

APRIL/JUNE 2024

RASALA

ISSUE
01

A MULTICULTURAL MAGAZINE

BEACON OF SOPHISTICATION

SILK
ORCHID
STUDIOS

MODEST SWIMWEAR

HAYA SWIMWEAR BY
HERA QAZI

SPRING IS HERE

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MEN'S WEAR

UPCOMING ARTIST

A.S.M

YOUTH TAKING INITIATIVE

SMILES THROUGH
SEVA
FOUNDATION

STEPPING TO TRADITION:

AARNAD GIDDHA
ACADEMY



Editor's Note

In a world as diverse as ours, it is both an honor and a responsibility to celebrate the rich tapestry of cultures that make up our global community. The pages of this magazine have always been a reflection of the multicultural mosaic that defines our world, and this issue is no exception.

As we delve into the stories, experiences, and perspectives shared within these pages, we are reminded of the beauty that emerges from the intersection of different traditions, languages, and backgrounds. Our aim is not just to showcase the vibrancy of these cultures but to foster a deep understanding, appreciation, and unity among our readers.

From exploring the traditional artistry of indigenous communities to the fusion of culinary traditions that createmouthwatering dishes, from the untold stories of immigrants to the triumphs of those who have shattered cultural stereotypes, this issue offers a glimpse into the kaleidoscope of cultures that inspire and shape our world.

We believe that understanding and respecting different cultures is a vital step towards building a more inclusive and harmonious society. We hope that the stories and perspectives within these pages ignite your curiosity, spark conversations, and lead to a more interconnected world.

Thank you for joining us on this journey of cultural discovery. Your support and engagement are what make this magazine a vibrant hub of multicultural celebration. We look forward to continuing this enriching exploration in future issues.

DISCLAIMER

The content presented in this magazine is for informational and entertainment purposes only. The views and opinions expressed by contributors do not necessarily reflect those of the magazine or its editorial team. Readers are encouraged to seek professional advice or conduct further research before making any decisions based on the information provided in these pages. The magazine is not responsible for any errors, omissions, or the accuracy of the content. Additionally, the inclusion of advertisements does not imply endorsement or guarantee of the products or services advertised. Readers are advised to use their discretion and judgment when engaging with any advertised products or services.

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Satti Grewal
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Runny Maan
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Harleen Mann
Marketing Director



Balwant Rupal
Editor

PAM ALEXIS

MLA, ABBOTSFORD-MISSION

Congratulations on the launch of Rasala! I am looking forward to receiving this magazine on a regular basis! This magazine will go far in serving our growing community. Well done!”

-Pam Alexis



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- ~ Locating, navigating, and understanding government services & provincial programs
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Pam Alexis
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A MESSAGE FROM YOUR MEMBER OF PARLIAMENT

MISSION-MATSQUI-FRASERCANYON

February 2, 2024

Rasala Magazine

Greetings! As Member of Parliament for Mission-Matsqui-Fraser Canyon, I am delighted to extend warm wishes to all staff at Rasala Magazine.

The expansive riding of Mission-Matsqui-Fraser Canyon is proud to be home to a wide array of cultural backgrounds, religions, and ethnicities. Our country stands to benefit from organizations that seek to engage and connect local communities. We hope that your magazine will bring open and new perspectives to this community.

I would like to congratulate everyone on this endeavour as you begin to share new views, connect with members of the community, and bring forth exciting information. Invest in this process, make lasting memories, and enjoy the experience!

Rock the free world!

