

SHE CANADA

Honeymoon
Destinations

Jacqueline Fernandez

Makings of a
Bond Girl

SHEPRENEUR:
Caroline Néron

Le Château
Bridal Wear



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Much to be thankful for

As we finalize this issue, one that celebrates weddings, new beginnings, and Thanksgiving, the news from south of the border has been getting wilder by the day. What we saw in Charlottesville was symbolic of how racism has found a new champion in the US, one that now occupies the highest office in the land and goes about unabashedly with his beliefs.

The silver lining to all this has been the people. For far too long we have ignored the spectre of racism and discrimination of all kinds, masking its ugliness with a careful selection of words. However once white supremacists came out sans their defining white hoods, brandishing their myopic and disturbingly violent views on what they think makes the US, it gave everyone a chance to throw aside all caution and political correctness to call out the racists amongst us.

In Canada it has given us the opportunity to restart the conversation around race. #BICOP is trending on twitter, even Conservative leader Andrew Scheer has distanced himself from Rebel Media after Charlottesville. The generosity of Canada and its people in always leading the way to offer a better future to people has never been as apparent as it is now.

In the Middle East we have two reasons to be thankful for, as Iraq declares victory over Daesh, capturing Mosul back from the brigade. The civil war in Syria also appears to be nearing its end, thanks to Russia, Iran and Lebanon. As we settle into the comforts for our feasts, it would be good to take a moment and think of the people who have been uprooted due to all this unrest, and pray that they find peace in their homelands soon.

Our Oct/Nov issue traditionally has a wedding theme because while it may not be the season of "I Dos" it is the time when wedding planning starts in all earnest. Our bridal shoot featuring Le Château, Alex & Ani and Call it Spring celebrates the modern bride, the looks are easy to achieve and take away one stress from the list.

We have much to be thankful for living in Canada, so let's take a moment to appreciate what we have.



EDITOR
S.M. Kamran Zaidi

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



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SHE Asked:

“Based on all the unrest across the border what are you most grateful for living in Canada?”



PRIYA KUMAR
Executive Editor

📷 priyak

I'm most grateful for the friendly reaction I get living in London, England for being Canadian and not American.



AAISHA ZAFAR ISLAM
Deputy Editor

📷 aaishazi

Acceptance.



RAFA SIDAT
Features Contributor

📷 roughfah

I am most grateful for the multiculturalism in Canada. If it wasn't for the diversity, I would have never learned about so many different cultures and their history.



SIDRA SHEIKH
Associate Editor

📷 sidra_s91

I am most grateful for our prime minister, Justin Trudeau. I believe it is because of his accepting nature and emphasis on diversity that Canada and Canadians are becoming more accepting. He is leading the way to equality.

What are you most grateful for? Tweet to us @SHECanada

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after 2 weeks use

SHE *TRENDS*

Metallics have been around for quite some time but the forecast for FW17 took us straight into the space age. Karl Lagerfeld ended his Fall 2017 Chanel show at the Grand Palais with a mock rocket launch. Paco Rabanne, Loewe, Maison Margiela and Saint Laurent have all taken fall fashion into outer space sending models down their shows in a mix of boxy, 60s inspired silhouettes as well as slinky cuts that will do us good for the party season ahead. For those who don't want to go all out, a safer bet is to invest in accessories. Meanwhile we will favour the astronaut-approved approach to our fall fashion picks.



ROKSANDA
Ruffled hammered
silk-satin midi skirt
\$945



METALLICS REIMAGINED



Topshop
MOTO Vinyl Jamie Jeans
\$46



Gap
Coldcontrol Lite Metallic
PufferJacket
\$117.99

THE CASE FACTORY
Metallic textured-leather iPhone 7
Plus case \$120



DORATEYMUR
Petrol metallic leather and
velvet slippers
\$435



TOPSHOP
Metallic Slim Fit Blazer
\$140



ZARA
Metallic Backpack
\$79.90



MONCLER
Lirio shearling-trimmed metallic
coated cotton down coat
\$3,390



BALENCIAGA
Metallic silk-blend jacquard scarf
\$255



RICK OWENS
Draped cotton-blend lamé top
\$860



MICHAEL KORS COLLECTION
Crushed silk-blend lamé blouse
\$1,295



COMMON PROJECTS
Original Achilles metallic
leather sneakers
\$410

SHE *TRENDS*

*Perfectly
Plaided*

When has there ever been a fall trends roundup without the mention of plaid. Just when we thought we'd see fashion foray into something other than boxy patterns come the cooler months, we learn that plaid is the new neutral. (But stay clear of that "borrowed from the boys" route.) Plaid, tartans, checks, even gingham are the fashion set's 2017 darling. Well in that case...



ÉTOILE ISABEL MARANT
Noora ruffled plaid stretch-cotton skirt
\$265



DIANE VON FURSTENBERG
Circle gingham leather pouch
\$150



Indigo Chapters
Z-Twill Ivory Plaid Scarf
\$39.50

NO. 21
Knotted plaid canvas slides
\$545



Banana Republic
Plaid Tiered Sheath Dress
\$160



MAJE
Cropped checked stretch-felt slim-leg pants
\$295



Simons
Scottish plaid tights
\$25



Swatch
Unisex Pavimento
\$90



TOPSHOP UNIQUE
Plaid bouclé-tweed trench coat
\$800



SHE *TRENDS*

REIGN OF THE **RE**

ASOS Longline
Boyfriend Coat
\$145



NINE WEST Great Love Red
Booties
\$69.98

There was one memo that every major design house must have gotten for FW17/18; red is the colour of the season. And not just in passing. The message is loud and clear, bright, bold, unapologetic red, head to toe. From monochromatic looks at Jill Sander, Tod's, Dolce & Gabbana, Givenchy, Armani and Fendi, there was no respite from the disruptive hue. You will be seeing a lot of red this fall, from outerwear to footwear, while running errands, or taking charge at corporate meetings. This is PowerRed á la women.

ED



Banana Republic
Classic Leather Moto Jacket
\$610



MICHAEL KORS
Hayden chain-embellished
georgette midi dress **\$175**



ZARA High Waist Ripped
Jeggings **\$45.90**



MARC ELLIS
Thigh Length Boots
\$591



ZARA Backpack With
Grommets Detail
\$35.90

STEAL THEIR



Converse All Star
Ox - \$65



KAREENA KAPOOR



Esthera Destroyed Ankle Skinny
Jeans - **Guess** - \$59.99



Prada PR 080S
Sunglasses \$390



Ralph Lauren
Newbury Double-Zip
Satchel \$395



H&M
Sweatshirt \$24.99

No matter what she's wearing, Kareena Kapoor always makes a fashion statement. She can be in a glamorous saree or in a pair of sweatpants and still look like she's dressed to the nines. As expected with anything she wears, Kareena took this casual classic 90s look and transformed it to look so effortless. The individual pieces she's worn here include ripped jeans, a graphic crewneck sweater, converses and accessorising with overly sized sunglasses and handbag scream casual. However, the way she has combined all the pieces and her demeanor scream fabulous!



Emporio Armani
Underwear Stretch V Neck
T Shirt **\$34**

Oakley OO9102 Holbrook Sunglasses
Lenscrafters **\$180**



TAG HEUER Chronograph
TAG Heuer Formula 1 Steel
Bracelet Watch **\$2,500**



Fulton Skinny Rapid
Movement Chino **\$124**



SAIF ALI KHAN

It seems the Khan couple hold true the same values when it comes to fashion. Like his wife, it seems Saif Ali Khan can make anything look trendy. Saif tends to play around with several different styles and while some may be a bit more bizarre than others, they all seem to work for him including dressing down in basic items. Even just wearing a basic black V-neck tee paired with a pair of blue chino-type dress pants and accessorizing with a watch and sunglasses he manages to look very trendsetting.



Oakley OO9008 Flak Jacket
Sunglasses Lenscrafters **\$190**

Beyond the Board

THANKSGIVING

By Sidra Sheikh



der:

It's about time for the truth to come out. We all already know that Canada and the United States have a lot in common despite the constant "friendly competition" between the two countries, but there is something around this time of year which reminds many or at least me that we are in fact two different countries with two different histories. If you haven't guessed it, by 'this time of year' I'm referring to Thanksgiving. For those who are unaware, Canada and the U.S. celebrate Thanksgiving not only on completely different dates, but in completely different months.

Canadians celebrate Thanksgiving on the second Monday of October and Americans celebrate Thanksgiving on the fourth Thursday of November. Now that we have established the when, let's take a look at the why. After all we celebrate almost every other holiday on the same dates. The first instance of what is now known as Thanksgiving was celebrated in Canada in 1578 by a British explorer, Martin Frobisher in Newfoundland. He held the feast to give thanks for his and his crew's safe arrival in Newfoundland. Following that celebration, Thanksgiving in Canada was celebrated on several dates and months for various reasons throughout the years usually in the form of a feast as a way to give thanks.

One celebration which is of significance took place in November of 1606 when Samuel de Champlain founded a series of feasts in Nova Scotia to celebrate the return of Jean de Biencourt de Poutrincourt from an expedition. Finally, in 1957, Parliament declared Thanksgiving to officially be on the second Monday in October each year.

On the other hand, despite popular belief that Thanksgiving in the United States was adapted in 1621 when the native Wampanoag tribe invited the Pilgrims from England to a harvest feast in honour of a successful growing season, forms of Thanksgiving had been present many years before. One of those instances includes the feast held in Newfoundland which marks the first instance of Thanksgiving not only in Canada, but in North America. Like the history of Thanksgiving in Canada, the U.S. also saw a scatter of dates on which Thanksgiving was celebrated both before and after the assumed beginning of the holiday. Finally, in 1941, a Congressional Joint Resolution officially set the fourth Thursday of November as the official day of Thanksgiving in the U.S.

Based on the history of the holiday in both countries it becomes quite clear that while the countries are celebrating the same holiday based on similar reasoning, the dates varied in history and so it only makes sense that they vary going forward. Also, the date is the only thing that really varies regarding the holiday. The ways in which it is celebrated and the traditions surrounding the day are quite similar. Staying true to the reason the holiday was adapted in both countries, it is celebrated with a big feast involving an abundance of food that is shared along with giving thanks for the blessings in life. Some of the traditions or commonalities that lie between both countries include the food and activities including the popular post-Thanksgiving tradition of Black Friday shopping.



Activities

The main activity on Thanksgiving Day is to give thanks and share dinner with people, but there are other things that have become tradition on the holiday for the majority that celebrate it. Some of these activities include watching the Thanksgiving Day parades in person or on the television, watching football or playing football on the day, specially in the US.

There are also special activities families carry forward each year to celebrate the holiday. One tradition among them that stands out is going around the table at dinner and having everyone speak about what they are thankful for that year.

Food

The food and amount of food on Thanksgiving Day is quite similar among all those who celebrate it. The table is filled with a variety of dishes including a few classic ones including Turkey with stuffing, gravy, cranberry sauce, mashed potatoes, brussel sprouts, spinach among other vegetables all topped off with pumpkin pie! These are just some of the options that seem to be common among many people's Thanksgiving dinner, however there is no set menu for Thanksgiving. It is merely a day to share a feast with people and be thankful.

BLACK FRIDAY

For shopoholics the long weekend of Thanksgiving is synonymous with seasonal sales. With Thanksgiving weekend comes Black Friday, the day after Thanksgiving. It has become tradition for retailers to hold massive sales on that day and many look forward to getting all their major shopping done. It is unclear as to where the idea of Black Friday spurred from, but many countries have adapted the concept and we don't mind the sales of this season that now continue well beyond the weekend, neatly morphing into a Cyber Monday!





