

SHE CANADA

TRAVEL
Amsterdam

INSPIRED
GIFTS
MOTHER'S
DAY

Behind the
scenes with
DUKHTAR

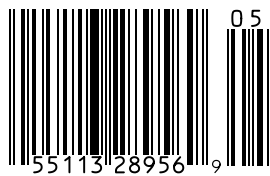
LONDON
COLLECTIONS:
MEN

defiantly

DIA

An exclusive Q&A

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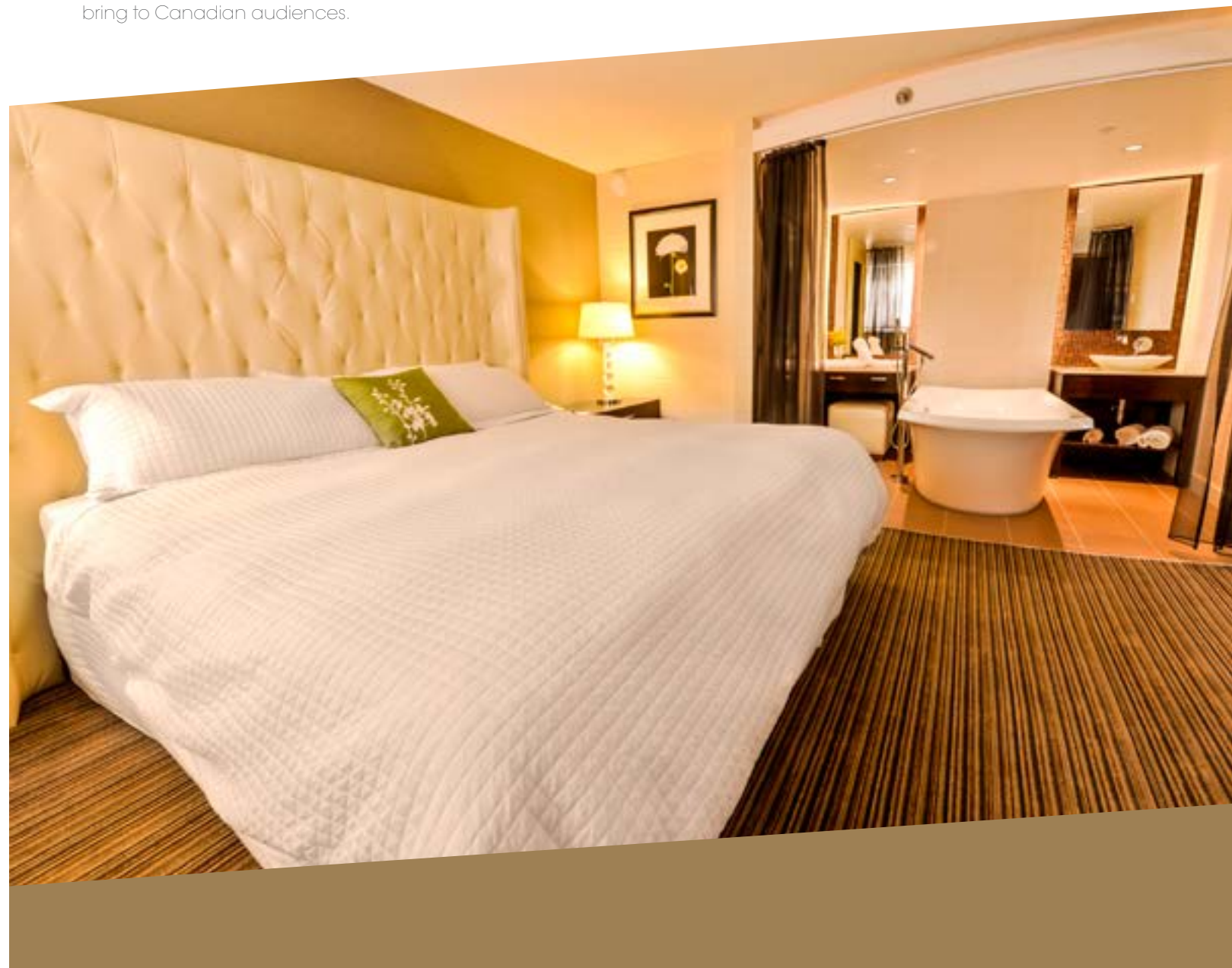


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SHE CANADA

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VENYX 18-carat gold multi-stone ring \$4,420

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Editor's note



EDITOR
S.M. Kamran Zaidi

Spring is universally known as a time of new beginnings. Here at SHE Canada we're starting afresh like never before. The year 2015 marks our third year in print; to celebrate this milestone we've brought some bright, new talent on board. SHE readers—I'm pleased to introduce Zarmina Rafi. After working in publishing in Dubai, Zarmina joins SHE as our new Associate Editor, bringing with her a wealth of international luxury and lifestyle sector experience. You can read her exclusive interview with filmmaker Afia Nathaniel (pg. 16) and a fantastic feature on eating gluten-free while Desi (pg. 78).

The rest of the team is up to their usual antics in this issue. As our annual Jewellery issue, we've included a feature on engagement rings and their significance. For SHE's HE supplement we are pleased to have had the opportunity to cover our very first men's fashion week, London Collections: Men. London is known as the Menswear fashion capital of the world, so it's only appropriate HE start there. From Coach's first menswear show to facts and figures about why London is paving the way in the menswear sector, readers will get a behind-the-scenes look at perhaps the most talked about fashion week of the season.

Finally, be sure not to miss our exclusive interview feature with Bollywood starlet Dia Mirza. Moonlighting as a social activist, Dia has channeled her power over the media for a good cause. Read more about her decision to do so on page 30.

With all the statutory holidays coming up in April and May, we're sure you'll have more time to peruse through SHE. Send us your thoughts and recommendations for upcoming issues by tweeting to us at @SHECanada. We may even feature your tweet in Tweets to the Editor.

Addendum: SHE Canada's Feb/March 2015 issue listed Maybelline's New York Falsies Mascara priced at \$40. The correct price for the product is \$10.99.

A stylized, handwritten signature in black ink, consisting of a series of loops and a long horizontal stroke.

SHE CANADA ONLINE

Spring's in the air, flowers are in bloom,
and Mother's Day is around the corner,
those are plenty of reasons to get into
the spirit of gifting and fashion! Why
not sign up your friends and family for
a subscription to SHE. They'll thank you
for setting them fashion forward and
fancy free!



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SHE CANADA

Contributors

"If you could spend a year anywhere in the world where would it be and why?"



PRIYA KUMAR
Executive Editor

Paris. It's the only city in the world I can visit alone. The food, culture, fashion and history are enough to keep anyone busy for a lifetime.



ZEBUNNISA MIRZA
Travel Contributor

France! I would immerse myself in art and eat fresh cheese and bread every day. Besides, it would take a full year to explore the country's diverse beauty.



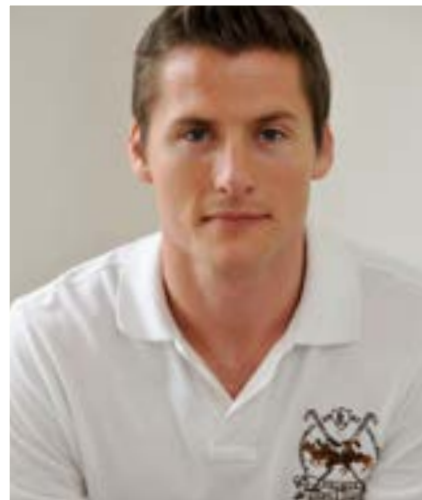
ZARMINA RAFI
Associate Editor

I've been planning a retreat to La Muse in Languedoc Roussillon, France for ages! Beautiful countryside, fresh produce and herbs, it sounds like heaven.



ALY ZORN
Features Contributor

Australia for natural wonders like The Great Barrier Reef, The Pinnacles and Mackenzie Falls. I grew up immersed in nature, so there will always be a wild child in me!



JOHN GODFREY
Health & Wellness Contributor

Patagonia, Argentina: Ski and Mountain-eering in the winter/Horse riding & Polo in the summer.



DANIELLE MORLEY
Fashion Assistant

Japan! I have always been interested in the beautiful history and culture of Japan. I would love to spend time there and explore the country's incredible ancient architecture, art and fashion along with all of its modern innovations.

tweets to the 

Editor

@magscanada Cover of the Day: @SHECanada's February/March 2015 issue featuring @ISuperwomanII!

@MsSMWong Featured in the Feb/March issue of @SHECanada #HotDeals <http://instagram.com/p/zK1Si-WHt89/>

@missionhunter Friday Lunch and Reads. thank you @shecanada for featuring me in your magazine

@DeepikaPadu222 @SHECanada Hello... Follow @Love4Deepika for latest Updates :)

@FashionWeekBK
Happy #FF! Thx for following! @SHECanadaHave a great weekend!

Purple Elephant favorited your Tweet Heads up brides to be! @SHECanada is giving away tix to #LavishDulhan #thebridalaffair @ Liberty Grand this weekend!

@VenusBeautyS @SHECanada We were overly enjoying the Pastel Hues especially on Quvenzhane Wallis! Thanks for sharing.

FEBRUARY/

MARCH

ISSUE





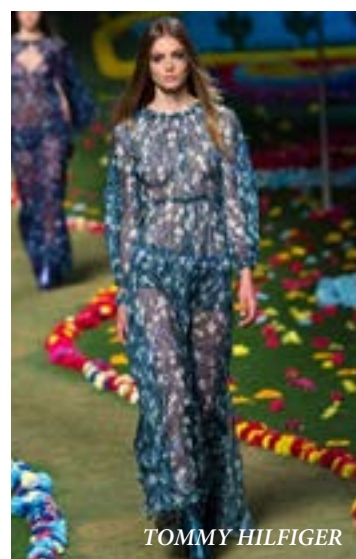
MATTHEW
WILLIAMSON
*Printed silk-chiffon
wrap gown*
\$2,425



MSGM
*Printed silk-chiffon
midi dress*
\$1,170



TORY BURCH
*Sabrina printed stretch-silk
georgette maxi dress*
\$848



TOMMY HILFIGER



VALENTINO

Romantic **BOHEMIAN NIGHT AFFAIR**

Romance is in the air for spring with bohemian soft silhouettes. Sheer, delicate materials and whimsical patterns dictate the evening with lustrous flowy looks. The dresses bring relaxed bohemian style to a new extravagance! Instead of folk-inspired pieces, the new season steers towards a more glamorous and dreamy attitude.

GIAMBATTISTA VALLI
Floral-print silk-chiffon gown
 \$4,965



TORY BURCH
*Sabrina printed stretch-silk
 georgette maxi dress*
 \$848



ETRO
*Printed silk-chiffon
 maxi dress*
 \$1,050



NEEDLE & THREAD
*Tapestry embellished crepe
 maxi dress*
 \$678



SASS & BIDE
*The Power Hour printed geor-
 gette and jacquard maxi dress*
 \$790



LANVIN



ALTUZARRA



OPENING CEREMONY
Two-tone pleated cady top
\$245



VILSHENKO
*Reda floral-print
satin skirt*
\$915

VILSHENKO
*Helen floral-print
satin top*
\$595



THAKOON
Floral-jacquard skirt
\$990

THAKOON
Cropped floral-jacquard top
\$690



SALONI
*Marie printed embossed
taffeta top*
\$190

SALONI
*Annabelle printed
embossed taffeta skirt*
\$550



The matching game is taken to all new heights this year. The perfect formula is created with a matching duo composed of the crop top and feminine skirt. Modernity and tasteful feminine design are the themes for this look. Subtle flesh peeks through the ensemble to create a most needed division from this complete matching look. The crop top is revolutionized to a sexy new mystique.



DOLCE & GABBANA
*Cropped floral-print
woven cotton top*
\$645



HOUSE OF HOLLAND
*Cropped intarsia
stretch-knit sweater*



MARY KATRANTZOU
*Two-tone alphabet-
jaquard jacket*
\$3,220



MILLY
Cady bustier
\$195

MARY KATRANTZOU
*Two-tone alphabet-
jaquard mini skirt*
\$3,015



DOLCE & GABBANA
*Floral-print woven
cotton mini skirt*
\$795



MILLY
Cady wide-leg pants
\$345



HOUSE OF HOLLAND
*Intarsia stretch-knit
pencil skirt*
\$300



TRACEABLE

Behind the Scenes with Traceable: An Interview with Filmmaker, Jennifer K. Sharp

By Aly Zorn



Chances are the garment you wear today has travelled miles and seen many far off places before reaching its final destination. The mysterious process by which clothing is brought to us is actually composed of a supply chain of numerous hard working individuals. Film director Jennifer Sharpe and fashion designer Laura Siegel made the film *Traceable* (2014) to shed light on this disconnect. Jennifer shared with *SHE* Canada why there is an undeniable need for a transparent fashion industry, and for audiences to know how our clothes come to be.

Why did you feel the ethics behind fast-fashion needed to be discussed?

The fashion industry is one of the most environmentally toxic industries that currently exist. Fast fashion companies embody a race to the bottom mentality, which undermines everyone within its system, at a great cost to both the people and the environment. Bringing these issues to the forefront for consumers and the industry alike to discuss will hopefully elicit a change.

What do you hope consumers gain from understanding the concept of traceability?

In making *Traceable*, my hope is for consumers to begin to think about the implications of where something comes from at the point of purchase. Taking that a step further, I hope consumers begin to look for, and even demand, a greater level of transparency in the brands that they shop, and begin a conversation within their own social circles about what transparency means. I believe that as consumers we hold a lot of purchasing power and have the capacity to sway businesses to become more accountable.

Tell me a bit about the production of this film. How did you seek out the subjects you spoke with in Asia?

The subjects that we meet in the film are all collaborators of Laura Siegel, and we connected through her, as she had produced fashion collections with them in the past.

How did you and Laura come together for this project?

I met Laura Siegel when we both participated in a documentary and fashion competition sponsored by Louis Vuitton Moët Hennessy. The purpose of the competition was to promote art and craftsmanship inherent within

New York City. Laura and I bonded over the collaborative experience of documenting and creating simultaneously, reuniting two years later, to begin to tell the story of Laura's journey in creating carefully crafted, and ethical garments with artisans across India.

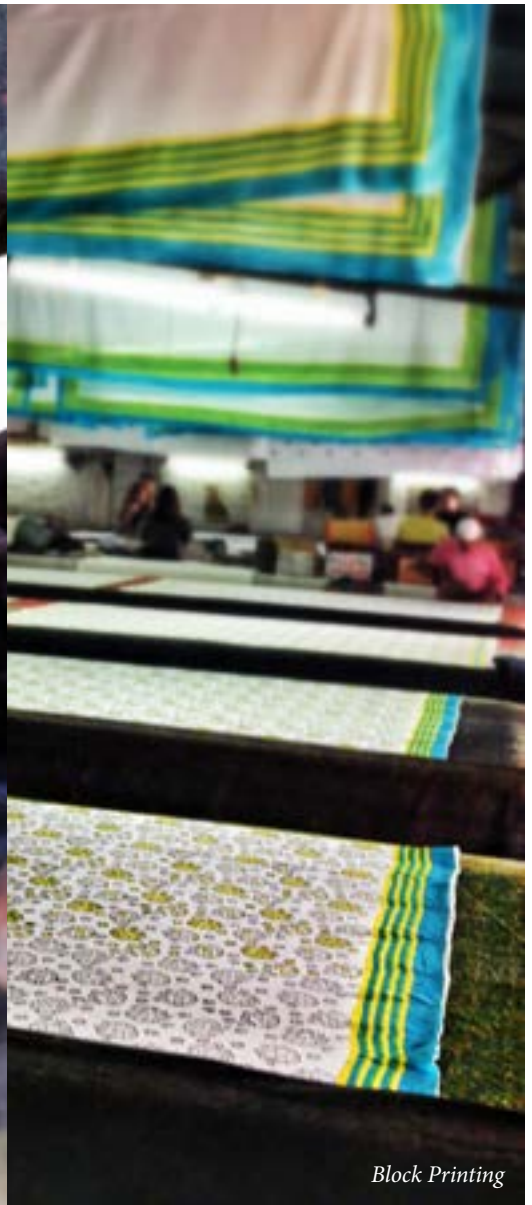
Were there any events during filming that led the story in a direction initially not intended?

The Bangladesh factory collapse in April 2013 had a huge impact on the direction of the narrative of the film. As this unprecedented tragedy could not have been predicted, it coincidentally happened as we were finishing the principal photography for the documentary and were preparing to go into the editing suite.

The outset of this story was always about challenging the current system of fashion, while connecting consumers to the hands that make a garment, but the events of the collapse brought forth the urgency of the subject, and our role as consumers in developing an awareness and an understanding of where our clothing comes from.



Dhebaria Rabari Artisan



Block Printing



Laura Siegel with the Dhebaria Rabari community



Embroidery

DUKHTAR



Associate Editor, SHE Canada, Zarmina Rafi interviews Writer and Director, Afia Nathaniel of Dukhtar, as Nathaniel shares what North American audiences can expect from her debut feature that won numerous international accolades and awards in 2014.

Set in Northern Pakistan, *Dukhtar* is based around the subject of child marriage, and charts a mother and daughter's perilous journey from Pakistan's mountain areas into the heart of the country. Below, the director discusses the journey of literally shooting the film, her aspirations for the film, and the kernel that brought it all to life. *Dukhtar* stars seasoned Pakistani television actors, Samiya Mumtaz and Mohib Mirza, and the child actor, Saleha Aref.

How do you see *Dukhtar* compare to other movies made in the last couple of years (in or outside of the region) that aim to work with similar subject matter?

I think that is a matter for film critics and audiences to comment on. According to In-

diewire, '*Dukhtar* is a small gem forged out of the director's desire to craft a story which, though small in scope, could connect with Pakistani people on a more profound level than the shiny musical tales in mainstream local cinema ever could. This is in its own right a groundbreaking film unlike anything done by a director from this particular part of the world. It's art and social change united in harmony via soulful storytelling.'

How you were able to get filming access to locations we see in the movie? Or, please describe issues of accessibility/inaccessibility to locations on set.

I love photography so the terrain of the northern areas always beckoned me to make a film there. The locations used in the film are very important characters in themselves. They are an integral part of the surreal journey of the

mother, daughter and truck driver. So articulating an emotional journey through surreal landscapes was an important task before me as a director.