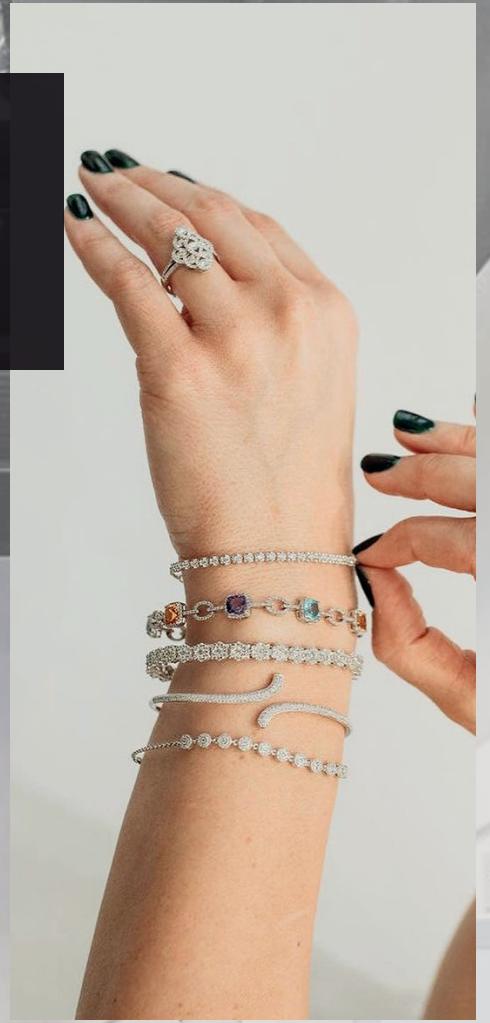
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-Brad Vis, M.P.

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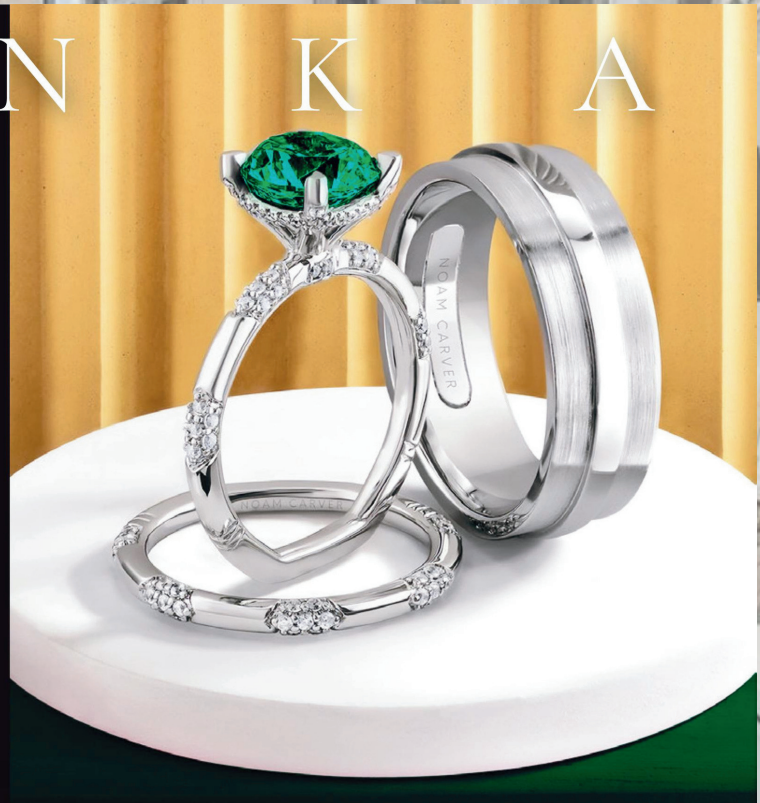


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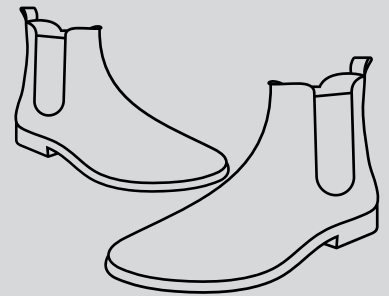
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CAMERON JAMES

MEN'S WEAR

SPRING IS HERE!

Spring is here! With the change in weather also comes an exciting change in your wardrobe. Here's what you should look out for!

