

**SHE** CANADA

**KATY PERRY'S SHOE  
COLLECTION:  
MADE FOR WALKING**

**PARTITION AT 70:  
VICEROY'S HOUSE**

# Hailee Steinfeld



REEF ESCAPE

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# SHE CANADA

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## CONTENTS

# *in every issue...*



16

Editor's Note...6  
Connect with SHE...7  
Contributors...8  
SHE LOOKS...14

44



20



60

HE...40

• Grooming...42

SHE LIVES...60

SHE CARES...66

• Lady Fatemah Trust...66

BEAUTY...82

• SHE Picks...86

• Sun Safe with Esthederm...90

QUOTE/UNQUOTE...94



86

# *features...*

FASHION 10

• SHE Style: Trends...10

• Highlights from Women's Fashion Week...16

• SHE Looks...14

SHE REVIEWS 80

• SoulCycle...80

• Postcard from London...82

COVER STORY 24

• Hailee Steinfeld: The Edge of Something Big...24



10

# *features...*

SOUTH ASIA 30

• Fashion DNA Pakistan...30

• Stories of the Indus ...34

• A Royal Affair...36

SHE HOME 74

• Mark Rios' Japanese Inspired Home...74

• Pineapples for Patios...76

CANADA 150 46

• Top 10 Camping Spots in Canada...48

• Camping 101...52

• Hot Stuff...54

47



52



90

## Hello Sunshine

Summer's officially upon us. That only means one thing here at SHE: a jam-packed June/July issue with the very best the season has to offer. From the top campsites in Canada in celebration of 150 to exclusive red carpet coverage, the SHE team has been out in full force making this issue our best summer special yet.

Let's start with the cover; Hailee Steinfeld has become a *tour de force* in Hollywood. This bright young lady got her start at the age of 11 in *True Grit*, quickly garnering her first Oscar nomination for her performance. Fast forward seven years and the rising star's music is now topping the charts while she continues to star in blockbuster after blockbuster. If that's not enough for the 20-year-old, Steinfeld has also taken on fashion with a collaboration with Reef Escape sandals. Being our summer issue we could not think of a more apt cover story.

This summer is also historically relevant, being the 70th anniversary of Pakistani and Indian independence from the British. For this monumental occasion, director Gurinder Chadha made the film *Viceroy's House*. The period drama examines partition from the perspective of a number of parties including the Viceroy and his family, their servants and the millions of men, women and children that were displaced or even killed during this harrowing time. SHE was on the red carpet to take all the excitement in at its London premiere.

Finally from a sartorial perspective, June/July also brings it once again with a healthy dose of style and beauty. Covering the two best months of the year, this issue is sure to get all of our readers geared up for high summer and making a splash wherever one decides to spend it.



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:

*“How will you be celebrating Canada 150?”*



**PRIYA KUMA**  
*Executive Editor*

📷 priyak

I'll be attending a party hosted by the Canadian government in London's Trafalgar Square. I hear there will be Timbits!



**AAISHA ZAFAR ISLAM**  
*Deputy Editor*

📷 aaishazi

I am working up the courage to go camping this year. Our camping feature has inspired me so much I want to brave the elements. Let's see!



**RHEA BRAGANZA**  
*Features Contributor*

📷 rheabraganza

One of my closest friends always throws a huge backyard party on Canada Day and invites everyone to dress up in themed outfits. I will probably be doing that. I also want to try and visit some parks and nature trails this summer since our country has so much natural beauty.



**MAHEEN MALIK**  
*Features Contributor*

📷 maheenmn

Canada has so much raw and natural beauty, I am definitely going to take advantage of that this summer and escape to a Canadian Park to experience Canada in its most natural form. The beauty just takes your breath away!



**IMAIYA RAVICHANDRAN**  
*Features Contributor*

📷 imaiya.ravi

I'll be celebrating Canada's 150th the way I do anyone's birthday: with friends, family, cake, and ice cold beer for good measure!

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after 2 weeks use

# '80s glam

WONDER-WOMAN CUFF  
**Alex & Ani**  
\$58



It's surprisingly easy to assemble a retro '80s ensemble whilst in the middle of 2017. The first step is to raid your parents' closets for anything that mildly resembles a wearable disco ball. Unfortunately de-cluttering is a thing, so their closets may be bereft of gaudy paraphernalia. But not to fear! Clare V's leopard fanny pack and Mango's electric blue boots are but two of many Saturday Night Fever-inspired options available in stores now. Now, to find a Corey Haim-inspired boy toy...

CORE FANNY PACK  
**Clare V**  
\$288



RUFFLED SILK TAFFETTA TOP  
**Marques' Almeida**  
\$555



FLAMINGO AVIATOR SUNGLASSES  
**Urban Outfitters**  
\$20



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PUMPS  
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KITTEN-HEEL SATIN  
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THINI HEELS  
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Court Shoes  
**M & S Collection**  
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ORANGE  
OH ROY HEELS  
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KITTEN HEEL  
BOOTIE  
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# KITTEN HEELS



Kitten heel slander needs to cease and desist, once and for all. Sure, they may not have the sex appeal of a stiletto, or the masculine edge of a mule. But they have something better: hella arch support. And thanks to this year's Spring/Summer collections, we now have a plethora of options to choose from. Fancy an elegant evening out? Try Marks & Spencer's satin heels. Headed to a shady part of town? Gucci's studded pumps double as a stylish weapon! Whatever your needs, kitten heels are there to support you (with sensible heel height, of course.)

pretty

in pink

2017 is an amazing time to be alive and well. In no other era would looking like a sentient bottle of Pepto Bismol be considered de rigeur – and yet, here we are. This trend is both simple and difficult to master, in the way that all monochromatic looks are. The trick is to mix-and-match contrasting fabrics and silhouettes – like this biker jacket from Mango with a romantic, fluttery dress from Talulah – so as to avoid an overly uniform look. Unless, of course, that's the look you're going for. In which case, go forth and embrace your inner flamingo.



ORIGAMI  
WRAP BLOUSE  
**Topshop**  
\$75



THE FAITHFUL  
ONE DRESS  
**Talulah**  
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CROSS BODY BELT IN  
PINK  
**Heldin**  
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COAT WITH  
FULL SLEEVES  
**Zara**  
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ZIPPED BIKER  
JACKET  
**Mango**  
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PINK BATHURST BAG  
**Anya Hindmarch**  
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KNEE LENGTH SKIRT  
**Boutique Moshino**  
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GUCCI READY-TO-WEAR 2017, IMAGE COURTESY OF BILLBOARD.COM





PEG TROUSERS  
**Topshop**  
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MODERN TILITY TUNIC  
**Chicos**  
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FISHERMAN HAT  
**Simons**  
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STRUCTURED  
UTILITY DRESS  
**Maison Margiela**  
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**Tibi**  
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CULOTTE PANTS  
**BDG**  
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BOTTEGA VENETA SPRING 2017 READY-TO-WEAR FASHION SHOW



# UTILITARIAN

"Fashionable while functional"— that's what this Spring/Summer '17 trend is all about. Now available in a range of silhouettes and colourways, utilitarian fashion embodies all the cool of Salvation Army fashion with none of the weird smells. For a twist on the traditional mini, try Harmony's structured skirt. Or ditch your boring summer dress for this edgy deconstructed version by Maison Margiela. We still have a ways to go until pumps that are as comfortable as Crocs...but for now, this will do.



