

WITHINTENSIONS



vol.48

RECIPE FOR COLLAGE

A wavy, translucent ribbon graphic, possibly representing a DNA helix or a stylized letter 'S', rendered in a light gray color with a fine, grid-like texture. It is positioned diagonally across the right side of the image, with the text 'WITHINTENSIONS' overlaid on it.

WITHINTENSIONS

WITHINTENSIONS

Spring 2026
vol. 48

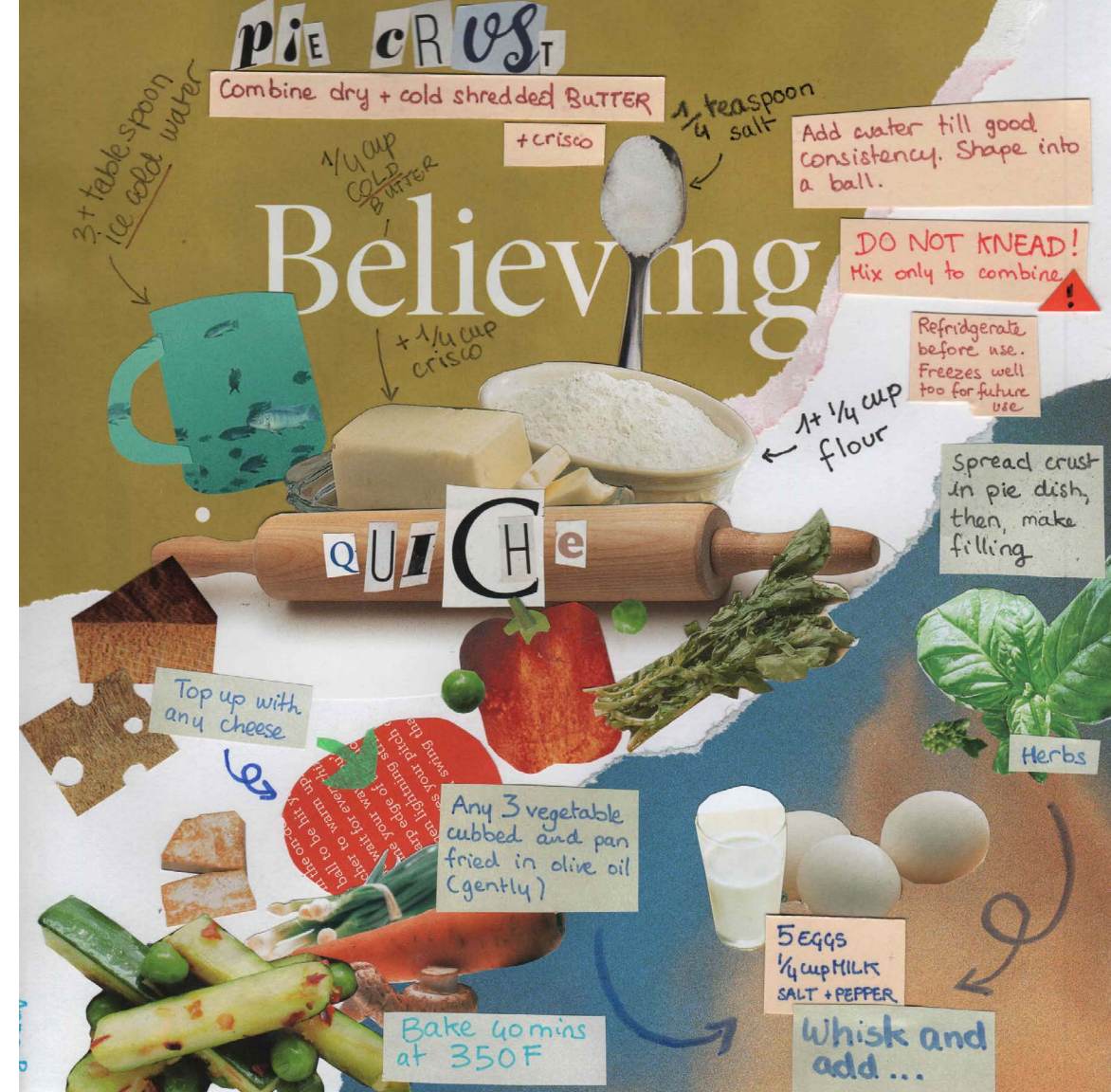
RECIPE FOR
COLLAGE



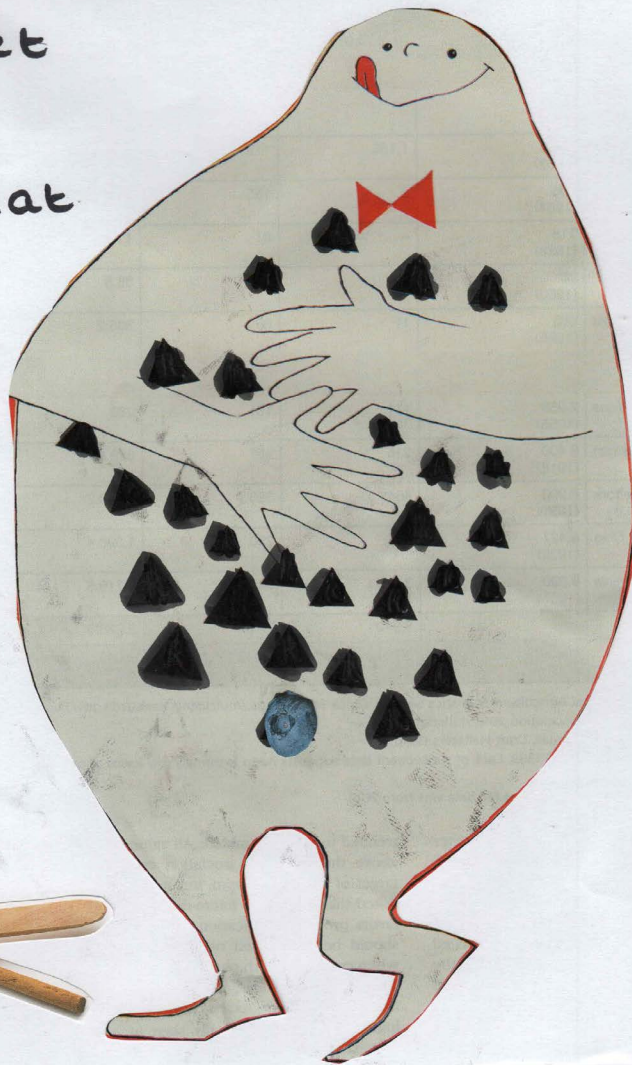
Table of Contents

Anna Parmentier	pg. 3	Francisco Berlanga	pg. 12
Martha Man	pg. 4	Kaleb Thiessen	pg. 14
Jonathan Lovely	pg. 6	Srilakshmi Narayana	pg. 18
Yihk Qu Chan	pg. 8	Meet the Team	pg. 20
Sasha Cerino	pg. 10	Acknowledgements	pg.25

We at Withintensions want to acknowledge that our work takes place on the unceded territories of the Skwxwú7mesh (Squamish), xwməθkwəy̓əm (Musqueam), and Səlílwətał (Tsleil-Waututh) peoples. We want to recognize that these lands belong to the Indigenous peoples who have lived here far before the arrival of settlers. We also want to push beyond land acknowledgements to further encourage acts of reconciliation. Recognition is great but it is nowhere near where we need to be. Reconciliation is comprehensive and takes more than an acknowledgment for occupying land. We always support marginalised peoples right to protest.



simple & sweet
a delightful treat
that I cannot
wait
to devour
and eat.



JO'S

PORRIDGE

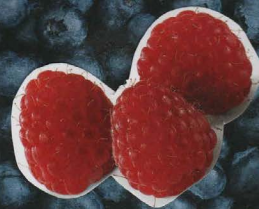
MARTHA M

INGREDIENTS

- 1 1/2 cup oats
- 1 cup water
- 1 1/2 cup almond milk
- 1 tbsp agave syrup

TOPPINGS! (optional)

- blueberries
- strawberries
- blackberries
- raspberries
- bananas
- apple bits
- chocolate chips



bring water to a boil, add oats,
once oats absorbed the water,
add milk. Turn heat up or down
and stir until desired consistency.