1. COLOUR

Old is new once again in fashion, and we're seeing plenty of vibrant colours entering the scene again. Big colours for this Spring are; various greens, (which we have seen on the rise for the last few seasons), purples, and a large resurgence of orange. Play around with these in ways that you're comfortable with. The greens, purples, and oranges will all complement each other nicely, which allows for diverse and interesting wardrobes this year.

2. FIT

Trends are going wider again, and while fashion cuts are going extra wide, almost to the point of being "oversized" Men's Wear will approach this more gradually. Resulting in a more relaxed straight leg in both formal and casual wear, and more relaxed fitting shirts and jackets, primarily through the chest and arm, while maintaining a tailored look through the waist.

3. FABRIC

For the Spring and heading into Summer you'll want to focus on lighter-weight wools, premium cottons, linens, and seersucker fabrics. I spend most of the year in a wool dress pant and a cotton dress shirt. I find that this is a tremendously comfortable and breathable base layer, and I will add a heavier sweater or lighter jacket if temperatures call for it. Finding a wool you like and a shirt that fits well for the summer will work wonders in keeping you cool this Summer. (Both literally and figuratively speaking)

4. STYLE

We are finally seeing trends moving away from boring and uninspired "basics". Both Men and Women's clothing has been very conservative and rather unoriginal for the last few years. Basics are always essential, but I find them to be better used as a tool to make unique and fun pieces look incredible. Find something fun that you like this year, step outside of your comfort zone and embrace the change in colour and fit trends. You and only you decide what you wear every day, express yourself.

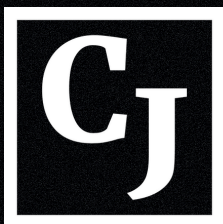
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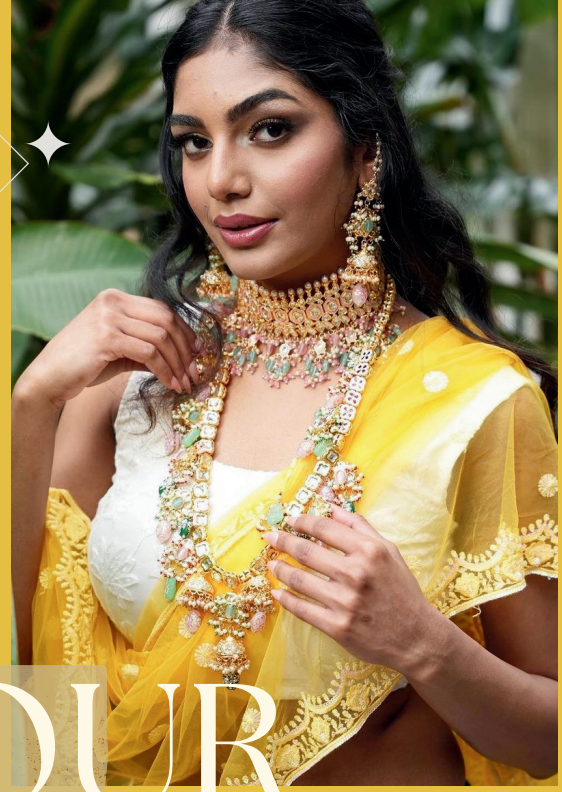
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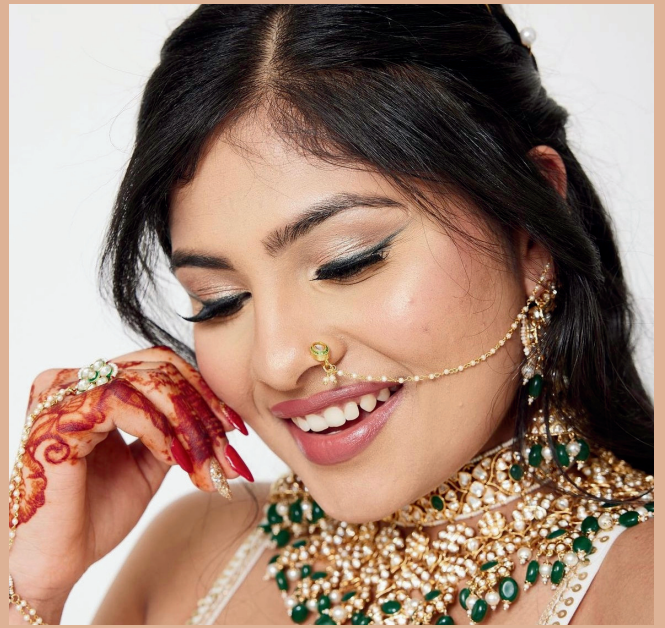
BEACON OF SOPHISTICATION