## SHE LOOKS



OFF THE  
SHOULDER  
DRESS  
**Trina Turk**  
\$375



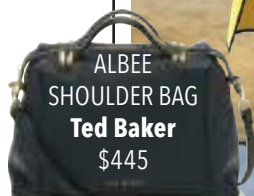
SATIN SKIRT  
WITH RUFFLE  
**AOS**  
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BLACK PUMPS  
**Steve Madden**  
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POPLIN TOP  
WITH  
PLEATED  
SLEEVES  
**Zara**  
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ALBEE  
SHOULDER BAG  
**Ted Baker**  
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CAT EYE SUNGLASSES  
**Aldo**  
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**Victoria Beckham**  
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FRILLED  
SLEEVE DRESS  
**Zara**  
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HOODED  
TRENCH COAT  
**Via Spiga**  
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# steal HER Style

AMAL  
Clooney

Amal Clooney seems to have it all: brains, beauty, a devilishly good-looking husband, and most notably, killer style. Here she is seen sporting a matching yellow Bottega Veneta coat and dress, topped off with Salvatore Ferragamo pumps and sunglasses – so basically, sartorial sunshine. It's a delightfully sunny look, perfect for Sunday brunch, shopping with the girls, and/or debriefing the UN Security Council on the crisis in Syria.



DRAPED MIDI  
DRESS  
**BCBG  
Generation**  
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MINI  
BUCKET  
BAG  
**Mansu  
Gavriel**  
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VIV SANDALS  
**Rachel Zoe**  
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MIDI DRESS  
**REDValentino**  
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BAIELY POINT  
COURT SHOES  
**Topshop**  
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METALLIC HEELS  
**Steve Madden**  
\$80



SHOULDER BAG  
**H&M**  
\$29.99



FRILLED CAMI-  
SOLE DRESS  
**Zara**  
\$69.99



BRUSHED SILVER  
SUNGLASSES  
**CRAP**  
\$72



# OLIVIA

Culpo

Olivia Culpo, former Miss Universe and Miss Nick Jonas (girlfriend, not wife), has mastered the art of tempering trendy fashion with edgy quirk. She takes today's most popular pieces – ruffled sleeves, off-the-shoulder tops, and as seen in the above photo, midi dresses – and infuses them with her own off-beat sense of style. The trick is to not let either component overpower your look– neither the staple piece nor the zany spirit.

FLORAL PRINT  
MIDI DRESS  
**Express**  
\$79.99







STEPHAN CARAS

HIGHLIGHTS

WOMEN'S

FASHION

WEEK

BY IMAIYA RAVICHANDRAN

FROM

After IMG'S Toronto Fashion Week was axed in March of last year, the future of Toronto fashion seemed uncertain. The event organizers cited a lack of local support as cause for the cancellation, but was that truly the case? Or could things be revitalized simply with a change of leadership or a fresh perspective?

For Canadian real estate tycoon Peter Freed, the answer was the latter. Freed purchased Fashion Week from IMG and with the support of the Canada Fashion Group and rebranded the event as a two-parter. The first part would see the continuation of Toronto Men's Fashion Week (TOMFW), now in its 3rd year running. The second part would launch Toronto Women's Fashion Week (referred to as TW), a "modern, relevant, high-tech fashion week devoted solely to women's wear."

SHE was granted an all-access media pass to the inaugural TW, held from March 9-12 in the Waterworks condominium space in downtown's Fashion District. Throughout the week, we saw 19 of Canada's top emerging designers showcase their Fall/Winter 2017 collections, in addition to a full day of presentations from current residents of the Toronto Fashion Incubator program. Together, it made for an inspiring and impressive display of homegrown talent. It also served as a gentle reminder that charity begins at home. Canadian fashion deserves and needs our support.

To try and recap the spectacular week in its entirety would be far too difficult and probably not very interesting to read. Instead, here are 5 collections that we felt truly stood out amongst the rest – whether because of the production value of the runway show, the creativity of the designs, the message behind the clothing—or a combination of all the above.



LESLIE HAMPTON



## LESLIE HAMPTON

Hampton's FW17 collection "The Golden Hour" found its roots in "the traditional First Nation belief that dreaming is a way for the inner self to connect with the external environment", as per her website. Hampton, who is First Nations herself, chose to specifically focus on the period of transition between day and night—ergo, the name "Golden Hour". Most of her designs featured a specific metallic-golden-bronze hue, reminiscent of the perfect city sunset. Another key theme was diversity and inclusivity; many of the models were full-figured and women of colour, who confidently strutted down the runway to the thrum of a hypnotic Indigenous drumbeat. It was as though Hampton was paying homage to those of us so often excluded from popular representations of Canadian identity—this includes ones found in fashion, media, and culture at large – yet who are integral to Canadian identity nonetheless.

LESLIE HAMPTON



ZORAN DOBRIC



## ZORAN DOBRIC

Beautiful things are not always easy to digest—that much was made clear throughout Zoran Dobric's "transhumanism"-inspired runway show. As models made their way down the runway in oversized shift dresses, bleached barely-there eyebrows, and 3D printed ear pieces, one could have easily mistaken them for a pod of aliens. Striking, stylish aliens, yes, but aliens nonetheless. It was a jarring sight, especially amidst the stark white runway backdrop and harsh spotlights. The intent, according to the designer himself, was to highlight the evolution of the human body. Evolution not only via natural means but via mutation and modern medicine. The implications of these "artificial" methods of evolution are not easy to swallow. (Hence, a show that was not easy to swallow, as well.) By the end, you were left feeling uneasy and contemplative, which was, one would imagine, the point.

ZORAN DOBRIC





## STEPHAN CARAS

The philosophy driving the Stephan Caras label has always centred around the “Confident Women”. Her sensuality, her elegance, her desire to exist un tethered to anything or anyone— these are the qualities that father-son duo Stephan and Kyrikios Caras invoke with their designs. Their FW17 collection proved no different. Featuring plunging necklines, thigh-high slits, and breast-baring glittery body suits, the collection is as salacious as it is beautiful. But there are other elements, too— like flouncy ruffles and vivid (some might say garish) patterns – that seemed to forgo sex appeal in favour of making a more artistic statement.



STEPHAN CARAS





PEGGY SUE

## PEGGY SUE

Watching the Peggy Sue show was like taking a breath of fresh air. Fresh, clean, pollution-free air. Because amidst the glamour and fanfare that so often characterizes Fashion Week, Peggy reminded us that fashion is about much more than just fancy clothes. It is an opportunity to do good. In Peggy's case, she chose to promote ethical, sustainable fashion that values "the Farmer, the Maker, and the Creator" above a bottom line. Her pieces were made exclusively from North American cotton fibres, traceable even to the Canadian farmer who originally spun them. There were knit sweaters, patchwork denim, easy breezy floor-length dresses; Toques and scarves served as cozy accoutrements. But the standout pieces had to be the floral cotton tees emblazoned with slogans like "Fashion CAN Support People + Planet" and "FROM a FARM". When you tire of speaking yourself, just let your clothing speak for you.



