ruin your dreams of a fun night out with friends or, potentially, give you the information you need to succeed!

For most Vancouver locals, Friday and Saturday nights are the most popular nights to hit the town. However, this doesn't guarantee that all the places will be busy. If you are planning on spending a night in the big city on either of these nights, here are the places to look out for and some things to keep in mind.

As far as bars and clubs go, you can't go wrong with attending any of the places located in the Granville Street Entertainment District as it offers a wide selection of bars, EDM, house music, live music and more. When talking with two university students, Eliana and Paige, both in their early 20s working part-time jobs,

Paige described that the night scene that most appeals to her is, "live music that offers a concert type feeling, such as the Roxy or the Fox." Eliana said that she tends to, "lean away from nightclubs—but still enjoys bar scenes—because they are overcrowded and high in cost and most university students are on a budget."

If you are planning on hitting the town on a Sunday night, however, there is no doubt that many Vancouver locals would say that the Roxy Cabaret is the place to be; just ask your parents, I'm sure they have attended themselves. This iconic nightclub located in the heart of Granville Street Entertainment District has been around for years. With live music, multiple bars, a pool table and a photo booth, attending the Roxy with a group of friends is always a good time.

"You can't go wrong with attending any of the places located in the Granville Street."

With that being said, the costs of drinks at any of these places are through the roof. Don't expect to be attending a night out in Vancouver on a budget because as Eliana said, "going out in Vancouver and thinking you won't spend over \$80 is something that's just not going to happen. Sometimes an Uber ride one-way can cost up to \$80 alone."

Square payment system collected data showing how spending across top party cities in Canada have dropped from the year 2022 to 2024. This data is based on the spending from 7 p.m. to 4 a.m. at bars, cafes and restaurants. While Vancouver fluctuates between 35%-33%, Ottawa can see one of the most significant drops from 45% to 37%. So, maybe Vancouverites really can't give up their nightlife, even though they love to complain about the cost of it.

Let's not forget the lines outside of these establishments that make you wait longer than you would for a ride at Disney World. And, yes, people will actually wait in lines for hours to get into some. But, let's not kid ourselves. A long line clearly means it's packed inside, right? Wrong! Some clubs just love to keep you waiting outside to create that exclusive vibe, all while their dance floors sit as empty as can be. Sure, occasionally a place might actually be bursting at the seams, but brace yourself for that cozy, shoulder-to-shoulder ambiance with strangers who are basically just big, sweaty drink-spillage machines.

"Some clubs just love to keep you waiting outside to create that exclusive vibe."

And now, here come the safety tips for surviving Vancouver's nightlife, because who doesn't adore a little danger, right? First and foremost, ladies, don't get too comfortable. Keeping tabs on your drink is a must. Sure, we'd love to believe that every person in Vancouver is kind

and good-hearted, but, unfortunately, there is always a little paranoia added into the mix for fun.

"Because who doesn't adore a little danger, right?"

Secondly, always go out with friends. Bonus points if they have already been to the place you are going to, because you'll have someone that knows the ropes. Both Eliana and Paige expressed how for them "the most important thing when we go out for a night is to make sure that the people we went out with not just stick together, but also leave together." After all, it's just a minor detail in a sprawling city like Vancouver to care about your friends' well-being, right?

Also, don't be the friend who disappears into thin air as a way to make great memories. As much as side quests can be the epitome of fun on a night out, especially when you catch your group off guard and turn the night into a scavenger hunt, a simple and cohesive outing is sometimes for the best. And don't forget to grab food for the late-night munchies that are inevitably going to occur the minute you and your friends breathe the outside air.

Uber noted that in the year 2022, Vancouver was in the top 10 cities in Canada that were requesting rides between the times of 10 p.m. to 2 a.m. On the same note, the top foods being ordered the following days were burgers, breakfast wraps, nuggets, sandwiches and hash browns. Some may say that those people are just hungry, but based on the choices, it seems reasonable to think that this is a hangover order. But, hey! Nobody is judging. Paige mentions, "After a long night, the highlight at the end is always a Junior Chicken from McDonald's."

Overall, the nightlife scene in Vancouver is one

that has lots of potential given the wide variety of venues offering something for everyone. But, the long wait lines and the high cost of drinks and transportation are seen to be some of the main factors that are turning Vancouverites away. Although the locals may insist that the best nights are just around the corner, the empty dance floors and a small dent being put in your wallet make you wonder if this is all an elaborate prank. This is when you start to question why you didn't just stay home and watch Netflix, because your youth really isn't going anywhere. So, what's one more rot session on your couch really going to do?

"If you want a fun night out with friends where money isn't an object and you are ready to bear it all, then fill your boots!"

If you want a fun night out with friends where money isn't an object and you are ready to bear it all, then fill your boots! Vancouver nightlife is a kaleidoscope of experiences where the only thing more diverse than the crowd is the array of establishments fighting for your attention. With neon lights flickering like a disco ball and the smell of overpriced cocktails in the air, the absurdity of Granville Street is an experience in and of itself.

"The city of Vancouver has had the running title of 'no-fun city' for quite some time now, even though it is flooded with more than 133 bars across the town and over 10 nightclubs on just one street."



Yoga

From Ancient Indian Practice to a Frat Bro's Next Rave Idea

Vancouver's latest effort in cultural appropriation

By: Jasmine Garcha

This piece is satire. Names are fabricated.

As we all know, yoga is for raves. There's no better place to enter a meditative mental space than a room of laser lights and hardcore EDM under the influence of ketamine and various other drugs. With the lack of physical spaciousness in the room, however, you might find the motivation to fold yourself up. You win some, you lose some. Good on you, University of Victoria. The yoga raves are the reason I didn't apply to your school, but good on you.

"The ancient scientists and yogis in India were not lovers of house music."

In a city full of goats and an underappreciation of house music, our influx of South Asian immigrants struggle to find actual ayurvedic yoga. By which I mean, the ancient scientists

and yogis in India were not lovers of house music, and therefore the Vedas were written without consulting DJs. Except maybe the Gandharva Veda, the Veda of music, but yoga falls under Ayurveda.

Aaliyah Aziz, a frequent yoga class goer in Vancouver, has some things to say about Ayurveda and its place in yoga. "We all know that's some superstitious nonsense," Aziz says, following up with, "I'm more interested in flirting with MILFs, and I'm sure everyone agrees with me." She goes on to say that yoga studios should consider whether their practices will attract or deflect MILFs before implementing them.

Aziz has been attending yoga classes since her teen years. Now, in her early twenties, she has discovered her true motivations. "I love going to yoga classes with the goal of getting a deeper arch," she says. Further explanation was not

provided, although she mentioned being "one-upped" in this field by a "50-year-old upper-class white lady" whom she describes as possessing,

"silicon mounds protruding violently enough to blind me." When questioned on these motives, and her self-described lack of spiritual connection to yoga, Aziz explains her personal enjoyment of the bastardization of yoga as a whole. "We should leave the whites in charge of yoga," she says. She explains that the idea of yoga as produced by the South Asian subcontinent includes, "everyone being spiritual, wearing baggy clothes and refraining from drinking absurd amounts of Jesus blood."