We undertook extensive recces in the Gilgit-Baltistan area with my core team of production managers and location scouts. We shot the film in Skardu, Hunza, Gilgit, Ghizer, Kallar Kahar all the way down to Lahore, my home city. We have chase scenes shot on the Karakorum Highway - one of the highest altitude roads in the world. It was an amazing experience to film there especially with the local support.

One of the bitter pills I had to swallow early on was that I was going to be the only female crew member in an all-male crew of forty people. It was almost impossible for me to find other female crew members in Pakistan



who would be allowed to go for two months on the road to the northern areas where there are a lot of security concerns. But once you start working, the issue of gender vanishes and everybody concentrates on getting the job done. Fortunately, I have a great crew and I had worked with some of them before so they understood my style of filmmaking and work ethic. But the real challenge was the sheer logistics of the shoot. My producing partner in Pakistan, Khalid, and I pored over the details of the shoot day and night. We were moving a cast and crew of fifty people for two months on the road in deep mid-winter in very desolate and mountainous territory of Gilgit-Baltistan. Regular tour-

conceived (in a film class) till the time we finished post-production. The longest time was the development time to find financing for the film. Our biggest challenge was that the film had two female leads but there was no item song, and no *matka jhatka* in the film. Pakistani financiers didn't believe in such kind of a film. "Where is the hero?," they would ask me. *Dukhtar* challenges the idea of the conventional male "hero" in our cinema. And so the battle is tougher for those kinds of film but as you can see not impossible.

We were able to raise small pockets of financing from various sources spread over many years. We're so grateful to organisations that supported us at critical junctures in our film's production life-cycle. These include: Hubert Bals Fund, Cinereach and National Geographic. We won a SORFUND production grant from Norway and support came from the Adrienne Shelley Foundation, Women in Film in Los Angeles, IFP, NYWIFT and NYSCA. *Dukhtar* became the first Pakistani feature film by a Pakistani filmmaker with an all Pakistani cast to have its "World Premiere" at the Toronto International Film Festival. That's an A-list festival. In our history of cinema, this is probably the first

“It took me ten years to make this film from the time when it was first conceived (in a film class) till the time we finished post-production. ”

ism had finished by October but the hotels generously agreed to stay open till December just for us.

Water had frozen in pipes. The electricity didn't work well. Hair dryers, printers, etc. did not really work. Cellphones didn't work in desolate areas so we had walkie talkies to communicate. On the set, we were open to weather and elements constantly. Nearly 70% of the film is shot outdoors. As a director, I had to remain open to the constantly shifting light, the weather, the wind, and being attuned to the rhythm of a crew on the move. You really had to embrace this road trip journey in order to shoot it and that in itself was challenging but also great fun.

How/when did you begin this project? From conception to getting it off the ground, and to festivals – would you be able to trace that journey for me?

It took me ten years to make this film from the time when it was first

time that a local feature film made it so far. At Toronto, we were told that the demand for *Dukhtar* was so great that our first show's tickets got sold out within one hour of going online. In fact, all three screenings sold out really fast, even before a heavyweight Bollywood film. And we had long rush lines outside our screenings even though we were sold out!

Since then we have had a successful release in Pakistan running for four weeks straight against major Hollywood, Bollywood and Lollywood releases. *Dukhtar* went on to become Pakistan's Official Selection for the 87th Academy Awards. The response from audiences has been overwhelming and heart-warming everywhere we go. We saw the same kind of response in several other major festivals: Busan, Sao Paulo, BFI London, Stockholm, Dubai, Palm Springs, Goa, Bengaluru to name a few. We've won several awards on the way and have just



begun our North American festival route. Our UK cinema release is underway in April 2015 and we are looking for a way to bring the film to audiences in USA and Canada as well. There are huge pockets of diaspora in North America and we've been flooded with Facebook messages to play the film here. So fingers crossed for it.

I loved the interactions between Allah Rakhi and Zainab earlier on in the film, for example when the daughter teaches her mother the difference between the pronunciation of the English words, "put," and "but." Later, Zainab's seemingly innocent questions, e.g. "what is illusion," to "zakhm nishan kyon chor detay hain" poignantly foreshadow a future for her/all women within the movie. How did you find the young actress who plays "Zainab?"

Saleha Aref is a tremendously gifted child. We were very lucky to find her through a friend's recommendation. He had seen her work on the Pakistani version of *Sesame Street*.

I was looking for some special traits for Zainab's role. I needed a kind of innocence in her which was maturing to a self-awareness at the same time. When Saleha auditioned for us, it was very clear that she had a special gift and the camera loved her too.

While on the set, I wanted the bond between the mother and daughter to happen off the set as well. And since we were filming for two months on the road so far away from our actual families that the bond between both actresses, Saleha and Samiya was a beautiful one. Samiya was missing her daughter and Saleha was missing her mom while we were filming and so they bonded really well. Their on-screen chemistry as mother and daughter is so palpable. I've always loved watching the scene mentioned above with my seven year old daughter because it's her favourite scene in the film.

I'm curious to know about a personal connection to this story if there is one, or the intention behind the project. What drew you to this story? What compelled you to create this movie?

You really have to believe in more than yourself to make your first feature film. I always believed in the power of the journey of the mother and daughter who run away from home and are forced to find a new life. The film is inspired by a true story of a mother from the tribal areas of Pakistan and all the events are fictionalised. I drew my strength from her story and from women in my own life.



In our culture, stories of women's sacrifices often get lost or swept under the rug. You see the glorification of the male fantasy on screen, and the male valour and courage but never really the female perspective in Pakistani cinema. So in the crafting of the mother's journey, Allah Rakhi's journey, I let her character write its journey giving her a kind of freedom on paper, which she didn't have in real life.

She is an illiterate woman living within the four walls of her house and one day she has to decide whether her daughter will live the life she herself has lived. The stakes are really high. If she escapes and is caught, death would surely follow. She makes the escape knowing how high the stakes are and in the process embarks on a journey, which tests her dignity, courage and faith in the face of an impossible situation.

On the road, she meets an ex-mujahid truck driver who initially is reluctant to help them but eventually becomes a source of hope in the life of this mother and daughter. She finds herself falling for this man and is faced with a dilemma of what to do next. So the film also explores the emotional complexity of Allah Rakhi in this cross-genre road trip thriller.

From a writer/director's point of view, what is it that you wanted to portray with Dukhtar?

A simple story with a real heart. It's a love song to mothers, and to my country. That's what *Dukhtar* is about.

The tale of "Sindh" and "Kabul" that Sohail the truck driver narrates to Allah Rakhi late in the film, is that a common tale told in the country, or one written for purposes of the movie? I know of similar stories in the region, as well Greek mythology comes to mind. Seemingly the inclusion of this tale points to the symbiotic, as well as troubled relationship Pakistan has had with Afghanistan. Often such hints/details (e.g. Sohail's past) in the background of the movie point to fraught intra ethnic relationships in Pakistan, as well as outside of it. Would you agree?

I made up this story of Indus and Kabul rivers to have a fable-like quality for my two main characters.

There are many myths and fables and stories in our region often linked to the idea of tragic love. It's ingrained in our literature and poetry. So I wanted to use the idea of these two rivers meeting as a way of talking about love that could not be united in their physical lives but lived on spiritually. And this is important in Allah Rakhi's story because she is falling in love with a man while on the run – a man that she cannot really ever be with in real life. The truck driver who is telling this story, for him it is an important moment in his life where something that is hidden comes to surface.

I have actually lived close to Attock where these rivers meet. We were posted at the Kamra airforce base and I have very beautiful memories as a ten year old of walking over the Attock bridge under which these two

ferocious rivers meet – one green and the other brown. So when I was writing *Dukhtar* from day one, I had imagined this place on the Attock bridge as the place where the lives of my two main characters collide and become one – spiritually.

When we started filming, we were unable to film at the actual Attock bridge because of the terrorism threat, and heightened security measures in the area. In fact, we were not allowed to film at any major bridge in Punjab or Gilgit-Baltistan because of heightened security measures everywhere. So I had to make a major change in the film because of this constraint. There was a major chase sequence connected to this bridge scene at the two rivers and I had to chop it completely. In the end, I decided to change the placement of this scene altogether and shoot it later as part of their stay in the village once they reach Punjab.

I had never thought of it consciously but it's interesting that you speak of the troubled relationship of Pakistan and Afghanistan and how the story of these two rivers captures a historical sense of love and loss, of friendships and betrayals. This is an undercurrent theme in *Dukhtar* especially in the inter-relationships of the men in the film.

All photos courtesy of Dukhtar Productions.



ROBIN GILL

Interview with Global National Anchor, Robin Gill

By Aly Zorn

F

rom reporting on breaking news like the provincial elections to being immersed in the after math of the devastating 2011 earthquake and tsunami in Japan, Global Newsroom weekend anchor Robin Gill has a commitment to providing Canadians with current affairs. SHE Canada had the pleasure of discussing with Robin some of her most memorable moments at Global, discovering just how much dedication and passion it takes to be a voice of truth.

What inspired you to pursue a career in broadcast journalism, as you initially worked at Global as a writer and researcher?

I started off as an intern at what is now Global BC (back then it was BCTV). That entailed doing research for reporters and producers. I guess I must have impressed the powers-that-be, because once the internship was done, they asked me back to do some writing over the holidays and when they were short-staffed. I was still in school at the time so I would come in and write before going to classes... and I got paid! We all have to start somewhere so I knew the writer/research job was a stepping stone to eventually getting a job on-air.

Has it always been a passion of yours to communicate the truth of current events to Canadians?

I always wanted to be a journalist from the time I was a kid. As a family, we watched the news every night and regularly read the papers together every day. My family says that I even wrote short stories. Now as an adult, my friends and family are constantly debating current affairs. I'm a big believer in truth and accountability – i.e. making sure our taxpayer dollars are being spent properly...or whether someone is engaging in criminal activity and the public should be aware of it. It's important for journalists and society as a whole to understand that this truth-seeking and accountability make us a democracy.

Tell us about some of the biggest regional stories you covered prior to Global National?

When I reported in Toronto, I spent weeks covering the SARS outbreak. There was a sense of fear in the city because initially no one could figure out what this mysterious virus was and it was worrisome because it was making healthcare workers sick as well.

When I was covering the Air France crash at



Pearson, there was this acrid smell in the air from the fuel, which suggested it could have been much worse than it actually was. Fortunately, no one died. I had to quickly find passengers willing to share their stories. They were all so frank about their fears and so vivid with their descriptions. I want people to tell their own stories as much as they can and they did it with candid emotion.

I also had the opportunity to cover two provincial election campaigns which entailed travelling with the Liberal leader at the time (Dalton McGuinty). There were a lot of stops in Ontario and we were getting by on very little sleep. Although, it was part of history because of the back-to-back majority wins.

What was it like participating in the United Nations meeting in Geneva and then suddenly being sent on assignment to Japan after the devastating earthquake and tsunami?

I was thrilled when my managing editor and executive producer let me cover our bureau in London for seven weeks. Before I started the assignment, I went to Paris for a weekend getaway. I had only been there 24 hours, when I got a call to head to Charles de Gaulle airport to look for ex-pats who were getting out of Libya which was in a civil war. My producer in Toronto was trying to find a crew in Paris to work with me and I had to quickly put to-

gether a story for our show back in Canada. Then a few days later, I was headed to Geneva where Canada's foreign affairs minister was meeting with secretary of state Hillary Clinton to talk about taking away Libya's membership in the U.N. I couldn't believe I was in Geneva listening to the woman who could be the next president of the United States.

Back in London, a couple of weeks later, I was woken up in the middle of the night and told to head to Japan because of an earthquake and tsunami. The toughest part of my job is logistics. First, I struggled to find an airline that hadn't cancelled a flight but eventually found one that landed in Tokyo 20 hours later. I was so stressed because I felt I was so behind.

Once I landed, I had to find a translator and a driver who would take me and my colleague (Dan Hodgson – our camera/editor in London) to the zone that had been hit. Most people were reluctant because they were worried about the Fukushima nuclear plant which had been damaged. I also had to stock up on bottled water and dried goods just in case.

We got as far as the city of Mito. You could see the damage to buildings. Hotels weren't taking guests because they didn't have running water. After we filed our story, the woman who owned a pub there (she was married to a Canadian) allowed us to sleep on the floor of her pub. There was no heat and no fresh

water. I was glad that I had the foresight to buy bottled water.

The next morning, we heard that roads were blocked and there was a gas shortage. So we headed back to Tokyo – an eight hour drive. After about a week covering the tsunami, I got a call from the managers back in Vancouver. There was something about their hushed tones. They told me to get to the airport ASAP; that they had booked me on several flights just in case flights were cancelled because the radiation levels were getting high from the leak at the Fukushima plant.

It takes a lot for me to get scared so when I heard this, I knew I had to get out. We were on a flight back to London a few hours later. My sisters were emailing me throughout to make sure I was okay. My mother – who is normally very stoic – was freaking out. My family wasn't allowed to say the word "Japan" at any family dinner for a long time after that.

You also found yourself in the midst of the 2011 Stanley Cup Riots, reporting live from Vancouver. Had you ever been in a dangerous situation on the job before?

I lived in Vancouver when the Stanley Cup riot happened in 1994. That was tame compared to what happened in 2011. This time, the crowd was more maniacal and people who wouldn't normally be caught up in this



“ I am a big believer in following your creative dreams. We need all kinds of people in this world – whether it’s doctors, bankers, lawyers, and artists. Do it because you love it. ”

were acting so erratically. Cars were set on fire. Windows at banks were being broken. I was so stunned by what was happening in the city I grew up in. The crowd was moving quickly and spreading to various parts of the downtown core. It was hard to keep track of them. Plus, the police were using tear gas. I felt this panic – I couldn’t breathe, my eyes were watering, my throat was aching, I couldn’t speak. But we had a job to do and I worked late into the morning hours.

Tell us about your experience at the anchor desk providing Canadians with coverage on the recent 2014 Parliament shootings in Ottawa? What should Canadians take away from this tragic event?

On a normal day, when I’m at the anchor desk during a breaking story, I get into this work zone where nothing phases me and I’m so focussed on doing my job. This time was different. What happened was shocking and devastating. It showed that Canada is very much a target for terror attacks and that there is a real concern with homegrown terrorism. It was a very emotional time in our country. I grew up with Remembrance Day being a time to honour veterans of the World Wars. These tragic events made Remembrance Day even more poignant for my generation and younger ones.

Besides the news you have also worked on some other projects. What led you to travel to India to produce a five-part series on Canadians in the region?

I was fortunate to have a fellowship from the Asia-Pacific foundation to help fund this series. I had been to India for the first time a year earlier and discovered this fellowship so decided I wanted to go back

and tell stories about India. My parents grew up in India and I was first generation Canadian in my family. So I felt it was important to tell India’s success story to people like me who had only grown up with the stories from our parents. It was not the India my parents had described to me. Today, it is modern and cosmopolitan. There is still a lot of poverty which is shocking and upsetting.

It was also a time when China was getting a lot of attention from the media and I felt that India was growing as well and there were stories to be told. I got help from the Canada-India Foundation in locating some of the Canadians who were working there. This was the first time I had done stories abroad and it was a lot of work. Again, logistics were complicated but we muddled through it. It’s not easy getting around in a country with so many people!

The sad part is that my father died a few months before I completed the series. I wish he had been able to see my stories because a) he was instrumental in my interest in current affairs and b) it was very important to him that I see where our family is from.

What career advice or words of wisdom can you give to young individuals, especially those pursuing work in the arts?

I am a big believer in following your creative dreams. We need all kinds of people in this world – whether it’s doctors, bankers, lawyers, and artists. Do it because you love it. Not because you want to be famous or because you want to make a lot of money. That’s not what it’s about. It’s about you contributing to the world.

NISHA

by

nishatlinen

NISHA aims to encompass the traditional elements of South Asian design, fabrics and patterns that are revered all over the world and incorporate them into contemporary, modern, western fashion. Clothing that is timeless, but can be part of the everyday wardrobe of the North American woman and many more!

This beautiful modern garment with traditional origins is a casual, yet striking piece that can be paired with jeans or even a shalwar.

Featuring some of Pantone's Spring 2015 colours, it is definitely the kind of versatile addition most closets can use.



The simple yet effective detailing on this kameez can turn a comfy Sunday outfit into a conversation piece.

With an easy fit and affordable price point, it's a necessary addition to any wardrobe.



Gorgeous hand drawn embellishments and mellow green and blue hues that are all the rage this spring, this piece definitely makes a statement.

A comfortable cut lends a casual feel – that and the unbeatable price, is why it's one of our favourite pieces from the spring collection.



Playing on traditional elements with a gorgeous flowing "dupata," and intricate embroidery, this piece adds a punch of bright just in time for Spring.

If you are looking for something unique, that won't break the bank, this one is meant for your wardrobe.




Heartland Town
Center, 6075 Mavis
Road Unit 6,
Miss, ON. L5R 4G6.
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1396 Gerrard
Street East, TO,
ON. M4L 1Z4.
(416)-465-1888

Bramalea City Center
Mall, 25 Peel Center
Dr, Brampton, ON.
L6T 3R5.
(905)-792-2446

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SHARARAT



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Treat your senses to cooling mint, sea minerals and fresh fine
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Just a little **LUX**

MOTHER'S DAY *gift guide*

This Mother's Day gift guide presents role-reversal – us parenting our mothers and spoiling them with cool, yet beneficial things. While your mother will always smile and thank you for the flowers, know that deep down, she may be disappointed in you for growing up a bit uninspired. But with one of these thoughtful gifts you can make her proud!

By Ofelia Legaspi

Hammacher Schlemmer Umbrella

This is cool engineering applied to an age-old problem: flimsy umbrellas – also known as silly contraptions made specifically to combat weather that are also ironically made useless by weather.

Mom has weathered a lot of storms, albeit metaphorically, so make her the superwoman that she is and equip her with a Hammacher Schlemmer umbrella so she can face the meteorological ones too. This device has an ingenious canopy with reinforced slits and overlapping vents to disperse strong winds. It can withstand up to 35 mph gusts to keep mom from dangerously flying around like Mary Poppins.



Blundstone Boots

These shoes are made for walkin'. They are ergonomically designed to correct our devolving caveman gait and absorb shock when sprinting for buses or liquidation sales. And oh, the traction!

Moms are all about safety and traction. These are the footwear equivalent of all-season tires, making the great Canadian outdoors fun and the great Canadian pastime of slipping on ice a thing of the past. They are also a breeze to slip on so mom can shave a minute from her busy morning routine and not worry about whether they will go with her vintage skirt or those questionable jeans.