PEGGY SUE



PICCADILLY BY DAVID DIXON

## PICCADILLY BY DAVID DIXON

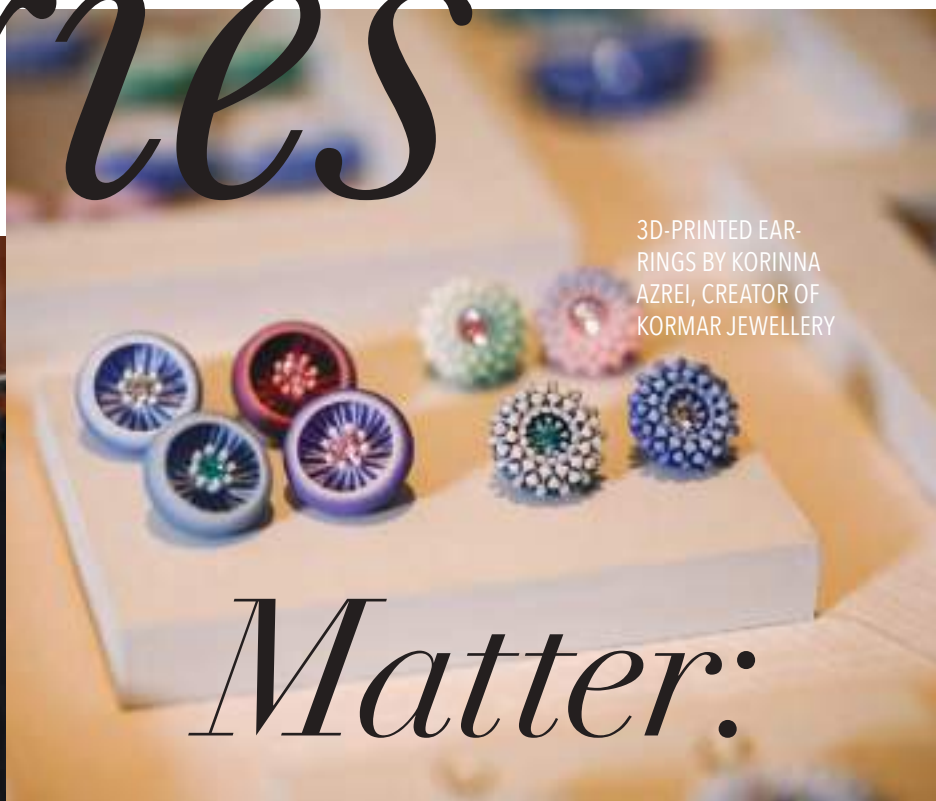
David Dixon has been at the forefront of Canadian fashion for 22 years now, so it was no surprise that his collaboration with Canadian label Piccadilly drew in some of the largest crowds of the week. Piccadilly is known for its classic, season-less designs, and their FW17 collection more or less stayed true to this ethos. Work-friendly silhouettes were aplenty during the first half of the show, and included calf-length pencil skirts, blazers, and wide-legged trouser pants done in inoffensive shades of white and navy. But it was during the second-half that things got really interesting. The mood switched and suddenly we were treated to florals, plaid, ruffles (oh my!). Interestingly, not once did these flashy elements overpower the timeless essence of the collection as a whole. Perhaps that is the mark of a great designer. One who can make clothes that are perfect for work, perfect for play, and thus perfect who the woman who wants to do it all.



# *Why • stories*



DESIGNER EMILE  
KAMBELE AND HIS  
ECO-FRIENDLY LINE  
OF PREMIUM DENIM,  
METROPOLITAN AT-  
TITUDE



3D-PRINTED EAR-  
RINGS BY KORINNA  
AZREI, CREATOR OF  
KORMAR JEWELLERY

## *Matter:*

## TORONTO FASHION INCUBATOR

**BY IMAIYA RAVICHANDRAN**

**M**ost writers in the fashion industry will tell you that PR events are simultaneously the best and worst part of the job. The best because you have the opportunity to rub shoulders with some of the biggest and brightest in

the biz. The worst because they involve small talk, an activity which ranks high amongst people's least favourite things to do (along with eating salad and at-home waxing).

But is small talk really all that bad? In the context of fashion, a dose of measured chattiness can prove immensely helpful when digging for the story behind the art. And I think that

the former is always far more interesting than the latter.

I attended my very first Toronto Fashion Incubator Press and Buyer's Tradeshow, held in the Ritz Carlton Toronto this past March. TFI residents stood at the ready in the space, media kits and business cards in hand, eagerly waiting to pitch you their product. Meanwhile, you— either a press or a buyer — circled

the room like a friendly shark and asked questions about anything and everything that piques your interest. It was basically a small-talker's dream come true.

I beelined over to the woman helming the display, whose name I later learned was Mary Beth Currie (Like the scientist? I joked. No... she answered, confused). A former Bay Street attorney who'd retired after injuring her rotator cuff, Currie started her own clothing line, Ralston Williams, because she was unable to find stylish clothing that accommodated her injury. None of her pieces featured cumbersome buttons, instead favouring easy-to-use zippers and magnets.

Problem. Idea. Solution.

It was a theme I saw crop up frequently as I continued around the showroom. Another designer, Émile Kambele, CEO and founder of Metropolitan Attitude, expressed taking a similar approach to his eco-friendly line of premium denim. "I came up with the idea after watching that documentary about the fast fashion industry, *The True Cost*," he recounted animatedly while flipping through his press kit. "I wanted to start a brand that



MARY BETH CURRIE  
POSING IN FRONT OF  
HER LATEST COLLECTION  
FOR HER LABEL,  
RALSTON WILLIAM

Other designers there weren't necessarily trying to solve a particular problem so much as a general one. Liana Louzon, the woman behind Rocking Vibe, a gemstone jewelry line, told me she creates her pieces to help build a brighter future for her children. She is

desire to create more complex art without sacrificing affordability and ease of wear.

I left the event an hour later feeling decidedly inspired. Though I am, for all intents and purposes, a shopping junkie, rarely have I taken the time to investigate where my beloved clothes and accessories

---

## AND MORE THAN PASSION, THERE'S A STORY. AN INTENTION.

---

helped minimize the fashion industry's huge impact on the environment."

Émile's enthusiasm reflected in his work: each pair of jeans, for example, came with a customized leather tag per the customer's wishes. A small detail, but thoughtful all the same.

adamant that "everything she makes puts back positive energy into the world. Every [piece] should be created with meaningful intention." Another designer, Korina Azreiq, said her line of 3D printed-jewellery was driven by the

come from. And more than that, how and why the items came to be. The tradeshow allowed me to do just that. It facilitated a conversation between myself and the designer, with each discussion giving me a deeper appreciation for the passion and drive necessary to transform a small idea into a flourishing business.

I imagine this is the precise reason why support for small-time artists is so ardent, however little support there may be. Because for those who can look past profit margins and bottom lines, therein lies an intense passion for the craft. And more than passion, there's a story. An intention. It's the kind of purposefulness that is hard to find in most fashion markets—certainly not in Forever 21 and its mass-produced ilk— and when you do find it, you feel compelled to support.