"That's no fun!" Aziz exclaims loudly. She states that the things she'd like to see from yoga classes, that she has seen — in her words — "them whites" bring to the table include, "see-through leggings chafing up those voluminous

ass cracks.” She also notes a lack of wine, disco music and temperatures soaring over 50 degrees Celsius.

This last request refers to Hot Yoga, developed in Calcutta, India by Bikram Choudhury, who also introduced this practice to North America. Choudhury claimed a desire to emulate the heat in India for yoga sessions, thus holding them in a sauna. Choudhury also had six sexual misconduct cases filed against him by previous Hot Yoga students. Whether this fact brings his credibility into question is left up to the reader.

“I say, let’s do away with the deep spiritual significance of yoga entirely,” Aziz continues, yelling at this point, “And turn these classes into erotic flexibility classes that are inclusive of all religious backgrounds, and a fun bonding activity for the whole family.”

Among many others, Aziz also goes to yoga classes to perform better at parties. One cannot expect to learn how to keg stand without first learning to crow pose. Both these poses can (allegedly) be learned at the University of Victoria’s yoga raves.

When it comes to the bastardization and appropriation of yoga by white people in North America, Aziz notes finding comfort by the regular scent of, “high-end bleached highlights and aroma of lululemon spandex.” With this, she draws the conclusion, “We definitely need more non-Indians.”

Aziz mentions the lack of representation of South Asians in their own spiritual fields of practice, particularly pertaining to Ayurvedic practices like yoga, in North America. “But, if Westerners take the time to actually watch a few TikToks about the ancient spiritual significance of yoga,” she begins to propose, “I’m beyond certain that they’re far more passionate and informed than their Indian counterparts.” When questioned on this

notion, she simply states, “Let the whites have their fun!”

For South Asians in Vancouver looking for South Asian -only spaces to practice what Aziz refers to as “superstitious nonsense,” there are sanghas (South Asian yoga circles) that are hosted and held in the city by Indians. An example includes Come As You Are hosted by Roshni Riar at AO Studio Space, and for anyone disgusted by this — find solace in knowing that this is the only readily accessible example!

Goat yoga enjoyers don’t need to feel left out, because Maan Farms hosts goat yoga semi-regularly. Since the Maan Family is South Asian, no white guilt is needed, and South Asians can refrain from feeling as if they’ve betrayed their ancestors. If you’d prefer a non-South Asian goat yogi, however, try Glacier Valley Farm.

“When it comes to the bastardization and appropriation of yoga by white people in North America, Aziz notes finding comfort by the regular scent of, “high-end bleached highlights and aroma of lululemon spandex.”

Ayurveda is a holistic ancient Indian medicine that encompasses unity of the Five Great Elements — Fire, Water, Earth, Air and Ether. The balance of these five elements, internally and externally, brings peace and physical health.

These elements overlap in the doshas — Vata, Pitta and Kapha—each referring to a combination of the elements. Vata is the combination of Air and Ether, associated with flexibility and physical circulation through the nervous system. Pitta is the combination of Fire and Water, associated with digestion, intelligence and emotion. Kapha, the combination of Water and Earth, is associated with stability and calmness.

Movements through yoga, which is commonly referred to as the sister medicine to Ayurveda, can help channel balance of these five elements. Yoga is seen as the basis to Ayurveda, providing the meditative state and spiritual understanding required to balance the doshas.

Although animal interaction provides humans with stress relief, adding goats to yogic or meditative practices is not a replacement for Ayurvedic medicine. Maan Farms offering goat yoga as an activity is, on the one hand, really funny; they’re profiting off of the uneducation and appropriation of others. On the other hand, we — as a society and cultural group of peoples — must, at some point, question how far we can go until we are simply being complicit in our own oppression (as appropriation and cultural theft is a form of oppression) from our cultures.

Furthermore, the idea of the “yoga rave” is entirely counterproductive to the purpose of yoga. Oxford Dictionary defines “cultural appropriation” as, “The unacknowledged or inappropriate adoption of the customs, practices, ideas, etc. of one people or society by members of another and typically more dominant people or society.” Taking a cultural practice with roots as deep as yoga in Indian culture, and mangling the practice to the point that its purpose is entirely cast aside, directly falls into this definition.





The Vancouver Hiker's Guide: Hiking Without Actually Breaking a Sweat — It's All About the Aesthetic, Anyway

A step-by-step guide to fitting in within the hiking community and how to trick your family, friends and — most importantly — your social media followers to believe that you truly have conquered the mountain peaks

By: Lauren Grey

It's not the summit that matters, it's the view. On Vancouver's easy trails, you get both, without the climb. But, in Vancouver, the view is just as rewarding. Maybe even more so without all the hard work. If you're more of a 'pretend hiker' than an actual mountaineer, welcome to the world of easy, breathtaking trails that let you enjoy Vancouver's stunning outdoors without feeling like you need to train for an ultramarathon. This guide is for the casual adventurer, the ones who like their hiking with a side of Instagram-worthy views, snacks and minimal effort. These five trails will have you looking like a pro without having to push your limits.

Quarry Rock:

The "Instagram Ready" Stroll

Located in Deep Cove in North Vancouver, Quarry Rock is a popular spot for those who want the scenic water views over the Indian Arm. At just 4 km with an elevation gain of 205 m, it's one of the most manageable hikes on this list. But, don't let the low elevation fool you, the incline can sometimes catch people off guard. Taylor Melnyk, who is an avid hiker of the North Shore Mountains says, "That incline gets fairly steep, it's not a very intense hike, but if you aren't expecting it, the elevation gain can really surprise you." It's not exactly a flat walk, but the

payoff is well worth the 1.5-2.5 hours without it being too difficult.

Going at sunset or golden hour is the best for photos. Melnyk's favourite time to go is early Saturday mornings, she says "it allows me to get some exercise early and I can go and explore the cute cafes and Honeys Donuts in Deep Cove." Going too late on the weekends will have you trapped in the slow-moving parade of tourists that are probably also wearing jeans.

Quarry Rock itself isn't overflowing with wildlife, but you'll definitely spot some squirrels, birds and maybe even a shy deer grazing nearby if you're lucky. The trees around you are primarily Douglas Firs but be sure to tell your fellow 'hikers' they're actually Western Red Cedars, just to sound like you're truly in tune with the forest. Bonus points for mentioning the occasional Bald Eagle sighting. This is Vancouver, after all.

"These five trails will have you looking like a pro without having to push your limits."

The Hikers "Illusion" Gear SparkNotes:

- Short hike, no need for a whole camping setup
- Wear a lightweight breathable jacket (preferably forest green or navy blue to fit the vibe)
- For footwear, something functional, comfortable and most importantly something that will look good for your brunch post hike.

Lighthouse Park:

The Hike with Endless Viewpoints

If you want to combine the illusion of a hearty hike with the real thrill of getting an ocean view and a lighthouse in one shot, then Lighthouse Park in West Vancouver is your go-to. This 5.8 km hike is great because it has a 270 m elevation gain to make you feel like you did something, but it's not so difficult that you'll want to curl up and take a nap halfway through. There are also different paths to get to the lighthouse, so you can feel like you're taking a different hike every time.