Spanish Lessons

Remember when mom had plans for us and placed us in arduous, often awkward, classes like ballet? Rhythmic gymnastics? Jujitsu? Well, It's payback time.

Turn off mom's soap operas the way she dragged us away from our Saturday morning cartoons and put her in front of a computer to learn Spanish, comprendes? She'll thank us in her jet setting retirement days.

Pro low speed juicer

Mom might enjoy her morning cup of coffee but wouldn't she like a glass of fresh squeezed, cold-pressed fruit and veggie juice instead? After all, she was always feeding us this stuff when we were little. Meet resistance with horror stories of age-related diseases and if necessary, hide the spinach and the kale in her pineapple-mango concoction.



Alpaca Cardigan

Oh look, a sweater that is not ugly and is made of warm, luxurious alpaca wool – a kind of comfort probably only rivaled by mom's womb.

Most mothers are sartorially challenged (just think of the outfits they put us in when we didn't know better), so this gift is a call to arms, a war against a mom wardrobe. If she resists, appeal to her intellect and tell her it's from the National Geographic store and inspired by the water pictograms depicted in the textiles of the semi-nomadic Guarani people in Paraguay.



Juicy Couture Bathrobe

You can thank my obsession with *Gilmore Girls* for this because there is one compelling episode where a warring mother and daughter try to bond by stealing a luxury spa bathrobe. Those actresses made wearing robes sound like being wrapped in fluffy, sun-dappled clouds. Treat mom to one of these!



Paderno World Cuisine Spiralizer Pro

I know, I know, your mom cooks the best food! But add a trendy, healthy addition to her cooking repertoire and introduce her to the spiralizer. She can make pasta nights healthier by turning them into faux pasta nights, using blanched spiraled zucchini as main feature for the entrée.

Pure and Decadent Chocolate

Last but not the least, M Thompson chocolates for the purist! Canadian made, these delectable treats are also gluten free. Order a box of the bite-sized dark and milk chocolates, or make your own gift basket filled with 50g mint smoothie bars, delicious dark chocolate squares bursting with a creamy mint centre.



homeware



The Interior Design Show took place at the Metro Convention Centre January 22-25, 2015 and SHE Canada was there to attend! The show was a fantastic celebration of leading brands, innovative speakers and rising local talents. Current and future design trends were displayed in an interactive way, showcasing latest products, providing insider knowledge and inspiring international trends from all over the globe. The show brought together great people, products and places that make the design world so exciting!



I

Carl & Rose
Bubble Hanging Planters
\$120 - \$180



➤ 2

Avenue Road
Wooster Street
Lounge Chair
Price upon request





➤ 3

Gallery Oeno
Untitled by Cathy Daley
Oil Pastel on Vellum
\$3,900

➤ 4

Storyboard Furniture

Plane Cloud
Pendant Lamp
Price upon request



▼
5

Monte Design
Inc.
Modern Cubino Chair
and Loveseat
\$179



▼
6

Ella + Elliot
Leander Crib
\$1,299



DEFIANTLY DIA

Dia Mirza is hardly just another pretty face in Bollywood. After entering film in her late teens, Mirza not only made a splash in film but also in the world of social justice. Here at SHE, we place great emphasis on doing one's part for the greater good of the world. Mirza exemplifies this. In a candid one-on-one interview, the starlet reveals how she broke into a seemingly impenetrable industry, the importance of community service and her very own Say Yes to the Dress story.

*By Priya Kumar
Photos by Rohan Shrestha*





*THE YOUNG INGENUE VOWED TO OWN A CAR BY
AGE 18 AND TO OWN A HOUSE BY AGE 21*



Dia Mirza began her career earlier than most. She got her first job as a marketing executive at the age of 16 for a multimedia firm after a rift with her mother over a pair of shoes. After being denied expensive footwear, the young ingénue vowed to own a car by age 18 and to own a house by age 21. While admittedly it was the type of role most recent university graduates would clamour for, Mirza set out to make good of her promise. Her resourcefulness allowed her to launch a modeling career in addition to studying. Appearing on television and in print for major consumer brands like Lipton and Walls Ice Cream, she was quickly usurped by the pageantry world.

For Indian aspiring actresses, there's no better alumna affiliation than the Femina Miss India pageant. Growing up in Hyderabad, a family friend who worked for the *Times of India* saw a young Mirza walk in fashion shows. She suggested Mirza audition for the famed contest locally. Although at only 5'6" she was on the short side, the casting director called Mirza to let her know she had been selected to compete in Mumbai.

In 2000, Mirza was Femina Miss India's second runner up, qualifying her for a spot representing the nation at Miss Asia Pacific. It was the first time she used her passport, quickly becoming a defining part of her formative years. Needless to say she won the title, sending her

career on a whole new trajectory. "I think the win opened up opportunities for me and for that I am grateful. It made me a household name, gave me visibility in the media, it led to film offers, gave me the opportunity to contribute my time to social causes," Mirza humbly recalls. The win placed her in a unique trifecta of Miss India wins that year. Lara Dutta took the Miss Universe title, while Priyanka Chopra famously won Miss World. Mirza admits that the win was not only a great opportunity in her early career, but she continues to benefit from it: "I am aware that even today the International title adds to the edge I continue to have in many areas of my professional life."

Mirza made her on-screen debut in *Rehnaa Hai Terre Dil Mein*, a wildly popular Bollywood romance. She followed the film up with *Parineeta*. More recently she crossed over from Bollywood into Bengali film with Pratim Dasgupta's *Paanch Adhyay*.

Not only was it a local success, but the film was also recognised by festivals across the world. In the coming months Mirza will be featured in *Johnny Mastana*, *Bits and Pieces* and *Familywala*. "My greatest motivation has been my love and passion for the craft of film-making," Mirza candidly admits about her career. "And my belief in the fact that one does not have to fit into the mold of a stereotype attached to what it means to be a film personality/actor, which is why I chose film production and hope one day to also direct films."



While there's no shortage of accolades Mirza has received for her professional career (Zee Cine Award, IIFA Award, Jaipur International Film Festival Award), perhaps she feels most rewarded serving others. To date she's worked extensively with PETA, Greenpeace India and the Coco-Cola Foundation. She's also become a voice for female feticide—an issue plaguing all of India and many Indian communities around the world. "I work with organisations that have strong presence, credibility and accountability. Most often organisations reach out to me for my assistance and once I have assessed their needs I determine how I can make a contribution," Mirza says of the vetting process. "I do the work that I do because I know how good it makes me feel. It gives me a great sense of purpose and adds meaning to my life."

Although now a household name, she was not always known as Dia Mirza. Mirza was born Dia Handrich in the early '80s, Hyderabad, Andhra Pradesh. Frank Handrich, her father, was an architect and artist from Munich, Germany. Her mother, Deepa, is an interior designer from Bengal. Her parents separated when she was four years old; her father passed away when she was nine. His family kept her at distance when he died, leaving a young Mirza with a permanent emotional scar about which she has spoken publicly.

Ultimately her stepfather, Ahmed Mirza, raised her. Although not Muslim, Mirza took his name. When she bought her first house at the age of 21, the nameplate on the door read "Mirza". She had not yet told him she had taken his name, so when he visited her home for the first time he was moved to tears. A year later he too passed away. While filming in London, she got word that he fell into a coma. Her mother happened to be on set with her and quickly rushed back to India to be by his bedside. Unable to be in India with her stepfather, Mirza spoke to him over the phone. Although he could not talk back, she said, "Appa, you promised me that you would get me married. So you

can't go anywhere before you do that. You have to wait for me." At that moment he blinked. Those were the last words she ever spoke to him.

Mirza did go on to happily marry. In October of last year she wed Sahil Sangha, a filmmaker. They were introduced by designer Vikram Phadnis while working on a film together, calling Phadnis their cupid. After a five-year romance, Sangha proposed to her on the Brooklyn Bridge in New York City. She highlights their professional relationship as the catalyst that brought their personal relationship together: "We were dating when we decided to make films together. And after spending seven years with him as his professional partner I feel that marriage only consolidates all that you always believed about one another. It strengthens your bond further."

Mirza quite famously wore a bespoke Ritu Kumar lengha on her wedding day. "Growing up I had a vision of what I would wear as a bride," Mirza admits. "I knew I wanted to wear a farshi. When I did my first shoot with Ritu Kumar as a Miss India I wore a farshi at the shoot and requested Ritudi right then that whenever I would marry I would be grateful if she would make one for me. I was very grateful that she kept her promise." Kumar kept Mirza's heritage in mind when creating the piece: "The elaborate borders placed on both the *paat* (upper half of the pajama) and the *gote* (lower half) seams are finished in a style typical of the Hyderabad court, a city which Dia has lived in for many years."

As we wrapped our interview up, I had only one question left: Would she ever consider Hollywood? Her answer was as practical as the course of her career. "Thanks to the access to content today I think geographical boundaries are fast disappearing. There are more opportunities for exchange of talent and creative exploration than ever before. Yes, why not?"



“

*I DO THE WORK
THAT I DO BECAUSE
I KNOW HOW GOOD
IT MAKES ME FEEL.
IT GIVES ME A GREAT
SENSE OF PURPOSE
AND ADDS MEANING
TO MY LIFE*

”



WHAT TO EXPECT FROM YOUR TALENT AGENT

By Tiffany Silva

I imagine you're walking in a mall, and some one approaches you to ask, "Have you ever thought of modeling or acting?" Your next thought is "What is going on?" The next thing you know you are sitting in an agent's office being asked all kinds of questions, and getting measured. Whether you have always wanted to act or model, or its something you decided on at the spur of the moment, the process

of working with an agent has begun! So what can you expect from your agent? What will they actually do for you? These are questions that people who first sign on with an agency often wonder about.

Your agent may have spotted something in you they felt they could market within the film, television, or print industries. This does not mean you will become famous over night. Not everyone who meets with an agent gets signed on to an agency. There are many different types of people, and many different ways we can market people. While an agency would like a high number of talents, if these numbers get too large the agency has a difficult time finding work for everyone. The agent selects talent based on age, gender, height, hair colour, as well as personality. The idea is that they want a variety of people who can cover almost every role put out there by producers and casting directors. If they do not have too many people within a category

(as it is called in the industry), they will sign you on with their agency.

Once you've signed with an agent they will do everything in their power to get you work. They will spend hours per day looking at different roles and projects out there. If you fit the descriptions of the roles that are out there they will submit you for the project. Remember agents have others they need to do this with as well. Since your agent will only get paid when you do, they work very hard to get everyone in the agency out there auditioning and working. But it is not only up to the agent to do all the work. At the end of the day no matter how well an agent has prepared you, or how much information they have given you it is up to you to use your talent and make the casting directors want you for their project. This is where your work comes in. Whenever you get the opportunity, take acting classes. You may only enjoy or want to do comedy projects, or you may love doing drama projects. However, the more classes in acting and modeling you take the more well rounded you will be. You can always take aspects of everything you learn and apply them further.

It is also important to know that your agent will only submit you for projects they feel are right for you. They will only submit you for roles in which you fit not only the physical description but also required personality traits that are described to them. Sometimes there will be spaces of time where nothing will come in that matches your profile. Unfor-





Unfortunately talent agents are not fortune tellers, they cannot see into the future and predict what types of projects and roles will be cast in the next week, month or even year. The best way to know if your agent is working for you is to keep in touch. If they book you an audition, send them a quick email to let them know how it went. If you've booked a job put it on your resume and also let your agent know. This way your agent can update your resume as well. Also let your agent know of any potential scheduling conflicts. This is especially important for school aged children. An agent may have an audition for you but you may have a school presentation scheduled the same day. If you can let your agent know they will not submit your portfolio for projects auditioning or shooting on that day. Communication is key as this will not only show your agent how dedicated you are, it will also help them when they are looking for the right projects for you.

All in all your agent is there to help find you work in the acting and modeling industries. They exist to give you advice on auditions and to help negotiate the best rate for when you work. However, agents cannot be responsible for everything. As an actor or a model it is up to you to put in some work as well. The hard-

er you work, the harder your agent will work for you. Please be patient with them as well. Again, communication is key. The more you can inform your agent on what is going on the better they can work for you, and the easier their job will be in finding you work. So if you have just signed with an agent or are looking to sign with an agency, always remember you need to be confident that they will help find you opportunities, but it is up to you maximize those opportunities!



ALL XEBESHAN

THEATER STUDIO



MAKEUP ARTIST: HONEY
PHOTOGRAPHER: ABDULLAH HARIS
MODEL: AMNA BABER











DILIP KUMAR'S



92nd BIRTHDAY CELEBRATIONS IN PESHAWAR

It may come as a surprise to many but the legendary star of Indian Film Industry Dilip Kumar whose real name is Yusuf Khan was born in Peshawar on 11th December 1922 into a Hindko-speaking Awan family of 12 children at the Qissa Khawani Bazaar area. His father, Lala Ghulam Sarwar, was a landlord and fruit merchant who owned orchards in Peshawar and Deolali (in Maharashtra, India).

ZAHRA ALAM

Dilip Kumar

did schooling from prestigious Barnes School, Deolali, near

Nasik. In the late 1930s, when he was 12 years of age, his family relocated to Mumbai. Around 1940, Dilip Kumar left home for Pune where he started his career as a canteen owner and a dry fruit supplier. In 1943, actress Devika Rani, who owned Bombay Talkies spotted Dilip Kumar in Aundh military canteens Pune, and cast him with a lead role in the film Jwar Bhata (1944), which marked Dilip Kumar's entry into the Hindi film industry. Hindi author Bhagwati Charan Varma gave him the screen name Dilip Kumar. It is believed that Dilip Kumar could speak a number of languages, including English, Persian, Hindi, Urdu, Hindko, and Pushto.

For the past many years the people of Peshawar under the Cultural Heritage Council celebrate the legend's birthday at the Press Club to honour him but this year two government departments namely; the Tourism Corporation Khyber Pakhtunkhwa and Directorate of Archaeology & Museums Government of Khyber Pakhtunkhwa, celebrated it in collaboration with the Cultural Heritage Council.

The actor was discharged at 2pm on his birthday from hospital where he was earlier admitted due to a brief illness where his diagnosis was with pneumonia. During the celebrations, Indian actors like Amitabh Bachchan, Govinda, Amjad Ali Khan's wife, Manoj Kumar and Dilip Kumar's wife Saira Banu shared their thoughts about the Devdas star via phone.

Dilip Kumar has always shared deep fondness for his birth city where he spent most of his childhood. In his autobiography The Substance and The Shadow where he narrated memories of his days in Peshawar, which is often referred to as the "city of story tellers" and "city of flowers".



Dilip Kumar isn't the only Indian actor that was born in Peshawar, in fact Raj Kapoor, Gul Hamid, Madhubala, Amjad Khan who is commonly known for his role Gabbar Singh, Mulk Raj Anand, Pritviraj Kapoor, Vinod Khanna, Shahrukh Khan are few of the notable names that belong to this region.

During the celebrations, it was announced by the Advisor to Chief Minister on Khyber Pakhtunkhwa Amjad Afridi that the "both the departments will

Dilip Kumar has been active in efforts to bring the people of India and Pakistan closer together.

He was nominated a member of Rajya Sabha, the upper house of Indian parliament for a term. He was also awarded the Dadasaheb Phalke Award in 1994. In 1998 he was awarded the Nishan-e-Imtiaz, the highest civilian award conferred by the government of Pakistan. He is the second Indian to receive the award. At the time of the Kargil War, Shiv Sena chief Bal Thackeray demanded Dilip Kumar return his Nishan-e-Imtiaz, citing "that country's blatant aggression on Indian soil."

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conserve the houses of Raj Kapoor and Dilip Kumar, preserve them and turn them into living museums, where the actor's life will be chartered for public.

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THE ANCESTRAL HOUSE OF DILIP KUMAR (YOUSUF KHAN) IN PESHAWAR



striven to bring the two people together in whatever way I could. Tell me, what does any of this have to do with the Kargil conflict?"

The legend married the famous Indian Actress Saira Banu in 1966, though he married another lady in 1980 but theirs was a brief one that ended soon. His marriage to Saira Banu lasts even today and she is 22 years younger to him.

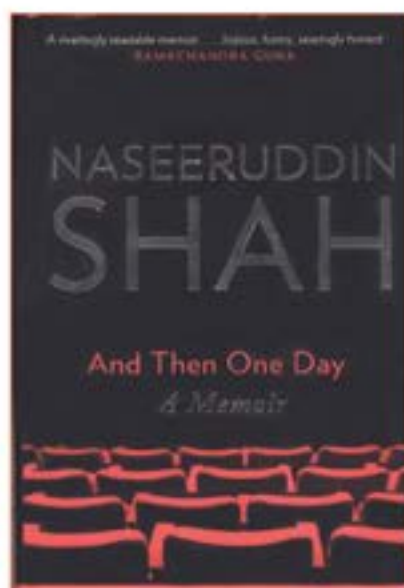
Dilip Kumar is widely considered as one of the greatest actors in the history of Hindi cinema. He holds the Guinness World Record for winning the maximum number of awards by an Indian actor. He has received many awards throughout his career, including 8 Filmfare Best Actor awards and 19 Filmfare nominations. He was honoured with the Filmfare Lifetime Achievement Award in 1993. Dilip Kumar was appointed Sheriff of Mumbai (an honorary position) in 1980, the Government of India honored Kumar with the Padma Bhushan, the third highest civilian award in 1991 and the Dadasaheb Phalke Award in 1994. The Government of Andhra Pradesh honored Kumar with NTR National Award in 1997. The Government of Pakistan conferred Kumar with Nishan-e-Imtiaz, the highest civilian award in Pakistan, in 1997. The ruling political party of Shiv Sena in Maharashtra had objected on this award and questioned Kumar's patriotism. However, in 1999 in consultation with the then Prime Minister of India Atal Bihari Vajpayee, Kumar retained the award. He was honored with CNN-IBN Lifetime Achievement Award in 2009.

Kumar's better half Saira Banu addressed the attendees via telephone. She recalled moments from the early years of Kumar's career, thanked the organisers for remembering him on his birthday and stressed the need for smooth bilateral relations between India and Pakistan.