LIANA LOUZON  
WITH HER GEM-  
STONE-BASED  
JEWELLERY LINE,  
ROCKING VIBE

# PUTTING *HER*

## BEST FOOT FORWARD:

### KATY PERRY SS17 FOOTWEAR COLLECTION

BY PRIYA KUMAR



**THE SELBY**  
SMOOTH PATENT  
RED ORANGE

**“I** t’s been a creative goal of mine to be a real contributor in the affordable fashion space.” Katy Perry says of her foray into footwear. “Launching a footwear collection felt like a natural first step for me.” Her eclectic freshman effort offers just about every style one could want from stiletto-style booties to quirky ballet flats, sneakers to sandals and everything in between. Each of the 40 styles are named after her most chic girlfriends including The Lena, The Cleo, The Selena and, most buzz-worthy, The Hillary.

The footwear line launched in association with Global Brands Group earlier this year, and each pair make the perfect summertime statement. “After years of investigating and researching partnerships to find the right fit for the debut of my line, I found that Global Brands Group most resonated with my artistic ideas,” Perry says. “They understand my vision, my eye for detail, and have the international reach and resources to bring my canvas of ideas to life.”

The collection is split into three themes. “SOLEstial” features sleek, futuristic materials including Lucite and vinyl mixed with metallic hues, stars and cloud motifs.





**THE LENA**  
SEQUIN BLUE  
COMBO



**THE THELMA**  
PATENT  
CHERRY RED

"Havana Good Time" was inspired by a trip Perry took to Cuba with her girlfriends and plays with primary colours, floral prints and raffia accents. And "Pump Up the Jam" pays tribute to '90s street-style, which is especially notable as it's the decade pre-teen Perry fell in love with fashion. Speaking of her youth, Perry also felt it was important to keep the collection affordable. Each pair ranges between \$59 and \$299 in price. Ultimately this footwear collection is the manifestation of Katy's travels, humour and extraordinary imagination. Each delightful style is certain to add a touch of whimsy to every wardrobe. Katy Perry Footwear is available to Canadians on Amazon and Zappos.com.

*Follow the line at @katyperrycollections on Twitter and Instagram.*



**THE BON BON**  
SATIN FEATHER  
BABY PINK



**THE JESSICA**  
NAPPA  
SOFT BLUE



**THE KAE**  
SUEDE GLITTER  
SOFT BLUE



**THE STELLA**  
SUEDE  
BLACK

# HAILEE STEINFELD:

By PRIYA KUMAR

The edge of something

big





Hailee Steinfeld is not your average Gen-Z "it" girl. It would also be the understatement of the century to say that she can hold her own on-screen. Don't believe me? She has Academy Award and Golden Globe nods to prove it. Did I mention that she's also a platinum selling artist of can't-get-it-outta-your-head tracks as well? Now that she's taken on fashion as the face of the REEF Escape sandal collection, SHE retraces her path to total Hollywood domination.





**I**'ll be the first to admit I'm an "Old Millennial". There are now two tiers of my generation separated by a number of defining hallmarks. In no specific order they include those that can Snap and those who cannot; those who will live with their parents for the next decade and those who just got out; and of course, those born in the '80s versus those in the '90s. As research for this piece was well underway, I came to learn that Hailee Steinfeld is the queen of the cohort that is known as Young Millennials or Generation Z. To learn more about her I thought I'd have to turn my attention to her fan base to get a solid grip on the magnitude of her career. But as I would discover, Steinfeld is not just another up-and-coming teen starlet.

At only 20-years-old Hailee Steinfeld is already the real deal and has been for some time now. Steinfeld got her start seven years ago as the lead in *True Grit*, an American Revisionist Western opposite Jeff Bridges, Matt Damon and Josh Brolin. She was only a pre-teen at the time but was recognized for her captivating performance with a number of awards and accolades including an Academy Award Nomination for Best Supporting Actress.


The exposure she received for this role did not go unnoticed by the fashion industry and was soon approached by Miu Miu to be the face of a collection in 2011. The artistic campaign was shot in a rustic setting by a railroad and received mixed reviews. Even complaints trickled in about the implications in the messaging with some pointing out that the setting felt unsafe for a child, going so far as to say it glamourized youth suicide. The Advertising Standards Agency in the UK agreed to some extent and banned the ad locally.

This controversy did little to hold her career back. She was quickly snapped up for a lead role in the movie adaptation of the teen sci-fi novel *Ender's Game* (2013) followed by Juliet in Julian Fellowes' take on *Romeo & Juliet* (2013). This particular version of the Shakespearian tragedy is set in Renaissance Verona, a departure from recent film adaptations.

More recently audiences caught Steinfeld in the sequel to *Pitch Perfect* in 2015 and she's already working on *Pitch Perfect 3* due out later this year. It was her work with the popular acapella trilogy that led to a meet cute with a music executive at Republic Records. Having been seated next to one another at an event in New York City, the two got talking about her work in the films because Republic had worked on the first film's soundtrack. The conversation led to another meeting in LA and she was soon signed to the label.







Incidentally, this wasn't the first time Steinfeld dabbled in the music industry. Back in 2015 she famously made a cameo as The Trinity in Taylor Swift's "Bad Blood" video, which went on to win Video of the Year at both the Grammys and MTV Video Music Awards. But audiences should not let a mere cameo diminish the pop stardom Steinfeld has since found in music.

Although she took the opposite approach to her slightly older contemporaries of *The Mickey Mouse Club* fame, most of whom went into music before pursuing acting careers, there's no doubt that her music debut was strong. Her debut album *Haiz*, the moniker given to her by fans, is undeniably catchy, projecting affirming female-positive messaging for its likely very impressionable audience. The EP—which stands for extended play, a playlist that features four songs—includes "Rock Bottom", "You're Such A" and "Love Myself", all of which are well-placed within many of Spotify's most followed playlists. Her song "Starving" featuring Zedd went platinum across the world and triple platinum here in Canada.

Given her impressive industry pedigree to date, it's no surprise that REEF Escape approached her to be the face of their latest sandal collection. Not unlike Steinfeld's musical debut, the collection is for the "rebellious yet refined woman who embraces living in the moment, but appreciates both comfort and style".

The campaign was shot at Los Angeles' famed Milk Studios by acclaimed fashion photographer Yu Tsai. Conceptually the shoot aimed to bring REEF Escape to life in a studio setting. "With the help of Yu Tsai and his team, we built a three-dimensional world for Hailee with bold graphic geometric shapes, banana leaf prints, oak tones, big succulents and a scarlet macaw," says Tait Hawes, Creative Director at REEF. "It all came together to tell the story that expresses the spontaneity, sophistication, adventure and fun that is REEF Escape."

Exuding a vintage Californian sensibility, REEF Escapes' SS17 offering is a juxtaposition of adventure and practicality, not unlike Steinfeld's ability to take on both a successful film career and

equally impressive foray into pop music. Of the collection Steinfeld says: "I love the REEF Escape collection because they are cute, comfortable and fun to pair with different outfits." The SS17 collection features a palette of lime, raspberry, other sun-ready tones and a timeless marble print for an extra touch of sophistication. "Mixing California beach style with my personal style shows just how versatile these sandals are." She's partial to the geometric prints, champagne, blush and nudes that match her skin tone.

What's up next for Steinfeld? At the end of 2016 she starred in *The Edge of Seventeen* opposite Woody Harrelson and Kyra Sedgwick. Her work as the film's lead was recognised with a Golden Globe nomination. The category had her up against Meryl Streep, Lily Collins, Annette Bening and Emma Stone, who ultimately won for her role in *La La Land*. To put this feat into perspective, Streep won her first Oscar fifteen years before Steinfeld was even born. Being put into the same league as these industry heavyweights is on its own an awe-inspiring achievement.



