

take a break and do something different

[bypass journal](#)

newsletter .03

JULY. 21

a note:

As you may have noticed, we disappeared in June. We decided to allow bypass to take a back seat for the month as this time of year in the academic and work calendar is an incredibly busy one.

But nevertheless we are back and ready to delve deeper into stories, projects and ideas.

In light of our hiatus and this funny cold time of year, our july newsletter has even more to offer than usual to hopefully inspire and encourage you to get comfortable or get out of the house and do something a little different.

We hope you enjoy this month's selection, and don't forget to make time for taking it slow.

some films



[*The Stalker*]

Andrei Tarkovsky,
1979

A guide, the Stalker, takes a writer and a professor into a fiercely protected post-apocalyptic wasteland called the Zone, the restricted site of a long-ago disaster, at the heart of which is the Room, a place rumored to fulfill one's most deeply held desires.



[*The Brother from Another Planet*]

John Sayles,
1984

A relatively little-known film about an alien who lands on earth and is pulled into the world of Brooklyn, New York. It's a real gem of a film; gentle and quirky, and likewise a stunning glimpse of Brooklyn in the 80s in all its rugged glory.

an honorable mention :

[*Babylon Berlin*]
2017 - now

If you haven't already checked this out, then here is your call to do so. This German series set in Berlin in the feverish years before WW1 is political, riveting and deeply atmospheric. It is a perfect binge-worthy watch for this time of year.



[*creamy caramelised onion and pumpkin seed miso ramen bowl*]

serves 2

a recipe



This dish is gentle, rich and ideal for these colder months. Don't let the title intimidate you because this ramen is ridiculously simple and yet somehow still completely delicious and can easily be made within half an hour.

The buttery umami of the miso paired with the nuttiness of the pumpkin seed is comforting to no end. If pumpkin seed butter is inaccessible to you though, it can easily be replaced or omitted without losing out on flavour at all.

As far as toppings go, the world is your oyster! A soft boiled egg or pan-fried tofu seasoned with tamari and honey are ideal. For this season some roasted brussel sprouts or carrot would also be great.

Accompany this with a small side of pickles or kimchi to cut through the richness for an extra good time.

1/2 onion, finely sliced
2 cloves garlic, minced
2 tbsp shiro miso
300ml soy milk
300ml water
2 tsp pumpkin seed butter
(or 1 tbsp tahini, or 2 tsp butter)
2 tsp pumpkin seeds
1 stalk spring onion, diced
2 portions soba, ramen or rice noodles

Place the onion in a large pot and saute in a little neutral oil on medium heat for 10-12 minutes until well caramelised.

In the meantime, to a blender add the soy milk, miso paste, pumpkin seed butter (or substitution), and half the water to a blender and blitz on high until smooth.

Add minced garlic to the pot with the onions and allow to cook for a minute or two before adding the remaining water. Allow the water to deglaze the pan before pouring this mixture into the blender. Blitz on high again until completely smooth. Pour the broth back into the pot and place on a low heat.

While the broth heats, cook noodles to package instructions. To a pan add the pumpkin seeds and place on a high heat. Toast the seeds, keeping a close eye on them and tossing regularly until popping and browned.

Check on the broth, taste and adjust as needed (if the soy milk has started the separate you can blitz it in the blender again).

To serve: place noodles in bowls, pour over the broth and top with the pumpkin seeds, spring onion and whatever else you desire.

Eet smakelijk!

an exhibition

[*Slow Boll*]

Artspace Aotearoa ,
29 May – 07 August 2021

What can the sharing of kai do to transform how we conceive of knowledge, resilience and mana motuhake?

"Slow Boll is co-created by kaupapa Maori community group and kai security advocates Boll Up Crew and a group of contributing practitioners spanning architecture, community advocacy, design, food sovereignty, software and the visual arts. During a series of wananga, works will be collectively produced and installed in the exhibition space alongside existing investigative works by Forensic Architecture."

"The exhibition opens with the idea that recipes and kai are vessels of intergenerational knowledge transfer, the means to an embodied life force that resists colonisation, and nourishing of community in the Karangahape Road, Tamaki Makaurau Auckland and Aotearoa New Zealand context. By both sharing and mapping kai ecologies in Tamaki Makaurau Auckland, the exhibition aims to bring greater visibility to kai insecurity facing urban communities. Following Maramataka, the Maori lunar calendar, concepts will be unearthed over the course of the exhibition towards a shared vision of kai security in the Karangahape community."