REMEMBRANCE

NAVEEN QAZI



AND THEN ONE DAY: A MEMOIR

By Naseeruddin Shah

Publisher: Penguin Books India

Success for a tall and brooding man named Naseeruddin Shah, did not follow overnight. It was his struggles to overcome the handicap of being exceptionally gifted, and realize his full potential as an actor, that propagated the slow metamorphosis

from an average boy to an iconic award-winning actor. *And Then One Day* serves as a memoir that perfectly encapsulates his inspiring evolution as an actor. Naseeruddin Shah has been acting in films since 1975, and has been an actor-director-teacher in theatre almost as long. He has played the lead in over two hundred feature films and more than sixty professional theatre productions, both in India and abroad. As a first time writer, he uptakes an engaging and remarkably frank tone throughout his memoir where he recounts his love for playing and watching tennis, cricket and movies, in that order. He is the recipient of numerous awards neither of which he treasures nor cares to mention, and is currently residing in Mumbai with his wife Ratna, their three children and a cat.

And Then One Day: A Memoir, opens with a story of a lanky boy who sets off on the road of self discovery where all of his preconceived beliefs and values get tarnished along the way. Adopting an objective self-assessing tone, Shah begins with a poignant anecdote about his immediate family among which neither his father nor his brothers were ever capable of understanding him as a person. He recounts the time when "my grades continued to slip, my tonsils were removed, my pubic hair began to grow, a hundred 'naya paise' replaced the sixteen annas in a rupee, kilometers replaced miles and the inundated curiosity about the opposite sex began its torment, causing me to sink deeper and deeper into myself. I still never got a chance to act on the stage, and the gulf between my parents and me began to widen."

Shah provides an in depth account of his passage through Aligarh University, the National School of Drama and the Film and Television Institute of India, where his luck finally began to change. Much to his envy, while both

his brothers were able to score roles in the school productions, he watched the plays from the sidelines only to wish to "[...] be up there with those people." He writes "[...] my father's dreams for me were being slowly demolished; I was beginning to zero in on dreams of my own. There was one problem however: no one else thought I had the ability in any field, least of all in acting, and although dramatic activity was plentiful and the school did marvelous annual theatre productions every year, I never so much as got a look-in at any of these events. The teachers' pets got all the parts. I did not even have the satisfaction of being rejected."

The first time, however when he took to centre stage, he experienced an inexplicable moment never felt before. He reminisces, "the stage, I really did feel, was where I belonged. It was the only place apart from the cricket field where I felt happy in my skin[...]" and thus decided that, "acting was what I was born to do." But it took a lot more than his realization that got him to the pinnacle of success where he truly belonged.

As the narration moves forward, Shah includes moving portraits of family members, darkly funny accounts of his schooldays, and vivid cameos of directors and actors he has worked with, like Ebrahim Alkazi, Shyam Benegal, Girish Karnad, Om Puri and Shabana Azmi. He further notes, all the while he received harsh criticism for his acting, he sought to redefine his approach rather than giving up on his ambitions. He researched his characters and studied the roles and when finally six months later his film came out, his father caught the sight of the poster with his name on it, sat through the first available show and then went home joyously to tell his mother that "Naseeruddin had not changed his name." Thereon, things for Shah finally began to fall into place.

And The One Day: A Memoir, serves as a perfect insight into the life and mind of a talented actor during a prolific Bollywood era. Shah smoothly fluctuates from a confident storyteller to an insecure human that questions "[...] why I am writing it at all. Is this a story worth telling?" His exasperations come across as genuine which speaks to the readers and compels them to read on further. Writing about his love affairs, early marriages, success and failures, Shah concludes at a note that "if it is true that 'an actor's talent lies in his choices', I must confess I had absolutely no talent at all." This memoir makes for a great read and strongly recommended to aspiring actors and strip stupendous number of Shah's fans.

Sum Up: Unraveling of the inspirational evolution of an actor through a modest first-person narrative.



LANGUAGE EVOLVING WITH CULTURE:

Thoughts on bae

By Danielle Morley

The term “bae” first appeared in rap songs in 2005, gaining traction in popular culture in 2012. Musicians Pharrell and Miley Cyrus took the word to a whole new level when using it in the title of their joint venture, “Come Get It Bae,” their Summer 2014 hit song. Specifically adored in 2014, “bae,” found itself as runner-up for Oxford Dictionary’s “Word of the Year” that year.

Today, “bae” is used as a term of endearment referring to one’s boyfriend or girlfriend, baby or sweetie, or one who is a possible prospect, who one day might have a more important

position in a person’s life. The word has grown to reference something good or cool, for example when used to describe food or fashion. Another meaning found all over the Internet is that this term is an acronym standing for “Before Anyone Else.” Or simply quoted from the Urban Dictionary, “bae” is the Danish word for poop.

Bae has been used in various hashtag descriptions all over social media. Imgur and Tumblr photos with descriptions such as “bae caught me slippin” went viral in 2013, and now the unsubtle “you got a bae? or nah?” is showing up on t-shirts and in many rap, hip-hop and



R&B songs. All over the Internet, articles have focused on the term and its meaning, however, mention of why it is being used in more personal ways by individuals seems not to be recognised. As mentioned earlier, the term is used to refer to boyfriend/girlfriend, baby etc., but the question is why are some people using “bae” instead of being real and direct and calling their relationship for what it actually is?

The answer may lie in the fact that Millennials prefer to be less direct, and less responsive to commitment. The dating game no longer focuses on actual dating but more on “how can I be with someone (aka have a boyfriend or girlfriend) but with absolutely no strings attached?”

Relationship categories have grown to such a vast scale, that instead of calling a person your partner, boyfriend/girlfriend, boo, or babe, society has allocated a new term to create more confusion. One can only believe that this term has a precise correlation with society having commitment issues. The sadness of it all is that the emphasis and importance of profound relationships are lost with quick and easy fixes such as this term.

The term will continue to be used until it expires (unless it has already passed), but the real sadness of it all is that society enjoys using it for a wishy washy explanation of one’s relationship status. Let’s all be real for a moment, how many more possible ways are we going to invent new categories for while describing our relationship statuses?

Go ahead and use the term “bae” but in the real world, one actually means “I’m seeing someone at the moment but we are in the dating stages and it’s too early to determine whether or not this relationship will become more serious”. Again, everything is subjective and depends on context but if one is using this term directly because they are afraid to call their significant other their boyfriend or girlfriend, it is safe to say that they are not interested in being real and true with themselves, and would rather be in denial about the possibility of love. Relationships should not be seen as a potential source of stress and lack of options, but rather of support and stability.

Whether it is “bae,” boo, best friend, boyfriend/girlfriend, babe, lover, partner, irreplaceable, or incomparable, the term is here to be used by whomever in whatever way they see fit. In the end, it does not seem that there has ever been a consensus on exactly what “bae” means, or where it comes from. It is only a matter of time to see if the word continues picking up speed in popularity, or it becoming so widespread that it damages its social reputation.

Only time will tell us about the future of “bae.” Language is a funny thing. Once colloquial words fall into popular use of a dialect their definitions solidify. Woe betide the future of bae, as giving it a label may just ruin the status quo.



SHEPRENEUR

A Holistic Take on Group Benefits: A Conversation with Yafa Sakkejha of Beneplan Inc.

By Danielle Morley

Yafa Sakkejha is of Palestinian descent, born and raised in Toronto. She has worked at Warillow & Co., an advisory service for small businesses targeting the small business segment. She also participated in TEDxToronto as a Marketing Lead for the dynamic annual conference that provides inspiration to the non-profit sector. In 2008, after years of reading about alternative health methods and the power of nutrition, Yafa founded her own business in Collingwood, Ontario called the House of Verona. The business was a health retreat designed to educate people about healthy living and pursuing a vegan diet.

Today, she is General Manager at Beneplan Inc., a group benefits health insurance co-operative founded by her father, Mark Faiz. She has been passionate about health since she met a community of people in Toronto who successfully reversed diabetes, mood disorders such as depression, and other diseases through advanced nutrition. I had the wonderful opportunity to talk with the health and fitness entrepreneur.

When did you first have an interest in healthy living and good diet? What were some of the factors that made you focus most of your career on healthy living?

I realised that it's more important to count vitamins and minerals rather than calories when my mother was diagnosed with breast cancer. My eyes were opened when she was taught that she must track her

vitamin and nutrient intake, instead of counting carbs and fat.

What advice can you give to our readers on creating a healthy lifestyle?

I don't believe in diets – I still believe it's important to enjoy what you're eating, and don't let guilt take over. Find something reasonable that works for you, and stick to it. The most important skill to develop, especially with women, is to learn how to get back on the wagon when you fall off. We will all inevitably make mistakes, but learning to get back in the game prevents one from being caught in a downward spiral.

What experience/skills/values did you gain from starting your own business at the House of Verona?

Starting a brand from scratch using my own savings is an incredibly educational experience. Many people say that starting a business is like getting an MBA, but I think it's even better. I learned that there truly are no rules in life, and those who recognise that are the ones who become extremely successful. I also learned that nothing in the world can replace the persistent drive of a motivated business owner. Persistence can wear down mountains.

What factors made you decide to leave your company, House of Verona and move to a completely different work environment of group



Beneplan Inc

benefits health insurance?

I had run the House of Verona for five years and wound it down for two reasons. One, I was facing burnout as the owner of a business in the accommodations and hospitality industry. During busy retreat seasons, I was working from 6 AM to 11 PM. Second, the business model was only profitable enough for me to draw a salary. So when I realised, at 26, that I wanted to be able to afford a house and a family, I also realised that I could make double if I worked in the marketplace for a few years. My market value had gone up, but it would have taken another few years of long hours to even come close.

When I started looking for opportunities, my father was approaching retirement age and talking about selling Beneplan, the employee benefits firm that he founded. I shadowed him and quickly fell in love with the business. I decided to take a stab at helping my father expand it, and to try to reach a higher valuation before selling. In the process, we decided not to sell it because of its potential to grow. Since that year, we have tripled revenues and are constantly hiring great talent.

The reason why I fell in love with Beneplan is because we refund premiums to employers when their claims history is low. When I was shadowing my father, he gave me a stack of cheques, ranging from \$1,000 to \$60,000, and asked me to distribute them to our clients in person. The 'lightbulb moment' was seeing how our clients, all small and medium businesses, reacted. One auto parts manufacturer said, "Thank you for getting us through payroll" – it was April of 2009, the worst of the recession. I realise that our \$30,000 refund cheque could have made the difference in one person being employed or not – that gave me goosebumps.

With all your experience in health and good living, what qualities are you bringing to your new venture at Beneplan Inc.?

I decided to hire a nutritionist at Beneplan who could serve our clients' employees at no cost. When I was running the House of Verona I met many guests who told me that they were able to reverse several conditions due to changing their lifestyle, and reduce or eliminate their medication (with the help of their doctor).

At Beneplan, I saw that 40% of our clients' claims were going towards prescription drugs. I wanted our nutritionist to be able to educate our clients' staff at no cost so that we could ensure universal access to this sort of information. Since then, she has been successful in changing the lives of many employees, with the positive side effect of reduced premiums for their companies.

At the end of the day, what is your main objective in helping people with the work that you accomplish at the Beneplan Inc.?

Our main objective is to continuously drive down the cost of group benefits through obtaining more refunds and rebates in the marketplace, and passing 100% of those savings on to our clients. We would like to be able to help Canadian companies create new employment, because when the Canadian middle class becomes wealthier, everyone wins.

How is it working for the company that your father, Mark Faiz, founded?

My father and I have a great working relationship – we wouldn't work together if we didn't. I love it, because he is a veteran entrepreneur, having started several growing projects in multiple industries, and it's a privilege to be able to learn from him every day.

As Beneplan Inc., being your one true passion at the moment, what are your goals and the expected outcome that you hope to accomplish in the long run with the company?

Our goal is to be able to help as many employers as possible to offer better benefits by helping them drive down the cost of their premiums. One of our pipe dreams is to be able to own paramedical clinics, pharmacies, and dental offices, so that we can provide unlimited services to our clients without the associated cost of an 'unlimited' benefit plan.

How is Beneplan Inc. different from other insurance plans and companies, towards the employees and towards the employer?

Beneplan is completely different from other benefits providers because we manage the Beneplan Co-operative, a buying group that is actually owned by our clients. This buying group uses its volume purchasing power to obtain the lowest possible premiums from insurance companies, and ensures refunds of premiums on fully-insured plans if claims are less than expected.

We refund money on premiums for group health, dental, life insurance, taxes, prescription drug claims, and are constantly finding more lines of insurance on which we can refund premiums. Our competitors do not refund premiums on fully-insured plans, and are not able to operate on the lower expense margins that we are, which is why we grow by about 35% every year.

INNOVATION

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CLARINS



HE
SAID



SHE
SAID

ONLINE ROMANCE

I *I am a shy person and find it really difficult to express my feelings to others. I happened to “meet” a girl on Facebook and it has been few months since we started dating. We have never met but tend to Skype and text each other often. We share similar interests and feelings but since a few days it has not been as exciting as it used to be. She doesn’t show any interest in meeting me and covers it up with random excuses. What do you think the problem might be?*

HE SAID: It depends on the seriousness of the relationship. There is no problem with you but maybe she has lost interest, or you never really mattered to her. You should find out the actual reason instead of accepting her non-responsive behaviour.

SHE SAID: It’s easy to develop relationships behind the screen but it takes real courage to see someone in person. Maybe this girl needs time to feel out the situation to see if she’s completely comfortable with the idea? Rethink your suggestions — are they unreasonable at the moment?

Every woman craves a romantic relationship and for someone to make her feel good about herself. I am a fun loving girl. I love romance and the little things that rekindle every moment. I have been in love with someone I met online a few weeks ago. We are geographically distant, so we communicate online but I think I can’t express my feelings completely through the online medium. I want to spark some form of romance even if we cannot be with each other physically. Ideas please?

HE SAID: Romance for guys holds a different meaning altogether. They love to hear little things that make them feel important like a greeting in the morning, appreciation of their achievements, showing care in bad situations and supporting their decisions.

SHE SAID: If I were you, I would try out some creative ways to impress this guy, like compliment him on his dressing style, or send out a few lines from his favorite song to him. I would use a lot of emojis to express my feelings at the moment. I think this can bring more excitement and romance into your relationship.

It’s hard to tell who’s fake and who’s real online. I am a social person who loves networking. I thought of finding a girl for myself on a social site but I am not able to find a genuine one. I have this inbuilt fear of ending up dating a girl who is fake and pretentious. How do I deal with this situation and overcome my fear?

HE SAID: Firstly, you should develop your self-confidence and be more flexible in your approach. You should move forward with tried and tested dating sites that may lead you to finding someone genuine. Lastly, I would suggest you date someone who is a mutual friend in your own network of friends so you can know more about her through your other friends.

SHE SAID: I think it’s difficult to comprehend the person online, you cannot really see the person’s face when they are telling you about themselves, you can’t watch as they smile or do something that warms your heart. You can ask them for a video chat to make you feel less curious and become closer to finding someone genuine.

HEPRENEUR

*Elian Pres-Gurwits,
President and Managing Director, GLOSSYBOX North America*

By Priya Kumar



Beauty product-addiction has reached new heights as of late. Women and men alike cannot seem to get enough new (and oftentimes improved) powders, serums and glosses. GLOSSYBOX has revolutionized the sampling process with its monthly subscription service. Under GLOSSYBOX's business model, subscribers are sent a number of new-to-the-market, full-sized and sample-sized beauty and grooming products. My first experience with GLOSSYBOX was over Net-A-Porter. They were offering a box of premium brands for a price too good to pass on.

When I received the shipment by mail, the packaging was beautiful; it was something I would want to receive as a gift. This was in late 2013. While sometimes it feels like the Canadian market is the last to jump on every mail-order bandwagon, we have officially become a part of GLOSSYBOX's delivery repertoire. I had the opportunity to discuss business with Elian Pres-Gurwits, President and Managing Director of GLOSSYBOX North America and how the recent market expansion will play into the future of the unique service.

GLOSSYBOX and its business model have changed the way shoppers consume cosmetics. What are your guiding principals as you continue to grow the model?

For me, running the business in the US and Canada means focusing on our core model without distractions. It means being bold enough to stand behind the grand vision of the company, providing prestige

beauty discovery for consumers and independent marketing for brands, without being afraid of taking risks.

As is evidenced by our collaborations with partners like Net-A-Porter, Bergdorf Goodman and Harper's Bazaar, we are constantly looking to set ourselves apart from the fray with a unique sampling proposition, which is always contextualized within a certain theme or partnership. Because we have no e-commerce platform and are purely a luxury player, we are able to work with brands and companies that frankly would never look twice at our competitors. Moving into 2015 we will continue exploring other sectors of the market, with the goal of expanding our footprint in the beauty industry.

As a man, how are you so clued into what women want?

Knowing what women want now and will want tomorrow is truly a full-time job and one that is very hard to do alone. For me, insight comes from listening to the women around me; my sister, my girlfriend, women in the office, and of course our subscribers both in North America and abroad, who are extremely vocal about their likes and dislikes.

One thing I can tell you is that a woman's taste is constantly evolving, yet there are consistencies that translate across cultures, ages and time. For one, women everywhere love colour cosmetics and experimenting with new makeup tricks, while something like fragrance



can be a trickier category. One thing I always remember is that I'm not always right. There are products I've been hesitant to put in the box, that have turned out to be the best-perceived items of the year!

How do you select brands and products to partner with?

The process of selecting brands and products to feature in GLOSSYBOX is for us, an ongoing dialogue with the beauty market. Here at GLOSSYBOX we are constantly looking at global trends, exciting

Who is the average GLOSSYBOX consumer?

The average GLOSSYBOX consumer is a 34-year-old beauty lover, who is constantly on the hunt for her next favourite product. This woman is very social media savvy and loves to check out beauty blogs and following up on products she is intrigued by. In short, our consumer is our best marketer, as she is the one endorsing products across social media to other consumers, helping to create buzz for the brands we feature in GLOSSYBOX. She is genuinely engaged by our brand and

“One thing I can tell you is that a woman's taste is constantly evolving, yet there are consistencies that translate across cultures, ages and time. ”

launches as well as how to leverage iconic products to gain awareness for storied brands. While building and growing existing relationships with longtime brand partners like Bulgari, Vichy, Sisley and Tarte allows us to deepen corresponding customer relationships, equally vital is bringing on new brands and showcasing innovation in the industry. We are always focused on products that have interesting stories to tell; this can be everything from unique technologies, ingredients, intriguing founders, or simply product that is impossible to find in the North American beauty market.

the brands we introduce to her, and because of that she has allowed us to grow from packing 300 boxes out of our office in Berlin to today, where we globally sell one box every 12 seconds!

Now that you're in Canada, what can Canadian consumers expect?