W A F F L E

bike trip with pumpkins

brunch

generations

years of love

traditions

made with family

continued with friends

waffles

a childhood recipe

pured from jack o lanterns

part of many saturday brunches

PUMPKIN WAFfles

2 cup pumpkin puree

1/2 cup brown sugar

1 cup milk (oat works too)

1/2 cup butter melted

2 eggs

2 cup flour

4 tsp baking powder

1/2 tsp salt

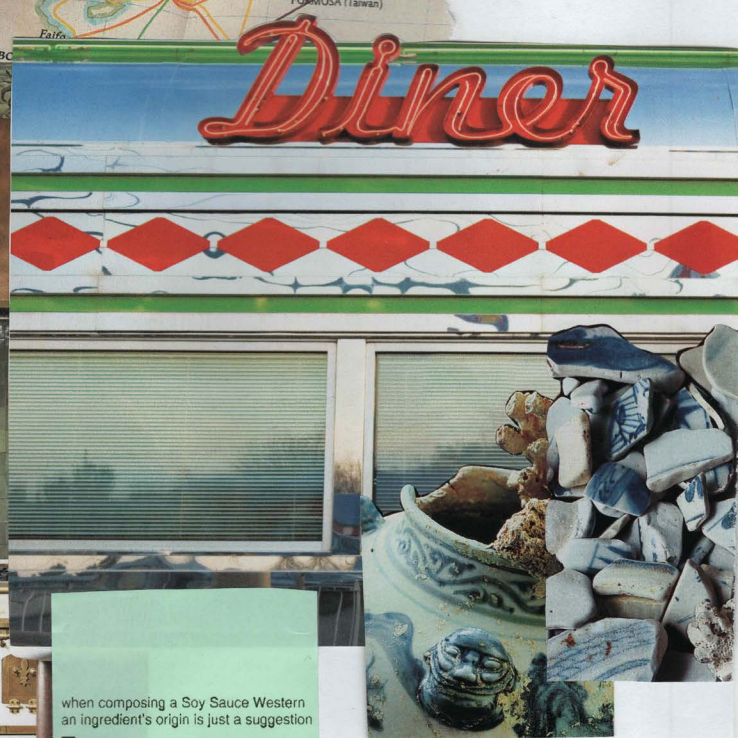
1/2 tsp each ginger, nutmeg, cinnamon

serve with fresh berries

top with whipped cream

and maple syrup

mix wet first, then add dry
toast/cook on waffle maker
until crispy brown



when composing a Soy Sauce Western
an ingredient's origin is just a suggestion

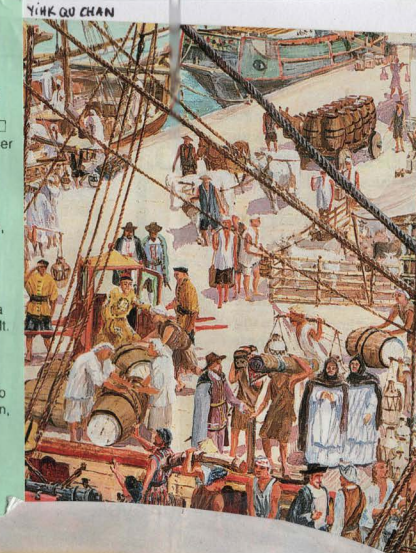
Hong Kong style can be defined by
speed, served with no nonsense
& affordability,
this breakfast offers comfort
& easy digestion :)



INGREDIENTS
sliced ham, cut in small strips 2 cups
low-sodium chicken broth 1/2 can
cream of chicken soup 4 cups water
4 ounces macaroni salt & white pepper
for seasoning