Try visiting early in the morning or during the golden hour just before sunset to avoid crowds and to get the best photos, especially since this is also one of those hikes where the view is at its most dramatic when the sun hits the water. Lighthouse Park is also rich in beautiful trees and plants. You'll spot some local wildlife like the occasional otter or seal along the shoreline, and — if you're really lucky — a pod of whales. Ayesha Fraser often enjoys leisurely strolls with her dog, and she describes Lighthouse Park as, "such a serene place. The coastal views are amazing, and you'll spot a lot of marine life if you're paying attention."

The Hikers "Illusion" Gear SparkNotes:

- Moisture-wicking shirt, comfy leggings and a hat to shield you from the sun
- Binoculars are absolutely necessary, then you can pretend to spot seals
- Very windy by the water, so depending on the weather layer up

Bowen Lookout:

The View, That'll Make You Seem Like You Hiked for Hours

If you're looking for an easy hike with a view that screams, "Yes, I do this every weekend," Bowen Lookout delivers. This 4 km hike is a perfect place to tell your friends you "trekked" up to get the best views of Howe Sound and Bowen Island, even if the elevation gain is actually only 110 m. Plus, it's a loop. If you post a picture on social media, you will have actual hikers message you about doing a treacherous hike with them because they think you're experienced.

For the best vibes, head out in the late afternoon. The sunset views are incredible and will make your social media followers wish they were there. Much like some of the other options there will be pretty trees, plants and a view of the ocean from the top. Keep an eye out for little

birds. Try holding your hand out and one might land on your hand. This is a very popular picture to take at the Bowen lookout.

The Hikers "Illusion" Gear SparkNotes:

- Light hoodie and stylish hat
- Flannel shirt tied around the waist, also a benefit to hide accidental sweat stains
- For footwear, something rugged/comfortable like a trail or hiking shoe

Mystery Lake:

The Spot for the "Serious" Hiker (Who Actually Wants to Chill)

Mystery Lake is a relatively unknown gem that offers a peaceful retreat and a chance to show off your knowledge of "hidden spots." At 4.8 km and an elevation gain of 255 m, it's an easygoing hike with a lovely destination: a serene lake perfect for a quick dip or just soaking in the surrounding nature.

Summer is perfect for this hike. Navigating to the lake can be tricky when finding the lake (hence, the name), so don't forget to bring a map. Be on the lookout for bears, as they will frequently make their way up and around Mystery Lake to find berries and cool off from the sun. And bring your bug repellent, as many hikers complain about the number of bugs due to the muggy atmosphere and dense forest.

The Hikers "Illusion" Gear SparkNotes:

- Bring a bathing suit, whether you wear it up or change in the bush is up to you... they both have their pros and cons
- A towel, sunscreen and a hat are also essential
- Bring a beer or bevy of some sort, completes the look while you're chilling on the water

Lower Falls

The Flat and Scenic Path to Perfection

Last but not least, Lower Falls in Maple Ridge is an easy, accessible trail for those who want a quick, scenic walk with a waterfall payoff. At just 5.5 km, it's basically a flat path that takes you along the river to a beautiful set of waterfalls

"The sunset views are incredible and will make your social media followers wish they were there."

Spring and summer are perfect for Lower Falls. The clear blue waters of the river and the surrounding forest are lush, making it a peaceful and beautiful spot for photos and a relaxing stroll. On the flip side it's also amazing in the winter if there is snow on the ground and in the trees. It does get dark very quickly because it's so covered with trees so make sure you get out of there before sunset. There are many deer and fawn sightings around this area and beautiful trees, as well as a magnificent waterfall that you will absolutely want to add to your Instagram feed.

The Hikers "Illusion" Gear SparkNotes:

- Wear something warm and comfortable, maybe oversized sweater and some joggers
- Bring a hat, sunglasses, and a lululemon fanny pack to complete the look, sometimes it's all about the accessories

There it is, five easy hikes around Vancouver that'll have you looking like a pro, even if you're just in it for the view and the snacks. So, lace up your shoes, grab a quick snack, and head out for your next "hike." Remember, it's all about the breathtaking views, of course. Happy strolling!

Transit-Friendly

Your one-stop guide to the best bites to eat

By: Michael Flynn

Stepping off the SkyTrain into the heart of Vancouver, you're hit with the city's signature mix of salty ocean air and the distant sizzle of something delicious. Whether it's a quick drink before a show, a cozy dinner after work or a late-night bite with friends, the best spots shouldn't require a mile-long trek in heels or a soaking from an unexpected downpour.

Luckily, Vancouver's vibrant food and drink scene is dotted with incredible restaurants and bars just steps from major transit hubs, meaning you can indulge without the hassle of long walks or expensive rideshares. From sophisticated waterfront dining near bustling transit centers to innovative street eats in eclectic neighborhoods, this guide ensures your next night out is as easy as tapping your Compass Card.

Miku Restaurant is located five minutes from Waterfront Station, within easy reach for commuters via the Canada Line, SeaBus or numerous local bus routes. One of Vancouver's most celebrated dining establishments, famed for their aburi sushi and creative Japanese cuisine, Miku's sleek and modern decor matches the care put into its well-curated menu. Signature dishes include their flame-seared aburi salmon—gently caramelized to draw out its innate richness—and a variety of sushi rolls that meld traditional methods with inventive flourishes.

"It runs a bit on the pricey side, but it's my favorite sushi in the city. If the prices were a little cheaper, I'd be there every day" says

Stephanie Bell, an office worker and commuter from the North Shore. The Miku beverage menu impresses, too, with Japanese-inspired cocktails and an extensive selection of premium sake and purposefully selected wines. Though pricing is on the higher side, Miku's quality ingredients, creative dishes and stunning harbour views are worth the trip for a nice evening out, as well as a classy lunch meeting.

Location: 70-200 Granville St

Transit: Canada Line, Expo Line, SeaBus and multiple bus routes

Hours: Lunch: Mon–Fri 11:30 a.m.–5:00 p.m.; Sat–Sun 12:00 p.m.–5:00 p.m. Dinner: Daily 5:00 p.m.–10:00 p.m.

Price Range: \$\$\$ (Mains: \$31–\$50)

In the mellow neighbourhood of Kitsilano, we find the former 24/7 restaurant The Naam, a legendary vegetarian spot that has been a staple of the neighbourhood since 1968. The menu features signature dishes that have drawn a devoted following over the decades, including spicy vegetable stir-fry, famous veggie burgers and comforting bowls of chili. They also offer a wide range of noodle dishes, robust salads and decadent desserts that inspire creativity in the plant-lover kitchen.

"I've been eating here on a weekly basis my whole life, and my parents were eating here for a good 20 years before I was born," says Jake Gordon, a lifelong Kitsilano resident. The Naam's long-term charm springs from its combination of hearty but affordable comfort and, my favorite aspect, its position as a neighborhood meeting



Treats

near Vancouver's transit hubs

place where you can sit down to unadorned but nourishing food that feels like home.

