

# BEATS

NEWCOMER YOUTH VOICE + PERSPECTIVE



**ISSUE 6**  
CULTURAL CLOTHING & FOOD  
Summer 2015

AFEEF AHMED Puttalam, Sri Lanka



**BOLLOPUR, BANGLADESH**

Food: Pitha (Bengali pan-cake), made in clay stove and clay pot

Photography by: Jennifer Sarkar

**BEATS RECOGNIZES UNCEDED COAST SALISH LAND**  
FUNDERS AND SUPPORTERS OF THE PUBLICATION



# EDITOR'S NOTE

Jennifer Sarkar

Welcome back to another amazing issue of BEATS! This time the team is back with collection of cultural clothings and foods from various part of the world.

Four immigrant and refugee youth worked on this issue over the past three months. The youth decided on the content and the stories. We are also very fortunate to have external submissions from youth and young adults from our community.

Growing up in Dhaka, Bangladesh I had the open streets which offered me street side foods. I grew up watching my mom and grand moms wearing sarees. My cultural food and clothing is a part of me. Each contributors of this issue has put forward part of them. The foods and clothings you will see in this issue are unique, beautiful and true to the specific culture.

We hope you enjoy this amazing collection and stories about cultural clothings and food. And if you are interested to learn more you can get in touch with us via email or facebook.

BEATS magazine issue 6 will not have been possible without the funding opportunity from YPC (Youth Philanthropy Council, A committee of Vancouver Foundation) and support from PeerNetBC, Pave the Road BC members. We also want to thank you our new supporter L.O.V.E (Leave Out Violence) BC.

We are always looking to collaborate. So, please contact us with any ideas or feedback.

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# ISSUE 6

# EDITORIAL TEAM



## ARIAM YETBAREK

Editorial/Creative

My name is Ariam. I was born in Eritrea and grew up in different countries. Growing up I have been always connected to my culture. Since my family and I moved quite a bit, we always carried our cultural clothes and traditions where ever we went. Being Eritrean is a huge part of my identify because I express my self in a way my ancestors did, from dressing the way they did to cooking and making coffee.



## TEJAS WALIA

Editorial

Tejas is originally from India. Since she moved to Canada she has been involved with various different community work. She is very passionate about learning and growing. She is a member of Pave the Road BC, which is a grassroots non-profit formed by a group of strong immigrant and refugee youth of Lower Mainland BC.



## AFEEF AHMED

Editorial

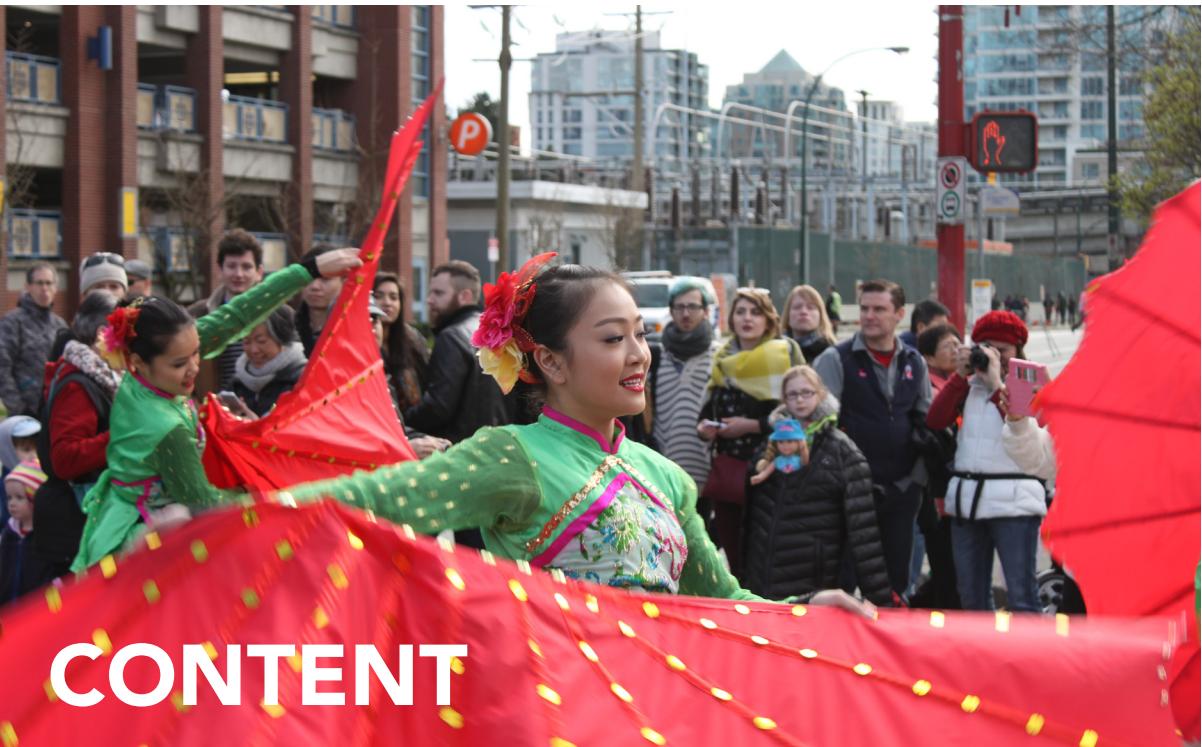
My name is Afeef Ahamed. I was born in Puttalam, Sri Lanka. I enjoy playing cricket and jogging. Six years ago I moved to Canada as an immigrant with my family for better educational opportunities. I have a twin brother and an older brother who is two years older than me. I like spicy foods and anything fried. When I was in high school, I volunteered for My Circle peer support and that experience is still a big part of me. Currently, I am working at Salvation Army thrift store. My future career goal is to become a language teacher.