PAKISTAN FASHION WEEK 11 LONDON

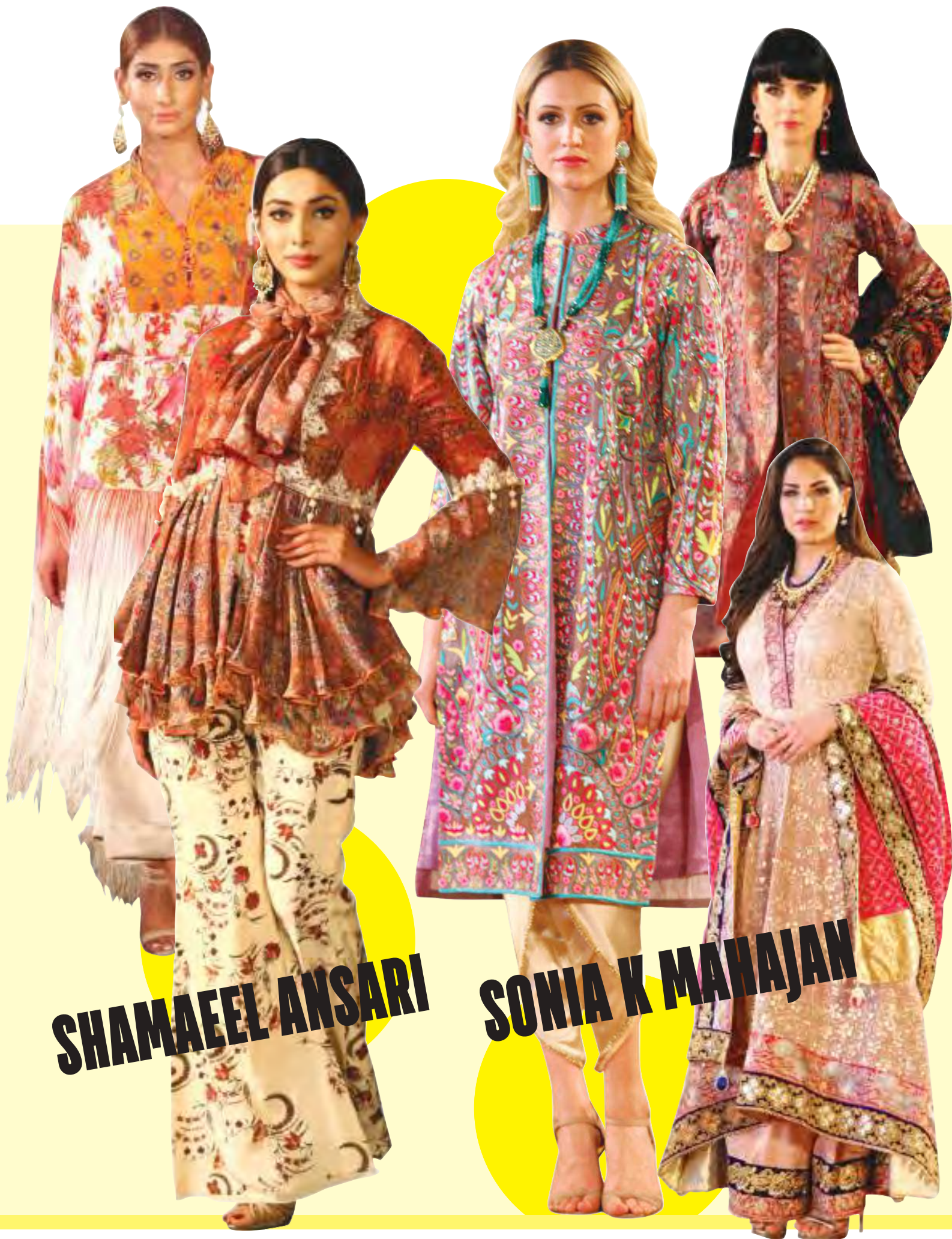
Emerging and established local and international designers showcased their collections at the eleventh installment of PFW London.



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PHOTOGRAPHY: ZIA ZUBERI @ ZUBEREES | HEAD STYLIST: NABILA | HAIR AND MAKE-UP SUPPORTED BY SAIMA KIRAN



UMAR SAYEED

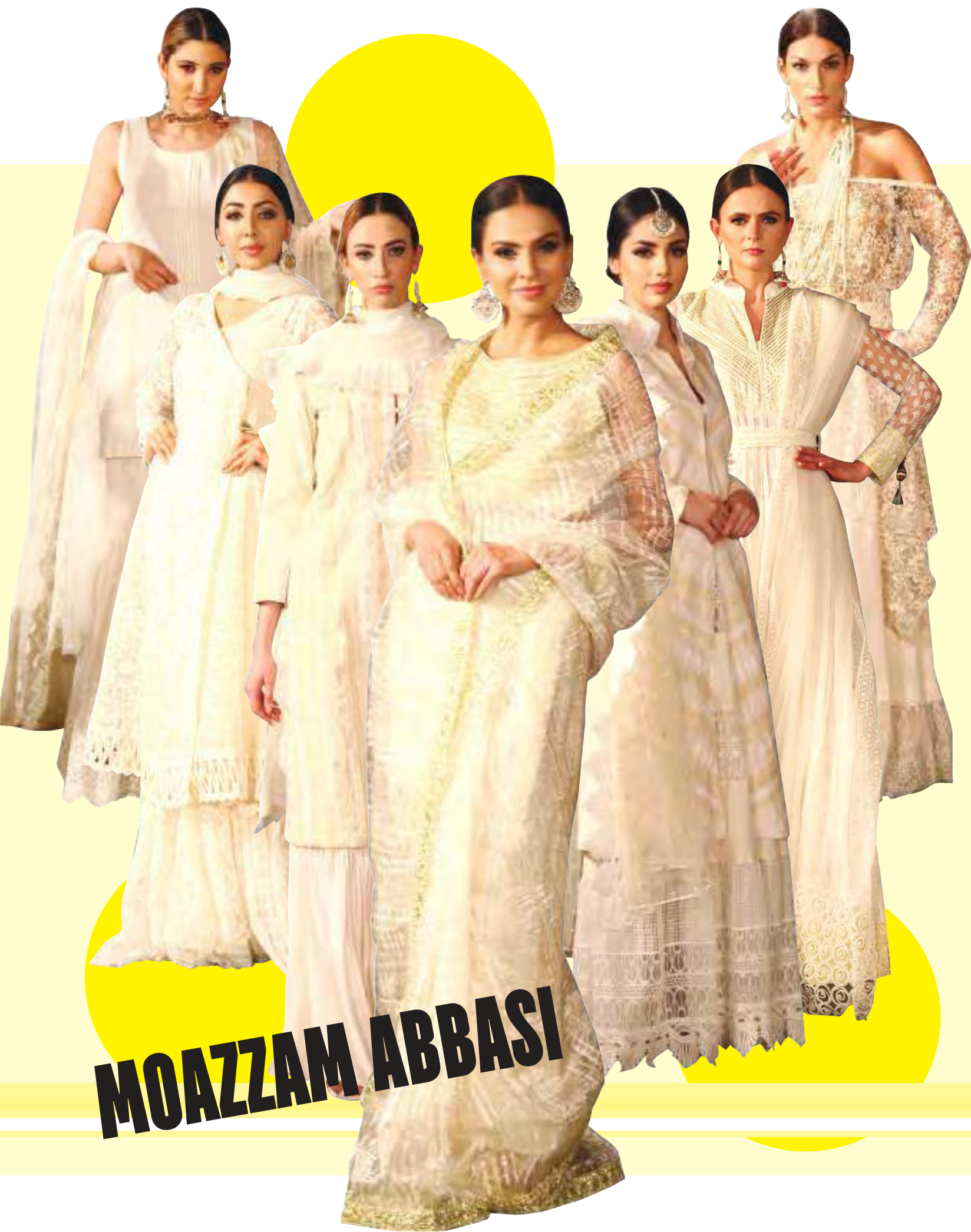


SHAMAEEL ANSARI

SONIA K MAHAJAN



CHEENA CHHAPRA



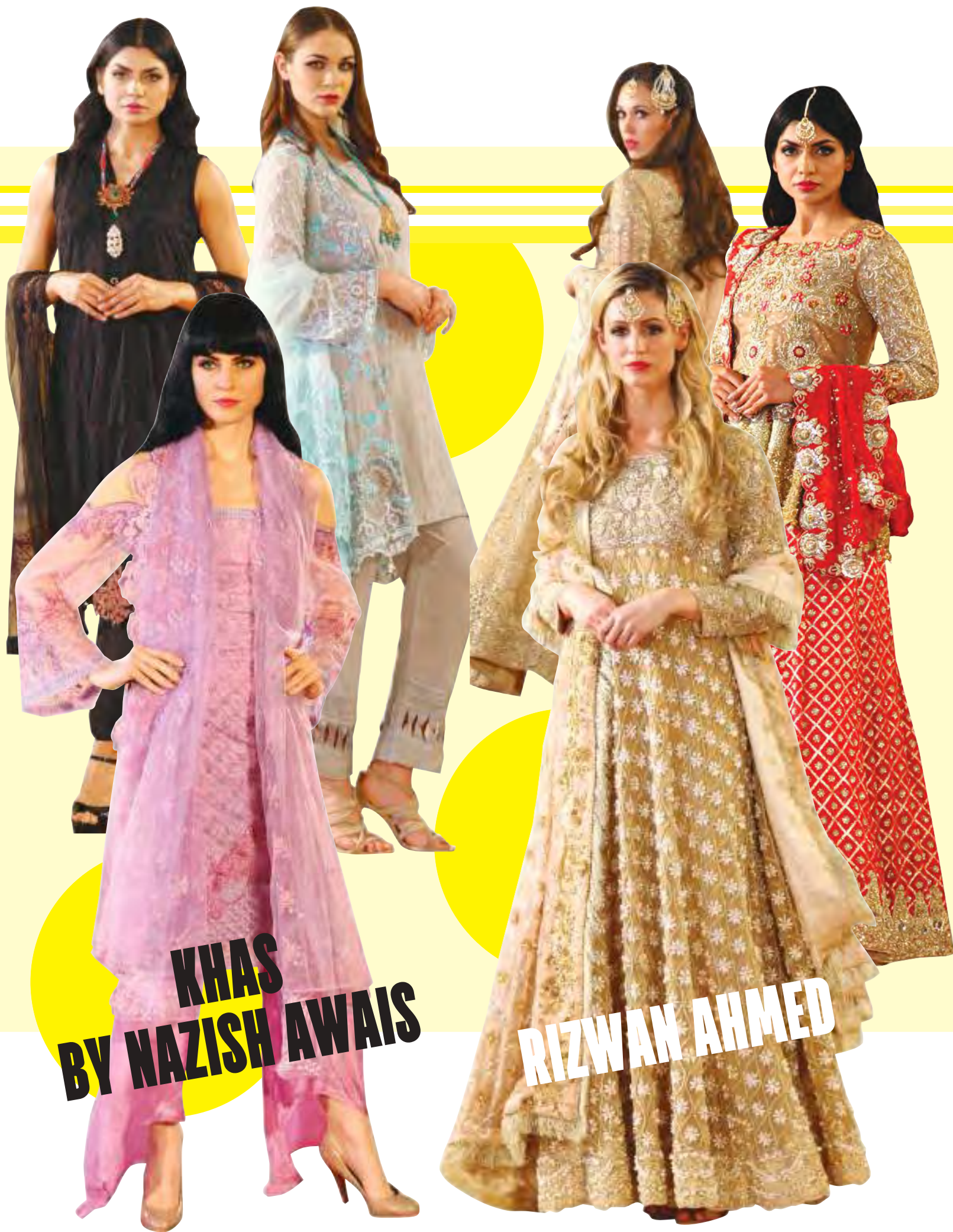
MOAZZAM ABBASI



NIHAAN COLLECTION



**MIRAAL
BY SYED QAZZAFI**



**KHAS
BY NAZISH AWAIS**

RIZWAN AHMED





Makings of Bond^a Girl

Jacqueline Fernandez

By Aaisha Zafar Islam

Jacqueline Fernandez wants to learn Urdu, do more action films and star as the next Bond Girl. The only common denominator of these ambitions is the starlet herself. A global citizen in the truest sense of the word, she is exotic in a way that only those with multiethnic blood can be. She's from Sri Lanka, draws on Sri Lankan and Malaysian heritage with a bit of Canada thrown in the mix to kick things up a notch. If there were a genetic lottery for looks alone, she has won it. However that is not what sets her apart from the scores of beautiful faces who come to Bollywood to carve a name for themselves. When she first burst onto the Bollywood scene with an entirely forgettable role in the 2009 Indian remake *Aladin*, critics were quick to pan her performance and she was labeled little more than eye candy.

She has a string of movies to her credit, starring as a beautiful foil to testosterone driven action movies where action sequences and stunts surpass all actors. Despite little room offered to lead actresses in action movies, she has succeeded in not only getting noticed, but remains memorable with her dance moves in catchy song numbers like *Chittiyan Kalaaiyyan* in *Roy* and *Lat Lag Gayi* in *Race 2*. You can not ignore her presence on the big screen.

Photos Courtesy of Rohan Shrestha

If you too think that she is just another beautiful face who has come to the world's largest movie industry to try her luck, you wouldn't be wrong. And yet you would be, because the fact is that before she was the femme fatale in successful action/thriller franchises like *Murder* and *Race*, she was a television reporter in Sri Lanka. She is fluent in Sinhalese and English, speaks Hindi in addition to being passably fluent in Spanish, Arabic and French. Global citizen.

On screen glamour is also not new to her; she was brought up in the tiny island nation Bahrain in the Persian Gulf where she hosted television shows as a teenager. In 2006 she was selected Miss Sri Lanka and went on to represent her country at the Miss Universe beauty pageant later. She has a degree in mass communication from the University of Sydney in Australia.

When SHE is connected with Jacqueline and her co-star Siddharth Malhotra via a videoconference, as part of their promotions for their soon to be released movie, *A Gentleman*, her down to earth demeanour, is a refreshing surprise, a far cry from the roles she essays on the big screen. She is actually good at this numerous interviews and even an attendance in *Koffee with Karan* in what is said to be one of the most uninhibited seasons of the show since its first airing in 2004 — all show her poise and grace. When Karan Johar tried to coax a controversial remark out of her to get more news bites for his show, she showed admirable skill in deftly steering the conversation towards safer grounds. She is not from the industry, a fact that her co-star

Malhotra remarked on during the interview. "I am from outside of town, but she is from another country!" he says.

Perhaps it is her position as an outsider in an industry that has been in the news recently for being notoriously guarded in advancing a select few well-connected names that makes her manage her image so carefully. Or it could

be her roots; Sri Lankans are known as one of the nicest people on the planet, and in Jacqueline they have the perfect cultural ambassador.

In India, where she is now based, she is slowly and steadily making a name for herself. After the box office debacle that was *Aladin* though she did win the year's IIFA for Best Female Star Debut of the year — she found her first commercial success with *Murder 2*, a thriller starring Emraan Hashmi. There wasn't much to her role, but in her subsequent cinematic outing in *Housefull 2* she was able to stand out amongst the ensemble cast, earning a nomination as the Best Supporting Actress at the 14th IIFA Awards.