Location: 2724 W 4th Ave

Transit: Bus routes 4, 7, 14, 84

Hours: Open Monday–Friday: 11:00 am–11:00 pm; Saturday: 9:00 am–12:00 am; Sunday: 9:00 am–11:00 pm

Price Range: \$–\$\$ (Mains: \$10–\$15)

“Vancouver’s vibrant food and drink scene is dotted with incredible restaurants and bars just steps from major transit hubs.”

North Vancouver’s dining scene is equally vibrant and accessible, thanks to the speedy SeaBus transport. One of the area’s top draws is Pier 7, a sleek restaurant and bar at the busy Lonsdale Quay. Pier 7 is the ultimate waterfront dining experience, thanks to a modern, open-concept layout that encourages diners to unwind as they soak in sweeping views of the inlet, North Shore Mountains and even the Vancouver skyline in the distance.

Inside Pier 7, the decor toes the line between modern chic and nautical. Floor-to-ceiling windows open onto the dining area, bathing it in natural light. The menu celebrates the region’s rich maritime and culinary heritage and features fresh, locally caught seafood and seasonal ingredients. Signature items from the head chef include cedar-plank grilled salmon with tender,

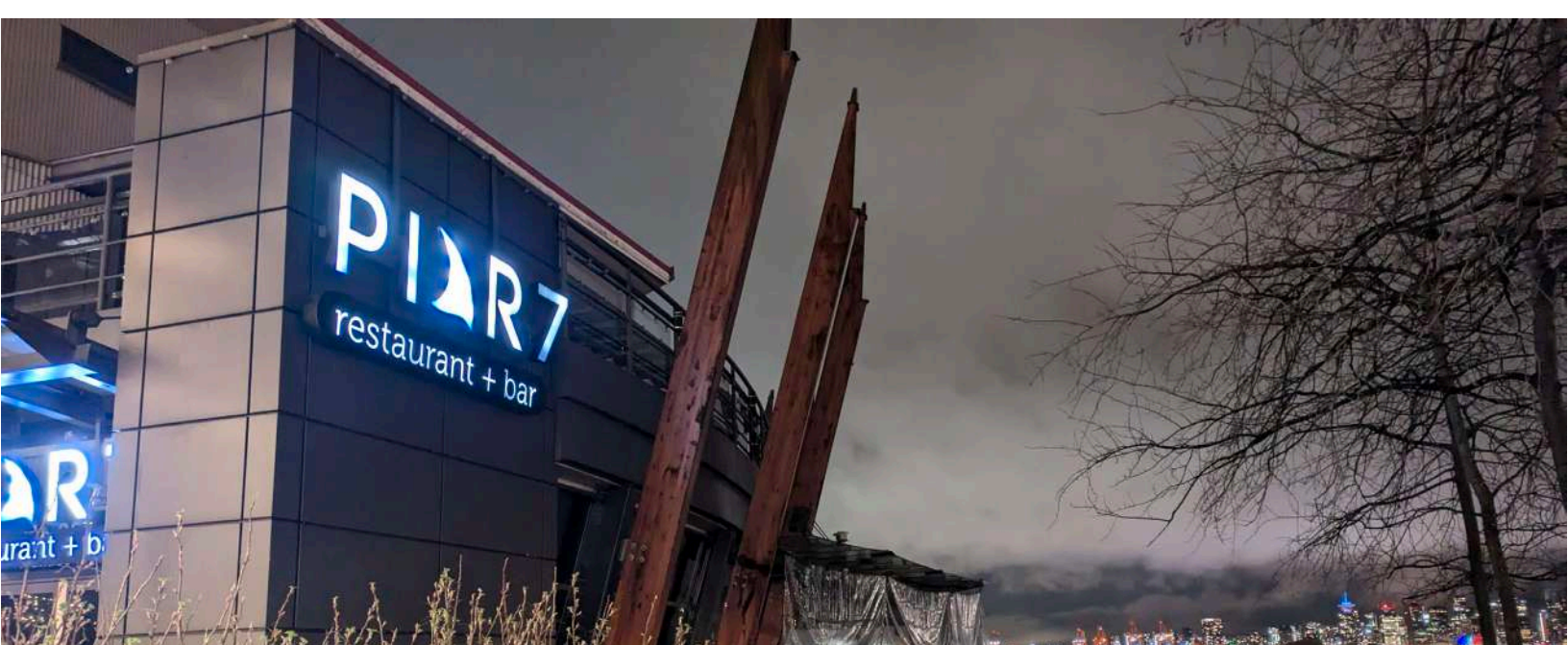
flaky texture and mild smoky flavor and a hearty seafood chowder packed with local shellfish and fresh herbs. Pier 7 also has a balanced list of signature cocktails highlighting locally distilled spirits and unusual mixers, as well as a good selection of regional craft beers and quality wines that tap into the province’s burgeoning vineyard scene.

Location: 25 Wallace Mews, North Vancouver

Transit: SeaBus, multiple bus routes to Lonsdale Quay

Hours: Mon–Fri 11:30 am–10:00 pm; Sat–Sun 10:30 am–10:00 pm

Price Range: \$\$–\$\$\$ (Mains: \$28–\$40)



If those three restaurants are already among your regular spots, here's five to add to your list:

Steamworks Brewing Company

Location: 375 Water St

Transit: Canada Line, Expo Line, SeaBus, multiple bus routes

Hours: Monday–Thursday: 11:00 am–12:00 am; Friday: 11:00 am–1:00 am;

Saturday: 10:00 am–1:00 am; Sunday: 10:00 am–12:00 am

Price Range: \$\$ (Mains: \$15–\$30)

The Mexican Antojitos y Cantina

Location: 1049 Granville St

Transit: Expo Line, multiple bus routes

Hours: Monday–Saturday: 5:00 pm–12:00 am; Closed on Sundays

Price Range: \$\$ (Mains: \$12–\$25)

The Flying Pig

Location: 1168 Hamilton St

Transit: Canada Line, multiple bus routes

Hours: Monday–Friday: 11:30 am–11:00 pm; Saturday–Sunday: 10:30 am–11:00 pm

Price Range: \$\$ (Mains: \$18–\$35)

Chambar

Location: 568 Beatty St

Transit: Expo Line, multiple bus routes

Hours: Monday–Friday: 8:00 am–12:00 am; Saturday–Sunday: 9:00 am–12:00 am

Price Range: \$\$\$ (Mains: \$25–\$40)

Craft Beer Market

Location: 85 W 1st Ave

Transit: Expo Line, multiple bus routes

Hours: Monday–Wednesday: 11:00 am–12:00 am;

Thursday–Saturday: 11:00 am–1:00 am; Sunday: 11:00 am–12:00 am

Price Range: \$\$ (Mains: \$16–\$30)

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RESTAURANT GROUP



The Emerald Shitty

Why Seattle is Worse at Everything Than Vancouver

By: Alex Rickman

This piece is satire. Names are fabricated.

Seattle, Washington. Beautiful, cultured and (most of all) a cheaply-made knockoff. What makes Seattle so much worse than Vancouver at everything they do?

Sure, Seattle may be the home of Hendrix, grunge music and the Space Needle. But, that's beside the point. Everything Seattle is known for — both by those in and out of the Pacific Northwest — is done better by Vancouver. I'm tired of pretending it's not.