INSTRUCTIONS (for 2 portions)
1. into a large pot, add chicken broth,
whisk in 1/2 can cream of chicken soup,
then add water—turn on the heat to
high and bring to a boil, whisk
occasionally, season with salt and
pepper; reduce to medium heat
2. bring another large pot of water to a
boil over high heat. no need to add salt.
cook the macaroni until desired
firmness (overcook slightly for more
"authentic" HK style). drain pasta.
3. remove the macaroni and divide into
2 large serving bowls. pour the broth in,
and top with ham :)

BONUS/ALTERNATIVE TOPPINGS
fried egg
SPAM
diced carrot, peas, or corn



Unisonly rising to the heat of the flame

The seeds of sweet & savory dance in eye

An abundance of fresh harvest

Nestled together as water bubbles

Being called to surrender

In the most kind and gentle gesture

Soothing the restless mind

A symphony of simple notes

You easy to swirl into it's bright
candor

An open invitation to it's warm
demeanor

Utan bisaya (portion serves 4 people)

Ingredients
2 stems of Kamungay/ moringa leaves
2 Tomatoe
Half White Onion
1/2 Squash
8 pieces of okra
1 Eggplant
1 Green onion
2 handfuls of Spinach
1/2 cup of frozen corn kernels
1 filipino long bean/sitaw
1 Lemon grass stalk
~~Salt and Pepper to taste~~

Utan bisaya (portion serves 4 people)

Ingredients
2 stems of Kamungay/ moringa leaves
2 Tomatoe
Half White Onion
1/2 Squash
8 pieces of okra
1 Eggplant
1 Green onion
2 handfuls of Spinach
1/2 cup of frozen corn kernels
1 filipino long bean/sitaw
1 Lemon grass stalk
Salt and Pepper to taste
*optional 1 can of coconut milk

1. separate the moringa leaves from the stem
2. cut the squash and eggplant into chunks, slice the onion and green onion and cut the tomatoes into wedges
4. Pound the lemongrass stem with the back of knife, and cut into 2 inch pieces along with the long beans
5. Boil water
6. Add in lemon grass first, let it simmer, add the salt
7. Then add in the squash then after 2 mins add eggplant and green beans. After 5 mins add in okra, tomatoes, and onion corn kernels. Then after 2 minutes or until the okra is tender at the kamungay leaves, spinach, and green onion
8. add salt and pepper to taste
9. For an additional creaminess add the 1 can of coconut milk

Si te sabe a sangre lo
hicieron mal

If it tastes like blood they
made it wrong



*Recipe as sent by my mother on
whatsapp

Ingredients:

One lata de nopales
1 cebolla en trocitos
4 tomates romanos
2 chiles serranos
1 or 2 avocados
1 tbs of olive oil
3 tbs of vinagre
2 lemon juice
One bunch cilantro

Directions:

The onion need to be cut in small
cubes

The tomatoes too

The avocado need to be cut en cub

And the cilantro need to cut in pieces

The chile serrano need to be cut in
small pieces .

The nopal need to be washed this a
lot of water and then let escurrir

You put everything in one big bowl

And put everything in there and mix
together and put the olive oil, the
vinagre, and the lemon juice and to
end just put salt and enjoy!



I WANT FOOD IN MY TEETH

THE CRUMBS THAT LINGER WITH MEMORIES BENEATH.

A NEW TASTE, A NEW BUD UNSHEATH.

TO SMELL WARMTH AND BE WELCOMED BY A FLAVOURED WREATH.
A BOTTOMLESS PIT THE STOMACH OF KIETH!

WHEN ALL IS CALM AND THE SPICES HAVE SETTLED, WE ONLY WISH TO KNOW:

WHERE'S EL BEEF!

guindas o rambuesas y na cuchada de mostaza.

Servir esta salsa caliente.

"ROAST-BEEF A LA INGLESA"

1 y 1/2 kilo de roast-beef
sal, pimienta
un poquito de harina
1/2 taza de agua
100 gramos de mantequilla

VARIOS.—

1/2 kilo de arverjas,
1/2 kilo de judías verdes,
4 lechugas, mantequilla.