Canadian subscribers can expect the same high quality products, brands, and special edition boxes that are being sent to American consumers. The box will still be \$21, but for Canada, there is an additional \$5 shipping and handling charge.



POSTCARD FROM LONDON

London Collections: Men

By Priya Kumar

With the HE supplement having been a part of SHE for the past three years, it's high time SHE covered the menswear shows. Beginning with London, the menswear capital of the world, I had the opportunity to take in the Autumn/Winter 2015 looks the men in our lives have to look forward to. From houndstooth to haberdashery, shearling to distressed leather, London Collections: Men (LCM) was a non-stop feast of dapper menswear exuding good taste.

COACH AUTUMN/ WINTER 2015

The Coach AW15 menswear show was an historical event. Known for its luxury all-American accessories, Stuart Vevers is now taking Coach through uncharted territory: ready-to-wear. He began with debuting womenswear for Fall 2014. Not to be outdone by the ladies, menswear was tackled this season. LCM was the platform of choice. London is known for its ground-breaking, rule bending designers and it was an opportunity Vevers did not want to miss.

Vevers kept the collection in line and on theme with his womenswear line. It included lush mountain gear—leather hiking boots, heavy bomber jackets and enough shearling to get the warmest blooded through a Canadian winter. Formal peacoats were accent-



COACH



COACH

ed with leopard print linings and distressed leather panels. Vevers was inspired by the Gus Van Sant film *My Own Private Idaho*. He told WWD, “New Yorkers are quite practical, and they don’t sacrifice function. There are no tricks—the collection is straight forward with honest construction.” The year 2015 has been a big one for Coach. In the days leading up to the menswear show the company acquired luxury footwear label Stuart Weitzman. With a price tag of \$575m, this was no small deal.

Has Coach successfully transitioned into ready-to-wear? The jury’s still out. On the surface the collection is beautifully designed, finished with just the right accents. Ultimately, it’s up to the consumer. Once these pieces hit stores, Coach will know the true measure of AW15’s success.



Pretam Gharat, John Godfrey, Neishaa Gharat



Menswear ambassadors Tinie Tempah, Nick Grimshaw, David Gandy and Dermot O'Leary

"There are no tricks—the collection is straight forward with honest construction."

UK'S FASHION INDUSTRY BY THE NUMBERS

The UK menswear market grew by 18% between 2008 and 2013, reaching £12.9 billion (\$24.62 billion) in 2013 (Mintel, 2014).

Sales have grown almost 5% (4.8%) in the last year as clothing retailers have increasingly turned their attention to menswear (Mintel, 2014).

Mintel forecasts that the men's fashion market will grow by 27% between 2013 and 2018 to reach £16.4 billion (\$31.29 billion) (Mintel, 2014).

There has been a significant increase in the proportion of men shopping for fashion online in the last year, jumping 13 percentage points to 65% of men in 2013 (Mintel, 2014).

Today as many as seven in ten (70%) internet

users in the UK buy clothing and footwear online, making clothing and footwear the most purchased item online (Mintel, 2014).

Online sales in the UK account for approximately 17% of total spending on clothing and footwear, up from 13% in 2011 (Mintel, 2014). Tablets are becoming increasingly popular both for browsing and buying with 20% of online shoppers in the UK purchasing clothing via a tablet in the last 12 months (Mintel, 2014).

The direct value of the UK fashion industry to the UK economy is £26 billion (\$49.6 billion); up from £21 billion (\$40 billion) in 2009. Showing an increase of 22% in nominal terms (Oxford Economics 2014).

Fashion's wider contribution to the economy in influencing spending in other industries is estimated to stand at £46 billion (\$87.7 billion) (Oxford Economics 2014).

The UK fashion industry is estimated to support 797,000 jobs (Oxford Economics 2014). The sector also provides opportunities to minority groups to a greater extent than most other creative industries. (source: BFC Value



“You may be born to be a man, but you must desire to be a gentleman.”

of Fashion Report 2010).

DESIGNER SPOT- LIGHT: LONDON SOCK COMPANY

When attending major fashion weeks around the world, it's always a treat to discover emerging labels alongside industry favourites. Amongst my most notable discoveries at LCM AW15, was a little sock brand called London Sock Co. With brand ambassadors that include the likes of David Gandy, Dermot O'leary and Tinie Tempah, the label's emphasis on individual style could not be more apparent.

London Sock Co. places great emphasis on history and tradition: “The inspiration began with five stylish, elegant and rather well-to-do Victorian gentlemen. Each hailed from a different corner of the British Empire, but were captured together in a unique image dated 1883. After being passed down with a collection of Victorian artefacts, it sparked an intriguing journey back to a time of true elegance, style and the British gentleman.”

The label's socks are knitted using luxury Scottish Lisle Thread Cotton in collaboration with a family of sock makers that boasts 100 years of expertise. Besides a beautiful product, London Sock Co. knows what men want when. The label offers a unique, monthly Sock Club subscription. Every month members can enjoy new socks sent to their home by mail. Available in a range of styles and colours, subscribers will be spoiled for choice.

London Sock Co. says it best: “You may be born to be a man, but you must desire to be a gentleman.”



DENTAL PROGRAM FOR HIM

By John Godfrey

Your mouth portrays your health and youth. With a thorough dental program you can keep your pearly whites in top shape for life. Below are five steps on caring for teeth and gums.

1. Brushing



The ideal brushing routine would be 30 minutes after every meal. The 30-minute lapse will allow enamel that is softened from acid during eating to re-harden and not get brushed away. Brushing removes plaque, a film of bacteria that clings to teeth. When bacteria in plaque come into contact with food, they produce acids that cause cavities. Brush no less than twice a day. A good tip is to bring your toothbrush to the gym and to work for a lunchtime brush.

The ideal brush:

*Place a pea-sized dab of fluoride toothpaste on the head of a (soft) toothbrush.

*Place the toothbrush against the teeth at a 45-degree angle up to the gum line.

*Move the brush across the teeth using a small circular motion. Continue with this motion

cleaning one tooth at a time. Keep the tips of the bristles against the gum line. Avoid pressing so hard that the bristles lie flat against the teeth. (Only the tips of the toothbrush clean the teeth.) Let the bristles reach into spaces between teeth.

*Brush across the top of the chewing surfaces of the teeth. Make sure the bristles get into the grooves and crevices.

*Use the same small circular motion to clean the backside of the upper and lower teeth - the side that faces the tongue.

*To clean the inside of the bottom front teeth, angle the head in an up-and-down position toward the bottom inside of the mouth and move the toothbrush in a small circle.

*For the inside of the top front teeth, angle the brush in an up-and-down position with the tip of the head pointing towards the roof of the mouth. Move the toothbrush in a small circle.

*Give your tongue a few gentle brush strokes, brushing from the back of your tongue forward. Do not scrub. This helps remove bacteria and freshens your breath.

*After brushing your teeth for two to three minutes, rinse your mouth with water.

*Replace your toothbrush with a new one every three to four months.

We recommend Oral B Vitality Precision Clean Electric Toothbrush.

Place the toothbrush against the teeth at a 45-degree angle up to the gum line.



Replace your toothbrush with a new one every four to six months

2. Flossing

Flossing should be done once a day and prioritized up there with brushing. It removes food and plaque between the teeth where your toothbrush cannot reach. Neglect flossing and the plaque can harden into tartar.

The ideal floss:

*Remove about an 18-inch strip of floss from the dispenser.

*Wind the floss around the middle finger of each hand, leaving a 1-inch section open for flossing. Floss the top teeth first, then the bottom.

*Place the floss in your mouth and use your index fingers to push the floss between the teeth. Be careful not to push too hard and injure the gums.

Floss between each tooth as well as behind the back teeth.

*Move the floss up and down against the tooth and up and around the gum line. The floss should form a C-shape around the tooth as you floss.

*Floss between each tooth as well as behind the back teeth.

*Use a clean section of floss as needed and take up used floss by winding it around the fingers.

We recommend Oral-B Glide Pro-Health Comfort Plus Floss.



**We recommend
Oral-B Glide Pro
Health Comfort
Plus Floss.**

3. Rinsing



Rinsing your mouth with a fluoride anti-bacterial mouthwash will reduce bacteria that produces plaque leading to gum disease (from the American Dental Association). Rinse once a day but not right after brushing your teeth, otherwise it will wash away the protective fluoride coating left by the toothpaste, which adds hours of protection. After lunch is a good time for rinsing.

We recommend Crest Pro-Health Complete Rinse - Fresh Mint.



4. Eating Right

Sugars and starches are teeth killers because of their high acid content. Regularly snacking on sugary foods without brushing after leads to tooth decay, and we are not just talking about unhealthy confectionery.

Dried fruit, juices and smoothies have the same impact. The point to take away is to eat a varied diet, but if you have a vitamin-rich juice booster in the morning or snack on dried fruits, brush your teeth 30 minutes after.

5. Visiting the Dentist

Visit the dentist and hygienist at least once every six months, but ideally quarterly.

Checkups with the dentist will keep you updated on the health of your teeth and gums. These should be followed by professional cleanings with your hygienist. If you experience pain in your mouth, bleeding or swollen gums, book an appointment earlier.



BROWN GIRL

problems

I have an addiction. I've had it for years and nothing I do seems to help. It's an addiction to sugar. Hardly a meal goes by without me consuming some sort of sugary treat, from breakfast when I start with a bowl of Lucky Charms to my post dinner Lindor ball. Every New Years Day I try to resolve to cut down on the sweet stuff, but when I do, I end up irritable and cranky. The only thing that gets me over my detox hangover is more sugar. How do I kick this habit forever?

It goes without saying that sugar is bad for your body, but do you know how bad?

Sure everyone knows the basics; sugar causes weight gain, weight gain is bad for your health and bad health leads to an early death. But here are some things you may have not considered:

1. Sugar causes pre-mature aging. When sugar is circulating in your bloodstream it attaches itself to advanced glycation end products. Appropriately called AGEs, this bi-product of sugar consumption attacks natural proteins like elastin and collagen—the lack of which are the symptoms of aging like wrinkles, sagging skin and thinning dermis.

2. As it turns out, sugar itself is not the only factor that leads to weight gain. Consuming too much of

it regularly dulls your body's ability to recognise when it's full. It does this by adversely reacting with leptin, the hormone that tells you to stop eating when your body's had enough.

3. Do you do drugs? Probably not. But sugar is a drug. Every time something sweet hits your taste buds, your brain gets a hit of dopamine in the brain's pleasure center. This is precisely the reason you're so miserable when you stop eating sugar. Your body is yearning for that feeling it gets from sweets. So what can you do to wean yourself off?

To begin with, the American Heart Association recommends women not consume more than 5 teaspoons of sugar a day. For men it's 9. Keeping that in mind, start eating more protein at breakfast in favour of sugary cereals or bread (even the whole-wheat kind). For snacks and dessert opt for fruit-based treats at first, slowly transitioning into raw fruit you love (i.e. lychee, mango). Dying for a piece of chocolate?

Go the 70 to 80% cocoa route.

It'll nip your craving in the bud and spare the added sugar-laden calories milk chocolate is notorious for. If all else fails, see your doctor. No one should be held hostage by a carbohydrate that doesn't even belong to a food group.



HOT STUFF

Stevie Starlet Blue

A dark wash denim, these should be your next staple pair of jeans.

Fidelity Denim
\$188.99

Hillberg & Berk Miriam Earrings

An elegant design that combines simplicity with a touch of fierce. Pair these earrings with a white crop top and mid-length floral skirt.

The Shopping Chanel
\$185.00

La Petite Robe Noire Eau Fraiche

With fragrant notes of rose and orange this perfume is ideal for all summer occasions, ranging from sunny afternoons to sunset parties.

Guerlain
\$82.00 for 50 ml

Sunglasses

Get sun-sational with these classic yet contemporary frames. The dusty pink frame is sure to flatter warm skin tones.

Celine
\$400.00

Alex and Ani Charm Bracelet

Wear love, harmony and compassion combined with crystal rose. The jingly charms are not only an irresistible accessory but will bring a smile to your face.

Hudson's Bay
\$32.00

Wonderbra E 1309 in Honeysuckle

This flirty embellished pink bra is standout sexy for Spring!

WonderBra
\$19.99



ENGAGEMENT RINGS

Charting Love, Fidelity and Partnership through the Engagement Ring

By Rida Ahmed

as a symbol of love, commitment, and socio-economic status, the engagement ring holds a special place in the union of two people.

The romantic notion of being proposed to by a man on one knee with a huge diamond is a fairly recent concept. Throughout history the engagement ring has existed in some form or another, but unlike the clarity of your diamond it has a rather sordid history.

The earliest version of the engagement ring were cords of braided grass that cavemen would tie around their partner's ankles, wrists and waist to bring her spirit under their control. It was the ancient Egyptians that started the tradition of the wedding band we know today. Artifacts dating back more than 3,000 years depict the exchange of rings braided

from reeds and hemp. The shape of the ring was significant to the Egyptians—they viewed the circle as a symbol of eternity and endless love. These rings were worn on the third finger of the left hand which they believed was connected to the heart by a special vein. To the Egyptians, giving a woman a ring signified eternal love. The ancient Romans did not share the same romanticized notion and although they continued the tradition of the wedding ring, the symbolism behind the ring took a turn in the other direction. Roman men would present rings of iron to their brides as a symbol of procession and thus claim their wives.

Around this time puzzle rings began to appear in Asia and the Middle East in the same vein as the Romans. This piece of jewellery

consisted of a number of bands that when worn together formed one cohesive ring. It was thought that if a woman took off her ring she would not be able to put it back together and so her husband would know of any unfaithful behaviour.

Sentiment and love were reintroduced into the wedding ring in the form of poesy rings during the Renaissance. These rings were made of a sterling silver band with a love poem inscription. Puritans, on the other hand, thought jewelry was frivolous and gave their partners thimbles instead of rings. Thimbles were seen as practical and useful and eventually the women would cut off the top of the thimble to create a ring. Unlike the Puritans, the men of the Victorian era brought back romance through unique and



Images courtesy of Tiffany & Co. Canada

Prices available upon request

personalized rings. Some were made with human hair and featured romantic motifs such as hearts, flowers and bows. Other rings were made with gemstones to spell out names or endearments such as 'love' which was made using lapis lazuli, opal, vermarine and an emerald.

Alas the romance didn't last and engagement rings lost their sentimental value and instead became a sort of insurance for a woman. This came on the heels of striking down the "Breach of Promise to Marry" law. The law allowed women to sue men for ending an engagement as many did after getting intimate following an engagement.

Having lost her value in the marriage market of the time, women found recourse in the law until 1935 when the law was abolished. This

coincided with the rise in engagement rings, specifically diamonds, and they became a form of insurance.

Although the first recorded use of a diamond engagement ring was in 1477 when Archduke Maximilian of Austria gave Mary of Burgundy a diamond ring in the shape of an 'M', diamond rings didn't become popular until the late 19th and early 20th century. The discovery of diamond mines in Africa, and De Beers' legendary marketing campaign that convinced generations that diamonds are the greatest symbol of love.

De Beers successfully persuaded us that Diamonds are Forever and for a long time, that has been overwhelmingly true. Now, however, the tide may be turning. Last year *Vogue* declared diamond engagement rings

uncool. Although that startling admission did not have a significant impact on diamond sales — shockingly — engagement ring trends seem to be steering away from diamonds.

More women are going the way of Audrey Hepburn and opting for stackable rings in various metals, some without stones at all. Like the relationships and marriages they solidify, engagement rings have had a complicated history — a past fraught with possession, control and sometimes love.

What hasn't changed is our insistence that a ring is used to solidify that bond. In a world where the bigger the diamond, the greater the love, is a ring really the only way to express commitment?

Cakes galore!

*Associate Editor, SHE Canada, Zarmina Rafi talks with
Nina Naqvi, and Jacia Omar:
The Dynamic Duo Behind Toronto's "Cake.Paper.Scissors"*

By Zarmina Rafi

Cake.Paper.Scissors is a custom cake and event design studio based in Toronto. It provides a wide array of event planning services, including made-to-order cakes, dessert table styling, personalized graphic printables, as well as other services including party planning for children's birthdays, baby showers, engagements and weddings. I had a chance to sit down with the two style mavens.

Nina Naqvi and Jacia Omar make up the duo behind this creative endeavour. Naqvi is a trained architect who is passionate about design. She is also a published children's author, and is dedicated to creating unique and beautifully styled products for each of her clients. Omar is an accountant by vocation but a baker at heart. She enjoys creating in the kitchen. As a mom she believes in using fresh and wholesome ingredients for creating delectable treats.



Engagement Cake

Tell me the story behind the name of your business.

Nina: I wanted the name to be unique, and thought of playing on the words "Rock, Paper, Scissors," a popular children's game. Adding "cake" to the mix highlighted some of the services our creative design studio provides: e.g. custom cakes ("Cakes"), graphic printables and event design ("Paper") and "Scissors," an ode to handcrafted creativity.

What is process of creating a beautiful cake from start to finish?

Jacia: Every cake is a unique creation. It could be a simple chocolate cake or a detailed themed fondant cake. It all starts off with a consultation with the client about what they have in mind. Often, people have a vague idea of colours and style, but sometimes they have pictures of exactly what they want.

Following the first consultation, we sketch out our understanding of what the client wants, including the number of tiers and the desired height of the cake. We then move on to discussing flavour and icing options. Once these are finalised, we are able to provide timelines for the finished product. Hand-made cake-topping details, such as flowers or fondant figurines, are completed before we start baking, as these are labour, and time-intensive. We bake the cake the day before scheduled delivery. Once the baking is done, the



Engagement Cupcakes



Holiday Cake



Kid's Halloween Party

cake is assembled and covered with fondant. The individually sculpted fondant creations are then placed on top to create the final product.

Nina: Adding to what Jacia has mentioned, each cake requires an important brainstorming session (partially with the client) to determine not only the size and flavour of the cake but also the creative design that combines the client's ideas with our design aesthetic.

Which part of the business do you enjoy the most? i.e. clients, planning, crafting, baking, and why?

Nina: As an architect, design and creativity is my passion! I love the creativity involved in designing for events – be it general event themes, party planning, cake design and decoration or graphic illustrations. I thoroughly enjoy the complete design process, from initial concept drafting to further design development to product execution. It is always immensely rewarding to see your ideas come to fruition.

We are both involved in all facets of the business and ensure that both of us make the most of our strong suits, but the most enjoyable aspect for me is the design and creation of services to provide an imaginative and original product. It allows me to explore potential ideas and to shape a cake or event theme, in the form of a dessert table, into a beautiful end product. I also enjoy the execution of the planning services involved when organizing events.