With *Pitch Perfect 3* just on the horizon and much excitement surrounding Steinfeld's decision to reprise the role of Emily Junk, 2017 looks to be another massive year for Steinfeld. Riding high from the praise heaped on this young lady from every corner of the entertainment industry there's no doubt the best is yet to come. Hailee Steinfeld is about to go from pre-teen pinup to full-blown Hollywood megastar at any moment now.

*Pitch Perfect 3 is scheduled for release this December. REEF Escape collection is available across Canada ranging from \$26 to \$32.50.*



# FASHION DNA PAKISTAN

Six Pakistani designers presented the collections at Fashion DNA, organized by the British Council, held in London.

*Photography by Shahid Malik*



# PINK TREE

MUNIB  
NAWAZ



ZURIA  
DOR





# SONYA BATTLA





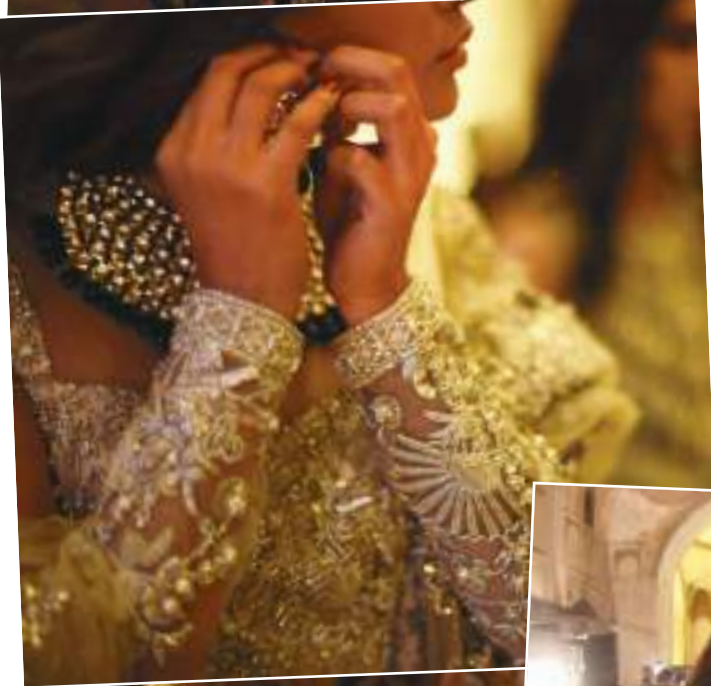
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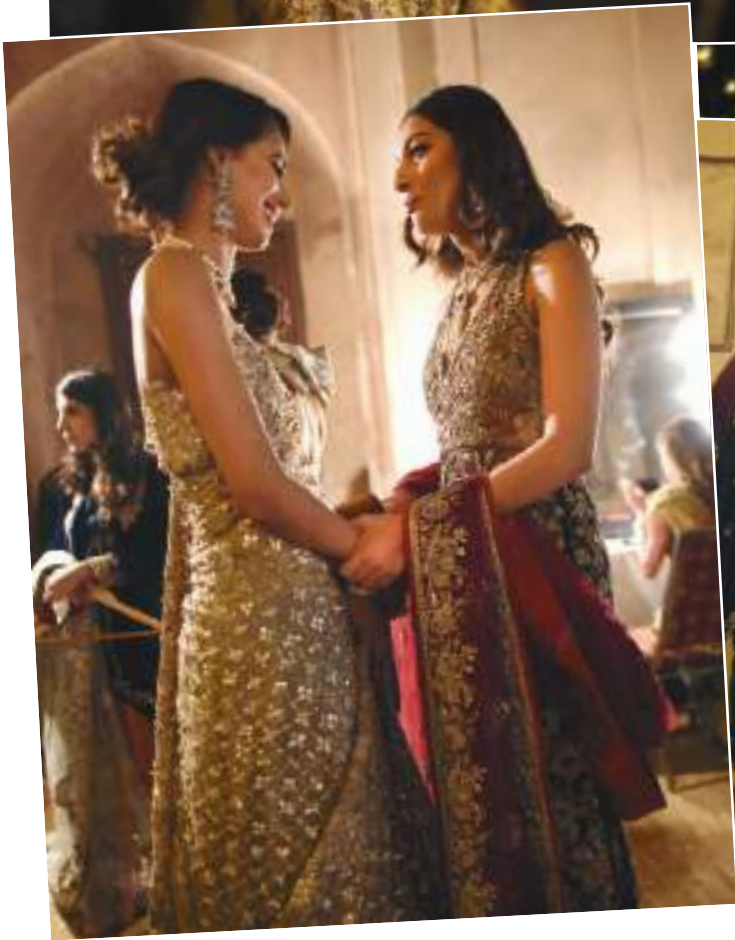
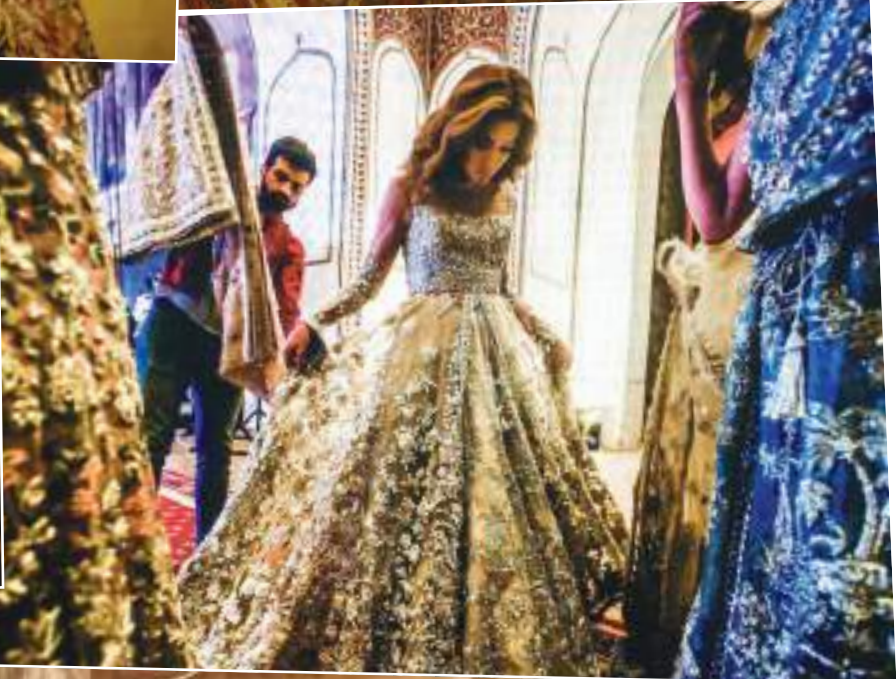
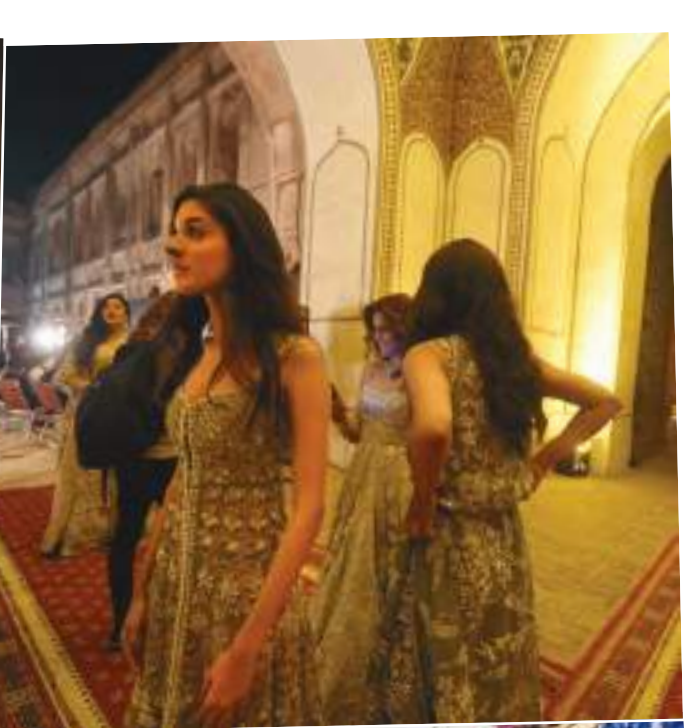
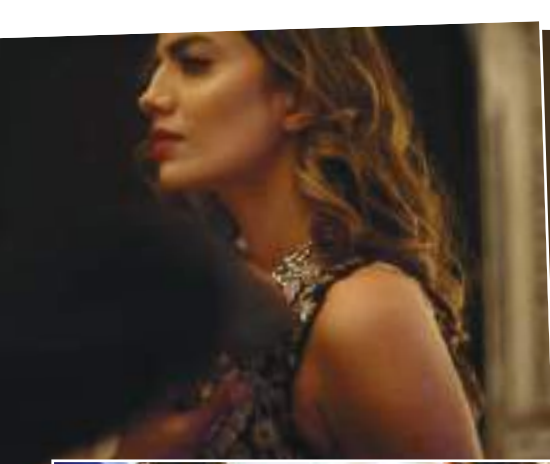


