

# Asian Heritage



*By Step Up AA*





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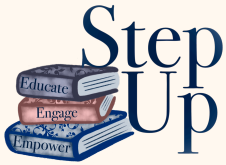
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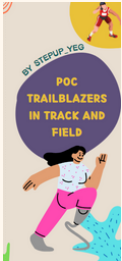
# Land Acknowledgement

At Step Up, we recognize and acknowledge the privilege we have in conducting our work and initiatives on stolen land. We acknowledge that we are settlers on Amiskwaciwâskahikan (Edmonton), located on Treaty 6 territory and that our presence here stems from historical injustices and ongoing displacement of Indigenous peoples, including their genocide. These are not issues confined to the past, the effects still persist today. The systemic and intergenerational trauma is still a burden on the shoulders of Indigenous communities. We embrace our responsibility as settlers to address the effects of colonization, to honour this land and show respect and solidarity with Indigenous communities. Despite our participation in colonial institutions, we are committed to fostering decolonization and bring forth Indigenous ways of knowing. At Step Up, we strive for an anti-racist society, and we recognize that this aspiration would not be possible without working towards Truth and Reconciliation efforts. We are dedicated to bringing forth awareness and action that supports the decolonization of education and contributes to the healing and empowerment of Indigenous peoples.



# About Us

Step Up Anti-Racist Association is a youth-led organization aimed to take action against racial injustices within our community. We do this through initiatives that **educate, engage and empower**.



## Contact Us



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# Background



Asian Heritage Month has been celebrated within Canada ever since the 1990's. However, it wasn't legitimately adopted until December 2001 when the Senate approved of it. Senator Vivienne Poy, the first Canadian senator of Asian ancestry, is the one who proposed this idea. Then, in May 2002 the government declared May Asian Heritage Month.



**Theme for 2024:  
“Preserving the Past,  
Embracing the  
Future: Amplifying  
Asian Canadian  
Legacy”**



# West Asia



*A group of Syrian refugees*

## HISTORY

- People from Lebanon and Syria started moving to Canada in the late 19th century. They settled around Montreal.
- Because of Canada's restrictive laws, 90% of them were Christian.
- In 1901, 300-400 Muslim individuals lived in Canada.

## TRADITIONAL DANCES

- **Dabke:** Popular group dance in Palestine, Iraq, Jordan, Lebanon and Syria. Dabke translated in English means "to stomp the feet".
- **Baladi:** A style of Egyptian dance. The translation is "of the country".
- **Halay:** The traditional dance of Turkey. It is often done at weddings.



*Dabke: Palestinian Dance*



# West Asia



*Abaya: Cultural garment*

## CLOTHING

- **Thawb:** Originally worn by individuals in the Arabian peninsula, Jordan, Syria and parts of Iraq.
- **Abaya:** It's origins can be traced back to Egypt, Syria, Afghanistan and North Africa. It is a symbol of modesty and religious devotion.
- **Salvar:** Traditional loose fitting pants that originate in Turkey.

## CULTURAL FOODS

- **Baklava:** Famous dish in Turkey. It is a dessert made of phyllo pastry filled with chopped nuts and soaked in honey.
- **Machboos:** Famous dish from Kuwait. It includes a number of spices paired with mutton/ chicken with rice.
- **Saltah:** Considered to be the national dish of Yemen. It is a stew that contains either beef, chicken or vegan options.



*Machboos: Kuwait famous dish*



# South Asia



*Nsibe Kaur Puri*

## HISTORY

- In 1900, Punjabi immigrants moved to BC (Canada's first migrants from South Asia).
- In 1914, a ship fleeing British India sailed to Canada for refuge but was denied and forced to return to India.
- In 1947 South Asian immigrants were granted the right to vote and become a citizen.
- In 1950, Nsibe Kaur Puri became the first South Asian woman to graduate from high school in Canada.

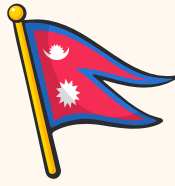
## TRADITIONAL DANCES

- **Ghatu Nritya:** Traditional dance of Nepal. It depicts a tragic love story.
- **Bhangra:** A Punjabi, energetic folk dance.
- **Baul:** A traditional dance from Bangladesh. The songs are rather spiritual.
- **Kadyan Dance:** A Sri Lankan dance.
- **Bandiyya Jehun:** A dance from the Maldives.