Jacia: I would say baking, because that has always been a passion for me. I remember seeing my mom bake for our birthdays and helping her beat the eggs, before stand mixers became all the rage. It brings back memories that I want to pass on to my kids. It requires immense patience and precision but the outcome makes it all worthwhile. For me baking is pure joy but having a theme for a dessert table to work with gives me all the more reason to enjoy the process. It allows me to explore my creative side. I love to come up with ideas for doing something in a new and unusual way.

Often, items are available off the shelf but I feel they are not 100% 'me' and that is where I can change and re-create according to my own style.

Are you open to all kinds of event planning services? Or is it more on a small scale for now?

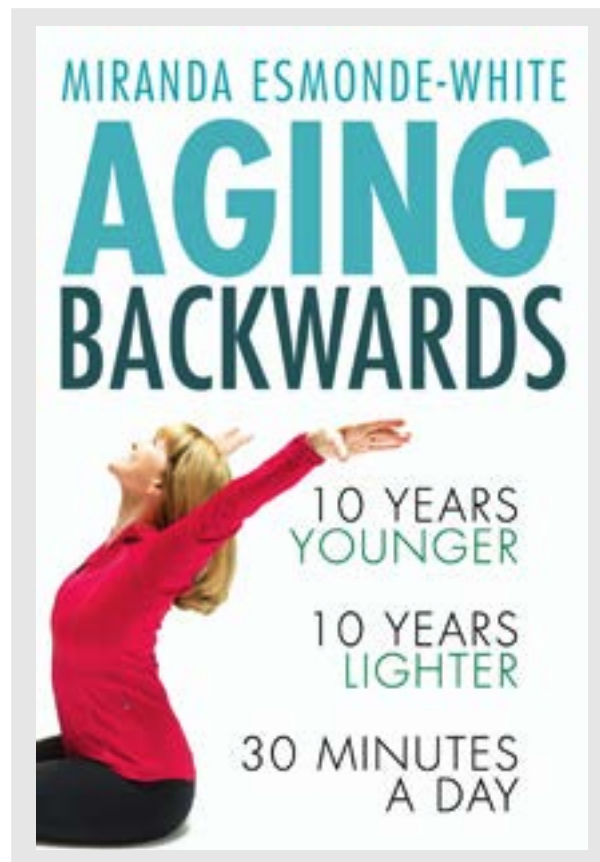
Nina and Jacia: We are open to all kinds of events, but want to focus on our expertise which is cake design, baking and dessert table styling, event graphic printables as well as party favours. We are open to working with other professionals and vendors in the industry on large-scale events or weddings.

To view past work by Nina and Jacia, get further information or book a consultation, contact them at <https://www.facebook.com/CakePaperScissors.Toronto> or at CakePaperScissors@gmail.com.



AGING BACKWARDS

*Book Review by Mazeena Khan, B.A.
RYT-200 Yoga Instructor, and Reiki Practitioner*



As a yoga instructor I read books on different types of exercises, and workouts to keep myself updated on current trends in health and wellness. When I saw Miranda Esmonde-White's book, *Aging Backwards*, the very first page caught my eye, "10 years younger, 10 years lighter in 30 minutes a day" it said. I thought this is something interesting! Could I really lose 10 years of age, and weight by doing 30 minutes of her prescribed workout everyday? Esmonde-White, who was formerly a ballerina with the National Ballet of Canada and co-founder of "Eccentrics," might know!

Part one of *Aging Backwards* looks at how and why the physical body starts changing after forty. What are the building blocks of a body, and what is the importance of a cell in the aging process? What is the anatomy of a cell with our DNA and genetic code that is called Mitochondria? Or "the mighty Mitochondria" (the energy power house of the cell)? The author explains how and why atrophy hits people most often in and after their 40s, thus creating severe immobility in the muscles. She outlines what our muscles, ligaments, tendons, and joints tell us about aging. How we can respond to fight aging, and to bring flexibility and strength to these parts such that we begin backwardly aging.

Part two entitled "How We Stay Young and Healthy" is about the benefits of the Essentric approach in which Esmonde-White explains the difference between Isotonic, Concentric, and Eccentric exercises. In "Essentrics" workouts, the muscle groups being used in any pose get equally stretched and strengthened, helping the body to stay young, flexible and strong. Esmonde-White tells how this exercise program removes different blockages and problems such as back pain, poor posture, drooping shoulders, tight legs, pain in joints and bones from the body, and that her workouts effectively impact all 650 muscles, and 200 bones of the body.

Part three of the book demonstrates eight age reversing workouts, complete with images, and step-by-step instructions. It provides workouts for specific conditions that include muscle groups in the body, as well as going through the following: why we lose energy through our feet, the irony of high-end footwear, breast cancer and scar tissue, formulae for rapid healing, and pain relief exercises among others.

I really liked the way this book is written, how Esmonde-White has captured and shared information on aging factors of our physical body, further going on to explain why and how her workouts will help to repair, and possibly reverse the aging effect. Esmonde-White provides interesting examples from day to day life in explaining her point of view.

She explains how people in the past while doing simple domestic chores like making a bed (that required bending forward engaged abdominal muscles and the spine), mopping the floor, pushing and moving objects from one place to another, cleaning, reaching to the top of windows for dusting actually used full body movements to keep themselves healthy and fit on a daily basis. But with today's sedentary life style people have stopped moving their bodies and are less active in their lives. The names of some of the poses or workouts depict daily routine chores she appreciated from the past, these include, "Ceiling Reach," "Washing Windows," "Washing Table," and "Pulling Weed Sequence."

I recommend this book for people who want to read about and practice a simple, easy to do workout in order to stay young and healthy.

To learn more about essentrics visit www.essentrics.com.

SHE CARES

The on-going conflict in Gaza has struck a chord here at SHE and in many hearts as the need for aid increases.

Islamic Relief Canada is at the forefront of organizations providing aid. The organization has been fundraising relief services for more than 25 years across 35 countries, and are currently putting their resources towards Palestinians. Over

2000 Palestinians have been killed by Israeli bombardments. Of that, 600 of the Palestinian victims killed are children. While vital medical and food supplies dwindle, Islamic Relief Canada is fundraising for medical aid, food aid and non-food items, as well as hygiene and sanitation kits for the Al-Shifa hospital and clinics. SHE cares and is emphasizing the need to take part. We are now accepting donations through **shecares@shemagazine.ca** where you will then receive a charity receipt on behalf of Islamic Relief Canada.

Donate today and enable us to send help, hope and compassion to those suffering at this time.



COLLECTING DONATIONS FOR OUR SISTERS

Canned foods, blankets, clothing, shoes are all accepted

SHE Cares is also collecting money donations to shecares@shemagazine.ca

For more information please call (416) 644-7788 or email us at shecares@shemagazine.ca



SHE CARES

&
SISTERS 'R' US

HELP OUR SISTERS
IN THIRD WORLD
COUNTRIES WHO
ARE SUFFERING
FROM LACK
OF FOOD AND
SHELTER

founded by FATIMA, AMNA & SHAKIRA ZAIDI



The Lady Fatemah Charitable Trust

The economic situation in the Palestinian West Bank is becoming desperate. Due to the political situation in the region, economic activities are at an all-time low and unemployment is on the rise. Even people who are employed suffer as their employers, notably the Palestinian National Authority, are unable to pay their salaries. It is estimated that presently 65 percent of the population in the West Bank lives in poverty. This means hidden starvation, especially for families who already were poor before the current economic recession and do not have reserves to fall back on. Families headed by a woman and without a male breadwinner, the sick and the elderly are hit hardest. Most Palestinian families are large. In some regions, the average family comprises no less than nine members, most of them children of school age, who all rely on a sole breadwinner.

Humanitarian Relief Society (HRS), a Palestinian humanitarian organization active in the West Bank, especially in Arroub refugee camp, therefore proposes to distribute a 20-kg sack of rice to 350 extremely poor families. Rice is the main staple of the Palestinian diet and is eaten for lunch and frequently dinner. Most families cannot afford to purchase a sack of rice and resort to buying small quantities on a daily basis. Little money remains to purchase other ingredients of a nutritious meal, for example vegetables, cooking oil and meat. Eating only or mainly carbohydrates leads to malnutrition in the long run,

especially among children, who need all kinds of nutrients to grow and develop healthily. A family who has a sack of rice will be able to spend its daily cash supply on other food items and will thus eat sufficiently and have a more balanced diet.

A sack of rice will enable family providers to adequately feed their families for a month or more. Assuming an average family size of seven, which is a conservative estimate in Palestine, 2,450 people will benefit from this project, at least two thirds of them children. A mere four Euro are sufficient to improve a person's nutrition for a whole month.

Dear LFT donors: When you sit down for your daily meals, think of those who look at an empty table and have to go to bed hungry. By giving a small part of what you spend on food every month, you can significantly improve their lives.

TO DONATE OR GET INVOLVED CONTACT:

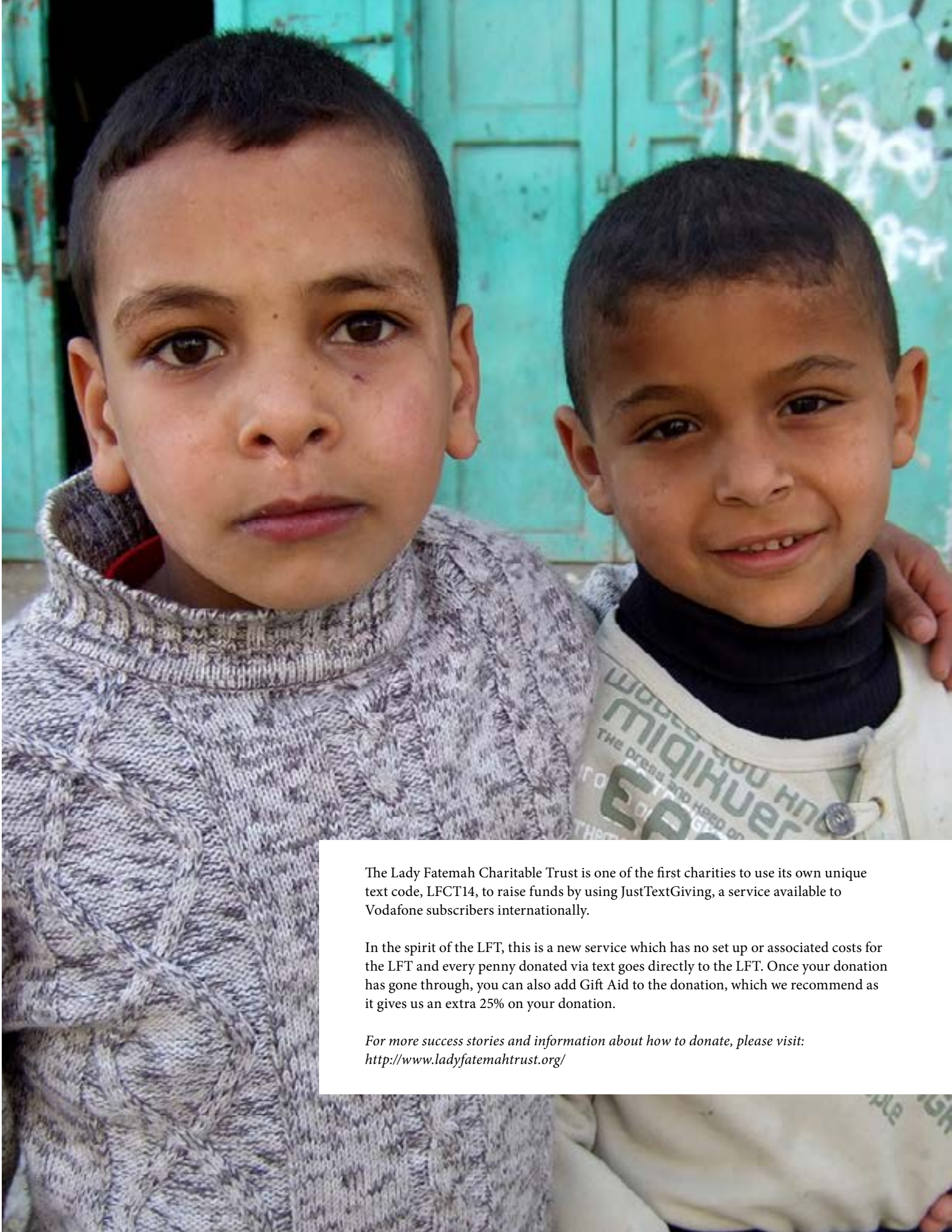
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HP7 9PU**

info@ladyfatemahtrust.org

Tel: +44 (0) 1494 762 063

Fax: +44 (0) 1494 762 286

Mob: +44 (0) 7798 761 020 / +44 (0) 7798 769 030



The Lady Fatemah Charitable Trust is one of the first charities to use its own unique text code, LFCT14, to raise funds by using JustTextGiving, a service available to Vodafone subscribers internationally.

In the spirit of the LFT, this is a new service which has no set up or associated costs for the LFT and every penny donated via text goes directly to the LFT. Once your donation has gone through, you can also add Gift Aid to the donation, which we recommend as it gives us an extra 25% on your donation.

*For more success stories and information about how to donate, please visit:
<http://www.ladyfatemahtrust.org/>*

AMSTERDAM

Fuss-free froufrou in Amsterdam

By Zebunnisa Mirza

the city of Amsterdam ranks high among Europe's most stylish destinations. Set against a backdrop of charming 17th century architecture, Amsterdam is chock full of art galleries, museums, design shops, and trendy cafes that serve up style without any attitude. Here are some of my favourite spots in Amsterdam that are sure to inspire you to create something beautiful

s e e

Start your visit to Amsterdam with some inspiration from the Dutch masters of art. The newly renovated Rijksmuseum, the largest in the Netherlands, features a world famous collection of Dutch art by the likes of Rembrandt, Vermeer and Frans Hals, as well as some beautiful sculptures and hand-crafted delftware.

The Dutch Golden age of painting, the 1600s, was characterized by realism. The art at the Rijksmuseum therefore reflects a collection of historical paintings, portraits, still lifes, and landscapes that are rich in detail and evoke intimate feelings.

Just a block away is the prestigious Van Gogh Museum. Here you'll find over 200 works by Vincent Van Gogh, that together make up the

largest collection of Van Gogh works in the world. With the assistance of an audio guide, visitors can walk through Van Gogh's life and see how the artist's work evolved over the years.

Van Gogh's art brings an explosion of colour to this museum. His work includes landscapes, still lifes, portraits and a series of self portraits, all of which are done in a characteristic style that is rough, bold and highly emotional.

For the fashionistas there is the Museum of Bags and Purses which houses the world's most extensive bag collection. Four thousand bags, purses, trunks, pouches, cases and accessories dating from the late Middle Ages until today make up this uber stylish museum.

There are even a few contributions from legendary designers including Alexander McQueen, Hermès, Chanel, Fendi, Prada and Dior. The building itself is just as stylish as the showpieces. The Museum of Bags and Purses is located inside a gorgeous, historic canal house that dates back to 1664. Once you're done browsing the collection, head over to their period rooms to enjoy a classy afternoon tea. For photography enthusiasts, there is Foam – Amsterdam's photo and multi-me-

dia museum. The exhibits change every few months so there is always something new to see here.

If you are a fan of modern art, you will also enjoy the Stedelijk Museum, a collection of bold and thought provoking modern art that will leave you with more than a few conversa-

v i s i t

The fastest way to get a crash course in Amsterdam 101 is to take a canal cruise. And if you swipe up the coveted Iamsterdam City Card, the cruise is free! A ride in the open top boats will take you down the major canals of Amsterdam as the tour guide points out sites of interest along the way.

Once you hop off the boat, it's time to explore the city on foot. Begin at Dam square, located near Centraal station at the intersection of some of the busiest streets of Amsterdam. This pretty little place is often the site of events and fairs on holidays so come here to feel the energy of the city and to admire the glorious Royal Palace. From there, wander south and work your way through the old town and the red light district. The infamous seedy neighbourhood is everything you would expect during the evening hours, but a visit during the day will allow you to appreciate what is



one of the most beautiful parts of the city. Stunning 14th century architecture lines the long and narrow cobblestone streets while some of the older buildings lean at odd-angles bringing a quirky, yet charming appeal to the area. Keep strolling further south and you'll end up at canal Singel, the site of the floating flower market.

The tradition comes from the olden days when flowers and plants were brought to the market in barges. Today, that transportation method no longer remains as vans have replaced boats. But if you visit the market between 9 and 5 every day, you'll still find the flowers being sold in barges floating on water against the street. Look over your shoulder and the other side of the street is full of cheese shops. Gouda samples, anyone?

From there, make a beeline for Jordaan, arguably the city's prettiest residential neighbourhood in the city. You're almost guaranteed to have some peace and quiet here as you admire the flower speckled homes and boathouses that line the canal.

Just a hop, skip and a jump (or a 15-minute train ride) away is the art history haven of Haarlem. Smack dab in the middle of this teeny tiny town is St. Bavo's church – a rather el-

egant Gothic church with a surprisingly light and airy interior. The church's main feature is a majestic 30-metre high organ which has over 5000 pipes. This organ was once played by Mozart when he was 10 years old. Haarlem was also the hometown of the Dutch painter, Frans Hals. The Frans Hals museum is a great place to admire a fantastic collection of the artist's portraiture displayed in a stunning 17th century building.

In the mood to sketch or paint? Head back to Amsterdam and park yourself on a bench in Vondelpark. This picturesque English style park with its rose gardens, ponds and trails, is a quiet retreat away from the hubbub of Amsterdam.

e a t

For a quick bite, head to Small Talk café and indulge in their delicious Dutch pancakes – a thin, pan-fried, crispy-edged pancake smothered in toppings like peaches and cream. Nom nom nom!

For a hearty lunch, Momo Restaurant is the spot. Asian cuisine is delivered with sophistication and style at this trendy museum district spot. Best thing on the menu? The MOMO Bento Box with pan fried scallops, marinated black cod, crispy duck roll served

with a side of salad and jasmine rice. You will not leave hungry!

Save your dinner grumblings for a date with Jamie Oliver's Restaurant Fifteen Amsterdam. The kitchen's philosophy is based on Italian family style cooking, where the menu comprises daily fresh, seasonal and sustainable products. Come here to enjoy the restaurant's lively atmosphere and amazing food.