# STORIES OF THE INDUS

Élan and YPO joined forces to present Stories of The Indus. The treasure trove of Indus Valley civilization was unveiled through an unprecedented collaboration of the two premiers, Pakistan's luxury brand Élan and world's Young Presidents Organization, as they presented Stories of The Indus at an exclusive event in Lahore at the historic Hazuri Bagh.









WEDDINGS

# A ROYAL AFFAIR

WHEN IT COMES TO TYING THE KNOT, NOTHING DOES JUSTICE TO HOLY MATRIMONY MORE THAN A TRULY ROYAL WEDDING. FRIEHA ALTAF TAKES US THROUGH A REFRESHINGLY TRADITIONAL AFFAIR AT A ROYAL WEDDING SHE ATTENDED IN RAJASTHAN, INDIA. THE WEDDING WAS ATTENDED BY RENOWNED PERSONALITIES, WHICH INCLUDED HIS HIGHNESS MAHARAJA OF OUDHIPUR, MR. GAJGAT SINGH, CM RAJAHSTAN, MS. WASUNDRA RAJAY AND THE PRINCE OF UDAIPUR HIMSELF, MR. LAKSHYRAJ AND HIS WIFE, PRINCESS VIJAYRAJ OF KUTCH.



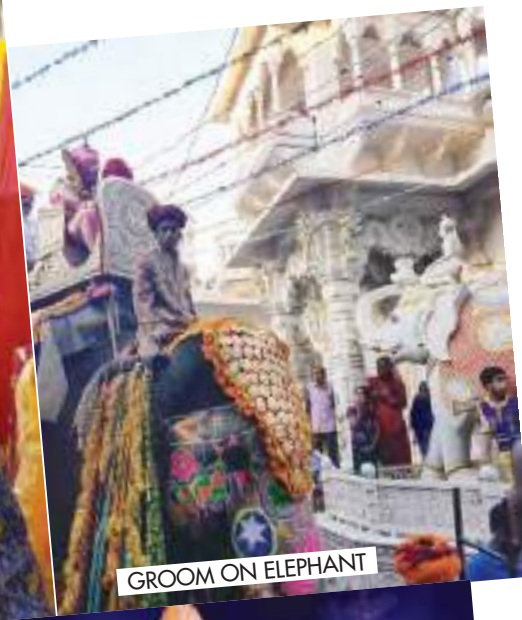
CEREMONY TOOK PLACE AT GHANERAO ROYAL CASTLE



BHANWAR SHAKTI SINGH GHANERO, SON OF GAJAT SINGH AND AND GRANDSON OF THAKUR SAHIB SAJJAN SINGHJI OF GHANERO TIED THE KNOT WITH KASHIKA











# *How to be a* **SHEpreneur:**

BARBARA STEWART CFA,  
FINANCIAL COMMENTATOR  
ON HAVING IT ALL

**BY PRIYA KUMAR**

**I**n the second installment of my interview with Barbara Stewart CFA, we look at the often-trending topic of women having it all. How can a woman be an entrepreneur and raise a family at the same time? This includes keeping her own business afloat throughout

maternity leave and prior to her child(ren) going off to school. I speak to Barbara Stewart, CFA to find out.

Stewart has spent the past seven years speaking with 450 subjects in the arena of women and finance. She says that savvy women have one thing in common the world over: “great respect for independence. But they have also realized that you can’t be an independent woman without being a

financially independent woman: the two things go hand in hand.”

Unlike being offered a standard maternity leave policy most if not all companies are required to provide to employees, those who work for themselves know that time is quite literally money. And then what about teaching your own children (should you choose to have any) about managing their finances? Stewart breaks down all of these pressing topics here:

**When it comes to taking leave to have children and raise a family, what advice do you have for women about how they can prepare themselves financially?**

I actually haven't done any work on that question so I'll draw on the expertise of one of the smart women I interviewed last year. She was talking about transitioning from a salary job to her own business but I think the message will be helpful to those women that are planning to take extended mat leave and raise a family.

Melek Pulatkonak is the Founder of TurkishWIN – the Turkish Women's International Network that connects women across all ages and stages with other women who share similar values. Melek said: "I tell other female entrepreneurs to assume that they won't make any money for two

years. You need to be comfortable with the idea that your savings will support your life during that timeframe. If you are feeling concerned all the time and you have financial stress, you and your family will not be able to make cool, calm decisions. The ups and downs can wear you down so it is critical to plan your finances carefully."

From my own research, I do think that a lot of women need to plan differently for retirement. Women have a life expectancy of 83.3 years while men average 78.8 years, according to the latest figures from Statistics Canada. And this has major financial consequences for them: given that the average retiree spends \$2,400 per month, the extra 54 months of life expectancy translates to about \$130,000 more that the average Canadian woman is going to need.

Add in the pay gap, and that's a pretty steep hill to climb.

**How do you recommend women teach their children about their finances?**

In 2012 I spoke with 50 accomplished women around the world about the messages they received when they were growing up about money. The interviews included many great recollections of pivotal conversations in their childhoods — often with parents or grandparents. I published this research in a white paper entitled "Rich Thinking: A Guide to Building Financial Confidence in Girls & Women."