## DAVID SADEGHIZADEH

Editorial/Creative

Hello loyal BEATS readers! Welcome back to another issue of BEATS Magazine. If you are new reader, I hope you become a loyal BEATS reader, which with all the amazing writings and beautiful works in this and previous issues, it's hard not to be. This is my third time being part of BEATS editorial team, which has been an amazing experience for me. Meeting new people and working with a professional team while having tons of fun. I hope you enjoy this issue and come back for the later ones.



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SRI LANKA

## 16-23

### TRADITIONAL/ CULTURAL FOOD

CHINA  
IRAN  
SRI LANKA  
MEXICO  
BANGLADESH  
ERITREA

### EXTERNAL CONTRIBUTORS

Pooja Lodhia  
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***"SOME WOULD HAVE TOGGLERS  
AT THE FRONT LIKE A BUTTON  
UP, OTHERS WOULD HAVE A LOT  
OF COLOURFUL EMBROIDERY  
PATTERN OF DRAGON AND  
PHOENIX ALL OVER THE DRESS."***



My traditional clothing has a special design to it. They have these Chinese toggle usually on one side up. There are also many other variations originally depends of the time or dynasty you are in. Some would have toggles at the front like a button up, others would have a lot of colourful embroidery pattern of dragon and phoenix all over the dress. Nowadays, you can wear it for wedding, and it is widely available to Chinese and other Ethnic groups.

**MELISSA LEONG**  
Clothing: Phoenix Dress

**CHINA**



This clothing, which is worn by women during a traditional dance known as Garba, in Gujarati language. It is a nine-day festival, which is celebrated in the name of nine different goddesses. Firstly, it begins with nine-day fasting and eating just once each day. The dance takes place for nine-nights. Secondly, the dancing and music should be enjoyed with full mood. The clothing is specially designed every year with different style and different ornaments. This is one of my favorite festivals. It brings my entire family together and we get to enjoy traditional Gujarati foods.



**POOJA LODHIA**  
Clothing: Garba Dress

**GUJARAT**



The white robe that I'm wearing is called "Dishdash" and the head piece is called "Agal". It's the standard traditional clothing worn by men in several Arab Middle Eastern countries. Back when I used to live U.A.E I used to wear it casually and very often. After coming to Canada, I would only wear it on special occasions and when I would go to the mosque. I remember the first time I wore it was when I was 6, I went around the neighbourhood showing it off to all the other kids, which got them very jealous and tried to get it dirty. Not a very pleasant memory.



**SAAD AL-SAMARRAI**  
Clothing: Dishdash

**IRAQ**



Sarees have had a steady presence in my life. I have grown up seeing my mother, sister and grandma wearing sarees on a regular basis. The grace, beauty, and stories attached to the saree has always fascinated me and increased my desire to wear it. Till this date my desire has not lessened. No piece of Indian clothing is as appealing to me as the saree is. To me, sarees represent my culture, growth, and the beauty of the women in my life. The saree I chose to wear has been in my family for a long time, and is one of my favorite sarees. This white saree with red polka dots belongs to my grandmother in Calcutta, who received it as a gift from her brother in law. On her previous visit to Canada, my grandmother gifted this saree to me since she believed I was finally old enough to take proper care of it.