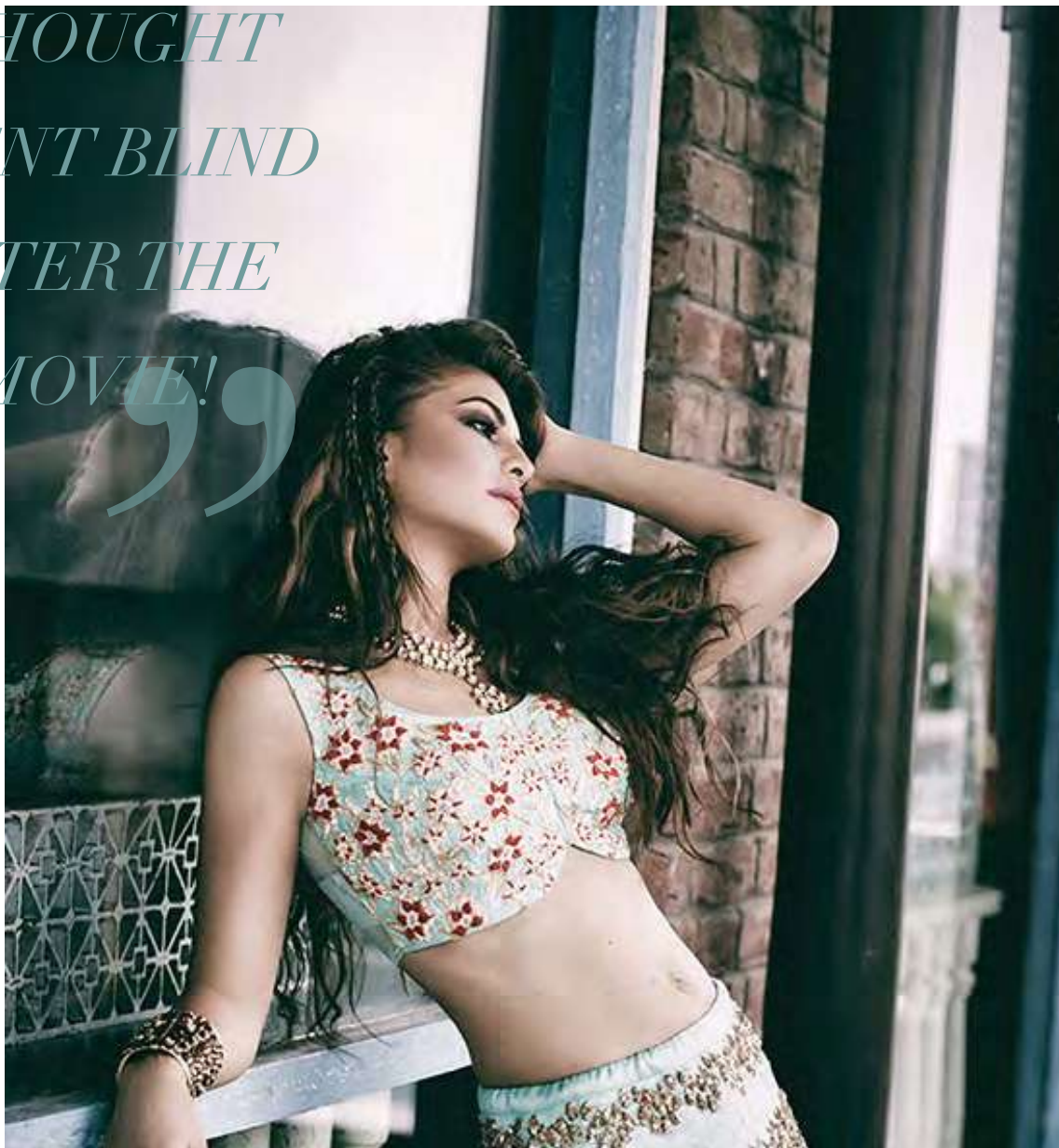
It wasn't until 2015 when she shared screen space with Akshay Kumar and Sidharth Malhotra in *Brothers* that she was noticed for her acting skills. As Jenny, a streetfighter's wife and a mother, she recalls the roles as one that was extremely intense and somber. "I had Listerine in my eyes the whole time. I thought I went blind after the movie!" she quips.

*“IF ANYONE
KNOWS
DANIEL
CRAIG,
LET ME
KNOW!”*





“
I THOUGHT
I WENT BLIND
AFTER THE
MOVIE!”



Though one of her finest acting roles, *Brothers* wasn't what made her a bankable star in the industry. It was only after she was paired with box office heavyweight Salman Khan in *Kick* that landed her in the coveted actresses' category. *Kick* went to become one of India's highest grossing movies of all times and it made critics sit up and notice her performance as Shaina, the psychiatrist girlfriend to Salman Khan's conniving character Devi Lal Singh. Khan was nothing but praise for his co-star, calling Jacqueline 'lovely' in one interview after the other as they promoted their movie three years ago. The pair is reportedly getting ready to set the screen ablaze once more as Salman Khan is roped in to lead the cast of characters in *Race 3*.

If you look at her filmography, you'd wonder, as we do too, of Jacqueline's insistence on playing 'safe' characters. She's carved a niche for herself as a love interest in action movies, while making occasional forays into performance based roles but action is where her heart is. She's admitted that she has always been athletic, for *A Gentleman* she trained and did her own stunts. In fact, she has often lamented the lack of action roles for women in Bollywood. So it comes as little surprise that she hopes to be cast as a Bond Girl. "If anyone knows Daniel Craig, let me know," she jokes in our interview. Jokes aside, we think that she would make the perfect Hollywood femme fatale, she's got a resume to rival that of any other Bond girl, and definitely looks the part.

Le Château Bridal Wear...

All eyes are on her as she walks down the aisle and dreams of her future. A life of eternal bliss, memories to make, joys and sorrows to share, laughter and tears making appearances in her everafter. But today, nothing will take away from who she is, this is her day, her moment. She stars in her own fairytale.





Photographers: Christian Castillo & Anika Rahman

Makeup and Hair: Caitlin Samuels

*Models: Alexandrine Adams, Alia Nippak,
Lupita Loban*

All talent by MAX Agency

Dresses: Le Chateau

Shoes: Call It Spring

Jewellery: Alex & Ani

Coordination & Styling: Deidra Barton













By Aaisha Zafar Islam

CAROLINE NÉRON

When Caroline Néron branched out into designing accessories, after a successful career as a performance artist, there were many skeptics. Thirteen years later her business is one of the most successful in the country, she has a string of awards acknowledging her business acumen and as a final nod to her success, she is one of the Dragons on *Dans l'oeil du Dragon*, the Quebecoise version of *Dragon's Den*.

You started off as a performance artist, actress and singer, what made you pursue fashion?

I've always been attracted towards fashion and it's always been a part of my lifestyle. When I was acting I was surrounded by designers and stylists all the time. I am also a huge fan of accessories; your outfit is never complete without them. Necklaces, bracelets, belts whatever, they all give the final touch to your own personal look. One reason I decided to get into retail jewelry and accessories is that I am a compulsive buyer and at one point I thought I should produce my own!

Of all the roles you have taken up, on screen and IRL, what was your favourite and why?

Stella, hands down. She was the character I played in *Diva* and then the spin off *Stella*. This woman was a strong, complex woman who had no boundaries. Her strong values and her views towards sexuality were ahead of the times being non-binary. She loved everyone.

Why accessories?

My biggest challenge was credibility from the public, media and business world. As a female artist and actor it was an automatic assumption that I would be a terrible business woman. Here I am 13 years later and still here!

What are some of your favourite materials to work with as a designer and why?

Semi-precious stones, crystals, and leather are my main favourites; I love working with all natural elements. I never use plastic stones and only use the finest Italian leathers.

What are the core elements of a Caroline Néron design?

Swarovski crystals, semi-precious stones, and Tahitian pearls

What are customer favourites?

I'm really well known for my long necklaces.

What does success mean to you? Is there a quick formula for becoming an overnight success?

I've worked with this formula since I was five and it still holds true. Do what you want to do, love what you do, and surround yourself with people you love.

Are Caroline Néron the designer and the brand two separate entities?

How you achieve work-life balance as an entrepreneur?

Kind of; I'm no longer the face of the brand in campaigns because I believe the brand needs its own image and message. Of course it's based on who I am and my style. Juggling my family and career have never been in conflict. I am a devout user of a daily journal, scheduling everything without a minute of my time wasted. One minute of time can be a new design or idea! I never go home from work and just sit in front of the TV and do nothing. My daily routine is scheduled solid from 5am to 7pm (and even after that my brain is still in overdrive).

Where do you see yourself and the brand ten years from now?

Hopefully worldwide. It's been my goal since day one to expand globally. We are on our way but still a lot to do.

What helps you keep fresh and on top of your game as a designer and entrepreneur?

First and foremost, if you love what you do then you're already ahead of the game. I really believe in networking in person, traveling and being around interesting people and locations. Curiosity broadens your scope if you allow it to.

How essential is social media presence to the success of a business today?

Social media is the bullseye of marketing strategies of today. The Millennial market shops in a whole new way now and their attention is on social media 24/7. My website has an award winning design and format that's appealing to the customer, shares multiple social media channels, and helps get my message and product out. *Today's shoppers aren't buying just a brand, they are buying a way of living, a lifestyle. I believe we achieve that message with our social media formats.*

What are some of the challenges moving manufacturing to China?

China has a bad reputation, but if you're diligent and focused on the precision you expect, you can find the best manufacturers. timing is a huge issue especially if you're on a tight deadline or if you come up with a brilliant idea and you need it to happen now. I prefer working face-to-face but that's always difficult.

How is your experience on Dragon's Den? What qualities do you see in a business proposal before you consider partnering or investing in it?

LINE RON

My experience was amazing and I've always loved to give advice to young entrepreneurs. However, I am an entrepreneur now and do have a business to run as well, so the filming periods kind of put me in the juice for a while LOL. But I loved every minute of it. I always look to see if the product is needed first. Then I observe how it is presented and the numbers along with it. It's very important to fully analyze both angles before making a decision. Most importantly, who are they? Do they perform like they mean business? Are they serious about their product? I try to understand them and then I see if there's something that I can bring to them.

What are your thoughts on the Canadian fashion scene?

I don't think Canada promotes local talents enough. The media ignores that there is so much talent in Canada and we should be more proactive exposing and promoting these designers.

“DO WHAT YOU
WANT TO DO, LOVE
WHAT YOU DO.”



ARSHAD KHAN



PASSION

By Susha Shahabadi

MEETS

FROM STUDYING ARCHITECTURE TO BECOMING A FILMMAKER, FOR ARSHAD KHAN ONE INCIDENT CHANGED THE DIRECTION OF HIS WHOLE LIFE COMPLETELY. HE IS A MAN WHO NOW HAS SEVERAL THOUGHT-PROVOKING DOCUMENTARIES TO HIS CREDIT. SHE HAD A CHANCE TO CATCH UP WITH HIM AT THE MOSAIC FILM FESTIVAL WHERE HE MADE NOT ONLY US, BUT EVERY GUEST FEEL WELCOME. WE SAT DOWN WITH HIM ONE-ON-ONE AND LEARNED WHAT IT WAS THAT SHAPED HIM INTO THE FILMMAKER AND PERSON HE IS TODAY.



PERSISTENCE!

TELL US A BIT ABOUT YOURSELF; WHAT INSPIRED YOU TO BECOME A FILMMAKER?

I was studying architecture when 9/11 happened. It changed the way I saw the world. I could not tolerate the false association of terror with my Pakistani/Muslim/Brown identity. Suddenly a whole ethnicity of people had become suspect and we had no voice. I decided to do something about it.

CAN YOU SHARE WITH US YOUR EXPERIENCE AND LIFE IN CANADA?

I came to Canada as a teenager and it taught me the important lesson that as humanity we have a lot more that unites us than divides us.

I KNOW IN THE PAST YOU HAVE WORKED ON PROJECTS AS A FILMMAKER, ARE YOU STILL INVOLVED IN ANY PROJECTS AS A FILMMAKER?

Very much so. My feature documentary *Abu* is in the film festival circuit at the moment. It received standing ovations in every festival it has been to thus far. It is a very personal film about a gay son's struggle for acceptance by his devout, Muslim, conservative father.

HOW DID THE IDEA OF STARTING MISAFF COME UP?

I realized that there are so many great South Asian and diasporic films coming out with the advent of digital technology and they are not getting seen. They are actually getting left out - especially from cinemas in suburban Canada. Films like *Aligarh*, *Newton*, *Hotel Salvation*, *Zinda Bhaag* - all ignored by major Canadian film festivals and not given a proper theatrical distribution in our country. I got together with producer Anya McKenzie and we approached Asma Mahmood, the director of Mosaic festival, who also happens to be my sister. Asma and Arshad Mahmood founded the Mosaic festival of South Asian heritage where I had been volunteering from day one. That festival was inspired by Desh Pradesh, Masala Mehendi Masti and Artwallah. The only thing missing was a proper film component. So, six years ago I decided to create MISAFF.

BEING IN YOUR SIXTH CONSECUTIVE YEAR WITH MISAFF, WHAT WERE THE CHALLENGES YOU FACED ALONG THE WAY AND WHAT WAS IT THAT KEPT YOU GOING?