Drawing on this research, I will share five of the best ideas about how to talk to your kids about money:

1.

**Talk about lifestyle.**

Rather than asking the proverbial question "what do you want to be when you grow up?" move beyond that and have a much broader discussion. Link the questions to lifestyle. Ask "where do you think you will want to live?", "how much money do you think you will need to live there?", "what type of job will enable you to earn that much money?" and "what type of people do you want to work with – bright, sick, old or young?" This conversation helps kids to focus on a future that appeals to them.

2.

**Talk about planning.**

Let your kids in on family planning discussions – the sooner the better. It is necessary for everyone to understand that what we want costs money. If kids can make this link they are far more likely to find the path to earning their own money so that they can go on and live the life that they want. Talk to them and find out what they are interested in achieving. Make it fun...set goals and reward them each step of the way.

3.

**Tell them they are smart.**

Interestingly, many successful people never questioned their own ability to handle money because they were told early on that they were capable and smart. If you feel respected for your intellect at a young age you quickly understand that you can do whatever you decide to do. Offer your kids the opportunity to read international newspapers or ask for their advice on your business decisions. This subtle approach can have a large impact on a child's confidence level.

4.

**Talk about the importance of having faith in yourself.**

A massive bank account is great but it doesn't mean much if you don't feel good about yourself. It is critical for younger people to develop a feeling about who they are and understand what it is that they value. Ask them "who or what do you admire?" This isn't about money or budgets or business plans but it does allow them to think about what is meaningful to them and align their decisions with their values. From there they can make financial choices that make sense.

5.

**Have them deal directly with money.**

Give your children some cash so they can 'feel' it and go out and buy things with it. It is important to get a feel for money early on. It is best for them not to be given too much information. See how they deal with it – they will learn by making their own mistakes. Travelling is an ideal time to try out the concept of handling money. This way you can expose them to various situations where they can manage their own money and have their own small experiences.

These tried and true messages about money shaped the lives of some amazingly accomplished women around the world. Why argue with success?

For more information on Barbara Stewart, visit [www.barbarastewart.ca](http://www.barbarastewart.ca).





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What's the point of a CrossFit-transformed body if you don't have a wardrobe to match?

The temperature won't be the only thing hot this summer if you follow our guide to style. These comfortable trendy pieces are perfect for any casual day-to-night activity. Whether it is a polo shirt with distressed shorts and Chuck Taylor's, or cargo shorts with classic Vans and Raybans, we're here to make sure you look your best this summer.



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With the winter blues (finally) a thing of the past and the summertime warmth finally upon us, we have a whole new set of concerns: protection from the sun. The biggest secret to combatting frizz caused by humidity and fine lines from the UV rays lies in nature's ingredients. Vegan scrubs filled with antioxidants and organic oils rich in nourishing vitamins are your secret weapon to defeating your hair and skin's summertime sadness (while leaving all the chemicals and fillers behind!). These products will leave you thinking: "Bring on the sunshine"

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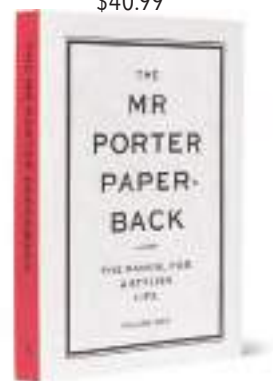
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# BY THE NUMBERS

CANADA @ 150



When the time came to choose a national Canadian flag, out of **2,409** designs submitted by the public to the national flag committee, maple leaves were featured in **1,611**.



The winter carnival festival has been a part of Quebec's tradition since **1894**.



Tim Horton's serves more than **2 billion** cups of coffee each year and Canadians consume about **14 billion** cups of coffee each year



In **1967**, we built a UFO landing pad in the city of St. Paul, Alberta, and the minister of national defence flew in to officially open it



There are **million-dollar** highway overpasses in Banff National Park which have been used by grizzly and black bears, wolves, coyotes, cougars, moose, elk, deer, bighorn sheep, wolverine and lynx.



Canada's literacy rate is over **99%**.



Canada has the longest coastline of any country in the world at **243,997** kilometres – **151,600** miles.



The name "Canada" comes from the word "Kanata" used by the Iroquois, a Native American tribe who lived in Quebec in the **16th century**.



Wood buffalo national park in Alberta is bigger than Switzerland in size at over **44,802** km.



In **2012** Canada introduced polymer cash in all Canadian banks. This has now become a norm.

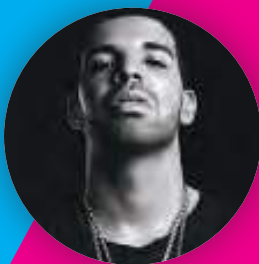


In **2007**, TIFF contributed **\$67 million** to Toronto's economy.



"O Canada" the national anthem of Canada, was originally named "Chant National" and first performed in **1880**.

Drake's latest albums sell no less than 500,000 tracks in their first week of release.



Canadians consume more Kraft Macaroni & Cheese dinners than any other nation in the world..

Alessia Cara rose to fame from her bedroom in Brampton, ON and now has a double platinum single with over 85.5 million views on Youtube.



In 2016, Drake was pronounced the most popular music artist. His income rose by 5.9% last year.

Mathew Perry claims to have beaten up Justin Trudeau back in elementary school..



TIFF has become famous for introducing the following year's Oscar contenders. Best Picture winners *American Beauty*, *12 Years a Slave* and *Slumdog Millionaire* all premiered at TIFF.

The Canadian government has declared Santa as a Canadian citizen. In fact, you can mail your letter to the North Pole in any language (including Braille), and his trusted elves will answer them all.



Did you know that by 1995 Jim Carrey raised his salary to \$10 million per film?

Lilly Singh aka Superwoman, a YouTuber from Brampton, Ontario has now become a world renowned celebrity earning 2.5 million dollars a year.



Tim Horton's was founded by a former NHL defence man.

# *DID YOU* know?

BY MAHEEN MALIK





TOP

# 10

## CAMP GROUNDS IN CANADA

By Maheen Malik



### BON ECHO PARK ONTARIO

**Where:** 6151 Ontario 41, Cloyne, ON K0H 1K0

**Why:** This beautiful Ontario Park will blow your mind when it comes to natural beauty and essence. Going on half a mile to this paradise feels as though you've gone to the middle of the ocean on some exotic island. The park is filled with lush greenery that goes on for acres.

**Campsites:** Campers have the choice from many types of cottages and cabins as well as different levels of camping areas. The Park accommodates adventurers looking for canoe spots and backcountry camping as well as car camps and cottages for families looking for outdoor fun.

**Fun Fact:** The Bon Echo Park features a 100m high Mazinah Rock which carries over 260 Aboriginal pictographs; it is a sight truly worth seeing.





## SANDBANKS PROVINCIAL PARK ONTARIO

**Where:** 3004 County Rd 12, Picton, ON K0K 2T0

**Why:** The park features three expansive sand beaches that are considered among the best beaches in Canada. It is also a very good way to explore Prince Edward County which is known for its countless wineries, biking areas, antique shops and delicious food. Sandbanks is the perfect campground for those who love being surrounded by beaches and water.

**Campsites:** There are over 500 car camping sites and group camps only 1km from the beach. The park also has cottages and other accommodation for those looking for a sturdier living space.