In the bustling world of fashion and beauty, there exists a sanctuary where elegance, creativity, and individuality intertwine seamlessly. Silk Orchid Studios stands as a beacon of sophistication, offering a trifecta of services that encompass makeup, hair styling, and designer customized clothing. Nestled in the heart of Abbotsford, our studio is more than just a beauty destination – it's a haven where clients are transformed into living works of art.

At Silk Orchid Studios, we believe that beauty is not only skin deep but also a reflection of one's inner essence. Our team of skilled makeup artists, hairstylists, and fashion designers are dedicated to helping clients unveil their unique beauty with precision and flair. Whether it's a bride preparing for her special day, a model getting ready for a photo shoot, or an individual seeking a personalized style makeover, our experts are committed to delivering exceptional results that exceed expectations.

The journey begins with makeup and hair, where our talented artists work their magic to enhance natural features and create stunning looks that leave a lasting impression. From soft, romantic bridal makeup to bold, avant-garde editorial looks, we specialize in a diverse range of styles tailored to each client's vision and personality. Our hairstyling services are equally impressive, offering everything from classic updos to modern, trend-setting hairstyles that elevate any look to new heights of elegance.

But the allure of Silk Orchid Studios doesn't end there. In addition to our beauty services, we also boast a team of skilled fashion designers who specialize in creating bespoke, customized clothing that exudes sophistication and style. What sets Silk Orchid Studios apart is our unwavering commitment to excellence and attention to detail. From the moment clients step through our doors, they are greeted with warmth and professionalism, and their every need is met with care and precision. studio provides a luxurious, welcoming atmosphere where clients



can relax, unwind, and indulge in a pampering experience like no other.

Moreover, at Silk Orchid Studios, we understand the importance of sustainability and ethical practices in the fashion and beauty industry. That's why we prioritize the use of eco-friendly, cruelty-free products and materials in our services, ensuring that our clients not only look good but also feel good about their choices. Silk Orchid Studios is more than just a beauty and fashion destination – it's a celebration of elegance, creativity, and individuality. With a team of skilled artists and designers dedicated to bringing out the best in every client, our studio is a place where dreams come to life and beauty knows no bounds. So whether you're preparing for a special occasion, seeking a style transformation, or simply craving a moment of indulgence, let Silk Orchid Studios be your ultimate destination for beauty, style, and art.



Punjabiyyat:

EMBRACING TRADITION ELEVATING STYLE

INTRODUCTION

I'm thrilled to introduce myself as Simrat kaur mind behind "Kaur Designing Hub" where we weave dreams into reality with our exquisite Punjabi suits. A multifaceted individual with a passion for both fashion and pharmaceuticals. Hailing from the vibrant city of Amritsar, I lead a dual professional life where creativity meets science in the most intriguing ways. By profession, I am a pharmacist but I am equally enchanted by the world of fashion. As a fashion designer, I find joy and expression in creating stunning ensembles that not only captivate the eye but also tell unique stories. Amritsar's rich cultural tapestry serves as a wellspring of inspiration, infusing my designs with a blend of tradition and innovation. Through my journey as a pharmacist turned fashion designer, I embrace the beauty of balance, seamlessly merging the realms of science and artistry. Officially I was into this business in 2020 with my husband's support and never looked back and want to reach new heights with traditional outfits that define Punjabi and Punjabiyyat .