*Bandiyya Jehun: Maldives*





# South Asia



## CLOTHING

- **Sari:** Created in India, however this garment is now worn in India, Sri Lanka, Pakistan, Bangladesh and Nepal.
- **Shalwar-Kameez:** Worn by men and women in Pakistan. It is their national dress.
- **Kurta:** Means "collarless shirt". This is worn in India, Nepal, Pakistan, Afghanistan and Sri Lanka.

*Kurta: India, Nepal, Afghanistan & Sri Lanka*

## CULTURAL FOODS

- **Hilsa Curry:** National food of Bangladesh. It is fish curry with turmeric & chili paste.
- **Emu Datshi:** National food of Bhutan. It is spicy stew with chili peppers & cheese.
- **Momos:** National food of Nepal. It is steamed dumplings with achar sauce.
- **Nihari:** National food of Pakistan. It is stew with meat, large shank pieces, and peppers.



*Emu Datshi: Bhutan*



# East Asia



*Vivienne Poy*

## HISTORY

- The first Chinese settlers arrived in Canada in **1788**.
- In **1881**, 17 000 Chinese immigrants built and maintained the Canadian Pacific Railway until 1884.
- In **1942**, the War Measures Act was put in place. It forced the relocation of people of Japanese origin inland.
- Vivienne Poy became the first person of Asian descent to be appointed to the Senate in **1998**.

## TRADITIONAL DANCES

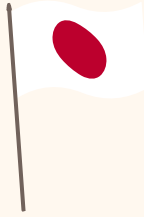
- **Mongol Biyelgee:** A Mongolian dance that has multiple variations.
- **Bon Odori:** It is a Japanese dance that is used to send off the spirits of their ancestors, and celebrate life.
- **Lantern Dance:** A Chinese dance that is used to tell stories.
- **Buchaechum:** It is a Korean fan dance that is done to represent Korean culture.



*Buchaechum: Korean Dance*



# East Asia



*Hakama: Japanese Clothing*

## CLOTHING

- **Cheongsam:** This is a Chinese dress.
- **Hakama:** A type of Japanese clothing that has been around since the 6th century. It is tied around the waist, and touches the ankle.
- **Jeogori:** An upper garment from Korea. It is worn by both men and women.

## CULTURAL FOODS

- **Peking Duck:** Famous meal from China.
- **Kimchi:** Associated with North and South Korea. It is made from a variety of vegetables, and sometimes fruits.
- **Buuz:** A Mongolian dish that is filled with goat and sheep meat.
- **Beef Noodle Soup:** A Taiwanese dish that includes pickled mustard and the signature 5 spice powder.



*Buuz: Mongolia*



# Southeast Asia



*Saigon: The ship that sunk*

## HISTORY

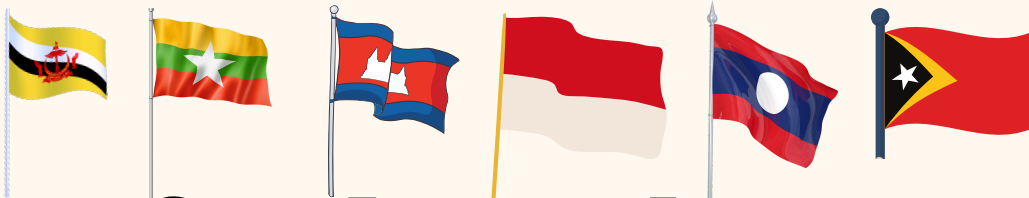
- The first Filipinos immigrated to Canada in **1886**.
- In **1973**, up to 6872 Malaysian immigrants moved to Canada following civil unrest.
- In **1979**, Canada accepts almost 60 000 refugees from Vietnam, Laos and Cambodia after the Vietnam War.
- Parliament passed the Journey to Freedom Act in **2015**. This recognizes April 30th as a national day of commemoration of the exodus of Vietnamese refugees and their acceptance in Canada after the fall of Saigon.

## TRADITIONAL DANCES

- **Mak Yong:** A traditional form of Malaysian dance-drama. It is offered as entertainment and medicine.
- **Kecak Dance:** An art dance performance done by men.
- **Tinikling Dance:** This is a Filipino dance that mimics birds avoiding bamboo traps.
- **Adai Adai Dance:** This is a Brunei dance that tells the story of fishermen going to catch fish while the women wait for their return.