The love and support of the Mosaic festival helped us along with an adoring audience and great volunteer team. Without the hard work of volunteers this festival would not be possible. Finding and keeping sponsors has been a challenge but it has been an upward swing thanks to the dedication of our collaborators - especially the Canadian Community Arts Initiative CCAI.



AFTER THIS MANY YEARS, IS THERE ANYTHING THAT YOU WOULD CHANGE ABOUT THE FESTIVAL?

So many lessons learned and still learning. Every year is a different challenge. I personally realize that I need to concentrate more on my film practice when I get inspired by the films and the filmmakers we invite at MISAFF.

MOVING FORWARD, HOW DO YOU SEE IT SHAPING IN THE FUTURE?

We created this as a community festival and I hope the community members will help move it forward and help steer it to a bigger and better place.

WHAT DO YOU HAVE TO SAY TO ASPIRING FILMMAKERS ESPECIALLY IN CANADA. ANY WORDS OF ADVICE FOR THEM TO PURSUE THEIR DREAM AND MAKING IT WORK IN THIS FIELD OF WORK?

Don't give up your day job! Ha-ha. Just kidding. I would say that this is a tough business and you have to give it your everything and then some. If you are not willing and able to be highly flexible, highly accommodating and learn from your mistakes, then this business is not for you. However, perseverance more than hard work is what gets films made and then seen. Making a film is a gigantic task, getting it seen is a whole other extremely gargantuan task. This is where MISAFF comes in to help.



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1

Velvet Dinner Jacket
Slim fit **H&M**
\$39.99



2

Classic Durham
Daniel Wellington
\$229



4

Cardigan in Cadetblue
RoseWholesale
\$12.50



3



Classic Textured Bow
Tie colour beaujolais
RW&Co \$29.90

6



Leather Dress Shoes in the
colour cognac
RW&Co \$99.90



TOPMAN Slim Tie
Hudson's Bay
\$15

5

MEN'S GROOMING

This is the time of the year when the weather is perfect on the skin! It has the chance to be in its own element without a fear of becoming too oily or dry because of the high or low temperatures. Unfortunately, that freedom only lasts a few months until the Canadian winter takes over and leaves us yearning for moisture because of the cool, dry temperatures. To help you prepare for that moment, we have picked out some products to make sure your skin does not dry and leave you feeling rough. We recommend starting your day off with a good face wash and moisturizer, adding some oil to your beard (if you have one) or if you don't want one using a moisturizing shave gel to get rid of it, moisturizing your lips with a balm and staying prepared with a hand lotion or crème always. These products should help your skin feel like it's autumn all through the cooler months!



1. Creme Nivea Men \$5.99
2. Hydrate Face Wash - Dove Men + Care \$7.47
3. Hydrate Face Lotion - Dove Men + Care \$7.47
4. Beard Oil Jack Black \$28
5. Lip Medex- Blistex - \$3.27



Amir Adnan

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FAUZIA AMAN'S BEAUTY SECRETS

Curious about this super model's beauty routine? Here's all you need to know!

by WAJIHA SHAHID



“If you are sleep deprived, it is really hard to fake it. So I try to get myself proper sleep before every work commitment.”

J.
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YOUR EARLIEST MAKE-UP MEMORY?

I was literally a tom boy as a kid and was friends with all boys. I remember when I first dressed up for Eid and put on a little makeup, all my friends were laughing.

TELL US ABOUT YOUR MAKEUP EVOLUTION?

When I started modeling and getting makeup done for shoots and ramp, I learned quite a few make up techniques. Plus, my travels have taught me a lot about new trends. Make up should make you look pretty, not cakey. Unfortunately, this cakey makeup look is still prevalent around us.

THE BEST BEAUTY ADVICE YOU CAN GIVE.

Drink loads of water. It really helps. And go for a run every day.

WHAT IS YOUR GETTING READY PLAYLIST?

“You don’t want my heart” by Charlie Puth and other latest numbers!

WHAT HAS BEEN YOUR BIGGEST BEAUTY CHALLENGE?

None, really. I have always felt blessed and always been told that I am a readymade model.

WHAT IS YOUR SKIN CARE RITUAL?

I eat a lot of fruit and drink lots of water. I make sure to cleanse my skin at night with olive oil and use a toner. It is super important to cleanse.

WHAT ARE THE PRODUCTS YOU CAN’T LIVE WITHOUT?

Mascara, blush, lip gloss and my cologne.

WHAT IS YOUR SIGNATURE DAY AND EVENING LOOK?

I don’t wear a lot of colours usually. For day time, I like to wear a white shirt with blue denim. For an evening out, I’d mostly wear black.

WHAT IS THE CRAZIEST BEAUTY EXPERIMENT YOU HAVE EVER DONE?

Nothing outright crazy, though I keep on staying on top of trends and acquire them, so that it doesn’t become boring.

HOW DO YOU FAKE A GOOD EIGHT HOURS OF SLEEP?

Perhaps, with coffee and lots of water. But, if you are sleep deprived, it is really hard to fake it. So I try to get myself proper sleep before every work commitment.

YOUR OFF-DUTY LOOK?

Totally casual and comfortable; no make up, tied hair, flats with comfortable clothing – mostly shalwar kurta.



“MY INSTANT **GLOW TRICK** IS BEING HAPPY”

WHAT IS YOUR INSTANT GLOW TRICK?

Being happy! Make up cannot hide the glow from within 🌟

WHO IS YOUR BEAUTY AND FITNESS INSPIRATION?

Kendall Jenner and Gigi Hadid are perfect style, beauty and fitness icons.

WHAT IS THAT ONE BEAUTY HACK THAT WORKS WONDERS FOR YOU?

Cleansing face with lemon instantly makes it seem spotless. Cucumber slices or used teabags for eyes are also effective.

YOU ARE SO UTTERLY FIT! ARE YOU FITNESS FANATIC?

I go for a run every day for half an hour. I don’t prefer training at gyms because I feel our muscles become loose once we need to take a break. I avoid junk/fast food, eat less roti and rice. I add more fruits and green tea to my diet and avoid sweets.

WHAT IS YOUR PLAN FOR THIS YEAR?

A few commercial are in the pipeline. There are many international shows coming up including Geneva and Oslo. My plan is also to venture into business this year.



SELF

OWN YOUR *IMPERFECTIONS* TODAY!

Why do we take someone else's beauty as a threat to our own?

by SHAIZA KIRAN



HAREEM FAROOQ



AMBER ROSE

ADELE





CARA DELEVINGNE

How many times have you looked at yourself in the mirror and thought you looked fabulous but then as you step out the door, you see another girl passing by; her physique is everything you ever wanted yours to be like, her hair is lush brown and messily tied into a bun but still looks better than your hair that you spent 20 minutes styling, she is wearing minimal makeup but still looks better than you and all of a sudden you feel like the ugly duckling. The day for you is over before it even began: there is no room for two beautiful women in the same space. While this may seem like an exaggeration to some, it will resonate as reality for many. Why can't we feel beautiful in the presence of someone else's beauty? Why do we feel the constant need to compare ourselves? Why do we take someone else's beauty as a threat to our own? The answer was never logical, but the behaviour was insidious and it needed to stop.

The problem actually lies within our heads. We have become so used to of seeing perfection everywhere that we constantly keep on striving for perfection rather than embracing our imperfections. We have turned our imperfections into fears and insecurities, always criticizing ourselves for things that we have no control over. The only way out is to believe in yourself and be confident in your skin; self acceptance, self love is the first step to becoming the best version of you. And while it may seem difficult at first, just know that you're not alone in this struggle. There are so many people who have battled and won against their insecurities. Here are a few role models that will inspire you to own up to your imperfections and be proud of them! And when I say role model, it doesn't mean looking like a model — and these people know it. They're real life heroes who have fought their own battles, and now it's time that you become a hero too!



BEYONCÉ



ZAREEN KHAN

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last only for a
few hours



ORDINARY
CREAMS



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moisture +
nourishment for
24 hours



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HAREEM FAROOQ

Hareem Farooq, who recently starred in Mehreen Jabbar's *Dobara Phir Se*, opened up about how people used to criticise her body. 'For the longest time I had people telling me I was too big or too fat to be in the media and especially in front of the camera.' She further added 'I just want to reach out to all the people, especially women, who are body-shamed by friends, family, teachers, parents and who are struggling to make their bodies a home for themselves. You are beautiful inside out regardless of what the society wants you to be – just like I am! Learn to love and accept yourself, we all have flaws learn to love and accept yourself, we all have flaws learn to embrace them and make them your strength.'

On the same note, she encouraged everyone to be confident and not let society stereotype them. 'Don't let the society label you to their norms. Let your confidence speak for you.'

ADELE

Adele isn't your conventional singer, she's chubby and she loves it! 'I don't have a message, I enjoy being me; I always have done. I've seen people where it rules their lives, you know, who want to be thinner... and how it wears them down. And I don't want that in my life. It's just never been an issue – at least, I've never hung out with the sort of horrible people who make it an issue. I have insecurities, of course, but I don't hang out with anyone who points them out to me. I make music for the ears and not for the eyes.'

ZAREEN KHAN

Zareen too is not what every other Bollywood actress looks like. The Bollywood beauty posted a collage of her pictures from her school days with a long message that inspired us all. Here's what she had to say, 'In spite of being so big, I never let people's comments or ideas about me bother me. Because it's my life and my body and only I have the right to decide what I'm gonna do with it. Along with the weight loss came a lot of stretch marks but instead of feeling ashamed of it and trying to hide it, I believe in flaunting it. It makes me feel like a tigress with her stripes.'

CARA DELEVIGNE

Can you imagine Cara wanted to shave her eye-brows at one point in her life because they were bushy and didn't make her look feminine? Cara, in one of her posts said she was exhausted of being pressurized with conventional beauty ideals and questioned the whole premise on which attractiveness is based. 'The more we embrace who we are as people and rely less on our physical attributes, the more empowered we become.'

'I am tired of society defining beauty for us,' she wrote. 'Strip away the clothes. Wipe off the make up, cut off the hair. Remove all the material possessions. Who are we? How are we defining beauty? She no longer needs other people's approval to be happy in both her professional and personal life. "No matter how many people like you and your work, it doesn't matter if you don't like yourself," wrote the model.

ARJUN KAPOOR

Arjun Kapoor in an interview revealed that self acceptance is something that even men struggle with. 'It's silly and stupid. Sometimes you push yourself so much to look good that you



ARJUN KAPOOR

become unhealthy. The time has now gone of just being good-looking,' he claims. Arjun feels it's not possible for everyone to fit into a single mould of 'the ideal' body: 'I am a prime example. I am not saying I am not good-looking. For some people I may be appealing and that's amazing because I am not a conventional Hindi film hero material from any angle. Not everybody is going to look the same. Each person's body is unique. I have got big legs and I am very proud of it.'

BEYONCÉ

If the words Slay Queen had a face, it'd be Beyoncé! No other woman has made bronze skin and full legs as popular as her. In the 2014 video for *Pretty Hurts*, Beyoncé pretends to get plastic surgery, which was meant to be more of a cultural statement than an artistic one. 'I'm pretending to get a face-lift and injections. It represents all the things that women go through to keep up with the pressure that society puts on us. Some of the things that young women go through, it's just really heartbreaking for me,' she said.

AMBER ROSE

The badass that she is, Amber Rose revealed that she always seems confident because, well, that's the only way to be. It just comes down to determination: "I always feel confident. I never allow myself to not feel confident. I try to tell girls to wake up, say, 'I'm going out there, I'm gonna kill it today, I look amazing.' And that's just what it is. You talk it into existence."

Sure, we didn't need to hear any of these things from celebrities to know they're true, but it can be really comforting to know that even celebrities experience the same body-image issues that we do. So make sure you don't compare yourself to someone else or someone else's idea of what beauty should be. Accept, own and embrace who you are. Work from the inside out in all respects: health, mental, spiritual. Find your own authentic, unique voice and don't shy away from taking charge of yourself. There is no magic cream, elixir, fluid, concealer, foundation or colour palette that will make you love yourself, like yourself more or make you feel loved beyond owning who you are.



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Looking Beyond:

How a Beauty Pageant Sparked Confidence in winner Arshdeep Purba



Born to parents who gave up their careers to settle in Canada and did everything they could to make their children's lives happy, Arshdeep Purba, Miss British Columbia 2017, explains why their sacrifice was worth it for her. In an interview with Purba, we got a chance to learn about her drastic transition from a very shy girl to a confident young woman. She was born in Punjab, India and has called Canada home since she was five.

By Sushma Shahabadi

How was it coping with a new environment, friends, school?

It was tough to leave loved ones behind and challenging to adjust in new communities. My parents and I started with nothing in our hands and worked hard to gradually settle here. My parents always did their best to keep my younger brother and me healthy and happy, and always gave us unconditional love and support. In addition to this, my grandparents are the guiding force always supporting us in every aspect of life. Once here, I did not know how to speak English. Due to the language barrier, it was difficult for me to interact with my peers and teachers, and it almost made me disinterested in going to school. I reached a point where lunch breaks became my worst nightmare as I would sit in a corner reading book rather than playing with my classmates. This led to further self-doubt and I let myself drown

in my insecurities. I was extremely introverted and found that socializing was not my strong point. It was a difficult road, however, I worked hard and progressively my English improved.

Where did the idea of participating in the Miss BC contest come about?