If you ask some Vancouverites what makes Seattle worse than Vancouver, it comes down to the Emerald City wanting to be something they could never feasibly be. Lifelong Vancouver resident Tony Adams says Seattle is defined by three main characteristics: "The smell, the pretentious people and the air of failure and sadness when you walk into any building... That entire city is built off jealousy." He continues to say, "They don't have an identity, they're just trying to be so many things because they want to be everyone else."

But, what about the areas in which Seattle claims superiority over their northern neighbours? Surely, a beautiful and iconic monument like the Space Needle can't be matched by anything Vancouver has to offer? Not so fast! Firstly, the Space Needle is simply a rip-off of our beautiful Harbour Centre that Seattle built before we had a chance to plan or build it in order to one-up us. Secondly, the Space Needle was originally a hideous orange, resembling a "giant carrot," according to Tim Bergling. I don't speak for everyone, but I like my buildings to look like buildings, not vegetables.

In terms of natural scenery, Seattle is nothing to scoff at, boasting views of distant mountains, as well as Puget Sound and Lake Washington. This would be impressive in comparison to most North American cities, but compared to

Vancouver's mountain and ocean views and access from a much closer distance, it may as well be a view of an abandoned factory crumbling to bits. Seattle wishes they had mountains close to

their downtown area like Vancouver does. But, as Adams said, "One thing they can't do is move mountains. If they could, they would, but they're just not able to do that, and so, they'll just never be as good as us."

How about sports? Seattle currently boasts franchises in the NHL, NFL, MLB and MLS, among other leagues. How could Vancouver possibly compete with this? There are a few ways, actually. Firstly, the Canucks own the Kraken, with the Canucks having won eight of their 13 matchups at the time of writing. Vancouver resident and regular Seattle visitor Peter Du Toit said of them, "The Kraken just have a stupid mascot, they have a stupid stadium, they have a bad team. They don't really have anything going for them." The Kraken are a factory of sadness that ruin the reputation of all oceanic-themed NHL teams. The Canucks should sue them for everything they have.



***“From having to fix their
ugly downtown devoid
of any nearby mountains
to dealing with their
pretentious and smelly
residents on a regular
basis, the trouble of taking
Seattle in just wouldn’t be
worth it.”***

While the Seattle Sounders may have a more successful history than the Vancouver Whitecaps, in head-to-head competition the Sounders rarely even win. While most people would see a winning record and think the Sounders are better, one must remember, as Du Toit said, “When you can only beat the Caps by one, that’s bad.” Adams added that in order to consider them a real soccer team, the Seattle Sounders and their fanbase need to, “Have a spine, have tradition, have history, but they’re never gonna get there because they’re a soulless organization in a soulless city.”

Seattle also falls short of Vancouver in terms of proximity to my house, making it a great inconvenience to get anything done in Seattle in a timely manner. If you ask Adams, however, this is actually a blessing in disguise. “It’s kind of nice that if I ever have a reason to go to Seattle that it is far away and [I] really have time to consider, is this the right thing? Is part of my eyes going to be permanently scarred by the things I’m gonna see in Seattle? Will I ever be able to smell again?” This distance is, more than anything, a courtesy extended to Vancouverites to prevent them from unnecessarily having to enter a far inferior city.

Speaking of travel, the fact that Seattle has a highway running through its downtown area has been met with mixed reviews. On one side of the coin, Du Toit argues against it, saying, “I think it’s just stupid. It cuts the whole city in half. Of all highways to have cutting through, too, I-5 is so bad.” Adams, however, argues that the fact of having a way out of Seattle is for the best. “You can be right downtown and decide, ‘Hey, I hate this place, like most do,’” he said, continuing, “And boom, you’re out in five minutes. One of Seattle’s redeeming factors.”

Knowing that Seattle is, for reasons listed above among countless others, inferior to Vancouver across the board, is there a way Seattle could one day hope to reach Vancouver’s level? The

answer, sadly, is no. When asked what Seattle could do to rival Vancouver, Adams simply replied, “Nothing. Honestly, I think the only thing they could do to get relatively near Vancouver’s level is ceasing to exist.” Du Toit made an equally clear statement when asked the same question, stating, “At that point, you’d have to start from scratch.” Why? The answer, according to Du Toit, is simple: “Those backwards hicks don’t know anything.”

“Seattle also falls short of Vancouver in terms of proximity to my house.”

With all of this being considered, it’s clear that Seattle is simply nothing more than a directionless hellhole that dreams of one day becoming a real city like Vancouver. Should Vancouver consider granting their wish via annexation? While the idea of stepping in like a hero and freeing Seattle from its sad, meaningless existence may seem tempting, one has to remember the task that Vancouver would be taking on in order to turn them into a real city as opposed to a pathetic pantomime of one.

From having to fix their ugly downtown devoid of any nearby mountains to dealing with their pretentious and smelly residents on a regular basis, the trouble of taking Seattle in just wouldn’t be worth it. “Even if we had to take three people from Seattle, we’d already be sacrificing. I’d rather leave them. I don’t want to interact with them. Adams’ words may seem harsh at first, but if you’ve ever had the displeasure of spending more than five minutes in Seattle, interacting with the residents and inhaling the borderline toxic aroma of their air, then you, too, would be sickened by the thought of being associated with that dump.

Seattle may appear to be a cool and cultured city at a quick glance. Being the home city of the ‘90s most iconic musical revolution is

unquestionably interesting. It’s also an excellent claim to fame to be the hometown of arguably the greatest guitarist of all time in Jimi Hendrix. It’s just a shame to remember that Hendrix’s genius and cool image are primarily a product of the summertimes he spent in Vancouver staying with grandparents during his youth, and not his time spent in Seattle, where he presumably dreamt about a return to Canada. Vancouver even had a shrine to Hendrix in Chinatown until just a few years ago, and we all hope to one day see it return to pay tribute to our true Vancouver icon.

At the end of the day, the two biggest cities in the Pacific Northwest are truly like brothers. Unfortunately, unlike sets of brothers like Noel and Liam Gallagher, or Henrik and Daniel Sedin — where both brothers bring their own special talents — Seattle simply can’t pull the same amount of weight as their northern neighbours. Is it technically possible for Seattle to one day reach Vancouver’s level? Sure. Will it actually happen? If you ask Adams, Bergling, Du Toit or anyone else with at least two brain cells to rub together, the answer is clear: Hell no.

“It’s just a shame to remember that Hendrix’s genius and cool image are primarily a product of the summertimes he spent in Vancouver staying with grandparents during his youth, and not his time spent in Seattle, where he presumably dreamt about a return to Canada.”

The Dos and Don'ts of Thrifting in Vancouver

How the vintage stores in Vancouver have impacted the fashion world through markups, making thrifting an experience that may only be suitable and affordable for some

**By: Larissa Barros Alves
de Oliveira**

Being cool is all about standing out and embracing your individuality. However, in our world of fads and trends, standing out is getting tougher with every passing moment. Good music is streamed at a rapid pace, and online trends are overly propagated. It's a challenge to carve out your own space in a world that's constantly filled with the same vibes.