New Collections



ABOUT MY ARTWORK

Rooted in the rich cultural heritage of Punjab, Punjabi suits have transcended geographical boundaries to become a symbol of grace and sophistication. Punjabi suits hold profound cultural significance, serving as a canvas for artistic expression and identity. Whether donned during festive celebrations, weddings, or everyday wear, these ensembles embody the spirit of Punjab, celebrating its vibrant colors, intricate craftsmanship, and enduring traditions. Kaur Designing Hub seamlessly fuses traditional elements with modern aesthetics, catering to the evolving preferences of the fashion-forward clientele. We crafted ensembles that feature a harmonious blend of traditional motifs and contemporary silhouettes, making them a favorite among discerning fashion connoisseurs. In addition to several other Punjabi suits brands they have carved a niche for themselves in the competitive fashion landscape and each of them is doing great work in their own terms and we started our brand in 2020 in a village in Punjab at a small level to provide services to the clients nearby and to provide employment to talented girls of the village name MEHTA and we are committed to up-bring the legacy of Punjabi suits that continues to thrive, inspiring admiration and reverence across the globe.

-Simrat Kaur



Rasala Media Inc. wishes

Happy Vaisakhi

As the fields turn golden, may your life be filled with golden moments.

Vaisakhi, holds significant cultural and religious importance, especially among the Sikh community. It marks the beginning of the Sikh New Year and commemorates the formation of the Khalsa Panth by Guru Gobind Singh Ji in 1699. However, Vaisakhi is not just limited to Sikhs; it is celebrated by various communities across India, particularly in Punjab, where it is deeply rooted in the agricultural heritage of the region.

One of the most striking aspects of Vaisakhi celebrations is the vibrant atmosphere it creates. From the early hours of the morning, streets and gurdwaras (Sikh temples) come alive with devotees clad in colorful traditional attire, exuding joy and enthusiasm. The air resonates with the soul-stirring sounds of hymns and prayers, filling hearts with a sense of spiritual renewal and unity.

At the heart of Vaisakhi festivities lies the tradition of Nagar Kirtan, a vibrant procession that winds its way through towns and villages. The procession is led by the Panj Pyare, the beloved Five Beloved Ones, adorned in traditional attire, carrying the Sikh flag and the Guru Granth Sahib, the holy scripture of Sikhism. Devotees sing hymns, chant prayers, and distribute sweets and langar (community meals) along the way, fostering a spirit of generosity and camaraderie.

For farmers, Vaisakhi holds special significance as it marks the harvest festival. It is a time to rejoice in the bountiful yield of the land and express gratitude for nature's blessings. Farmers offer prayers for a prosperous agricultural season ahead, seeking the divine blessings of Waheguru, the Supreme Being, for abundant crops and good fortune.

In addition to its religious and agricultural significance, Vaisakhi serves as a platform for showcasing Punjab's rich cultural heritage. Folk dances like Bhangra and Giddha, accompanied by the beat of dhol drums, add to the festive fervor, captivating audiences with their energetic performances. Artisans display their craftsmanship through colorful handicrafts, intricate phulkari embroideries, and delicious Punjabi cuisine, tantalizing the senses and celebrating Punjab's artistic legacy.

Vaisakhi is not just a day of revelry; it is a time for reflection and renewal, a reminder of the values of equality, compassion, and selfless service taught by the Sikh Gurus. It encourages people to embrace diversity, bridge divides, and work towards the collective welfare of society.

As the sun sets on Vaisakhi day, the fervor of celebrations may dwindle, but the spirit of unity and resilience it instills in hearts continues to shine brightly throughout the year. Vaisakhi is not just a festival; it is a celebration of life, love, and the timeless bonds that bind us together as one human family.