To satisfy your late night cravings, head to one of the city's countless FEBO locations. These whole-in-the-wall fried food joints sell freshly cooked snacks displayed in a self serve vending machine. Okay, so the food itself is pretty average, but you'll definitely enjoy the fun and quirky experience of buying a freshly prepared Amsterdam stroopwafel through a vending machine.

s t a y

For a good night's sleep, park yourself at Hotel JL No. 76. Located inside two 18th century mansions, this gorgeous boutique hotel makes a bold statement with its modern décor and large collection of art on display. Each of the hotel's 39 rooms features distinctly designed wallpaper by Dutch artist, Barbara Broekman.

Eco geeks (or those who simply appreciate a good night's sleep) will love the comfy and earth conscious COCO-MAT beds, a standard feature in every room. Don't sleep in too late though, the breakfast pastries and cheese platters won't wait too long for you. Hotel JL No. 76 is perfectly located right in the middle of Amsterdam's museum and fashion district, just a tram ride away from Amsterdam's Centraal station.



Travel statistics

TOP 15

Most visited countries by
Canadians

1. U.S.
2. Mexico
3. Cuba
4. UK
5. Dominican Republic
6. France
7. Italy
8. Germany
9. Mainland China
10. Spain
11. Jamaica
12. Netherlands
13. Hong Kong
14. Republic of Ireland
15. Australia

FRANCE

has the most time zones in the world (12) due to its many territories.

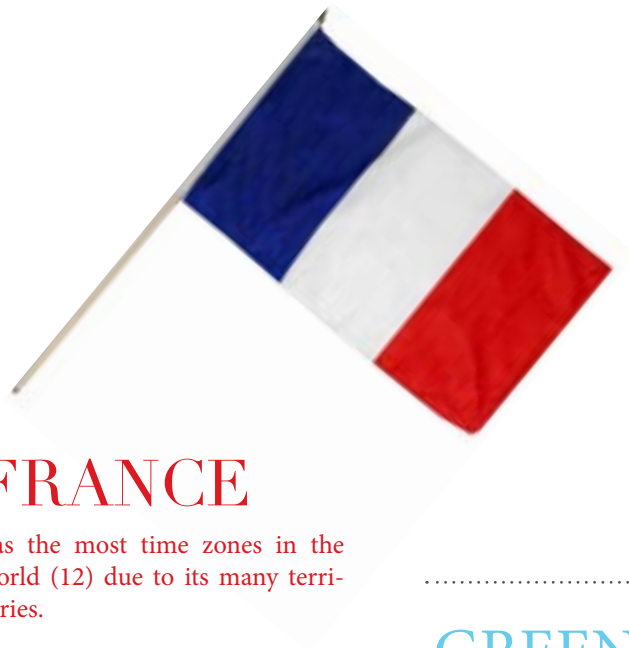
The world's most visited country is France with annual visitor numbers at approximately

81.4
MILLION

GREENLAND

is the least densely populated country in the world with a people per square km ratio that is so low it is rounded to

zero





MALDIVES

is the lowest country on earth with an average height above sea level, of approximately

1.5 metres

IN PAPUA NEW GUINEA OVER 836

languages are spoken making it the most linguistically diverse country in the world.

THE FALKLAND ISLANDS

have about

167

sheep for every permanent resident



THE UNITED STATES HAS 13,513

airports which equates to almost a third of the world's airports.



MONACO

is the smallest permanently inhabited city in the world (2 square km). It is smaller than New York's Central Park!

GENEVA

boasts the most expensive hotel room in the world, priced at \$83,200 a night at the Royal Penthouse Suite at Hotel President Wilson.



CANADA

has more lake area than any other country in the world, with 563 lakes larger than 100 square km.



INDONESIA

has the most active number of volcanoes with a total of

127

ACADEMY *OF* LIONS

Academy of Lions Brings CrossFit to Queen Street

By Priya Kumar



“

Ultimately his aim was to integrate health, fitness, mindfulness, and meditation into one practice. The result? Academy of Lions. ”

For many, CrossFit has become a way of life. Described as everything from a millennial fitness movement to a cult, CrossFitters around the world are looking forward to participating in the CrossFit Open in the coming weeks. The Open allows athletes from around the world to compete against one another via YouTube. I recently had the opportunity to experience Academy of Lions' variety of CrossFit. Founder Dhani Oaks discussed what the box strives to bring members and the community at large.

In early 2014 I drank the CrossFit Kool-Aid and never looked back. The fitness methodology was founded by Californian Greg Glassman in 2000 and is as much a physical exercise philosophy as it is a competitive fitness sport. Promoting constantly varied, high intensity functional movement, CrossFit has reached cult-like status.

It is currently practiced by members of 10,000 certified “boxes” (CrossFit speak for gyms) around the world. Completing daily workouts called WODs (workouts of the day) that involve Olympic weightlifting, gymnastics, high intensity interval training and other exercises, CrossFitters benefit from a community atmosphere while working out as opposed to tackling these tasks solo.

On a pre-Christmas shopping trip to Queen Street I stumbled upon a CrossFit box called Academy of Lions. My shopping companion was a longtime member and suggested I try a class. She explained that the community atmosphere—that involved potlucks, parties and social meetings—was unlike anything she had experienced in the city. Intrigued, I sat down with Academy of Lions co-founder Dhani Oaks to learn more. The idea for a

CrossFit box came to him seven years ago one night, sitting in the back of a car. The business has been primarily a labour of love; what he loved about it was the opportunity to be able to connect with people, and his community. Ultimately his aim was to integrate health, fitness, mindfulness, and meditation into one practice. The result? Academy of Lions.

Why did you decide to open a CrossFit Box over a regular gym? What's the difference in the business model?

It was never purely a financial decision, there is a double bottom line here: to do good business plus to give back to the community.

Where does the name Academy of Lions come from?

I wanted the name to stand out so people are forced to think of the symbolism behind it. Before opening Academy of Lions I was involved with a group that operated under the same name. In that operation we worked with homeless and marginalised youth, providing them with ways to be fitter and healthier. This name carries that same element of empowerment: giving people the tools to help themselves and to help them become stronger versions of themselves.

Who is involved in the team and what are their backgrounds in fitness?

We like to have very qualified people on board. Some of the instructors include Olympic weightlifter Aleksandar Varbanov, who is a champion weightlifter from Bulgaria. Our goal is to attract highly professional instructors—record holders, those who've been teaching for ten years. On the team are also

a RMT qualified coach, a chiropractor, and there are approximately twelve coaches at the moment. Our programs are very technical, so the beginner workouts are not too intense allowing new members to slowly build up strengths.

What can a CrossFitter expect from becoming a member?

They will experience a team environment, more akin to martial arts coaching. We also get about 5 to 10 international visitors per week. As well, our academy was recently named best CrossFit in the neighbourhood.

Your merchandise store is extremely popular in the fashionable neighbourhood of Queen West. What do you offer?

It caters to everything one needs to maintain an athletic lifestyle, clothing and equipment as well as offering butter coffee, (coffee with good fat), kombucha, and coconut water.

Nike has become a sponsor of classes at Academy of Lions. What can members (non-members) expect from Nike Training Club classes?

Academy of Lions was the first training club that Nike partnered with in Canada. It offers a bodyweight version of CrossFit. Our coaches train in the NTC methodology, and we offer three classes a week. These classes are free and can be registered for online.

Check out Academy of Lions at 64 Ossington Ave Toronto, Ontario M6J 2Y7. Schedule a free trial at 416 538-4967 or online at academyoflions.com.



GLUTEN FREE

DESI

By Zarmina Rafi

Remember the time you were at a big family feast, loaded up on samosas and parathas, and maybe some chicken tikka? At the end of the night you had to reach out for your trusty antacids, or perhaps not knowing what else to do gave in to sleep, succumbing to a sickly bloated feeling. Ever wonder it might be the gluten in your food that's making you sick?

What is gluten?

American night-time television host, Jimmy Kimmel recently did a spoof on just this subject. Stopping people on the street the television personality asked passersby “Do you know what gluten is?” The answers seemed to mystify everyone. No one seemed to know what gluten was, yet many claimed to practice a “gluten-free lifestyle.” What may appear to be a recent fad, going gluten-free was first popularised and brought into mainstream jargon by high profile celebrities such as the very lithe and blonde Hollywood startlet, Gwyneth Paltrow. Paltrow co-authored the cookbooks: *My Father’s Daughter: Delicious, Easy Recipes Celebrating Family & Togetherness* in 2011, followed by *It’s All Good* in 2013. Later Dr. William Davis garnered much support for his book *Wheat Belly* in which he rejects all conventionally grown wheat, instead favoring protein over any kind of grain for optimal health and fitness.

In layman’s terms gluten is a protein compound present in cereal grains, especially in wheat and is responsible for the elasticity in dough. A mixture of two proteins, gliadin and glutenin, found within commercially harvested wheat, gluten causes illness in people with celiac disease. Those with celiac disease can suffer severe damage to their intestines upon consumption of gluten. Those allergic to gluten can experience reactions ranging from allergies of the skin, to adverse effects on respiratory and gastrointestinal systems.

Next up we compile our list of favorite wheat alternatives, and some ideas on how to cook them too.



AMARANTH: THE AZTEC STAPLE

Why not give amaranth a chance? A staple of the Aztec diet, it has been consumed in Central America for thousands of years. Originally found in the Andes, it is now also grown in Mexico, Guatemala, Peru, India, China and Nepal. Rich in calcium, protein and fiber, amaranth also contains lysine that is a necessary building block for protein, and plays a major role in the absorption of calcium within the body, the building of muscle protein and recovery from surgery or sports injuries.

Amaranth has a nutty and delicious flavour and a grainy texture. As a breakfast cereal add 200g of amaranth to 500ml of boiling water and simmer for 35 minutes on low heat. Stir, remove from heat and let it stand. Top with almond milk, berries and nuts. Amaranth is a filling breakfast that will give you enough energy to last till mid-day without making you feel bloated.

TAPIOCA FLOUR: BAKE AND BUBBLE

Used in breads, and baked goods, tapioca is a starch extracted from cassava root. Tapioca is native to Northern Brazil, but is spread throughout the South American continent. The plant was carried by Portuguese and Spanish explorers to most of the West

Indies, and continents of Africa and Asia, including the Philippines and Taiwan, and is now cultivated worldwide.

Gluten-free breads found in the freezer section of supermarkets often make use of tapioca flour to add density and texture to bread, using it for its sticky properties as binding agent.

CHICKPEA: THE VERSATILE BEAN

All hail the chickpea!

The super versatile chickpea is a personal favourite. You thought you could only consume chickpea flour in *pakor*as, and *besan ki roti*, but viola, Canadian brands like Montreal-based, Cuisine Soleil, and the Mississauga-based Allergic Solutions offer delicious flours and mixes with which you can conjure up not only savoury, but sweet treats in minutes. These include pancake and waffle mixes in addition to high grade flours.

Chickpea flour contains a high proportion of carbohydrates, no gluten, and a higher proportion of protein than other flours. Made from ground chickpeas, when mixed with an equal proportion of water the flour paste can be used as an egg replacer in vegan cooking. In India pastes made with chickpea flour are also used as facial exfoliants.





READY TO GO

Toronto's Sweets from the Earth make gourmet gluten free chocolate chip cookie dough that can be warmed up and served in a jiffy. So get rid of that package of frozen samosas, and instead get ready to impress your guests with these chewy chocolatey concoctions. All you have to do is spoon thawed out dough on to on a baking sheet, pop it in the oven for eight to ten minutes, then sit back and relax. Maybe enjoy a re-run of *Dil Wale Dulhaniya Lay Jayengay* while enjoying sweet treats with your friends and family?

Facts on amaranth and tapioca from sources online. Photos by Sweets from the Earth, Allergic Solutions and Cuisine Soleil. Ingot of Chickpea Masala recipe courtesy of cuisinesoleil.com.

Ingot of Chickpea Masala for the experimentalist:

2 medium carrots, grated
2 celery stocks, minced
1 large onion, finely chopped
1 cup small broccoli florets
1 tbsp olive oil
1 tbsp garam masala powder
1 tsp curry powder
1 cup chickpea flour
2 cup water
1 tsp salt

For the Coconut-Mint Chutney

¼ cup shredded coconut, unsweetened
2 tbsp mint leaves, finely chopped
2 tbsp water
1 tbsp lime juice
1 tbsp maple syrup
½ tsp cumin powder
½ tsp freshly grated ginger
½ tsp salt
Pepper to taste

Directions

1. Place oil and vegetables in a skillet, and cook at medium heat adding garam masala and curry powder. Mix well and cook for 10 to 15 minutes, or until vegetables are tender.
2. Place chickpea flour in a separate skillet and gradually mix in water. simmer at a medium heat until the mixture thickens to a porridge like consistency. Remove from heat, add salt and vegetables and mix well.
3. Pour into a greased or parchment paper lined pan, and bake at 350 °F for about 1 hour.

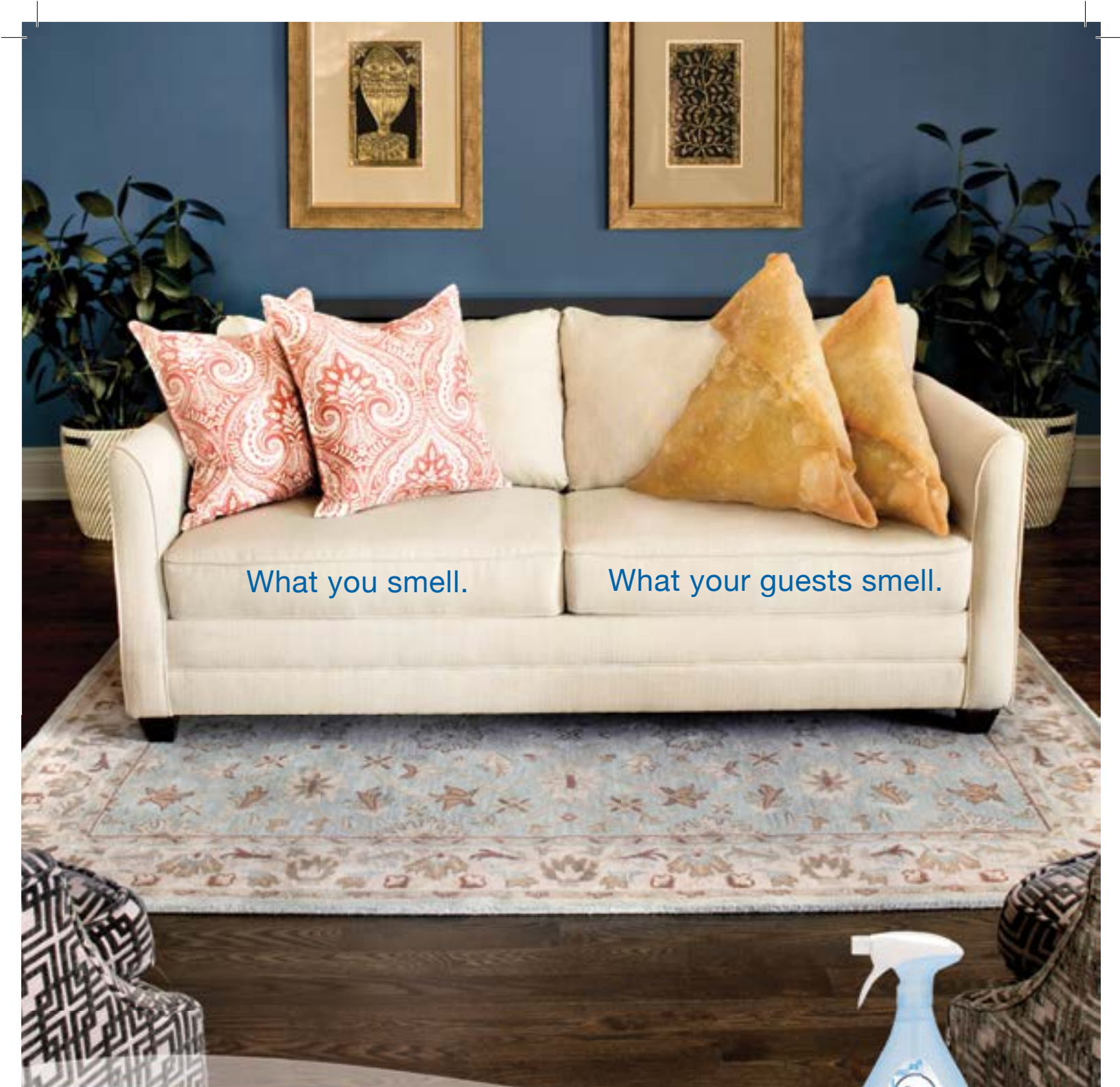
Scrumptious Pakoras for the traditionalist:

1 cup chickpea flour
1/2 teaspoon ground coriander
1 teaspoon salt
1/2 teaspoon ground turmeric
1/2 teaspoon chili powder
1/2 teaspoon garam masala
2 cloves garlic, crushed
3/4 cup water
1 quart oil for deep frying
1/2 head cauliflower florets
2 onions, sliced

Directions

1. Sift the chickpea flour into a medium bowl. Mix in the coriander, salt, turmeric, chili powder, garam masala and garlic.
2. Make a well in the center of the flower. Gradually pour the water into the well and mix to form a thick, smooth batter.
3. Over medium high heat in a large, heavy saucepan, heat the oil to 375 °F.
4. Coat the cauliflower and onions in the batter and fry them in small batches until golden brown, about 4 to 5 minutes. Drain on paper towels before serving.





What you smell.

What your guests smell.

Has your nose gone curryblind?

Febreze eliminates the smells of kal ka khana and leaves a light, fresh smell.



GET THAT LOOK



Sculpt the face with lowlights and highlights

Try: BECCA Lowlight/Highlight Perfecting Palette (\$51)

Tip: Using the lowlight cream, draw a “3” shape from the forehead to the hollows of the cheeks to the jawline, then dust the shimmering luminizer on the apples of the cheek and along the bridge of the nose.



Give your eyes a smoky boost

Try: NARS Soft Touch Shadow Pencil (\$29)

Tip: Smudge and feather along the lashes on the top and bottom lid, increasing thickness at the outer corner of the eye. Use an angle brush and black eye shadow to layer on top for added intensity.



MATTE BUT NOT FLAT

TV personality Aliya-Jasmine looks like the superstar she is rocking this shine free chiseled look with a crop top. We think it's the perfect makeup to wear with a glam outfit on an evening out.

