

EVENT

A Green Revolution

Jute has long been called the golden fibre of Bangladesh, and that alone underscores the significance of the fibre in the culture and economy. Bangladesh grows one of the best quality jute fibres in the entire world, and there's significant production and scope in our country. But are we using it to its full potential and could we do more?

To answer such questions and promote jute products, the National Jute Fair 2020 was inaugurated at the Officers' Club on Bailey Road, on 6 March, and end on 10 March.

Out of the more than hundred stalls displaying products crafted from jute, one stall stood out. "We're not here to sell. We're here to promote jute. We want to raise awareness," said Md Amir Hossain Rangan, Managing Director of JERB, Jute Economic Revolution of Bangladesh.

"Global warming is becoming a greater

problem with every passing day and we must boycott plastic if we want to save our planet. But we need an alternative, and interestingly, we do have it in jute. It is a gift-wrapped solution and absolutely eco-friendly. All we need is imagination and the will to work for it," he added, explaining why jute is so important.

Jute fibre is not only eco-friendly, it's also durable. However, there is a common misconception that jute fibre is not fashionable. Rangan put that debate to bed in person, as you could spot him from across the hallway, very distinguishable in his attire; a Mujib coat made from jute sack.

When asked, he flashed a jolly smile and said that he's been wearing similar clothing for about six years and he's been working to promote jute revolution for 17 years.

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CHECK IT OUT

Polar campaign rewards patrons with daily prizes

Polar has handed over the second scooter – Yamaha Ray ZR – as part of its ongoing campaign, to a lucky winner.

The campaign allows participants the opportunity to get a scooter every week, for four weeks. But that's just the tip of the iceberg; participants can win a smartwatch and a smartphone every day as well. And everyone is a winner here: if

you send an SMS (from 10AM to 10PM) with the code number on the ice cream to 26969, you will get data worth of 50MB or a mobile phone recharge of Tk 10 or Tk 20.

Sounds enticing? Time is running out! The campaign will run till 14 March, 2020.

For more information, visit <http://www.polarbd.com/scootyfoorti.com>

Tete-a-tete with James 'Fish' Gill

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industry and in war. But yoga is not about flexibility. It's about intimacy with life. If you want a sense of peace and connection with yourself and others, step in.

What advice do you have for yoga practitioners?

Feel it from the inside out.

Do whatever you can so that you can begin to listen to the very quiet subtle experience that yoga affords us, which is well beyond the loud, external, course experience of what the 'asana' is or how it looks. Because challenge and difficulty and limitations in our life are loud, and modern life trains us in listening for loudness, for the obvious. But balance and equilibrium and wholeness are quiet and we need to train ourselves in quietness to experience ourselves as whole, to realise that actually nothing is lacking. It does not matter what you can do with your body.

What are some of the things you do to take care of the world, or yourself, that you have learned along your journey?

I have learnt that we cannot make it alone. We cannot manage life alone. We need people around us who can hold us when we cannot hold ourselves. This comes back to the idea of the container.

We need to keep the container growing big enough so we can make sense of all the things that do not make sense and sometimes we need other people to help remind us. To grow a community that can talk about things and make space

for vulnerability — that's all we need. Sometimes, we just need others around us to hold the whole thing together while we let go for a moment, until we see that it's ok actually. There's no such thing as failing at being human.

The world asks us to simplify things — wrong and right — should and should not. We need to be reminding each other that life is much more complex than that. And check in with each other about complexity not simplicity.

I have a specific focus on men. They are way out of balance, in general. We seem to be particularly stuck in the experience of isolation, because we think we have to show up in a certain way to be a man. We feel we have to make it alone. Making space for guys to feel a safety in connection and to grow the skills to communicate is a really important aspect of my work, both as a facilitator and as a yoga teacher. The suicide rates in Australia are through the roof and I have lost many men that I love.

It's time that we shift the paradigm. We need each other. Men need good men to lean on. We are afraid of being tender, we are afraid that if we express tenderness and care to each other we might be seen as 'gay'. That's how far out of balance we have come, but that model of man no longer works, it leaves us all alone.

Instagram: @james_fish_gill
www.creativeteams.com.au
Photo courtesy: Shazia Omar



Japan: Japanese Enoki mushroom beef rolls



Macau: Rice and braised pork with preserved vegetables in soy sauce

Peruvian ones to create Chifa cuisine. The main staple foods in Peruvian cuisine however are native crops such as corn, beans, and potatoes, as well as Andean quinoa and fresh fish.

A friend, forged through our common interest in heritage, Renata Tavera sent me these images from her office in the heritage sector of an organisation in the capital city of Lima.

JAPAN:
The land of the courteous, sushi, and most of our cars!

My friend Hitoshi recently moved to Dhaka, and misses the platters he had back in Tokyo. Lunch time, according to Hitoshi, depends on the work type, so he often ate at his desk while working at a bank.

Some smaller companies, mostly factories, have set a lunch room to encourage communication, from 12 PM to 1 PM. At some offices, people can eat super early, from 11:30 AM to 12:30 PM, while later ones go from 12:30 PM to 1:30 PM, to cover each other during lunch time. However, in traditional families, Japanese housewives wake up as early as 5 AM to start cooking for their husbands and their kids' lunch box

MACAU:
Portuguese ex-colony, Patua-critically endangered language, Chinese-Portuguese fusion food
Macau is one of the tiniest countries, with a population that makes it the most populated one, as well as one of the richest ones!

A Portuguese colony until 1999, this tiny nation has a delightful medley of cultures and possibly, one of the first known instances of fusion food, mixing Chinese and Portuguese cuisines. Also known as the Las Vegas of Asia, its historic city centre ranks as a UNESCO World Heritage Site, while its language Patuá, is a creole language — a blend of Portuguese and Cantonese, recognised by UNESCO as a critically endangered one. My friend Jenny Kong's husband, based in Macau, sent me these images of his food.

This article was written with the purpose of showing how even a



Kosovo: A burst of colours that also speaks volumes about the health factor of this delicious platter.

short break in our daily work routines involves a representation of our culinary heritage and eating trends. My friends gave me a sneak peek into their daily lives, and I too, leave you salivating and possibly, planning an elaborate meal for work. Until next time, with more countries in focus!

Photo courtesy: Reema Islam