Scan here to Read more...



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HERA QAZI

FOUNDER OF HAYA SWIMWEAR

When Vancouver-based lawyer Hera Qazi became a mother, she found herself struggling to find high-coverage swimwear to wear to take her son to his swimming lessons at the local community centre. As she searched more, she found out her options were very limited and realized that there were many like her that felt the same. She decided to combine her passion for the environment and desire to empower her community and take space in an industry where modest options are scarce and create Haya Swimwear. The collection is designed in Vancouver and made in Bali using lux Italian Carvico Vita fabric. This is a premium eco-sustainable fabric that boasts features like UV protection and hyper-resistance, yet is sleek, breathable and buttery soft to the touch.



“

Haya Swimwear exudes a sense of confidence and empowerment throughout the collection. Haya Swimwear's first launch is made of elegant minimalistic designs with a neutral palette. The swimwear is meant to transition seamlessly from the beach, to the gym, to lounging by the pool, all while giving style, comfort and functionality.

—HERA QAZI



HAYA_SWIMWEAR

“I’M CREATING FOOTSTEPS FOR THE FUTURE”

-Harpreet Kaur Sidhu
Giddha Instructor/CEO
(Aarnad Giddha Academy)



Stepping to Tradition

By Harleen Mann

Originating from the fertile lands of Punjab, India, Giddha is more than just a dance; it's a celebration of life, community, and the enduring spirit of womanhood.

From a young age, Preet was captivated by the rhythmic movements and spirited melodies of Giddha. She would often watch in awe as her grandmother and other women in the village danced with grace and abandon, their colourful attire swirling around them as they moved to the beat of the dholki (double-headed drum). Inspired by their infectious energy and unwavering dedication, Preet dreamed of one day becoming a Giddha dancer and instructor herself.

Despite her fervent desire to pursue Giddha, Preet faced numerous challenges along the way. In a society where traditional gender roles often dictated women's pursuits, Preet's aspirations were met with skepticism and resistance. Many questioned the relevance of Giddha in the modern world, urging Preet to focus on more practical endeavors.

Undeterred by the naysayers, Preet found solace and encouragement in an unexpected source: her teacher, Zorawar Singh (known as Noor Zora). A passionate advocate for Punjab's rich cultural heritage. Noor Zora's unwavering support and mentorship provided Preet with the confidence and determination to pursue her dreams. He instilled in her a deep appreciation for the traditions of Giddha and taught her the importance of preserving and honoring Punjab's cultural heritage.

Through her journey, Preet came to understand the true significance of Giddha beyond its role as a form of entertainment. It was a living embodiment of Punjab's rich cultural heritage, a testament to the resilience and spirit of its people. With each step and each beat of the dholki, Preet felt a deep connection to her roots and a sense of pride in her identity as a Punjabi woman.

Today, Preet continues to pursue her passion for Giddha, serving as a role model and inspiration to young girls in her community. With Noor Zora and her family by her side, she remains committed to preserving and promoting this cherished art form, ensuring that future generations will have the opportunity to experience the joy and beauty of Giddha dance. As she twirls and spins to the rhythm of the music, Preet carries with her the spirit of her teacher and the timeless traditions of Punjab, illuminating the world with the vibrant colors of Giddha.

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CHILLIWACK TULIP FESTIVAL

The Chilliwack Tulip Festival blooms with vibrant colors, captivating scents, and a serene atmosphere, offering visitors a breathtaking escape into nature's beauty. Located in British Columbia's Fraser Valley, this annual event celebrates the arrival of spring with millions of tulips spread across acres of picturesque farmland.

As visitors wander through the meticulously landscaped fields, they're treated to a mesmerizing display of tulip varieties in every hue imaginable, from bold reds and sunny yellows to soft pinks and purples. The festival isn't just about admiring flowers; it's an immersive experience that includes live music, delicious food vendors, and fun activities for the whole family.