Preparar el roast-beef, sacarle el hueso, condimentar con sal y pimienta, arrollarlo y atarlo con un piolín dándole forma redonda, untarlo con harina acomodarlo en una asadera, agregar a ésta el agua, colocarle por encima la mantequilla y poner a cocinar en horno de temperatura regular durante 1 hora y 1/4 más o menos.

Cocinar por separado las arverjas, las judías verdes y la lechuga, escurrirlas una vez cocidas y saltarlas en mantequilla.

Cortar el roast-beef en rebanadas con un cuchillo bien cortante, acomodarlo en una fuente, cubrirlo con su jugo y ponerle alrededor verduras.

Se pasa la carne por harina para formar después el jugo.

Este roast-beef debe quedar bien jugoso y rosado por la parte de adentro.

It's a basic cake
it has pineapples & cherries
so it's healthy :)

Easy Pineapple Upside-Down Cake

Ingredients

- 1/4 cup butter
- 1 cup packed brown sugar
- 1 can (20 oz) pineapple slices in juice, drained, juice reserved
- 1 jar (6 oz) maraschino cherries without stems, drained (about 18 cherries)
- 1 box Betty Crocker™ Super Moist™ Yellow Cake Mix
- Vegetable oil and eggs called for on cake mix box

Instructions

- 1 Heat oven to 350°F (325°F for dark or nonstick pan).
- 2 As the oven is preheating, place the butter in a 13x9-inch pan and set it on the middle oven rack to melt. Set a timer for 5 to 7 minutes to remind yourself to check when the butter is fully melted.
- 3 Sprinkle brown sugar evenly over melted butter. Arrange pineapple slices on brown sugar. Place a cherry in the center of each pineapple slice, and arrange remaining cherries around slices; press gently into brown sugar.
- 4 Add enough water to reserved pineapple juice to measure 1 cup. Make cake batter as directed on box, substituting pineapple juice mixture for the water.
- 5 Pour batter over pineapple and cherries.
- 6 Bake 40 to 46 minutes (44 to 53 minutes for dark or nonstick pan) or until toothpick inserted in center comes out clean. Immediately run knife around side of pan to loosen cake.
- 7 Place heatproof serving plate upside down on top of the pan; turn plate and pan over. Leave pan over cake for 5 minutes so brown sugar topping can drizzle over cake; remove pan.
- 8 Cool 30 minutes. Serve warm or cool. Store covered in refrigerator.

Instructions

- ① Preheat oven to 350°F/175°C
- ② Line a 9x5-inch loaf pan with parchment paper
- ③ Zest the lemons to get 1 tablespoon
- ④ Juice the lemons to get $\frac{1}{4}$ cup
- ⑤ Combine lemon juice and oat milk and set aside for 10 mins to curdle
- ⑥ Whip aquafaba with a handheld electric mixer for 45-60 seconds, until foamy
- ⑦ In a medium bowl, combine flour, baking powder, baking soda and salt.
- ⑧ In a large mixing bowl, add the sugar and olive oil, then after mixing add the whipped aquafaba, add the curdled oat milk, 1 tablespoon of lemon Zest, vanilla and mix until combined
- ⑨ Now add half of the flour mixture, combine well and then add the remaining, mix until combined.
- ⑩ Pour the batter into the prepared loaf pan and smooth out the top. Bake for 35-40 minutes.
- ⑪ Cool for 15-20 mins.

By : Lakshmi and Samarth



Would you like to make
Some lemon olive cake
Take Olive oil and lemon
To put it in a bake

The ingredients are easy
Give a lemon a lil squeeze
And pour some olive oil
Cover with cooking foil

If it's not fluffy and light,
Read instructions, not this
poem right?

Lemon Olive Oil Cake

Ingredients

- 2 medium large lemons
- $\frac{1}{2}$ cup oatmilk
- $\frac{1}{4}$ cup aquafaba
- 1 $\frac{1}{3}$ cups All purpose flour
- $\frac{1}{4}$ cup + 1 tablespoon sugar
- $\frac{1}{4}$ teaspoon bakingsoda
- 1 teaspoon bakingpowder
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{1}{2}$ cup olive oil
- $\frac{1}{2}$ tablespoon vanilla extract.