Last summer, I was browsing on the computer and saw an advertisement for Miss BC. I read the page and it was very inspiring. Still unsure, I brought up this topic to my parents. They read the information on the website and motivated me to enter because they saw it as an opportunity for me to step out of my comfort zone, instead of viewing it as a typical pageant. It is often understood that South Asian parents are unsupportive of having

their daughters participate in beauty contests, did you have to deal with any difficulties in your decision to participate? Coming from a typical Punjabi family, I have always learnt from my parents to keep focus on life I want to create. They have always told me that fear is what limits our road to success. I was always in self-doubt and letting myself believe that I wasn't capable of achieving certain things. Now I want to be the voice that inspires individuals to accomplish their goals and be proud of who they are. I feel very grateful because my entire family in Canada and in India encouraged and supported me completely.

It is typical for beauty pageant winners at national and international levels to be given a social cause to work on; is this true for your title as well?

Yes, I have been able to attend various community events and represent charities. I have volunteered at CityStrong, Champions of the Crescent, and had the opportunity to set up a photo-booth for the Fusion Festival in Surrey to fundraise for the BC wildfires. I also volunteered at the Pride Parade in Vancouver, and was able to take part in the Torchlight Parade at the White Rock Sea Festival!

Often times pageant winners pursue a career in the fashion or film industry, is this something you would be interested in doing?

I love all things fashion, modelling, and acting! However, I am studying Science and planning to pursue a career in the medical field.

What are some of your strengths/attributes that have helped you in situations where you felt like giving up?

Throughout my experiences, one big lesson I have learned is that everything is about mindset. It is your mind that will be your guide through everything. Filling up your mind with positivity and honesty is the bridge to success.

Did you receive any tips, word of advice from parents, friends or teachers when you were preparing for this title?

The biggest advice I received from my family before entering the pageant and after winning the title was to staying true to myself and focusing on my path and the difference I want to make in this world.

What are some of your other interests?

I have always been a book-loving, artistic, musical, and creative person. I love music and have played the bass guitar for several years. In my spare time, am listening to music, playing my guitar, or reading a book. I also joined the Field Hockey team in high school, and represented my team as the manager and later on as the associate captain. I have been a part of Cadets, and was able to undertake numerous adventures, including expeditions/FTX, and in addition to my basic training, I was able to train in marksmanship and first aid. I challenged myself intellectually and investigated the issue of girls and women living in developing countries around the world. In order to raise awareness for this cause, I teamed up with Plan Canada and started a 'Because I am a Girl' Club.

After winning this title which may open up a various number of doors for you, do you still believe education will play an important role in your life?

Yes, absolutely, studies are a top priority. Education gives us so much more than knowledge; it gives us a chance to achieve the best of our goals. However, it is important for me to balance my education with this prestigious title.

Where do you see yourself five years down the line?

I like to think of 'right now' plan. We don't know what will happen in the next five years, next year, month, or even a day. Which is why I like to think about right now; I want to work as hard as I can to

make a difference towards something I believe in.

Do you have any words of wisdom for girls your age who would want to pursue a similar career?

The most important aspect about life is finding who you are and being true to it; however, we sometimes are at loss of confidence, thus not being able to live the way we desire. The biggest piece of advice I can give to anyone out there is INNER BELIEF. Mindset is everything, and believing in yourself, taking chances, allows you the *opportunity to step out. You never know anything until you try. The possibility of achievement comes in many forms, but they all require you to step out and do something first. Do you want to go into acting, singing, modelling, Sciences, Arts, Humanities, or even just want to travel? GO. FOR. IT. You hold the power in you, unleash the power and don't let it go waste, use it to step out and achieve.*

*I HAVE ALWAYS
LEARNT FROM
MY PARENTS TO
FOCUS ON THE
LIFE I WANT TO
HAVE*

LAIBA ZAID
@BODMONZAID



MY NAME IS LAIBA ZAID. I AM KNOWN AS
'BODMONZAID' ON SOCIAL MEDIA.
I MAKE MAKEUP, HAIR AND FITNESS VIDEOS.

1

What's your natural hair colour?
And what prompted you to
change your colour hair colour
from red to pink?

My natural hair color is dark brown,
just like my eyebrows! I had red hair
for 6 years and I honestly started to
feel uninspired with my looks, and
because pink is very close to red I
decided to go that route

2

What is your all time fave
beauty product that you can't go
a day without?

I def do not wear makeup everyday, so
in my books, an AMAZING moisturizer
is a MUST. Currently my favourite is
the Fresh Lotus Youth Preserve, it works
great for dry skin

3

How have you evolved as a
beauty blogger from the begin-
ning of your career until now?

I would say I have a LOT more knowl-
edge than I did in the beginning. Even
though a lot of girls look to me for ad-
vice and knowledge, I have learned so
much from my own followers as well.
I've also learned to not take criticism to
heart because everyone has their own
opinions and styles!

4

Do you consider yourself more of
a fitness or beauty vlogger? Is one
more important than the other?

Anytime I ever get asked this I always say
that fitness is my number one. I LOVE work-
ing out, that is my passion and that is actual-
ly what started off my Instagram as. BUT
in terms of at this moment in my life right
now, both are just as equal to me. I would
not be who I am today if I didn't do fitness
and beauty as a mix. My followers love me
because I can deadlift 285lbs and then go
home and put on a full face of makeup and
look cute! I aim to show everyone that there
can be a beautiful mixture of being strong
and looking cute!

5

What inspired you
to start your
fitness journey?

I've always been into fitness.
I have 2 brothers so I grew
up a tomboy. I got serious
about fitness about 4 years
ago and it was mainly out
of boredom and not being
happy with how I looked.



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Myth busters in **LASIK** SURGERY

WITH THE FASHION INDUSTRY AT LARGE, AND THE RAPID GROWTH OF SOCIAL MEDIA WITH ITS CEASELESS CIRCULATION OF PICTURES, AND VOICES, IT IS NO WONDER THAT A SOCIETY, WELL STOCKED WITH INDIVIDUALS HIGHLY MINDFUL OF THEIR APPEARANCES HAS COME FORTH. LIKE EVERY SENSATION THAT HAPPENS, THERE IS ALWAYS A TRAIL OF AFTEREFFECTS; IN THIS CASE, THE BOOM OF BUDDING FASHIONISTAS OF ALL AGES HAS LARGELY IMPACTED DOCTORS ALL AROUND ESPECIALLY THOSE LINKED IN SOME WAY TO THE AESTHETIC DIRECTION OF THE INDIVIDUAL.

by DR. SHARMEEN AKRAM

In my practice as an eye surgeon, I am bombarded with many questions on a daily basis, the most frequently one being, “Doctor, is there any way I can get rid of my glasses for good?” In their short term solution to avoid glasses, a lot of people choose contact lenses. To wear lenses, however, on a daily basis and avoid the possible eye infections that can crop up if hygiene is not maintained, can be quite a dilemma for many individuals.

Pressure for the necessity for many to be without glasses also emerges from demands that accompany various jobs such as sports, media, modeling and so on. Also, the stigma that our culture has with regards to single women, eligible for marriage, wearing glasses cannot be ruled out as one of the leading causes in the mounting pressure to be ‘glasses free’. This is why such a thing called LASIK surgery exists. It is a long-term solution to being glasses free.

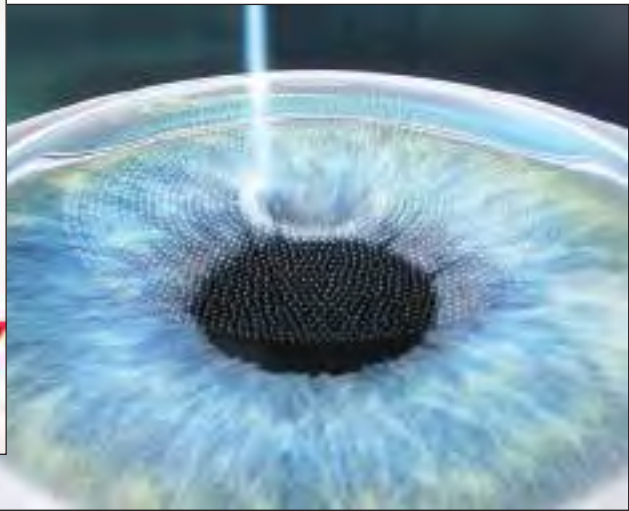
Laser In Situ Keratomileusis (LASIK) surgery is one of the most common refractive procedures performed in developed countries where more than half of the adult population has refractive errors. Its popularity is due to its pain-free nature, early visual recovery, and predictability of results and low rate of complications.

However, as with everything that becomes popular, there are many misconceptions that come.

Therefore, I have prepared a list of most frequently asked questions and will try to clarify and clear up any misconceptions about it.



DR. SHARMEEN AKRAM PERFORMING LASIK



WHAT IS REFRACTIVE SURGERY?

Refractive surgery is a surgical procedure which helps to improve your vision so that you may be able to see without glasses or wear a decreased number than your current number.

WHAT ARE THE DIFFERENT TYPES OF REFRACTIVE SURGICAL PROCEDURES?

Refractive surgical procedures are either laser-based or lens based surgeries.

WHAT SURGERY IS GOOD FOR ME?

Decision for the type of surgery depends upon your glasses number, age and the structure of your eye. Your doctor tells you what is best for you after taking a detailed medical history, eye examination and relevant eye tests.

WHAT IS LASIK ?

LASIK stands for laser-assisted in situ keratomileusis, a kind of laser eye surgery designed to change the shape of the cornea to reduce or eliminate the need for glasses and contact lenses for people who wear glasses.

MY GLASSES NUMBER IS INCREASING CAN I HAVE LASIK?

No. LASIK is a procedure that is performed when the eye number has stabilized. The procedure cannot stop an eye number from increasing.

I HAVE A FIFTEEN YEAR OLD DAUGHTER. CAN I HAVE LASIK FOR HER AS SHE DOES NOT WANT TO WEAR GLASSES?

Lasik is safe after 18 years of age when the eye number stabilizes, before that our number is still changing so it is not advised before 18 years of age.

IS THERE A POSSIBILITY OF LOSING MY VISION DURING LASIK PROCEDURE?

As long as the patient is screened properly and an expert performs the procedure, vision is not lost.

HOW LONG DOES THE PROCEDURE TAKES AND FOR HOW LONG WILL I WEAR A BAND-AGE?

The procedure is very quick; about 5 to 10 minutes per eye. No bandage is required the patient walks

out of the refractive suite without any bandage or glasses.

I HAVE HEARD IT IS VERY PAINFUL?

Lasik is a pain free procedure both during and after procedure. There might be slight discomfort for a few hours after the procedure, but no pain.

I AM GETTING MARRIED IN A FEW MONTHS, I HAVE BEEN TOLD I CAN'T USE ANY EYE MAKEUP?

It is during the first month we recommend no eye makeup, after which one can do their eye makeup as they like.

WILL MY NUMBER COME BACK?

Most often, it will not. If very high numbers are treated, 1 or 2 numbers might recur. This is called regression and it does not bother most patients. The procedure can be re-done if there is enough tissue space.

WILL I HAVE DIFFICULTY NIGHT DRIVING?

Most often not if screening is done properly, this occurs if the patient has a glare. We are able to screen most patients and inform them if this is likely to be a problem.

WHAT IS FEMTO LASIK?

Femtolasik is one of the latest technology of LASIK in which two type of lasers are used.

I AM FORTY AND HAVE BEEN TOLD BECAUSE OF MY AGE LASIK IS NOT POSSIBLE. IS THIS TRUE?

This is not true; Lasik can be done after the age of forty. It depends mainly on the result that is trying to be achieved.

IS LASIK SAFE?

Yes, if screening has been done properly. I always tell my patients I plan to do it on my daughter once her number is stable and if she fits the criteria.