Yet, when you thrift your clothes, you are stating your uniqueness; the pieces you purchase are not going to be seen on other people. In Vancouver, thrifting is getting big,

especially when we mention the Mount Pleasant neighbourhood.

New thrift stores are brewing daily in the area with new concepts and layouts appealing to the younger generations. Stores like *F as Frank*, *Rag Machine*, *Fish Market*, *Rewind Resale* and *Mintage*, all located less than a mile radius from each other, are gaining a lot of traction and popularity in this city, attracting mainly Gen Z and Gen Alpha. It's understandable that Mount Pleasant is an appealing area for this generation

to gravitate and consume. It is very accessible, close to SkyTrain and bus stations. Yet, have you ever realized that places like *Salvation Army* or *Value Village* seem to be catered to a different demographic? Well, they serve the vital purpose of a thrift store: reselling used clothes for a cheaper price, which will eventually attract low-income folks. They won't buy your clothes, because they work on a donation basis.

So, you might ask: What's the difference between those O.G. places and the ones I



I previously cited? Well, for starters, the previous store does not work on a donation basis; they will buy their goods from you, online marketplace sellers, Salvation Army or Value Village. With that, they will curate a selection of goods that are considered trendy and consistent, corresponding to the store's aesthetics.

I invite you to attempt to sell some pieces of clothes in one of these stores, and I guarantee you it will be an odd chance to succeed. Sammi, 25 years old, is an avid thrift store enthusiast.

"I love the Mount Pleasant area, don't get me wrong, but I won't be spending my money in a thrift store. I see these people at Value Village in Richmond; they are savage," Sammi says, "They run to grab entire racks of clothes for their stores. I even saw them fighting over a piece of cloth with a teenage girl." That conduct is often overlooked when you see the goods in their trendy Mount Pleasant establishments, but it is important to understand that it contributes fully to the gentrification of thrift stores.

The main point is that when people buy in bulk or resell thrifted goods, they end up driving up their prices because they get things they don't need. Worst case scenario: low-income customers can't afford to shop at thrift stores near them, and plus-size customers have it bad already when it comes to finding clothes in the thrift store.

Resale marketplaces capture the essence of free market capitalism, however, with a twist that resonates with the new generation. Sellers set the prices, so the value of items can swing from affordable to insanely overpriced. According to the 2020 Resale Report by ThredUp and GlobalData, in 2019, the secondhand clothes market was worth about \$28 billion. And in 2024, they predicted it to be about \$64 billion; it summed up to

actually be \$230 billion.

Urban Outfitters has also entered the game of reselling vintage goods — like Levi's jeans — for almost the same price as a new pair at the actual store. They receive a lot of backlash due to the fact that they choose not to repay textile factories.

The 2021 Fashion Accountability Report from Remake highlights that Urban Outfitters has a troubling track record regarding human rights in its supply chain. A genuinely linear business approach would prioritize reducing product output while enhancing the longevity of its products. This shift would ultimately decrease the demand placed on workers.

At first glance, thrift shopping may appear to be a countercultural response to capitalism. However, it is important to recognize the intricate connections between the secondhand establishments and the traditional retail landscape.

“Resale marketplaces capture the essence of free market capitalism, however, with a twist that resonates with the new generation.”



The hype around thrifting is spreading so much that it has become a theme aesthetic choice for the coolest new restaurant or bar in the city. Also located at the heart of the hipster neighbourhood in Vancouver, Mount Pleasant Vintage & Provisions provides you with all you could ever want in a bar in this city and more. A spacious patio, a great bar, funky furniture and decor, merch and great people. Not only that but the venue also paired up with DJs over the weekend, promoting the 'Can I Kick It' party every Friday, from 10:30 p.m. to 2 a.m., and Morning Disco Brunch party on Sundays from 11 a.m. to 3 p.m. For more information, visit their Instagram at @mountpleasantvintage.

Is Justin Trudeau a Haida Raven?

How Trudeau's tattoo sparked conversation regarding cultural appropriation

By: Taanggunaay Grinder

Justin Trudeau, Canada's 23rd Prime Minister's time in parliament has come to a close. So, as a tribute to our PM's departure, one cannot help but feel nostalgic. We reminisce about our beloved leader who will be remembered for his leadership, bravery and his culturally appropriating Haida tattoo on his left arm. Although most Canadians are aware of Trudeau's questionable Halloween costumes, a less commonly known fact about our country's leader is his Haida raven tattoo encircling a globe that has been permanently etched onto his skin for far longer than he has been in parliament.

"Most Canadians are aware of Trudeau's questionable Halloween costumes."

This begs the question: Is Justin Trudeau Haida? Well, technically, no. However, this question comes with a more complicated answer than it first meets the eye. Within the Indigenous — and specifically Haida — community, his decision to incorporate a Haida design into his tattoo has sparked obvious discussions about cultural appropriation and who is or isn't allowed to use Haida Art, raising questions about cultural appropriation, a concern that has become

more pronounced over time. Understanding the history of this tattoo and its broader implications requires a closer examination of Trudeau's personal history and the inside perspectives of the actual Haida community that created this tattoo in the first place.

The Genesis of the Tattoo

Trudeau's body art was not a spur of the moment or impulsive decision, which is usually what leads people to tattooing symbols from other cultures on their body. This piece of art is a journey Trudeau made with time and intent. The tattoo itself is technically a fusion of two separate designs acquired at different times in his life by different artists. At the age of 23, he had the globe inked onto his upper left arm. Only later on, as a celebration of his 40th birthday, did he incorporate a Haida raven around the globe thus creating the current mashed together piece we are forced to look at today. No better way to ring in the big 4-0 than getting designs you do not own permanently etched on your body. Trudeau has publicly shared this information in a tweet from 2012, which reads, "My tattoo is planet Earth inside a Haida raven. The globe I got when I was 23, the Robert Davidson raven for my 40th birthday."

The raven design was taken (without permission) from the "Raven Bringing Light

"Trudeau's body art was not a spur of the moment or impulsive decision."

to the World," a painting by the famous Haida artist Robert Davidson. Davidson is a prominent Haida artist from the Chiits Gitane Raven Clan. This artwork holds a significant cultural meaning and representation for the Haida people, a story that is most likely unknown to our former prime minister. For context, "Raven Bringing Light to the world" is a piece of art that tells the story of how Haida people were given sunlight by the supernatural being, the Raven. It is an integral part of Haida creation that is sacred and has been a part of this nation's history since time immemorial.

Trudeau's Connections to the Haida Community

Although Trudeau is not of Haida descent or ancestry, his tattoo choice was not completely random. Trudeau's association with the Haida culture surprisingly predates his tattoo. Pierre Trudeau, father to Justin Trudeau and former prime minister, was adopted into a Haida raven clan in 1976 and given the name Kiihl Nang Guulaans, which means, 'the voice as good as gold.' This adoption into the Haida community





was actually facilitated by Robert Davidson's grandmother. In 2011, Justin Trudeau himself was adopted into the same Yahgulanaas Raven clan from the Masset community, although he has yet to be given a formal Haida name from the nation. This is Trudeau's only connection to the Haida people, a connection that is apparently so strong that it required permanent body alterations to commemorate. Despite this historical and seemingly deep connection with the Haida people, it is still up for debate whether Trudeau's choice to get this tattoo was appropriate, given he had no express permission from the nation or the artist who the design was taken from. However, technically, being adopted into a Haida clan inherently gives that person the right to use the crests, traditions and practices associated with the specific clan you are adopted into. How members of the Yaghulaanas clan feel about Trudeau being adopted varies from person to person.