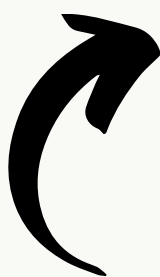
Whether you're a photography enthusiast seeking the perfect shot, a nature lover reveling in the sensory delights, or simply looking for a peaceful day out, the Chilliwack Tulip Festival promises a memorable escape from the hustle and bustle of everyday life. It's a celebration of renewal, growth, and the simple joys of springtime in the Fraser Valley.

FIND DETAILED INFORMATION ABOUT OUR RATES, DATES & HOURS THIS YEAR HERE!



A.S.M

UPCOMING
ARTIST



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Introducing Ali, also known as A.S.M, a talented 20-year-old artist hailing from Abbotsford, BC. With his captivating blend of English R&B and Hip Hop, he's bound to make a significant impact in the music industry. Keep an eye out for his rise to stardom.

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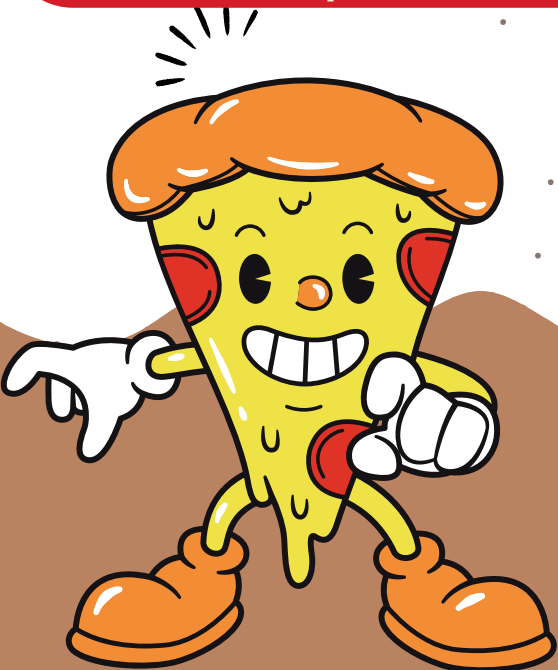
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FROM SMALL ACORNS GROW

St. Joseph's Food Bank is the official registered food bank for Mission, BC. We are a member of Food Bank BC and registered as a service provider by Food Banks Canada. St. Joseph's Food Bank is supported by community members, business and service organizations as well as the Catholic Archdiocese of Vancouver and the District of Mission.

Our goal is to provide a caring and needed service to our community. St. Joseph's Food Bank is supported by community members, business and service organizations as well as the Catholic Archdiocese of Vancouver and the District of Mission. Our dedicated team of caring volunteers drives our passion to help those in need that reflects the caring heart of Mission BC.

A blue poster with white text and decorative floral patterns in the corners. The text is centered and reads: "BOLLYWOOD BOOM" in a large, stylized font, followed by "FUNDRAISER IN SUPPORT OF ST. JOSEPH'S FOOD BANK", "31 MAY 2024", "DOORS OPEN AT 6:00PM", "BEST WESTERN PLUS MISSION CITY LODGE 32281 LOUGHEED HWY., MISSION, BC V2V 1A3", "FOR TICKETS AND INFORMATION CONTACT:", "SATTI GREWAL: (778) 549-4508", "KERM GILL: (604) 217-5633 | MEENA SAGGU: (604) 340-9733 |", and "MISSIONBOLLYWOODBOOM@GMAIL.COM" at the bottom.