*Dr Sharmeen Akram,
Head of Ophthalmology section
The Aga Khan University
Cataract and Refractive Eye Surgeon*

PARENTAL FIGHT AGAINST CONTROVERSIAL ONTARIO SEX ED CURRICULUM MAY HAVE SIMMERED, BUT WILL YET BOIL OVER

By Jack Fonseca

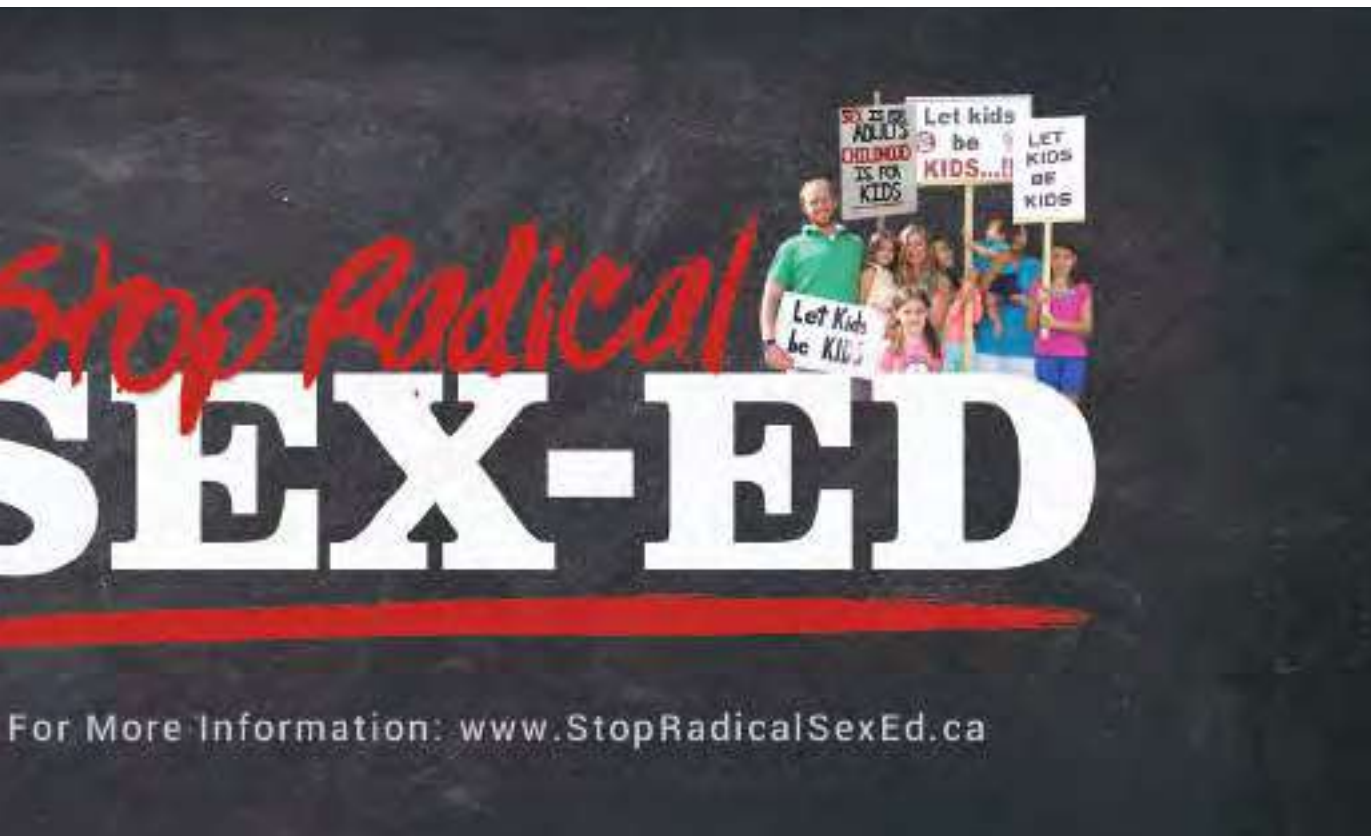
Throughout 2015 and 2016, Canadian news headlines routinely featured the unprecedented rebellion by Ontario parents against the Liberal government's controversial sex ed curriculum update for Grades 1 to 8. The Kathleen Wynne Liberal government announced plans to teach early grades about age-inappropriate topics like masturbation, anal intercourse, oral sex, and the idea that being a boy or a girl is merely a "social construct" which is unrelated to their biological reality. The curriculum mandated that children must be taught the theory of gender identity no later than grade 3 (age 8), which disingenuously presents, as if it were a scientific fact, the philosophical proposition that gender is fluid like water and that a child can change from boy to girl or vice-versa, depending how they "feel" in their mind at any given time.

The battle, which saw thousands of parents fill the streets across the province, and which resulted in massive student strikes, even captured the attention of international media. For the better part of two years, the world watched as parents in Canada's most populous province rose up against what they believed was a "radical" and child-abusive sex curriculum.

I was one of those parents, who, upon studying the 244-page curriculum from cover-to-cover, felt that it read like a pedophile manifesto, teaching children about graphic sex acts and college level sexual theories, at too young an age. And all with a permissive undertone that nudged kids towards premature sexual experimentation. Parental fears about a curriculum that seemed to sexualize impressionable little children, were confirmed by the arrest and conviction of the sex program's chief architect, Benjamin Levin, for child pornography and pedophilia-related crimes.

The early childhood sex curriculum was written under the direction of Benjamin Levin, Kathleen Wynne's Deputy Education Minister, who is currently serving a 3-1/2 year prison sentence for sexual crimes against children. Graphic testimony from Levin's trial revealed how grotesque his perverted attraction to children was. While texting on a pedophile chat site with an undercover police officer that he thought was a mother interested in molesting her own daughter, he instructed her "on how to groom" the child for sex, including specific techniques the mom could use to lower the child's natural





PARENTAL OUTRAGE HEIGHTENED BY CHILD SAFETY CONCERNS

inhibitions. (Thousands of parents, including me, now see parallels to those techniques embedded in the sex ed lesson plans, and recognize Levin's fingerprints). Levin told undercover officers he had sexually assaulted his three daughters, and now that they were grown and had young children of their own, he hoped they would one day share their kids (his grandchildren) sexually with him. On top of the basic-level concern that the curriculum was simply too-much, too-soon and undermined parental rights, Levin's guilty plea added the new concern that mass "grooming" may have been the reason why he introduced overly explicit subjects at such delicate ages.

PARENTS VOTE WITH THEIR FEET

A Forum Research Poll conducted May 31st 2016 found that a stunning 36% of Ontarians said they disapproved of the new curriculum. That huge number represented a dramatic impact on public opinion and demonstrated the sheer power of the parental rights movement. Furthermore, one in six Ontario parents, or 13% of the population, told the pollsters they considered the extreme measure of pulling kids from the public school system, over the new sex curriculum.

A not insignificant 3% of Ontarians actually went ahead with the financially challenging sacrifice of withdrawing their kids from the public education system, and either homeschooling or private schooling. This enrollment decline of thousands of students resulted in significant teacher job cuts, with the Toronto District School Board alone admitting to at least 100 teaching positions being axed, plus staff cuts, largely as a result of sex ed.

DRAMATIC EFFECT ON POLITICAL LANDSCAPE

All of this sex-ed backlash had a devastating impact on Premier Kathleen Wynne's approval rating which, by August 2016, plummeted to a disastrous low of just 16% of Ontarians saying they approved of her job performance. Even the Toronto Star admitted that the sex ed curriculum hurt Wynne's popularity. By March 2017, Wynne's approval rating hit an unprecedented low, never before experienced by any Canadian Premier, of just 12%, according to an Angus Reid Poll.

The mainstream media, which, in my view, has a strong Liberal bias, no longer admits that Wynne's plummeting popularity, at least in part, is the result of displeasure with the sex curriculum. However, I know from speaking with parents all over the province, in diverse communities, that it's still the case.

It's especially true now since the curriculum's official implementation during the 2016/2017 school year. With the curriculum now having been taught for its first full year, horror stories are emerging of children being terrorized in the classroom by explicit sex lessons and/or the realization that the teacher is "attacking" their family's religious beliefs.

For example, I know of one family, who was bullied by school officials because their child expressed discomfort partaking in a classroom sex ed lesson, telling the teacher that he felt it went against his religious beliefs. The child was scolded and sent home. The school informed the parents that he would be permanently expelled unless he made a public apology for expressing disagreement with the lesson. Terrified of damaging their child's academic future, the parents, for whom English was a second language and felt inadequately equipped to fight for their rights, decided that surrender was their only realistic choice. And so, they were forced to march their child back to school, in utter humiliation, to grovel for forgiveness. They won't be voting Liberal in the 2018 provincial election. I'm not claiming that Wynne's low approval figures are entirely a result of the sex curriculum. Of course, the sky rocketing hydro bills and rising cost of living in Ontario due to Wynne's failed energy and economic policies play a big part. But so does dissatisfaction with the violation of parental rights by the Wynne government, which the media immediately forgot about once the big, in-your-face protests subsided.

The form of protest may have changed - for now - but parental outrage is still being reflected in Wynne's approval ratings, and by other means.

PARENTS SHIFT STRATEGIES

What happened to the huge parental protests at Queen's Park? Does the fact that there hasn't been one since September 2016 mean that parents have given up? Not at all. Parents and grandparents want the Liberal sex program repealed as much as ever, if not more. Loving moms and dads will never abandon their children to experimentation by the sexual revolutionaries in government.

The battle continues, and more large protests may yet be organized. However, parental rights organizations like Campaign Life Coalition, Parents As First Educators (PAFE), and others have shifted our resources away from protests for the time being, towards:

- 1) Educating more Ontarians about the danger that the Wynne/Levin sex program poses to children, and
- 2) Making the issue of parental rights a bigger focus in politics, and in strategic elections, so as to build momentum towards, and a large appetite for, its eventual repeal after the 2018 Ontario provincial election.

It should be noted that parental protests are still being carried out at MPP constituency offices, by local parental rights groups. In fact, I was recently a guest speaker at one such protest on August 8, 2017 at the constituency office of Whitby MPP Lorne Coe (Progressive Conservative), organized by a local group called the Durham Concerned Parents.



EDUCATING MORE ONTARIANS SO TO GROW THE PARENTAL UPRISING

The Canadian Families Alliance (CFA), an umbrella organization that brings together many of the parental rights advocacy groups, ethnic, cultural and religious communities, has implemented a postcard campaign to wake up more Ontario citizens to the emotional and physical health risks posed by the curriculum. The postcards are stuffed in mailboxes and list a few of the controversial lesson plans, grade-by-grade. Tens of thousands of these postcards have already been distributed in strategic communities across the province, and the CFA is planning to distribute more once enough funds have been raised.

MAKING PAREN- TAL RIGHTS A KEY POLITICAL ISSUE FOR ONTARIO'S 2018 ELECTION

Campaign Life Coalition, along with other parental rights organizations have also laid out several strategies to help ensure that repealing the controversial sex curriculum, and the general issue of protecting parental rights, becomes the top ballot issue in the June 2018 provincial election.

For one, we set out to make parental rights a top issue in the federal Conservative Party of Canada's (CPC) leadership race. We succeeded by selling 11,000+ memberships for two of the top contenders in the race to replace Stephen Harper: Saskatchewan MP Brad Trost and former Ontario MP Pierre Lemieux. We did so, in part, because these candidates featured their opposition to the Wynne/Levin sex curriculum prominently in their Both vowed to take federal action to protect the rights of Ontario parents to guide the moral education of their children. It is worthwhile noting they finished respectfully, in the top 6 out of 14 candidates, with Trost ranking 4th overall.

Due to the fact that we helped Trost and Lemieux run successful campaigns, in turn, it helped raise awareness of – and resistance to – the ongoing Liberal assault on parental rights. As a result of their constantly bringing up the issue during the campaign trail, they also pressured the eventual winner, Andrew Scheer, to come out with his own pro-parental rights policy. He vowed that a federal Conservative government would create a generous tax credit to help parents cover the cost of private school tuition fees, or for home-schooling.

Parents of young children recognize that this tax credit would help shield their kids from the sex curriculum, by allowing them to pull them out of the corrosive publicly-funded system, and enroll them either in a private school with no sex ed agenda, or otherwise, to be homeschooled by a parent.

A second strategy that Campaign Life Coalition undertook to protect parental rights, was a response to deal with Patrick Brown's stunning betrayal of parents when he flip-flopped on sex ed, and announced he would not repeal the curriculum, as he had campaigned on doing during the PC Leadership race, but instead, now agrees with it. To ensure parents still have a strong party committed to repealing the sex curriculum, Campaign Life encouraged the creation of a brand new provincial party that will include repealing the sex curriculum in its platform.

The new party is called the Alliance Party of Ontario. It will work to make parental rights a top ballot issue in June 2018. The Alliance Party's leadership includes experienced political operatives who also believe that parental rights in education is a fundamental issue. In fact, the Interim Leader, Jay Tysick, was disqualified from running as a PC nomination candidate in Carleton, precisely because he was known to oppose the Liberal sex program.

From a casual observer's perspective, it may appear that the fight against radical sex ed has simmered. However, parents are working to make it boil over by the time the next election arrives, and to ensure that when Ontarians cast their ballots, a majority will do so on the question of whether children should be sexualized in the classroom.

The author is Education Specialist at Campaign Life Coalition

Dina El Kassaby of World Food Program



By Aaisha Zafar Islam

The last time SHE talked to Dina El Kassaby was in May 2015, when she brought our attention to the dire situation in Syria. Two years on, not much has changed. If anything, as she travels in areas where the World Food Program currently serves, things are getting worse for the people

Dina is visiting Canada when we try to set up a meeting time for this interview, however nothing works out and we settle for a Skype session once she is back in Cairo, Egypt, where she is stationed these days. She shares that her last visit to Syria was nearly a year ago, over seven years of war have taken its toll on the place and its people who have had enough. As we ease into our conversation, Dina shares the journey of one Syrian refugee family that she met when she was working with the WFP in Lebanon a few years ago. Fatima has since come to Canada, and is settling in Kitchener, Ontario.

“When I first met Fatima,” Dina tells us, “she was living in a make-shift tent settlement in Lebanon. She was really struggling and told me that there were times they didn’t have any food for her family. We’ve kept in touch since then and I actually talked to her last night. She is living in Kitchener now. She and her husband are learning English, her sons are going to school. Her son recited his ABCs and numbers to me last night.”

Fatima and her family were part of the government sponsored refugee program and are extremely grateful for the chance. However transition is never easy in cases like these. As part of the Canadian government refugee program, Fatima and her family were brought into the coun-



try and have started a new life. Her three children have a better future, they are getting education and healthcare in addition to the state's help financially. The one thing that makes Dina proud is the generosity of the Canadian people in helping the Syrian refugees. "As a humanitarian and a Canadian, it makes me very proud," Dina says.

Back in Lebanon, before Fatima was selected and brought to Canada, she had shared her abject hopelessness with Dina. "She said to me that she thought that the world had forgotten her, there was no hope left in her and then she applied for resettlement and were selected," Dina reflects. "I think Canada has really reminded her that they (Syrians) are important, they are cared Canada's generosity, it's not only that they're giving people another chance at life and having a better future but this really helped to restore hope for this woman." Our conversation then moves to other areas in the region Dina has visited, and we talk about Yemen, a war not often making headlines. But the situation in the country is dire, Dina emphasizes that the hunger crisis in Yemen is one of the worst she has seen.