Meet the Team

Act with intention & dwell within tensions.

We are artists who are both lost and found, both within and without the spaces of institution and navigating the spaces beyond the horizon?

Navigating our various proximities to institutions and the spaces beyond them parsing through what we want to keep, what we want to let go of, and what we hope to transform.

Our goal is to house new ideas, old ideas, and bad ideas, nurturing a space for them to take form.

We inhabit a place between the seriousness of academia and the frivolity of passing thought. We will often fall into clichés and trends as they pass us, as we all often must.

We invite you to critically engage with the content, to challenge and be challenged, to test the tensions in question.



FRANCISCO BERLANGA
Creative Director
Publications Lead
Founder

Francisco Berlanga (he/him) is a Vancouver based textile artist whose practice reflects on his relationship to his Mexican identity as a second-generation immigrant through the lens of Craft. He attempts to understand how one can inhabit a culture while being partially absent from it. He engages in discourse with his own identity through the creation of traditional Mexican “manualidades” or crafts. His practice engages with concepts of inaccessibility attempting to bridge the gaps between his personal and cultural identities by forcing connections between them and trying to understand the limitations that these identities impose upon each other. Histories of repetition often produce apparitions of motifs that haunt his works. His previous exhibitions include a solo show at Grunt Gallery and group shows at the Morris and Helen Belkin gallery, the AHVA gallery, This gallery, and the Audain gallery. Berlanga obtained his BFA at Simon Fraser University and his MFA at the University of British Columbia.



TORIEN CAFFERATA
Curatorial Lead

Torien C. Cafferata (they/he) is an AuDHD interdisciplinary artist originally from Treaty 4 and Treaty 6 territory where they trained as a performer, playwright, director, and dramaturge before coming to Simon Fraser University for their MFA. Their practice spans a host of forms: social practice, site-specific theatre & installation, lo-fi mixed-reality, game design, ludology, and mad arts. He is an avid trifter with digital platforms and cultures in performance, often using them in explorations of mad labour/play, interactivity/interpassivity, non-places, and hauntology. As co-Artistic Director of It's Not A Box Theatre they have toured work to the Prague Quadrennial, SummerWorks, and across Fringe Festivals.



SASHA CERINO
Workshops Lead

Sasha (she/her) is an artist and settler based in the land of the xʷməθkʷəy̍əm (Musqueam), Skwxwú7mesh (Squamish), and səliłwətał (Tsleil-Waututh) nations, colonially known as Vancouver. Coming from a Filipino background and being a child of immigrants integrally informs her work from covert to overt ways. Similar to how tides cycle all throughout the vast ancestral source that is the ocean. The waves make their way to the shore in varying intensities, from gentle ripples to destructive tsunamis and everything in between. Sasha explores the relationships, dynamics, narratives, traumas, conflicts; the beauty and nuances that come with who she is, but also how the world views her. For the personal is interconnected and represents the collective. Using art as a means of self expression ever since she was the age of 3. Always having a curiosity and interest in making things, mirroring her experiences as a tool of processing and also reflection. Her choice of medium(s) for her pieces are most often led by the concept(s) she is trying to convey. Overall, striving to make art that is honest, genuine and creates spaces for open conversations.



**YIHK QU
CHAN**
Operations
Coordinator
Workshops Lead
Founder

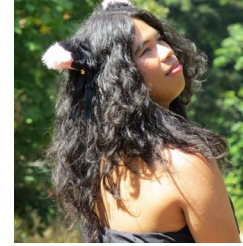
Yihk Qu (she/her) is an artist whose practice is mimetic in form and exercises vulnerability through performance work and social practice. Raised within Vancouver-Hong Kong diasporic community as a second-generation Canadian, her work is produced from the tensions of embodying contrasting cultural values. Speculating on identity, heritage, and hauntings, she ritualizes gestures to produce symbolic markers of relationally held time.