Lift your cheekbones to supermodel heights

Try: Bobbi Brown Face Touch Up Stick (\$33)

Tip: Using a soft stippling technique, draw an upside-down triangle under each eye, then blend outwards using a buffer brush. Dab a small amount in the centre of the forehead, the bridge of the nose and on the chin and blend similarly.



Blanket the lips in a chocolatey hue

Try: Art Deco's Art Couture Lipstick in Cream Autumn Brown (\$22)

Tip: Use a lip brush for a crisp, even application.



Sweep away imperfections and shine with a mattifying base

Try: tarte Amazonian Clay 12-Hour Full Coverage Foundation SPF 15 (\$49)

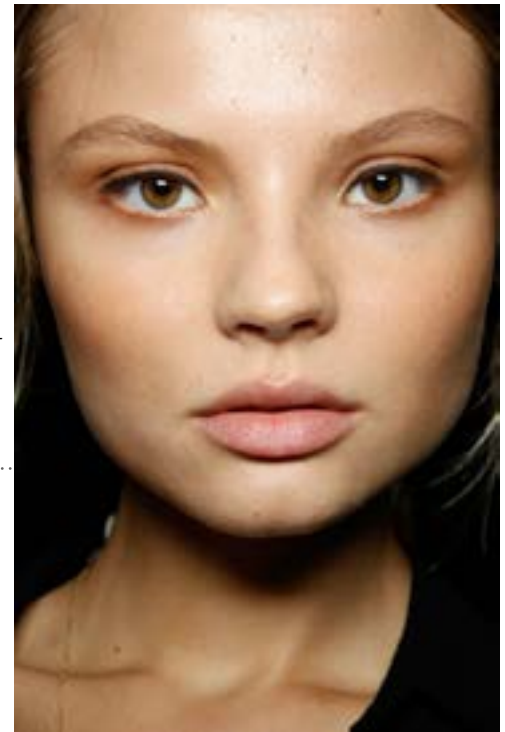
Tip: Using a foundation brush, start applying the product from the centre of the face and sweep outwards.



Coat your lips with a subtle gleam

Try: Clarins Instant light lip comfort oil in honey (\$23)

Tip: Wear it in the day for a naturally glistening pout, and overnight to benefit from the oil's nourishing properties.



Line your eyes with a budge-proof product

Try: Maybelline Ultra Liner® Waterproof Liquid Liner In Black (\$11.99)

Tip: Start at the inner corner of the eye and make small strokes all the way to the outer corner.



NO MAKE UP MAKEUP

A few dashes of lightweight products are all you need to achieve this perfect au naturel look inspired by models that recently walked a Carolina Herrera runway show.

Soak your complexion in dewy radiance

Try: Benefit Cosmetics High Beam (\$32)

Tip: Dab a tiny amount of product on the centre of the forehead, the cheekbones, near the tear duct, along the bridge of the nose and on the chin and blend outwards with fingers.



Swap your foundation for a CC cream for smooth and hydrated skin without the heavy feel

Try: Bobbi Brown Face Touch Up Stick (\$33)

Tip: Using a soft stippling technique, draw an upside-down triangle under each eye, then blend outwards using a buffer brush. Dab a small amount in the centre of the forehead, the bridge of the nose and on the chin and blend similarly.



Contour the cheeks with a light wash of bronze

Try: Perricone MD No Bronzer Bronzer (\$45)

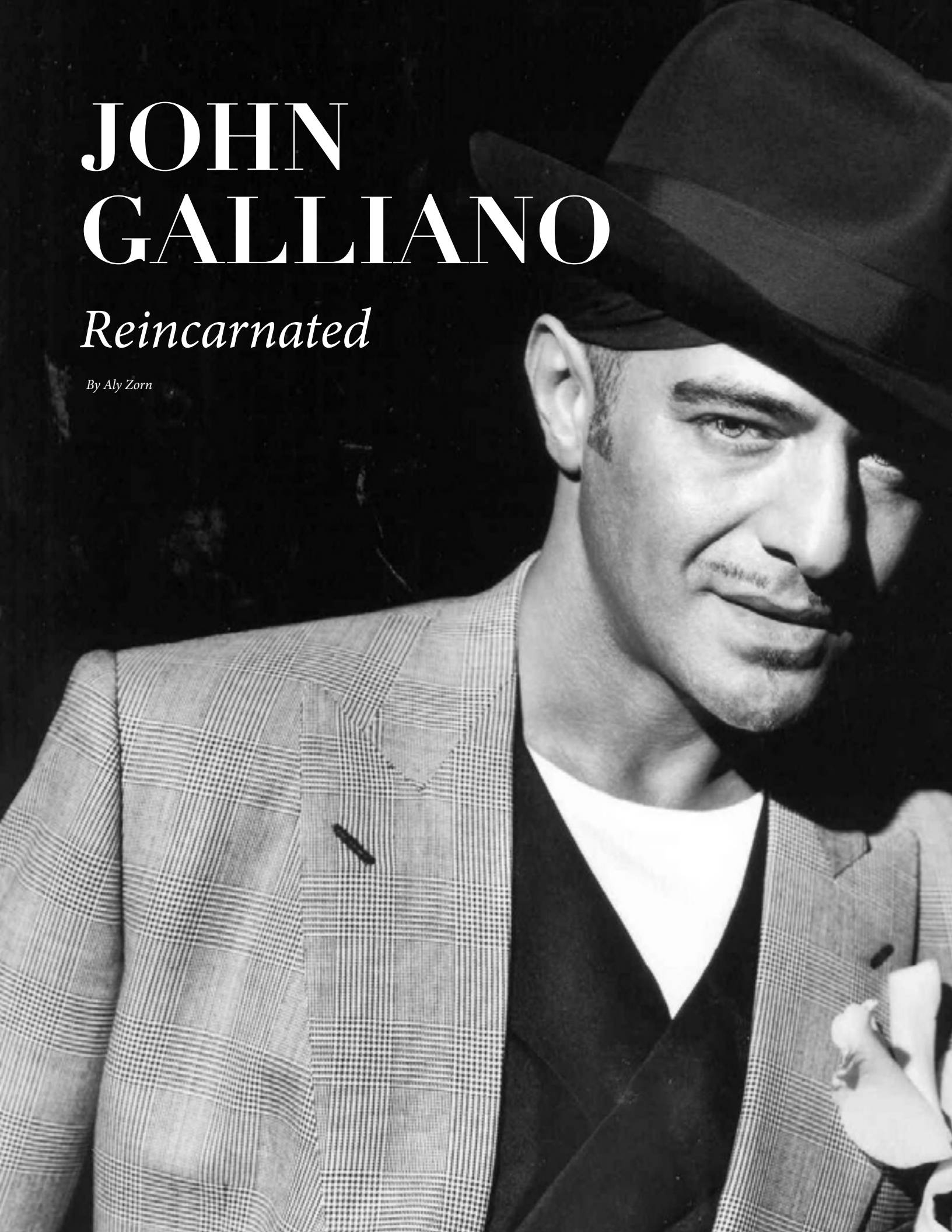
Tip: Rub one or two drops of product using the index and middle fingers, then gently pat into the hollows of the cheeks.



JOHN GALLIANO

Reincarnated

By Aly Zorn



● In 2011, John Galliano's anti-semitic rant went viral, previous to this incident Galliano had been a media darling, and celebrated as one of the most talented designers of the fashion world. In the wake of unsavoury comments, the designer saw his career collapse. He was fired from the position of Creative Director at Christian Dior, while his namesake fashion house, Galliano fell from grace. The downward spiral of addiction and self-destruction left many wondering if Galliano would forever be lost beyond repair. After much atonement, and having reached sobriety, it seems the designer has been given a second chance. Galliano and his wondrous imagination are back with a new zest for life.

Despite the shocking circumstances of years since 2011, no one can deny the magic Galliano imbues in his work. He possesses the rare ability to give new life to seemingly overlooked items. The marriage of luxury with the discarded brought about a romance of the two-fold life we live in, where negative and positive come together to create something wonderful.

Since his very first collection, the French Revolutionary themed "Les Incroyables," Galliano has painted an endearing world of fantasy. This feature, along with the designer's continued commitment to making amends for past grievances were reasons the fashion community began to forgive him.

Galliano was reportedly mentoring students at Central Saint Martins, the prestigious design school he graduated from, when the tide began to turn for the better. Designer Oscar de la Renta changed Galliano's seemingly plateaued career, giving him a one-season design residency in Fall 2013. The collection was beyond well received, it was praised as brilliant and stimulating – a beautiful conversation between Galliano and Oscar de la Renta. The return to the realm of the fairy tale did not go unnoticed, but where would Galliano head to at the end of the residency?

In Fall 2014 rumours began to swirl that Galliano would replace Mattieu Blazy as Creative

Director of Maison Martin Margiela, owned by Only the Brave Group (OTB). Whispers were soon substantiated as Renzo Ross, president of OTB, confirmed that Galliano would be back, creating the fashion dream that only he can create. Blazy himself is known to be an alchemist of reconstructed garments, infusing articles with vintage bits, and so Galliano with his sense of ingenious upcycling seemed to be a natural fit for Margiela.

On the final day of Men's Fashion Week London, 2015, the atmosphere was electric as Galliano debuted his highly anticipated womenswear collection, "Artisanal." With the collection it is clear Galliano still has a theatrical vision, but this time his creations take on an animalistic appeal—as if a dark fairy tale has come to life.

Dismantled jackets with asymmetrical lines were paired with two-toned tights and denim shorts, and reworked pieces of odd cloth were used to create dresses showcasing three-dimensional embroidery. It had much of the remake-and-mend idea of Margiela, however the collection also maintained an air of elegance. Simple floor length dresses in red with cut-aways revealed the curves of models' backs while black trouser suits were streamlined.



The finale of the collection was a breath-taking, re-worked master piece, upholding both the essence of Galliano and Maison Martin Margiela. The scarlet red dress was set with a jewel encrusted bodice and a gilded skull shaped mask was accompanied by a three-spiked gold crown placed on top of the model's head.

In true Galliano fashion, the collection was a reincarnation of the mundane and the misplaced. Objects that had fallen from grace were born anew into something strangely magnificent, just like the man himself. Galliano is back and it seems he is here to stay.



LIMITS TO FREE SPEECH

Consequences of Free Speech

By SHE Staff

From online blogs, to newsprint, to the holding of vigils and protests on hundreds of streets worldwide, the last couple of months have seen much heated debate on what constitutes “free speech.” Triggered by the horrific attack of January 7, 2015 at the publication, Charlie Hebdo in Paris, many satirists, cartoonists and newsmakers strongly voiced their opinions on the right to free expression.

In this day and age, freedom of speech is not simply a topic for philosophical debate but it may very well come down to the difference between life and death, and in some cases, between freedom and imprisonment.

In Toronto, Canada, publisher John Cruikshank of the Toronto Star chose not to reprint blasphemous cartoons of the prophet Muhammad (originally printed in Charlie Hebdo), stating “there are important reasons of principle not to do it. Just as we would not publish racist or pornographic images, we will exercise our judgment not to print the cartoons. We will not print them because we have too much respect for fellow Canadians of Muslim background. We will not send a message that their way of being Canadian is less acceptable or less valuable than that of any other citizen.

We will not do it because it is not the Canadian thing to do.” Cruikshank’s statement upholds the view that there may in fact be, and should be limits to freedom of speech when one is inhabitant of a diverse and multicul-

tural environment, living within a highly globalised, and interdependent world.

While debates around Charlie Hebdo consider issues of respect and religiosity, SHE Canada looks at exemplars of free speech from the Arab world, attempts at the suppression of free speech in the Middle East, and the often dire consequences for those who dare to speak against the regime in various parts of the Arab world.

Earlier this year, prominent Bahraini activist and president of the Bahrain Center for Human Rights, Nabeel Rajab was sentenced to six months in jail. His crime? Posting a tweet considered insulting to the Kingdom’s ministries of Interior and Defense. Such actions are clearly an example of a government attempting control over any and all of its citizens, thus allowing for no room for discussion or disagreement with the state and its official policies.

Another Bahraini, the courageous, Maryam Al Khawaja, co-director of the Gulf Center for Human Rights has often been termed “the accidental activist.” Al Khawaja comes from a family of activists, and in Fall 2014 she was sentenced to one year in prison in absentia. Although Al Khawaja lives outside of Bahrain at the moment, the brave activist is unable to return home to visit her family.

The real reason for the travel ban placed upon her as many suspect is for “exposing human rights violations taking place in Bahrain since 2011.” In December 2014, Al Khawaja told

Amnesty International she is determined to continue exposing abuses in the Gulf state despite having been sentenced for speaking out loud.

In Saudi Arabia, activist, blogger and father of three, Raif Badawi was sentenced to 1,000 lashes, ten years in prison and a fine in 2014 for electronically expressing views that were deemed inimical to Islam. To the horror of the rest of the world the first of the lashes were administered in January 2015, and continue to date.

What are to make of such infringements upon human rights as detailed above? How are we to understand freedom of expression in the case of the Arab activists? Are the rules different for different sets of peoples...is it always the oppressed one who is also made to bear the brunt of institutional violence?

Why is it that American governmental bodies and lawmakers who do have the power to effect change worldwide do nothing but watch when injustices of human rights are carried out in the Saudi or Middle Eastern contexts? It only leads one to believe that as ally to the oil rich nations, perhaps the U.S. does have a vested interest in overlooking numerous transgressions of the sort outlined above, taking place all over the Arab world.

Let us know your thoughts on the subject by tweeting to us @SHECanada. To read further commentary on pertinent social issues of the day visit us at: <http://shemagazine.ca/blog>



Nabeel Rajab poster



Maryam Al Khawaja

BEAUTY REVIEW



ESSIE
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\$7.95

ANNABELLE ZEBRA
Bronzing Pressed Powder Biggy
Powder – Dark Gold

A large-sized powder at an affordable cost! This refreshing compact is perfect for lazy summer days when you want a sun-kissed look.

As a bonus, Annabelle's shimmery powder is formulated without parabens, perfume or gluten, and is also hypoallergenic.



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TRIND
Nail Balsam

After long winter months in gloves it's time to get your hands out and to let them shine! Apply a coat of this hydrating balsam daily, and you'll be nail showcase ready.

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MAYBELLINE
FIT ME Matte + Poreless

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OLAY
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MAYBELLINE
NEW YORK
Colour Elixir 505 Blushing Petal

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MAYBELLINE
Brow Drama Sculpting Brow

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\$11.99



BEAUTY TO DO'S ON THE GO

With Dermalogica Canada's Holly Sherrard

By Zarmina Rafi



What kind of a beauty routine do you recommend for long haul flights? What should one use prior to getting on a flight, and what are must to do's after getting off the plane?

Layer, layer, layer. Humidity levels drop during flights so it's important to maintain hydration in the skin. Start with a hydrating toner, add in a hydrating serum then use a customised moisturiser for the skin condition.

Don't forget to use SPF since UV rays penetrate through windows. Keep a hydrating spritz toner in your carry on to refresh and renew your skin throughout the flight. Once you check into your hotel, cleanse your skin with a gentle cleanser then use a hydrating masque.

What is the best type of moisturiser to bring on the plane?

The best type of moisturiser to bring on a flight would be rich in hydrating ingredients such as hyaluronic acid, panthenol and silk amino acids and also antioxidants like Vitamin E and C to neutralize and free radicals in the skin.

What are some products you recommend for a quick perk up upon landing at the airport?

For a quick perk up use a gentle cleanser that can be removed with tissue, a leave on exfoliant with hydrating and soothing ingredients, a firming mist then a tinted moisturizer.

What products do you personally like to carry when traveling?

Lip protection, hydrating and calming toner, and a nourishing moisturiser.

Should travel beauty routines be different for someone in their 20s as compared to someone in their 40s?

No matter what the age, a person should have a customised skin care routine that has been designed for their skin condition. A person in their 20's can have wrinkles and a person in their 40s may have acne breakouts – those two people require very different skin care routines.

What should we be careful of going from extreme winter weather (e.g. Canada) to a sunny location (e.g. Caribbean), where our body is possibly shocked at the sudden change in temperature?



Some people think that getting a base tan will reduce the chances of getting a sunburn, but no matter how dark or light the skin, a burn can happen from UV rays. Make sure to use SPF of at least 20 and reapply every 2 hours. Also be aware that with increased humidity and heat, breakouts may appear. Pack a lighter moisturiser and if you are prone to breakouts, bring a breakout controlling product with you while travelling to warmer weather.

When moving from one climate zone to a different one in a span of a few hours, what are some tricks to make sure lips aren't dry/damaged, and eyes are not dehydrated?

Layer, layer, layer. Start with a hydrating toner, add in a hydrating serum then use a customized moisturiser for the skin condition. For added protection use a balm rich in shea butter, oats and bisabolol to enhance the skin's barrier.

Are there products specific to South Asian skin that you recommend, for example what type of sunscreen would you recommend for darker skin?

Asian skin may pigment easier (or end up with hyperpigmentation = dark spot) so make sure to use an SPF and stay out of the sun if you are concerned with hyperpigmentation. Older sun care formulations with physical sun protection ingredients like Titanium Dioxide and Zinc Oxide leave a white hue on the



skin that can make a dark skin look grey. For sheer coverage, look for micronized oxides or opt for chemical sunscreens which do not have a white color.

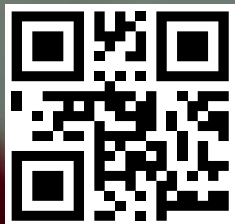
Other refreshing products that you can recommend for a quick perk up upon reaching one's destination?

A big glass of water to rehydrate and a spritz of hydrating toner. Hydrate from the inside and out.

Do you take, or recommend vitamins to go along with one's beauty routine?

For optimal skin health it is recommended to first of all, take care of the skin with a customised skin care routine. Secondly, eat a balanced diet according to Canada's Food Guide and avoid processed foods. If you have a limited palate, add in vitamins which will help round out the internal health of the body. When the inner body is healthy, it is much easier to have healthy skin.





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Quote/Unquote TRAVEL



"People don't take trips... trips take people."

John Steinbeck



"Not all those who wander are lost"

J. R. R. TOLKEIN



"I see my path, but I don't know where it leads. Not knowing where im going is what inspires me to travel it."

ROSALIA DE CASTRO



"It's good to have an end to journey toward, but it is the journey that matters in the end."

URSULA K. LE GUIN



"The world is a book and those who do not travel, read only one page."

ST. AUGUSTINE



"The real voyage of discovery, consists not in seeking new landscapes, but in having new eyes."

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