**BRINDA ROY**  
Clothing: Saree

**KOLKATA**



The 'hupil' is a feminine costume. This one is originally from Zicatlan Chiapas, traditionally used by indigenous Mexican women. Made with cotton, wool and silk, it uses a great variety of colors, symbols and designs. The importance of the 'hupils' as a feminine garment is extraordinary, thanks to the great dexterity and creativity used in the creation of this costume. I really enjoy to discover and dress in traditional costumes from my beautiful country Mexico. I reconnect with my country's history and culture specially through food, art and costumes. Being far away from Mexico, wearing traditional costumes makes me feel closer to my people in Mexico.



**DEBANHI HERRERA LIRA**

Clothing: Hupil (Indigenous Mexican Traditional Clothing)

**MEXICO**



This traditional clothing is called Zuria from the tribe Tigrinya. Although this dress is a modernized version of the original which is white with different colours of designs. Similar to this type of this dress, there are also Tilfi and Jedid.



**ARIAM YETBAREK**  
Clothing: Zuria

**ERITREA**



Lehenga is traditionally worn by women during special celebrations in Punjab, India. This dress was worn by my aunt during her engagement long time ago. I love this so much. So, I decided to wear it during my shoot for BEATS.



**TEJAS WALIA**  
Clothing:Lahanga

**PUNJAB**



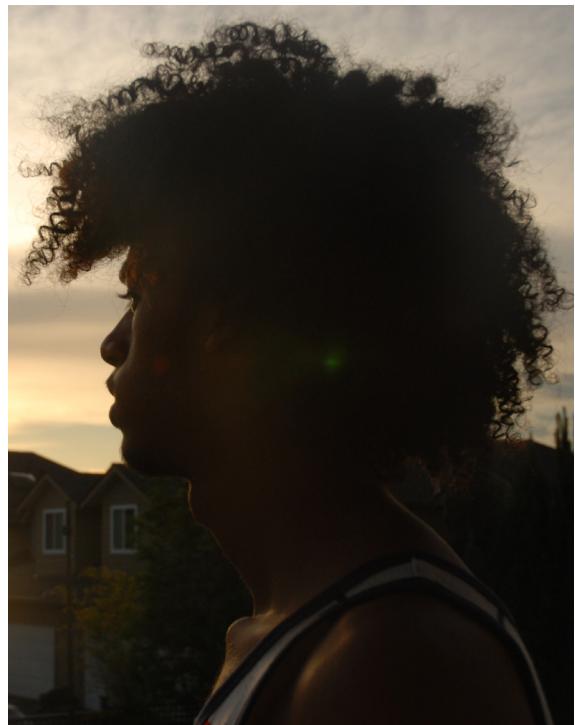
**LEO HUANG**

Clothing: Embroidered scarf

## CHINA

Embroidered scarf is one of the Chinese traditional outfit. It's beautiful because it's pure and simple. The background colour really brings out the red rose and makes it very appealing. Embroidery is part of the Chinese traditional culture.

Mostly women wear the scarf. My grandmother is very good at embroidery, I remember during the summer I would visit her, and I would find a lot of embroidered clothing, it brings back memories.



**SIRAK YETBAREK**

Afro

## ERITREA

Afro: It's was the hairstyle that freedom fighters in Eritrea had, women and men. Also it's worn with traditional clothes in my tribe called Tigrinya.



My dress is an embroiled traditional Afghan tribal dress. The material is soft, breathable, and light weight - perfect for summer times! Although people wear shorts and t-shirt in Canada, and this dress might not be a perfect fit here. However, compared to other heavy weight and warm dresses, my dress considered to be perfect for summer. It has a matching pants, and a head scarf, and an adjustable belt at waist. My dress is considered to be in the new afghan fashion, which is really appealing to the youth. It has mirrors, little belts, and Zari work. Most of the work on the dress is done using traditional Afghan tailoring Art. You can usually wear this dress at the wedding night or "Henna nights" and special events, and celebrations. You would not usually wear it on a normal day because it is considered to be a bit fancier. I love my dress because it remind me of my happy times back home and the time I shared with my family, and friends.



**SOMAYA AMIRI**

Clothing: Afghan Tribal dress

**AFGHANISTAN**



Sarong is a long piece of cloth that is wrapped around the body. It is Sri Lankan men's main clothing many people wear with shirts . Also it feel very comfortable for the sunny weather . It has different kinds of pattern (very colourful)! There are several ways to wear a sarong. Sometimes men tie it and make a knot in front. In other cases they wrap it around like a skirt, and others put the end between the legs and tie it or tuck into the sarong.