Yihk Qu, as an Anglicized namesake, is a textual synthesis of her identities as Natalie Chan and 易翹—a pairing of characters which come together to mean 'to exchange the meaning of excellence'; Yihk Qu hopes to exhibit the transformative potential of translating across the borderlines of cultural landscapes. She obtained her BFA at Simon Fraser University and is currently researching at the University of British Columbia as an MFA candidate.



EMILY CHU
Community Events
Lead

Emily Chu (she/her) is a visual artist and writer whose work blends personal narrative with existential reflection. A recent BFA graduate, she creates with an awareness of material impact, exploring how art, memory, and responsibility intertwine. She wishes to continue investigating the philosophical, ethical, and emotional dimensions surrounding contemporary art, whether that may be through graduate studies or her own personal research. In her free time, she enjoys playing music and writing poetry.



**RAINE
HERMOSA**
Curatorial
Assistant

Raine Hermosa, also known as bcball or bishi, is an 18 year old queer singer songwriter and music producer based in from Victoria BC. He has been writing music since he was a child, and in his early days posted songs on Youtube and Soundcloud. His practice ranges from writing for piano and strings, songwriting and electronic music production. Outside of music he also works in digital art, drag, and creative writing. Raine is currently studying Music and Sound at the SFU School for Contemporary Arts in Vancouver.



**AMANDA
KACHADOO-
RIAN JORDI**
Curatorial Lead

Amanda Kachadoorian Jordi is an interdisciplinary artist whose work explores migration, bureaucratic systems, and hybrid cultural identities through mixed media, sculpture, and photography. Raised in San Diego and of Mexican, German, and Armenian descent, she investigates the emotional and psychological complexities of movement, belonging, and in-betweenness. Originally trained as a painter, she began with large-scale oil paintings of surreal, hybridized botanicals, each drawn from plants, flora, and landscapes developing a metaphorical language of layered histories and identities. Her practice has since evolved to incorporate unconventional materials through an evolving collage-based process, reflecting the layered tensions of movement, the weight of bureaucracy, and the fragile negotiations of belonging across shifting borders.

Jordi has exhibited at the Oceanside Museum of Art (California) and Ahoi Galerie (Lucerne, Switzerland), and her work has been featured in New American Paintings (West Coast Issue #163).



**KALEB
THIESSEN**
General
Operations
Assistant

Kaleb Thiessen, also known digitally as BELAK, is a Peruvian-Canadian multimedia artist based in Vancouver, BC. He works with sculpture and digital media, using found materials and screens to examine how consumerism, self-perception, and technology intersect. Rooted in working with discarded materials from his local community, his practice reflects past cycles of consumption in the Lower Mainland, turning objects into living archives of use and exchange. He sees objects as witnesses to lived time, where signs of wear blur their origin and pull them away from the manufactured and standardized. This duality informs how he sources and recontextualize materials, embedding screens and digital fragments to create portals that reframe their narratives. At the core of his practice is a need to uncover how objects and systems operate, asking what constraints they were built to function within and how those limits might be challenged. Thiessen recently graduated from Simon Fraser University with a BFA Honours in Visual Arts. In 2024, Thiessen's work has been exhibited at the Audain Gallery, The Polygon Gallery, Lobe Studio, Haus der Statistik and Feldfünfin and will be displayed through the City of Vancouver's Launch Pad program in 2026.

We are always looking for submissions and opportunities to collaborate so check out our social medias.

on instagram:
@withintensions
or email us at:
within.tensions@gmail.com

If you want more information, feel free to contact us.

Acknowledgements

Withintensions would not have been possible without the works of Francisco Berlanga, Sasha Cerino, Yihk Qu Chan, Jonathan Lovely, Martha Man, Srilakshmi Narayana, Anna Parmentier, and Kaleb Thiessen

We are excited to share our future works with you and we hope to provide more opportunities for artists alike.



In Memorium of one of our
founders
Opal Mclean
1997-2023