BOLLYWOOD BOOM

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31 MAY 2024

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Smiles Through Seva Foundation

YOUTH TAKING INITIATIVE

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Arsh Kaler Balneet Toor Jimmy Kumar

Treasurer
Herveen Padda

Director
Janu Grewal

Director
Armaan Dhaliwal

Director
Samrit Ghuman



In a display of youthful energy and community dedication, the Smiles Through Seva Foundation proudly celebrates the success of its first annual Gala with over 450 people in attendance. Guided by a devoted group of young leaders, including Arsh Kaler as President, Balneet Toor as Vice President, Jimmy Kumar as Secretary, Herveen Padda as Treasurer, and Directors Janu Grewal, Armaan Dhaliwal, and Samrit Ghuman, the event emerged as a testament to collective effort and shared enthusiasm within the community.

Under the adept leadership of this passionate team, the gala successfully raised an impressive \$50,000 for the Abbotsford Hospice Society. This substantial contribution highlights the transformative impact achievable when young minds come together for a meaningful cause. Beyond the monetary success, the event has left an enduring positive mark on the community, showcasing the potential of youthful initiative and collaborative spirit in creating a brighter future.



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BLISSFUL FLAVOURS

BY AMANDEEP KAUR

“In my food journey, I came to the realization that the kitchen is the heart of the home where every bite promises to transport you to a world of gastronomic ecstasy“

I would love to share the recipe of “Chilli garlic Hakka noodles ” from the heart of my home. It is a very simple recipe that you can pull together in 15 min. This recipe is very close to my heart as it’s inspired from my moms attempt to make noodles. During 90s, me and my brother used to study in Day Boarding School. We used to come home in the evening hustling with our hunger pangs. Those days we just got introduced with indo Chinese cuisine. Actually chowmein, Hakka noodles & instant noodles like maggi. But my parents were very strict towards our eating habits. We barely used to go out for dine in or takeouts as my parents preferred to feed us homemade food. Noodles were our all time favourite. So my mom started looking for recipes in magazines and newspapers as there was no internet back then. She attempted to make restaurant style hakka noodles at home with minimal available ingredients. Some attempts were failures and some were simply disasters . But then she figured out a recipe by using seasonal veggies along with french beans and al dente noodles . It was just the hit in our home.

Of course she skipped Ajinomoto (monosodium glutamate) , as it wasn’t easily available back then. But she somehow managed to achieve great results . We used to smile widely, dancing with joy whenever we used to come home and found hakka noodles made by mom in her little black karahi (Indian wok). Years later , this turned out to be one of my signature recipe with some added ingredients and everybody loves it after trying.I trust it will also be to your liking.



Amandeep Kaur (Food Blogger)

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RECIPE: CHILLI GARLIC HAKKA NOODLES



Chilli Garlic Hakka Noodle

INGREDIENTS REQUIRED: PROCEDURE :

200 g boiled hakka noodles
2 tbsp cooking oil
1 tbsp chopped garlic
1/2 cup french beans
1/4 sliced onion
1/4 sliced bell pepper
1/2 cup julienned carrot
1/2 cup julienned cabbage
2 tbsp chilli garlic sauce
salt & pepper as per taste
1 tbsp soy sauce
1 tbsp schezwan sauce
1 tsp sriracha sauce
1 tbsp vinegar
1 tsp Ajinomoto
1/2 tsp sriracha sauce (optional)
1 tbsp sesame oil
sesame seeds & spring onion for garnish

- Boil water in a pot with added salt and little bit oil.
- Now add the noodles and cook it till al dente.
- Strain the noodles under cold water, toss it with 1 tbsp oil and keep on side so that they wont stick together.
- Heat oil in a wok & add garlic and french beans. Cook it till garlic turns golden brown and beans are soft.
- Now add onions , bell pepper and sauté for 2 minutes.
- Once its done, add carrots & cabbage. Sauté it for another 2 min.
- Now add the noodles, chilli garlic sauce, Schezwan sauce, sesame oil, sriracha sauce, soy sauce, vinegar, Ajinomoto, salt and pepper
- Toss it well and sauté for 2-3 minutes.
- Once noodles are done, serve the noodles in a plate or bowl garnished with sesame seeds and spring onions.

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