**AFEEF AHMED**  
Clothing: Sarong

**SRI LANKA**

# SEAFOOD POT

CHINA

MELISSA LEONG



This is a whole ceramic pot of seafood, veggies, and other nice little things. Hong Kong people usually have them during Chinese New Year, or times where your whole family, with many generations together. This is meant to be share because of its huge portion

and varieties inside the pot. Everyone can tried all the good food in the pot. It is to celebrate the family spirits and embrace the time spent together on the same table.

# NAN-E SANGAK

## IRAN

DAVID SADEGHIZADEH



Iran is a place full of unending traditions dating all the way to early civilization. One of the traditions, which happens to be one of my favorites, is the baking of "Sangak Bread". Sangak is a special bread, in that Iran was the only producer until emigrating Iranians brought it to the outer world. Sangak comes in a few varieties. It can be with sesame and poppy seeds spread all over or just plain.

After the flour, salt and yeast is mixed with water for a few hours (it depends on the weather), they roll them into 500 gram balls and lay it out on a wooden board. While it is on the board, they use the tip of their fingers to give Sangak "spots" and spread the sesame or poppy seeds on it if required. After the

preparation, they lay the dough in the clay furnace. What makes the clay furnace different is that the flooring is made of little pebbles that the dough is laid upon to be baked. This is where it gets its name from ("Sang" meaning rock and "Sangak" meaning small rock). It is baked for 4 to 5 minutes and then taken out and hung it on the wall to cool down and to remove the pebbles that may have stuck to the Sangak. Sangak is my favorite bread because of its unique taste and crispy yet soft texture.

# STRING HOPPER

## SRI LANKA

AFEEF AHMED



String hopper is the traditional food of Sri Lanka. It looks like a nest of spaghetti. It has a light chewy texture and folds easily underneath your teeth. This traditional food is mostly eaten by hand because, it is taste better which is to mix all the food on your plate so that everything equal distributed.

String hopper taste delicious with Pol Sambol. It is a fluffy pink substance made from coconuts, red onion

and smashed together. It tastes spicy and if made well, will melt your tongue. Making this traditional food requires special tools, which are: bamboo string hopper tray and string hopper press. Coconut tree is a very useful plant to make a string hopper.

# ROSCA DE REYES (Kings' Bagel)

## MEXICO

### MARLIO HERRERA



A round cake decorated with dried and candied fruits, and it is traditionally eaten on January 6, during the celebration of the 'Día de Reyes' (literally "Kings' Day"), which commemorates the arrival of the three Magi or Wise Men. In Mexico, this is the day when some children get presents, which are attributed to the Three Wise Men (and not Santa). The tradition is placing a trinket (a figurine of the Christ child) in the cake. The baby Jesus hidden in the bread represents the flight of the Holy Family, fleeing from King Herod's Massacre of the Innocents. In the Mexican culture, whoever finds the baby Jesus figurine has the respon-

sibility of hosting a dinner and providing tamales and atole to the guests for February 2, Candlemas' Day (Día de la Candelaria). January 6th is a day where family and friends reunite for dinner and eat the cake along with a creamy hot mexican chocolate. It was always fun to guess who would get the baby figurine. Even to this day we were able to find this cake in Canada, which brings me back memories from Mexico and my dearest family and friends.

# RUI MAACH BHAJA

## BANGLADESH

CHRISTABLE SARKAR



Bengali's are known for fish and rice. I grew up eating my mother's freshly cooked fish. Rui is one of the fish which we can still find in Vancouver. Most of the fishes I use to eat growing up you can't find it in Canada. But I think we fell in love with Salmon after moving here. Rui is fried in deep oil and it is very

simple to marinate. You add tumeric, salt and little chilli and then just fry them on hot oil. Fish fry is part of me.

Maach Bhaja (fish fry) Bengali style rules!!

# DERHO AND TSAADA TSEBHI

## ERITREA

ARIAM YETBAREK



Derho is chicken with spicy sauce. It is usually eaten when celebrating something or on Sundays. Tsaada tsebhi is a combination of all kinds of vegetables. Herbs can be added. It's eaten for lunch usually. Tayta/ injera. It is used as bread to eat the sauces.