"It is still up for debate whether Trudeau's choice to get this tattoo was appropriate."

Kwiadda McEvoy, who was born in the YaghuLaanas Raven clan, thinks his specific adoption circumstances do not entitle him to such a tattoo. McEvoy explained that the adoption process into Haida Clans originated because Haida's are a matrilineal society. "Adoption started as a way for Haida kids with non-Haida moms to still have a clan and sense of identity within the nation," McEvoy states. She explains that as time went on, adopting celebrities and notable people into the clan system has gotten out of hand and should be regarded differently than traditional adoption systems.

She goes on to say, "As the prime minister of a country with no Haida blood, even if you are adopted, you should understand it takes more than that to be a part of a traditional, ancient society structure, it is not and will never be an appropriate thing to have done." Many people in the Yaghulaanas clan agree with McEvoy's sentiments. The artist himself, Robert Davidson, has also expressed his opinion.

Robert Davidson

In a CanadianArt article published in 2016, Davidson expressed the humour he found in the tattoo, stating that neither he nor his daughter took offence to the design as the two contributing artists. Davidson said, "I'm always surprised when one of my designs shows up on someone as a tattoo, but I don't feel slighted. I treat it more like a compliment, but I still appreciate it when people ask permission." After this article however, Davidson had a shift in opinion as Trudeau's political decisions with Indigenous communities specifically in his choices with the Coastal GasLink pipeline (a project the Haida Nation was in direct opposition of) became less than funny. Davidson most recently commented on how getting that tattoo means carrying responsibilities associated with the design crest. "By selecting that image, he must uphold the responsibilities that come with that image. He must bring light to the world," he said, "Otherwise, it is cultural appropriation."

Justin Trudeau's Haida Raven tattoo serves as a focal point in discussions about cultural appropriation that is often used as a thoughtless form of body art, something many others beyond Trudeau are guilty of. The responsibilities that come with wearing such a sacred crest to the Haida people, despite being symbolically 'adopted,' do not grant him Indigenous identity or the inherent right to use Indigenous art and culture without public scrutiny. Although Trudeau will no longer be in parliament, let's not forget this integral example of cultural

appropriation and the level of consideration and thought that politicians have when tackling sensitive subjects.

"I'm always surprised when one of my designs shows up on someone as a tattoo, but I don't feel slighted. I treat it more like a compliment, but I still appreciate it when people ask permission."

— Robert Davidson

Richards on Richards



Then



Now

Luv a Fair



Then



Now

Vaincity in the 90s: A retrospective of Robson Street then and now

A look back to the past and what Vaincity has lost over the years

By Mayumi Izumi

This was the decade that Starbucks had two coffee shops, one on either side of the street—north and south. It was a time of hopefulness and most thought that they would one day have enough saved to buy a house or condo, get married and have children. Our dreams have been dashed by inflation, the real estate market and living in the most expensive city in Canada.

In the 1990s, people were celebrating as they had disposable incomes to spend and the Vancouver nightclub scene was thriving. Nineties artists, Deee-Lite and C+C Music Factory had us swinging our hips on the dancefloor with “Groove Is in the heart” and “Gonna Make You Sweat” respectively... It was the second era of wide-legged pants and platform shoes after the 1970s. Earl’s, Red Robin and CinCin were popular restaurants to dine at and Pegabo, part of Le Groupe Aldo, was one of the most popular shoe stores in the shopping district on Robson Street.

It is a shame that the Raincouver haters were not around to see it. There were a lot of different dance floors to choose from depending on what type of music you preferred. One of the biggest, Graceland, had Reggae Nights on Wednesdays, Richards on Richards mainly played Top 40 and Luv-A-Fair had a very popular 80s Night with a stage for the show-offs.

Robson Street in the nineties

Robson Street was one of the first streets built in Vancouver and named after John Robson who was BC’s Premier from 1889-1892. The fashionable Vancouver street was also home to post-war Germans and the streets between Burrard and Jervis were given the nickname Robsonstrasse.

To give our readers a firsthand account of Vancouver life before the millennium, Mona Gullick, a Cree transplant from Slave Lake, Alberta, was working downtown at the United

Customs Broker on West Hastings and had just turned 30 years old. She celebrated her milestone birthday at Romano’s Macaroni Grill on Davie Street which was formerly the Hy’s Mansion and originally the Gabriola House. The building was known to be haunted by several ghosts during its different incarnations.

What she notices that’s most different from the city then compared to now is that the stores used to have prices that were reasonable, but now they are high priced and not everyone can afford the shopping district. Mona reflects that, “what was important to me was my family and friends. It seemed like I had enough time to enjoy...more relaxed and no stress. It was a good decade, for get-togethers, going out and enjoying the nightlife which was really hopping.

“It was a time of hopefulness.”

[There] was a lot of socializing going to Denny's after a late night at Shenanigans which I frequented a lot. I bought shoes from Aldo, went to CinCin sometimes, [also] my friends and I would go to the strip clubs like Marble Arch, No.5 Orange and the Drake."

"I wore tights, big shirts and flats," she recalls, "Sometimes I wore a white t-shirt tied up. My favourite outfit was wearing ripped jeans with my thigh high stockings showing through." She listened to a lot of bands, but "... mostly to Depeche Mode, the Smiths, Aerosmith and Beastie Boys, even Skid Row."

Also in the 90s, the now fading icon, Madonna was striking a pose in her video for her song, "Vogue" and "Justifying her Love" in her movie, Truth or Dare which caused quite the buzz with its controversial content and racy scenes. However, she was not the only singer to have a movie released during that time. Cher starred in the Mermaids with Winona Ryder and Christina Ricci that was released on December 14, 1990 and also sang the title track, "the Shoop Shoop Song (It's in His Kiss)" on the movie soundtrack as well as "Baby, I'm Yours."

Another resident of Vaincity, Jane Ince, a communications instructor and former co-chair of Capilano University's Faculty of Communications recalls that she worked at the Pacific Palisades Hotel as the front office manager, at the 'dodgy end' of Robson, before the two Starbucks dominated the trendy street. She fondly remembers that at that time, "you could still see traces of Robsonstrasse. In the oldie times, there was a concentration of German stores in this area (the western part of Robson, towards Stanley Park)."

Melanie Griffith in Working Girl

About her sense of style at the time, Jane says, "Yikes . . . Please take a look at Melody Griffiths in the movie, Working Girl. Those shoulder pads could be used to hold your head still while sleeping on a plane. The blazers were over-sized and 'manly.' This was probably a reflection of the time. Women wanted to be taken seriously at work, and we probably thought dressing like a man would help. Skirts were full and ankle length. I do recall a lot of slouchy boot wear too!" When asked about her hair she grimaced and responded, "BIG hair . . . Goodness! I am sure we damaged the ozone layer with the hairspray we used. My bangs were always teased and sprayed so that [they] sat 3-4 inches above my forehead."