The country is on the verge of a famine. The conflict in Yemen has caused massive internal displacement of people. With every move the people lose assets, sliding more into poverty, failing to make ends meet. No one talks about this in media.

"Yemen is actually a country that is on the brink of famine. It has over 17 million people. □ of the country's population are food insecure. That means that they don't know where the next meal is coming from. So, organizations like the World Food Program are trying to provide food for the families that have been displaced and for children who are suffering from malnutrition."

The World Food Program operates in over 80 countries around the world, supporting over 80 million people annually. In addition to providing food assistance in emergencies like in Yemen, and during natural disasters, the agency also supports people with agricultural livelihood programs. By helping small-holder farmers to have better access to resources, the WFP helps them come out of situational poverty, enabling them to make money from their hard work. WFP does more than just alleviating hunger and food shortages, even in unstable regions like Lebanon, the agency invests in building resilience, providing skills training, agricultural training and training for infrastructure building. This way the Lebanese who are affected and vulnerable can have an income, so can the Syrian refugees who are settled in camps there. They can benefit from these skills while in exile, and one day when they return to their homes, they can take these skills with them and put them to use to build up their country.

As Canadians, the best we can do, is to support agencies like the WFP. Canada is one of the biggest supporters of the WFP, Dina says, and by providing multi-year funding, it enables the WFP to offer long-term solutions, not just fulfill the immediate food needs of people.

"Food actually fulfills a basic need and provides families with a sense of stability and a sense of normalcy. And if it weren't for the support we get from donor countries like Canada, we at the WFP wouldn't be able to provide food to these families and when that happens families take extreme measures to cope with the situation.

"So, Canada is definitely providing life saving support to people across the world and especially in this region where I'm working. We're definitely very grateful for Canada's humanity both on Canadian soil and over here." With people like Dina and organizations like the World Food Program, it certainly makes us think that a better world is possible. There is still goodness left amidst all the war, strife and unrest and doing whatever it takes on our part to see this happen.



Image: World Food Program



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H

uman nature, if not strong ethics, dictates that if someone writes their deepest thoughts and feelings in a journal, someone's going to read it. Odds are, it will be the wrong person. That's what happened to the marriage of Marilyn Monroe and playwright Arthur Miller. It was Marilyn's third marriage after James Dougherty and Joe DiMaggio, and though she probably tried to fight the impulse, Marilyn's curiosity finally got the best of her when she read Miller's diary and learned that he clearly regretted marrying her right from the very beginning. Marilyn toughed out the next few years but by the fourth year into their marriage Marilyn had acquired a debilitating drug habit. Miller soon began seeing the Austrian-born American photographer Inge Morath whom he later married in 1962, after his divorce from Marilyn in 1961.



Possibly the only time Marilyn was truly happy in her marriage to Arthur Miller was at the time of their two weddings. The first was a civil ceremony and two days later they had a small traditional Jewish wedding at the country home of Miller's agent in Waccabuc, New York. Now for sale is the French Country-style home that hosted their wedding.

Built in 1948, this charming lake home, which includes lake rights on Lake Waccabuc, is gated with its more than four private acres of grounds surrounded by light hardwood forests. Across the road from the entrance is the 16th hole of the Waccabuc Country Club golf course. Most of the French Country elements remain such as the charming second-floor, wrought-iron balconette with French doors opening behind it, wrought-iron stair banister, leaded windows, arched doorways, parquet floors and European-styled fireplaces. Encompassing 4,291 square feet, the residence has four bedrooms and six baths. A guest room on the main floor also has an outside entrance. The living room offers a wall of glass that opens to the terrace and the manicured grounds include mature plantings, swimming pool and pool house with outdoor kitchen and cabana. The listing agent is Susan Stillman of Houlihan Lawrence in Rye Brook, New York.

The charming country home in Waccabuc, New York that hosted the wedding of Marilyn Monroe and Arthur Miller is priced at \$1.675 million.

Content courtesy: TopTenRealEstateDeals.com




Shilajit

A Cure for All Weaknesses

While reviewing medical literature recently I came across a substance I had known for decades but never thought of it as an important substance for human consumption until now.

DR ZUBAIR MIRZA



As I delved deeper into the literature I was truly impressed with this remarkable product called Shilajit and decided to write about it. This substance has remarkable benefits for both men and women. In this article, I have focused more on the benefits for females. This ancient herb has been consumed by people living in mountainous areas for thousands of years as a rejuvenating compound. Modern science has recently started looking into this herb, its origin, benefits and safety. The word

Shilajit means conquerer of mountains or destroyer of weakness. About 50 million years ago, the Indian continent collided with the mainland Asia and formed the Himalayan mountain range. While this was happening the tropical forests were crushed and compacted. The compressed forests gradually transformed into a nutrient and mineral rich exudate full of beneficial Humic and Fulvic acids along with numerous other nutrients and minerals. Every summer as the Himalayan mountains witness rising tempera-

tures, this powerful and beneficial substance exudes from the crevices of mountain rocks as a biomass resin and is harvested for use. One of the more common minerals is Benzoic acid which has anti aging properties, it rejuvenates the dying cells and restores energy. It also helps in reducing the effects of wear and tear in the body. Highly oxygenated cells have a greater tendency towards longevity than cells that are not well oxygenated. Shilajit promotes cellular regeneration and anti aging by driving oxygen and nutrients into the cells and taking

BENEFITS OF SHILAJIT IN WOMEN

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- PROVIDES STRENGTH AND REDUCES THE SYMPTOMS OF CALCIUM DEFICIENCY.
- HELPS IN THE MANAGEMENT OF DIABETES.
- STRENGTHENS THE BODY AND PROVIDES ENERGY TO WORK FOR LONG HOURS.
- REDUCES EFFECTS OF AGING SUCH AS WRINKLES AND LOSS OF HAIR.
- IMPROVES BONE DENSITY AND REDUCES EFFECTS OF ARTHRITIS.
- IMPROVES FUNCTIONS OF REPRODUCTIVE ORGANS AND HELPS CURE INFERTILITY.
- HELPS IN TREATMENT OF ANAEMIA DUE TO ITS IRON CONTENT.
- IMPROVES MOOD BY SUPPORTING HEALTHY DOPAMINE LEVELS IN THE BRAIN.

out the damaging free radicals. Plants pull minerals out of the soil and transform them into bioavailable nutrients for the plant. This process requires an ample amount of Fulvic acid and Shilajit is one of the richest sources of Fulvic acid in



SHILAJIT IMPROVES STAMINA IN WOMEN



REJUVENATES SKIN

the world.

Fulvic acid and Humic acid are the main substances in Shilajit for the production of energy within the cells by supporting ATP (Adenosine Tri Phosphate) production. It improves energy, memory, mood, intelligence, and detoxification processes.

It is a natural source of energy and has marvellous effects on all body systems, it is very effective in providing stamina to women athletes, it also allows women to cope up with stressful hours by improving stamina and energy levels.

It is helpful in relieving premenstrual

al symptoms and improves sexual health in the females by improving blood flow in the pelvic region. Shilajit makes all herbs and nutrients more effective as the Fulvic acid brings the desperately needed minerals in a colloidal solution. Once it is in the solution we can digest and assimilate the minerals. It also supports production of anti oxidants.

POTENCY AND USAGE

It is important to realise that potency and purity of Shilajit depends upon the location and altitude where it is harvested from. Real and good quality Shilajit is a brownish black tar like resin which melts in your hand and tastes bitter. When buying Shilajit, be careful since there are inferior products in the market. The source, purification method, grade and form of Shilajit are important factors that determine its efficacy and safety.

If used in the right way and quantity good quality Shilajit has no serious side effects but only benefits to offer. The recommended method of consumption is to dissolve it in hot non-chlorinated water, tea or warm milk. The recommended daily dosage is between 250 to 500 mg but make sure to start with a small dose equal to a rice grain or a small pea and increase the dosage gradually with time. The benefits of Shilajit can be witnessed within ten days of continuous use.



THE HIMALAYAN MOUNTAINS: SOURCE OF SHILAJIT

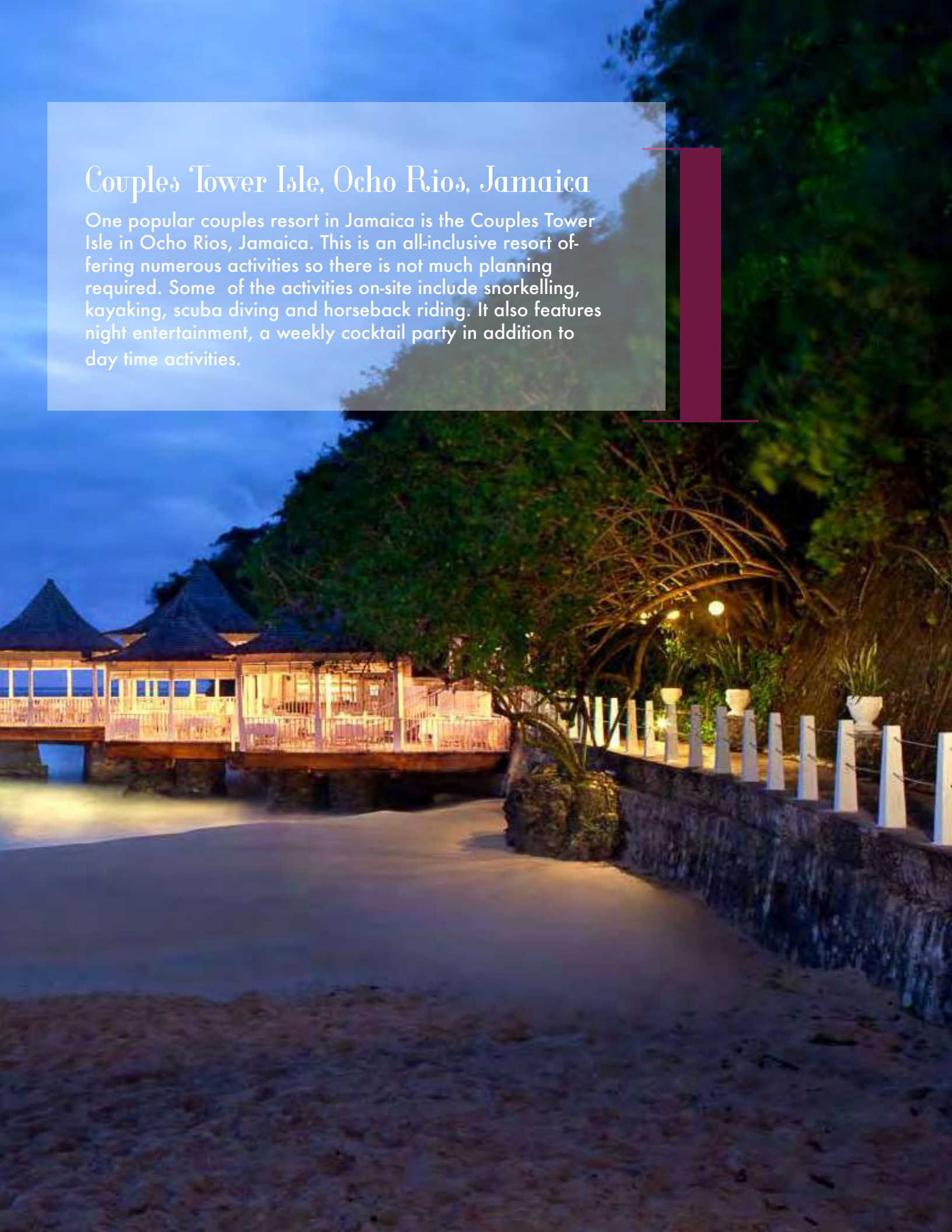
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Top 5 Honeymoon Destinations

You've finalized everything about your wedding, but what of the ever after? Wedding planning can be an exhausting task so the less things a couple must do, the better. Some couples are tempted to opt out of a honeymoon altogether just so they have one thing less to do, but it is an important ending to every wedding. Honeymoon allows the couple to destress from all the chaos leading up to the big day. It is possible to go away after the wedding without having to plan or worry too much. We picked these destinations because they offer all-inclusive packages. No more worrying about booking separate hotels, flights or food.