*Tinikling Dance: Philippines*



# Southeast Asia



*Xout Lao: Laos*

## CLOTHING

- **Baju Kurung:** Worn in Brunei, Indonesia, Malaysia, Thailand, and Singapore.
- **Sampot:** Worn in Cambodia. It is a cloth worn around the lower body.
- **Kebaya:** It is a traditional dress often worn in Brunei, Indonesia, Malaysia, Singapore and Thailand. It has long sleeves, and is secured at the front with pins and brooches.
- **Xout Lao:** This is the national costume of Laos. It is worn by men, women and children.

## CULTURAL FOODS

- **Ambuyat:** Famous food in Brunei. It is made from Sago palm starch, and often served with sour fermented sauce.
- **Nasi Padang:** Popular meal in Indonesia. This includes steamed rice with meats, or fish.
- **Mohinga:** A dish from Myanmar. It includes pickled mustard greens and the signature 5-spice powder.
- **Pho:** This is a Vietnamese soup that contains broth, rice noodles, herbs and meat.



*Mohinga: Myanmar*



# Central Asia



*Kazakhstan Society*

## HISTORY

- The first wave of Tajik immigration to Canada was in the 1970's, during the Cold War.
- The second wave was in the 1980's after the Soviet invasion of Afghanistan. People from Tajikistan and Uzbekistan moved to Canada.
- In 2011, the Kazakhstan Society in Canada was founded.

## TRADITIONAL DANCES

- **'Cham:** A ritualistic dance that is performed in Buddhist monasteries.
- **Folk Dance:** A traditional form of entertainment in Central Asia. Sometimes it is performed without musical instruments, and the performers use singing and footwork to have a rhythm.



*'Cham Dance*



# Central Asia



*Tubeteika*

## CLOTHING

- **Khalat:** A loose, long-sleeved robe that is very common in Central and South Asia.
- **Tubeteika:** It is a round, slightly pointed skull-cap decorated with patterns. It is worn in Tajikistan, Kazakhstan, Kyrgyzstan and Uzbekistan.

## CULTURAL FOODS

- **Plov:** The national dish of Uzbekistan, but it is also famous in Tajikistan. It is rice pilaf cooked with meat, onions, carrots, garlic, etc.
- **Besbarmaq:** Famous dish of Kazakhstan. It includes boiled horse or mutton. It is also called "five fingers".
- **Turkmen Shepherd's Pie:** This is a popular dish in Turkmenistan. Has a flatbread type crust.



*Besbarmaq: Kazakhstan*

# Restaurants in Edmonton



## Haweli

Traditional North Indian Cuisine

Address: South Edmonton

Common, 2104 99 St NW,

Edmonton, AB

## Empire Grill

Modern Indian Cuisine

Address: 4316 17 St NW,

Edmonton, AB



## Taste Blends

South Indian Cuisine

Address: 9332 34 Ave NW,

Edmonton, AB



# Restaurants in Edmonton



## Lahore in Town

Pakistani Cuisine

Address: 120 Wye Rd #113,  
Sherwood Park, AB

## Pearl River

Cantonese and Szechuan  
Cuisine

Address: 4728 99 St NW,  
Edmonton, AB



## Dookbeki

Korean Cuisine

Address: 8882 170 St NW,  
Edmonton, AB



# Restaurants in Edmonton



## Izakaya Tomo

Japanese Cuisine

Address: 3739 99 St, Edmonton,  
AB

## Filistix

Filipino and Southeast Asian  
Cuisine

Address: 10621 100 Ave NW,  
Edmonton, AB



## Padamanadi

Indonesian Cuisine

Address: 106, 6925 Gateway Blvd  
NW, Edmonton, AB

Address: 10740 101 St NW,  
Edmonton, AB

# Restaurants in Edmonton



## Istanbul Kebab & Donair

Turkish Cuisine

Address: 12556 132 Ave NW,  
Edmonton, AB

## Safartas Mediterranean Restaurant

Syrian Cuisine

Address: 12110 161 Ave NW,  
Edmonton, AB



## Kabsa

Middle Eastern Cuisine

Address: 5932 153 Ave NW,  
Edmonton, AB



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