Coincidentally, her favourite restaurants were CinCin and Zefferelli's which are still there. She also loved Tsunami Sushi that served sushi and sashimi on floating boats. The restaurant had a counter with a built-in moat where the chefs would prepare the dishes and place them on the boats. The diners could then choose what they wanted and pick up the plates.

Reminiscing about the 1990s makes one want to go back to the carefree era of black leggings, cowboy boots and oversized t-shirts, shop on Robson Street, dine at CinCin Ristorante and dance till the sun comes up. Life was simple then, stress-free as Mona remembers and filled with manly powersuits as Jane recalls. Best of all, we could afford to buy a home.

Graceland



Then



Now

***“BIG hair . . . Goodness!
I am sure we damaged
the ozone layer with the
hairspray we used. My
bangs were always teased
and sprayed so that [they]
sat 3-4 inches above my
forehead.”***

— Jane Ince

VainCity's Survival Guide\$\$

Budget Bliss: The Everyday Madness of Low-Income Living

How living in Vancouver has become a real-life survival show.

By: Lea Krusemeyer

Let me offer you the mother of all oxymorons, affordable living in Vancouver. Living on a tight budget in Vancouver is similar to participating in episodes of *Survivor*, no money, no resources, no connections and constantly faced with the question what will I eat tomorrow?

In a city in which the average rent for an unfurnished one-bedroom apartment is \$2562, you will frequently see people working full-time jobs and lining up at the Greater Vancouver Food Bank (GVFB). What is seen as quirky 'budget hacks' in other Canadian cities is a pure survival instinct for Vancouverites who have become experts at surviving this breathtaking city (because it has you in a chokehold, get it?).

Here is a breakdown of the most popular *Survivor* challenges Vancouverites have to face while simply trying to stay alive. In *Survivor Koah Rong* contestants had to participate in a *Dig It Challenge* which entailed them digging through sand to find balls all while exposed to scorching heat.

Finding affordable housing in Vancouver gives off just that vibe. Digging through hundreds of 'shared basement for \$3500' or 'one

room in a six-bedroom house with only one shared bathroom for \$2.800' while knowing in the back of your head that your landlord is evicting you in two weeks for being behind on rent might just feel as bad as having to dig through burning sand.

In *Survivor Nicaragua*, contestants were strapped to a giant pinwheel and rotated through water. The challenge, which sounds awfully a lot like waterboarding, reminds one of the struggle to make the paycheck last until the next payday.

"The challenge, which sounds awfully a lot like waterboarding, reminds one of the struggle to make the paycheck last until the next payday"

Picture this, it's Friday and you got your \$2000 paycheck, now deduct your credit card bill, Wi-Fi, subscriptions, groceries, hydro, car insurance, gas and whatever other bills one might have and boom we are back to \$50 in the bank. Just when you felt like you could finally

breathe aka when the wheel you are strapped to is above water, the cost of living gives the wheel a nice spin and you are back to drowning.

In *Survivors*, as a reward for surviving the challenges of the day, the contestants get to compete in a *Grocery Challenge*, allowing them to race against time and obstacles to gather food. This closely resembles the average trip to the store for the people of Vancouver.

Tackling challenges like not enough parking at the store (if you are lucky enough to afford a car) or boarding overcrowded buses while holding on to your entire paycheck in groceries is just the tip of the iceberg when it comes to acquiring food in Vancouver. From \$12 butter over \$20 olive oil to strawberries for \$11.50, the prices in this city don't just break the bank. They break the hearts of everyone who moved to Vancouver with a dream and a vision and now patiently waits in line at the Foodbank after finishing their 40-hour work week.



“From \$12 butter over \$20 olive oil to strawberries for \$11.50, the prices in this city don’t just break the bank. They break the hearts of everyone who moved to Vancouver with a dream and a vision and now patiently waits in line at the Foodbank after finishing their 40-hour work week.”

5 places to get Tax Free Shopping for Indigenous People in the Vancouver Area

By: Taanggunaay Grinder



“It’s also important to highlight small Indigenous-owned businesses that offer the same tax-free incentive.”

As Indigenous people living in Vancouver, we are constantly reminded of our Indigeneity by corporate allyship. We are bombarded with land acknowledgments and reminders to celebrate our culture by companies that had no intention of celebrating us until about a decade ago. However, not all these companies and businesses express their support in the way that really matters—giving Natives tax-free purchases at their establishments.

Natives have been flashing their status cards at car dealerships, malls, and gas stations since time immemorial—a traditional practice, if you will. So, in honor of using the Canadian government for our benefit, here are five places in the Vancouver area where you can use your status card for a tax-free purchase!

1. Park Royal Shopping Centre: North Vancouver

Park Royal is the motherland for Native shoppers looking for tax-free deals—an entire shopping mall available at your tax-free disposal. Although almost all Native shoppers are aware of this tax exemption policy, for our non-Native readers, it can be an educational moment. The south end of Park Royal Mall is available for tax exemption as it is located on the Capilano 5 Reserve, home to one of the many reserves of

the Squamish Nation. No matter where you are, you are on Native land—but especially at Park Royal, where you will always find Indigenous people capitalizing on what this mall has to offer.

2. Superstore Canada: North Vancouver

Another popular establishment that not everyone may know can be tax-free—depending on the location. Enjoy tax-free groceries and gas at Superstore's North Vancouver location. While tax-free groceries won't save you a huge amount, the real highlight here is the tax-free gas across the parking lot! Save up to \$20 per tank when removing taxes from your gas bill. If you are not Native, I recommend getting a Native friend for this very reason.

3. Sk̓wálwen Botanicals: Nature's Bounty, Tax-Free

Although pushing big corporations and putting more money in millionaires' wallets is fun, it's also important to highlight small Indigenous-owned businesses that offer the same tax-free incentive. Sk̓wálwen Botanicals, a Squamish-owned beauty and skincare company, will refund your applicable taxes within a couple of days of your online order. This is a great place to shop for unique and natural beauty products, knowing exactly where every product is made.

4. Sa'ya Salon Spa: Lower Lonsdale, North Vancouver

Adding some variety to this list, here's a tax-free place to get your hair done! Sa'ya Salon Spa, although not Indigenous-owned, is an Indigenous-friendly space that employs and serves many First Nations stylists and clients. They offer tax-free services at their main Lower Lonsdale location for any haircuts or color treatments!

5. Revive'Waaynexwi7' Day Spa: West Vancouver

This Squamish-owned and operated spa is best known for its award-winning west coast form line nail designs! This is a great place to go for any spa needs while also supporting talented Indigenous artists. Plus, it offers a luxury tax-free experience for Natives with a status card.

Although a government-issued status card does not define an Indigenous person—blood quantum and colonial systems do not determine how Native one is—those who do have status cards should take advantage of the Canadian government and use their Indian Act card opportunities for sweet, sweet savings.

Happy tax-free shopping!



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