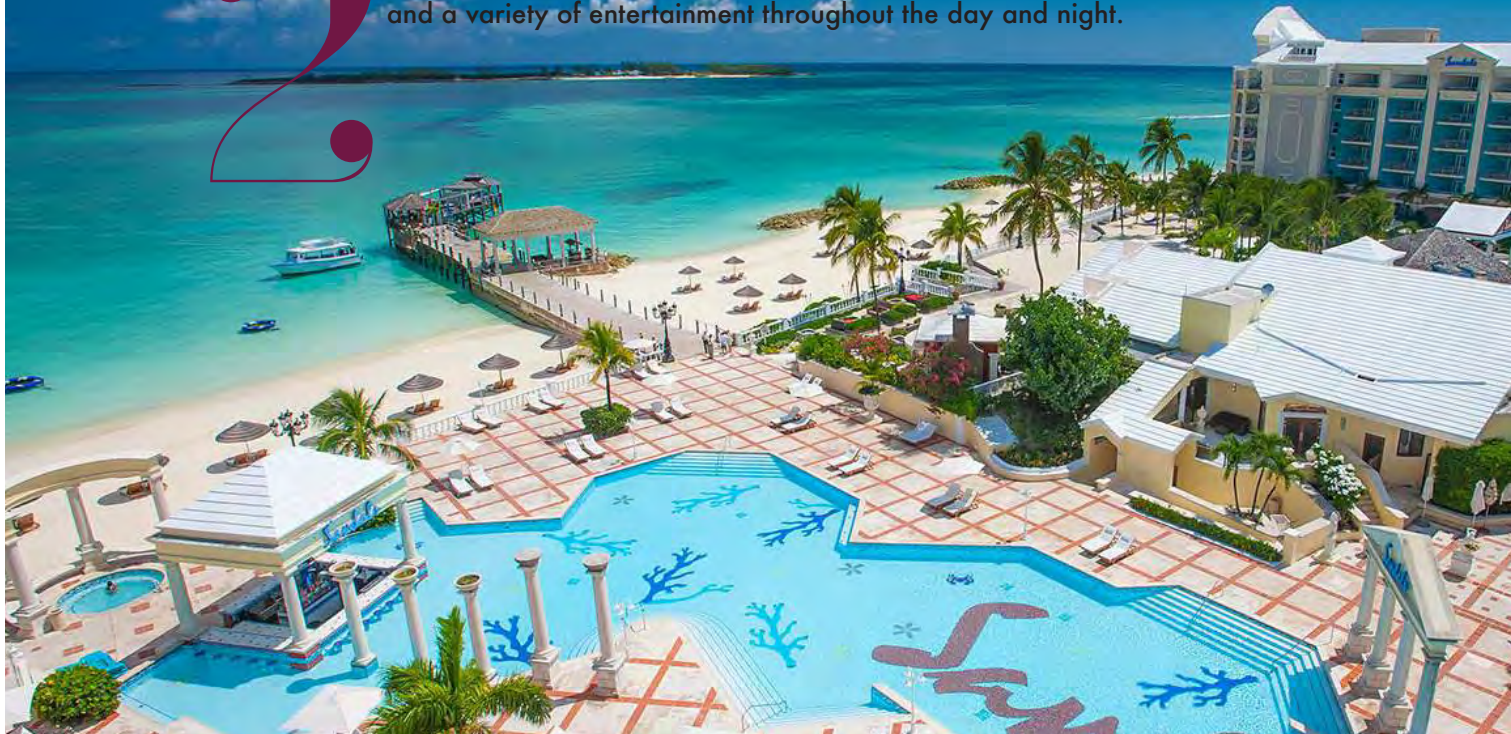
Couples Tower Isle, Ocho Rios, Jamaica

One popular couples resort in Jamaica is the Couples Tower Isle in Ocho Rios, Jamaica. This is an all-inclusive resort offering numerous activities so there is not much planning required. Some of the activities on-site include snorkelling, kayaking, scuba diving and horseback riding. It also features night entertainment, a weekly cocktail party in addition to day time activities.



Sandals Royal Bahamian Spa Resort & Offshore Island, Nassau, Bahamas

This is a getaway for couples to come to after the wedding to relax and get the royal treatment. The beautiful resort offers romantic adventures, numerous salons and spas, water sports, land sports and a variety of entertainment throughout the day and night.



Royal Lahaina Resort, Lahaina, Hawaii

Just hearing about Hawaii feels relaxing in itself. It seems going anywhere in Hawaii would be a nice getaway. The Royal Lahaina Resort gives guests a glimpse of how beautiful the place truly is. This resort offers Hawaiian arts and crafts, torch lighting ceremonies, land sports, song and dance among much more.



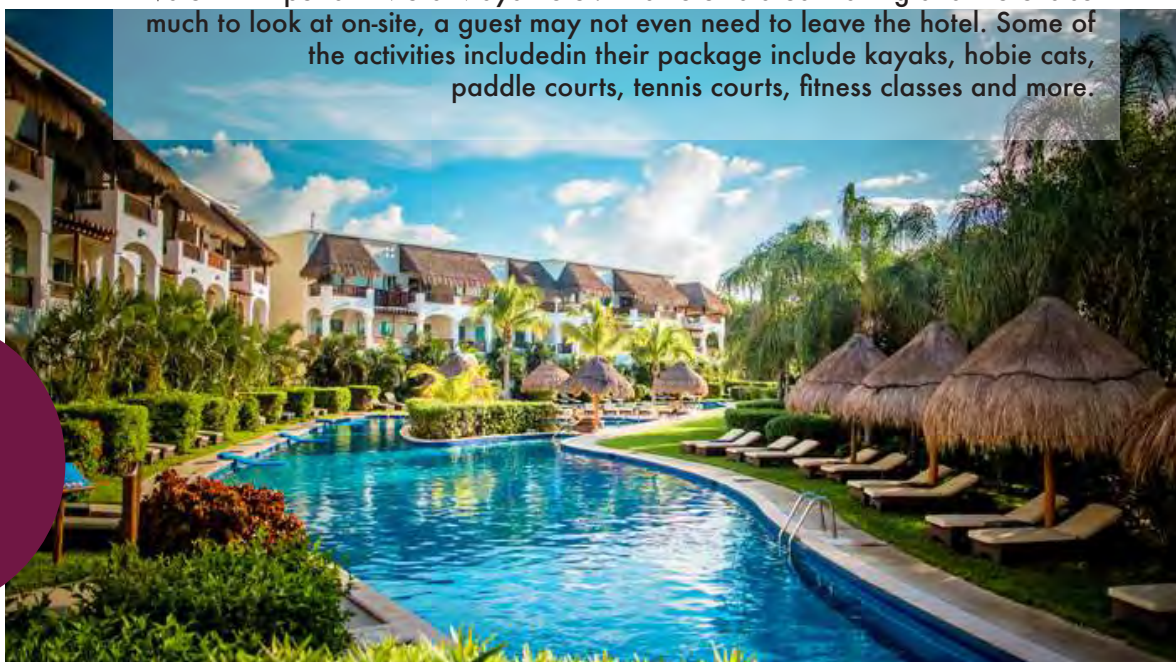


Hotel Club Atlantico, Havana, Cuba

An all-inclusive package at this gem in Havana, Cuba, it includes stay, food, snacks and drinks. Moreover, it offers activities on-site including kayaks, windsurfing, water bicycles, dancing classes as well as daily and evening entertainment.

Valentin Imperial Riviera Maya, Mexico

Mexico offers numerous all-inclusive packages. One of those includes the Valentin Imperial Riviera Maya hotel. This hotel is breathtaking and there is so much to look at on-site, a guest may not even need to leave the hotel. Some of the activities included in their package include kayaks, hobie cats, paddle courts, tennis courts, fitness classes and more.



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Flawless Fusion Ultra-Longwear Foundation, **\$59** For a smooth, barely-there matte yet luminous base.



Sephora Collection
Colour Lip Last Lipstick in Midnight Red **\$18**



WOMAN

WHEN SHE IS NOT BUSY SAVING THE WORLD, SHE IS JUST HERSELF — DIANA PRINCE, UNATTAINABLY, NATURALLY BEAUTIFUL. GAL GADOT ESSAYED THE DC COMICS SUPERHERO IN A BOX-OFFICE HIT THIS SUMMER, ONSCREEN AND OFF OF IT, WE CAN'T GET OVER HER STRIKING FEATURES, AND THE MINIMAL EFFORT THAT SEEMS TO GO INTO HER RED CARPET APPEARANCES. THIS HALLOWEEN WE ARE PREDICTING A SPIKE IN WONDER WOMEN ABOUT TOWN AND LUCKILY FOR US, IT IS NOT THAT DIFFICULT GETTING TO CHANNEL OUR INNER GODDESSES.



Tarte Amazonian Clay
Waterproof Bronzer **\$38**. She's no blushing babe, only an Amazonian Clay bronzer would do. Obvs.

Benefit Cosmetics
Goof Proof Brow Pencil Easy Shape and Fill **\$32**



Laura Mercier Translucent Loose Setting Powder for all day radiance. **\$47**

Annabelle Skinny
Mascara **\$9.95** double times by getting to the base of the lashes for a fuller lash set.



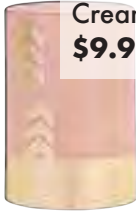
Annabelle Waterline
Matte Kohl Eyeliner in Blackest Black **8.95**



Charlotte Tilbury
Hollywood Lips matte liquid lipstick in Screen Siren **\$39**



Annabelle Perfect Cream Highlight
\$9.95



JACQUELINE *Fernandez*



Estée Lauder Double Wear Water Fresh Makeup \$48



Bobbi Brown Brow Kit \$56



Burberry Cat Eye Liner and Shaping Shadow \$42



Marc Jacobs Beauty Twinkle Pop Stick Eyeshadow in Volver \$35 for a sheer wash of champagne on the lids.

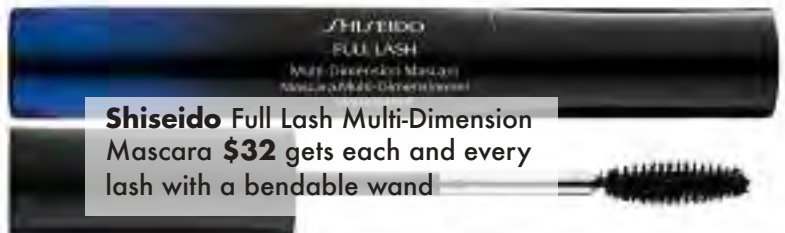


Laura Mercier Foundation Primer in Radiance \$45



Sephora Collection Blush & Luminizer On the Go Stick, \$10

Our cover girl Jacqueline Fernandez has enviably beautiful skin. If you can get over how gorgeous she looks, you will be wowed over by her radiance, and it is not always because of makeup. She favours an au naturel look most of the time, but when she glams up, the focus is mostly on her skin, and for that, we recommend good skin prep as the first step to getting her look. Layer moisturizing serum followed by a radiance enhancing primer and then spend time on perfecting those arches. The rest is easy to achieve with some pops of colour on the cheek and lips, and a slick winged out eyeliner.



Shiseido Full Lash Multi-Dimension Mascara \$32 gets each and every lash with a bendable wand



Annabelle Big Show Lip Shine in Sweet Berry \$9.95

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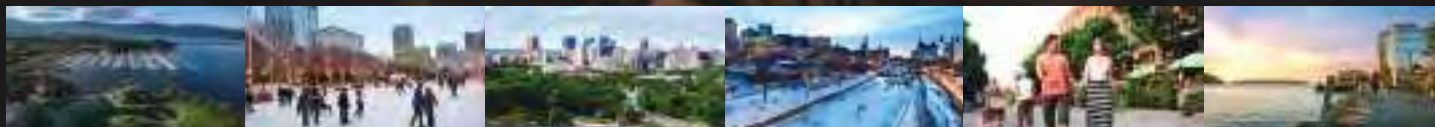
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HE said, SHE said

I've been with my girlfriend for a few years now and recently I've been getting pressured from my friends, our family and her about marriage. I love her and I want to be with her but I'm not ready for marriage. I'm not saying it won't ever happen I just want everyone to stop pressuring me. How can I tell everyone to back off without sounding so harsh?

she said...

I know the feeling to be getting pressured from everyone to do something you're not ready to do. I think you need to sit your girlfriend down first and just tell her everything you're feeling. She probably doesn't realize she's pressuring you and feeling a bit insecure that you haven't proposed yet. Once you tell her how you're feeling I'm sure she will be on your side and let her family know to back off. As long as she knows that she is the one that's all that's going to matter to her.

he said...

He says: I'm sorry to break this to you but once that idea is in her head it won't ever go away. She's not going to stop until she gets what she wants—a ring! You can try to talk to her but it won't go well no matter how nice you are about it. I say just avoid it, change the topic whenever she brings it up and hope for the best.


There's only 3 weeks left until my wedding and I'm freaking out. I don't think my fiancé is the one for me and I don't know how to break it to everyone. He's so in love with me but I feel the complete opposite and I can't do this anymore. I haven't told anyone how I've been feeling and it's eating me up inside. How do I tell my family, friends and fiancé that this wedding isn't going to happen?

she said...

This is probably the hardest decision to make but honestly you are so strong for wanting to do this. A lot of people go through with the wedding, become miserable and divorce sometimes within days! I think you should tell him as soon as possible about you not wanting to go through with this and why. Yes he will be heart broken but this is way better than a messy divorce.

he said...

Well, at least you're doing this before the wedding and not leaving him at the mandap. Sometimes when it gets closer to the date, people get scared and think they don't want to get married. Maybe instead of calling off the wedding all together why won't you push the date and see if that's what you really want to do. I think in a situation like this you just need more time to think about this commitment. It's not an easy one so think wisely.



"No one is born hating another person because of the colour of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."

Nelson Mandela

"It's the people who don't recognize the racism within themselves that can be the most damaging because they don't see it."

Sterling K. Brown

"What a sad era when it is easier to smash an atom than a prejudice."

Albert Einstein

"Anger and intolerance are the enemies of correct understanding."

Mahatma Gandhi

"If tolerance, respect and equity permeate family life, they will translate into values that shape societies, nations and the world."

Kofi Annan

"How I wish we lived in a time when laws were not necessary to safeguard us from discrimination."

Barbra Streisand

"I have a dream that my four little children will one day live in a nation where they will not be judged by the colour of their skin but by the content of their character."

Martin Luther King, Jr.

racism

QUOTE

UNQUOTE



WFP/Dina El Kassaby

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(His two fingers)

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