[*Evidence*]

Larry Sultan and Mike Mandel,
2003

'Evidence' is curated from files previously hidden from public view within government agencies, educational institutions and corporations. Decontextualised in a photo book format, the images are strange and slightly menacing. Together they hint at a narrative just beyond comprehension, like skulls from a film you haven't seen yet.

Michelle Zauner, also known as Japanese Breakfast, is a Korean-American alt. pop artist. Here, in her debut memoir, Zauner delves into her upbringing between two cultures and the precarious relationship she shared with her mother in light of her passing when Zauner was in her early 20s. This memoir is about loss, identity and connection, all tied together with Zauner's musings on Korean food and how it informed not only her connection with her mother but how it became a way for her to soothe and reconcile after her mother's death. Check out [this article](#) for more info.



[*Te Uru Waitakere Contemporary Art Gallery*]

Mitchell and Stout Architects
Titirangi, West Auckland

This art gallery in Titirangi makes for a very lovely day trip. Go for the architecture, stay for the art. You could also add on a hike in the Waitakere Ranges to top it all off, or a drive out to Whangarei for an invigorating windswept walk along the beach.



[*A vineyard-less trip to Waiheke*]

Waiheke is a great and accessible trip to make, but while it is nice to spend a laid back day going from one glass of wine to another, one pretty view of vines to another, you would be sorely mistaken to think that this is all that Waiheke has to offer. For a different perspective (one that is also far kinder to your wallet) go off the beaten track -

1. pick a section of the incredible [Te Ara Māori](#) walk. We recommend straight off the ferry going left along the headland to Oshanaiake and then up to Oneroa. Or catch the bus to Palm Beach and follow the trail along many little bays and coves back towards town. The cross island track from Whakarewa to Oneroa is worthwhile too (and you can end it by treating yourself to a meal at 372).

2. hire a car and take a trip out to [Stony Batter](#) for some tunnel exploring and WW1 gun placements (great views out to Coronandell too).

3. Rustle up a hearty picnic and make your way down to Whakarewa for a stunning spot under the giant pohutukaea tree where you are guaranteed to have the place to yourself. (for an alternative closer to town try out Hekura Bay).

an EP

[~ ~ ~]

Ana Roxanne

Ana Roxanne is a New York based artist and this, her debut EP from 2019, is an atmospheric and mellow journey through six songs. Part alt, electronic, part soundscape, Roxanne offers a calming and enlightening exploration of sound. Slowness is a theme here and if you are interested in finding out more about Roxanne and her work [this article](#) is worth a read.



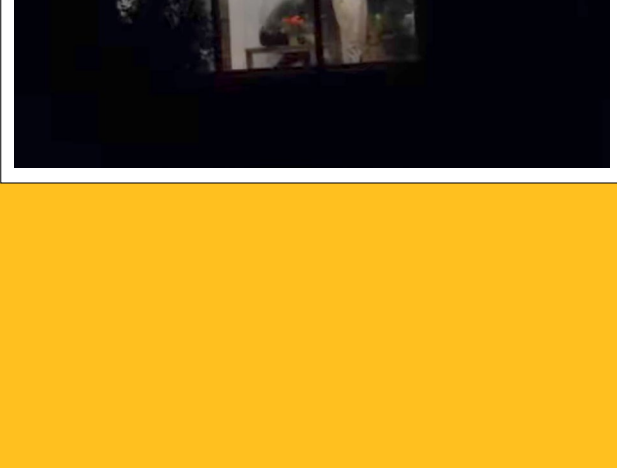
a video piece

[*Outside In - a voyeuristic observation into people's lives during lockdown*]

Nima Nourizadeh,
2020

This short film is super intriguing. Filmed in LA in the depths of Covid insecurity last year, Nourizadeh takes us in the dark of night on an exploration of isolation.

Nowness Asia says, "Outside In is a voyeuristic observation into people's lives from afar and an intimate collection of moments... The meditative short gives viewers space to impose their own narratives onto the characters and their lives. Shot using a long zoom lens, Nourizadeh uses windows as the literal frame, guiding the audience's attention, while making use of the 'off-screen', rewarding the imaginative and participatory viewers: Who are these characters? Where are they from? What are their relationships?"



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a question

every month we will pose a question for you to think about. If you would like to share your thoughts, please email us a message on insta or via email and at the end of the month we'll create a feature on our site.

[*How could architecture be taught differently? :*

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