# CHEUNG FUN

## CHINA

MELISSA LEONG



It's a street snack, called "Cheung Fun". It is the white rice noodle roll mix with the fish balls sui mai. When I was young, I stayed with my grandma very often after school. She lived in an estate where we had small market within the estate. There is a local, authentic little store always streaming out. The middle age man sold tofu and other soy products as well. I was very nervous to order by myself. Grandma would go with me to get one order of Cheung Fun for me. I always wanted them drizzled with peanuts sauce and sweet sauce just like these one i had in the picture here in Vancouver!

In the same bowl, the yellow one at the back is also my favorite! They are called "Sui Mai". There are

different stuffing within the yellow layer that we see. You can have shrimp, pork or minced fish. I like the fish ones the most. They are a little bit smaller, but full of flavours as other ones too! It tastes so good with a bit of soy sauce.

On the left upper corner, you may discover a waffle! These kind of waffles are not your normal waffles. They have bubble style, and checker waffle style with sugar and peanut spread inside. When the spread melted with the sugar from the warmth of the waffle wrapping it, it is the perfect timing to eat them!

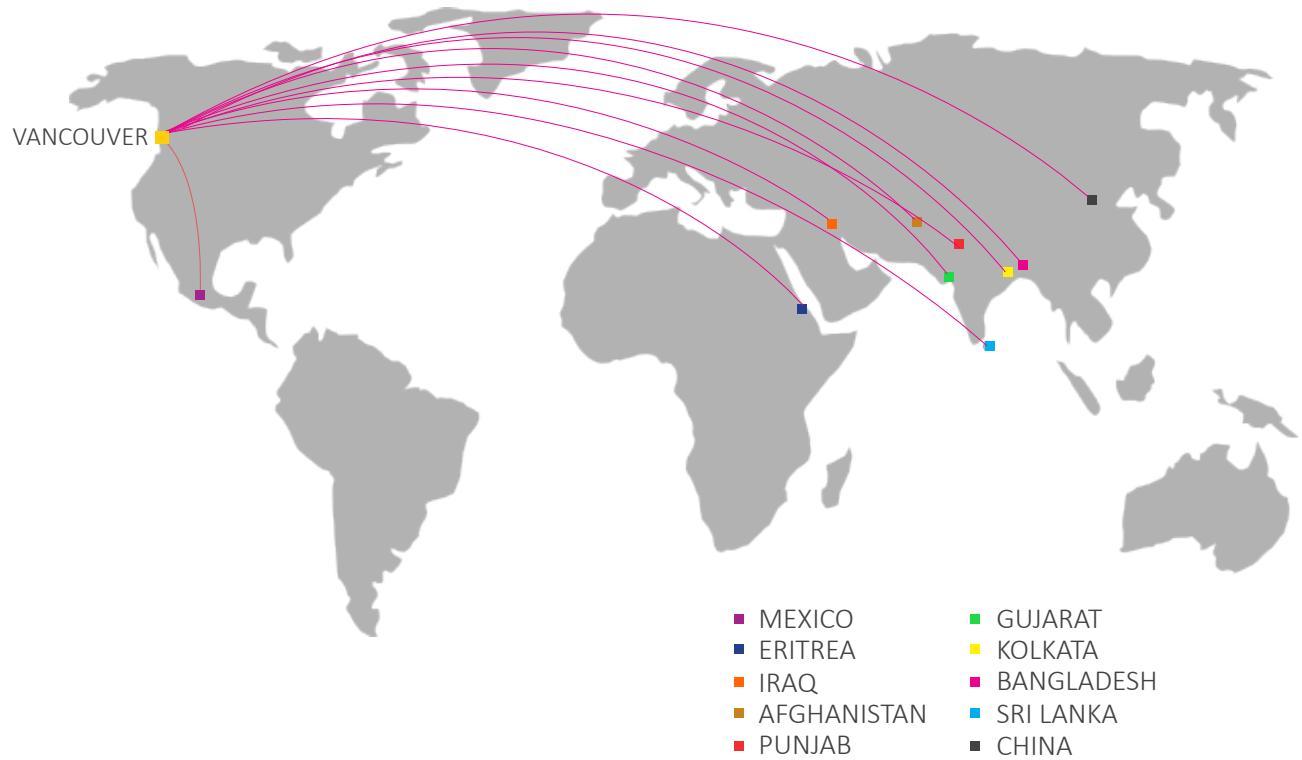
# COFFEE

## ERITREA

ARIAM YETBAREK



Coffee is made from scratch. It is prepared in a traditional may take an hour or more to make and drink.



US & OUR SUITCASES FILLED WITH OUR CLOTHES  
HAD A LONG JOURNEY.

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