**Fun Fact:** Considered one of the few beaches to have warm water and tidal waves in Canada. It is also the world's largest baymouth barrier dune formation.



## ALGONQUIN PARK ONTARIO

**Where:** Ontario 60, Ontario K0J 2M0

**Why:** The essence of this Park's art comes from its maple hills, rocky ridges and thousands of lakes. The adventurer and hikers paradise is mostly wild and has kept its natural state. The majority of the park can only be discovered through canoeing and hiking on foot.

**Campsites:** One area of the park is dedicated to eight camp grounds and 15 hiking trails that are easier to get to and is perfect for families. However, those looking to stay within the wilderness and forests can find "canoe in" cottages only accessed by canoeing across a river.

**Fun Fact:** The park covers almost 8000km across and features large cliffs and life changing views truly worth the hike. Algonquin is home to all sorts of wildlife such as moose, bears and common loons.



## ARROWHEAD PROVINCIAL PARK ONTARIO

**Where:** 451 Arrowhead Park Rd, Huntsville, ON P1H 2J4

**Why:** The reason we love Arrowhead is because of the absolutely stunning natural beauty the park has to offer. Filled with hiking trails and large forests, this park is the point of all adventures. You can canoe and kayak the beautiful rivers and even mountain bike in the summer season. There are also 3 beautiful and sandy beaches.

**Campsites:** There are many camping facilities available from car and RV camps to cottages and cabins.

**Fun Fact:** The park features 15km of hiking trails, where you can discover a hidden waterfall within the green nirvana.

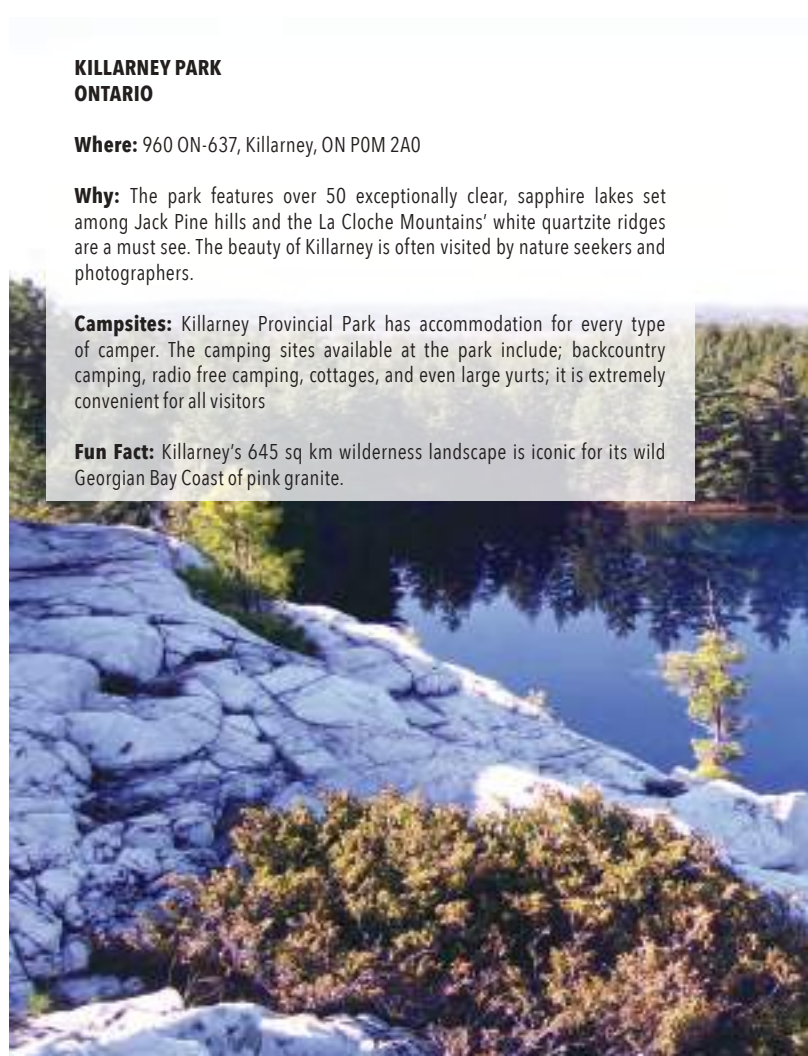
## KILLARNEY PARK ONTARIO

**Where:** 960 ON-637, Killarney, ON P0M 2A0

**Why:** The park features over 50 exceptionally clear, sapphire lakes set among Jack Pine hills and the La Cloche Mountains' white quartzite ridges are a must see. The beauty of Killarney is often visited by nature seekers and photographers.

**Campsites:** Killarney Provincial Park has accommodation for every type of camper. The camping sites available at the park include; backcountry camping, radio free camping, cottages, and even large yurts; it is extremely convenient for all visitors

**Fun Fact:** Killarney's 645 sq km wilderness landscape is iconic for its wild Georgian Bay Coast of pink granite.







## **BANFF NATIONAL PARK, ALBERTA**

**Where:** Alberta

**Why:** Alberta's natural beauty and the endless amount of snow capped mountains and views are just as talked about and appreciated as the mountains and beauty of Switzerland. The breathtaking settlement over the infamous Canadian Rocky Mountains has an endless amount of lakes, rivers, glaciers, and of course mountains. Discover Lake Louise and Lake Moraine! These two lakes are known as the paradise of Banff with bright turquoise waters that are unbelievable to the eye.

**Campsites:** The park has reservation areas all throughout its hectares of terrain ranging at levels suitable for all. There are 2,462 sites located within 14 large campgrounds that offer a variety of services and experiences. So whether you're an adventurer looking to discover new sites and hike mountains or a just family looking to bond, there is something for everyone.

**Fun Fact:** Lake Louise and Lake Moraine are known as the paradise of Banff with bright turquoise waters that are unbelievable to the eye. Visitors have compared the scenic views incomparable to anything.

## **FUNDY NATIONAL PARK, NEW BRUNSWICK (POINT WOLFE CAMPGROUND)**

**Where:** Alma, NB

**Why:** At Fundy National Park you can discover pristine waterfalls and green forests making . Hiking trails lead deep into the Acadian forest filled with the most scenic waterfalls. Ever seen your favorite actors venture deep into the woods and discover beautiful sites? Well Fundy is your ticket to discovering these hidden sites yourself.

**Campsites:** Fundy is considered a camper treasure with deluxe campgrounds and even regular musical performances. The park also offers yurts and other unique camping options suitable for everyone.

**Fun Fact:** Fundy is known to have the highest tides in the world.



## GROS MORNE NATIONAL PARK, NEWFOUNDLAND & LABRADOR (TROUT RIVER CAMPGROUND)

**Where:** Newfoundland and Labrador

**Why:** Shaped by colliding continents and grinding glaciers, this stunning panorama of beaches and forests are towered by soaring fjords and moody mountains. Take a stroll through the dramatic, sheer walled gorge of Western Brook Pond; and wander through the coastal pathways and sea stacks of the Gros Morne Area. Hiking to the alpine highlands and discovering the incredibly colourful and rich culture of the sea side communities is worth the visit.

**Campsites:** There are two large campgrounds within the park that are truly accommodating -- they even have Wifi! The campsites overlook a majestic mountain lake, so waking up to paradise will become a reality in this stunning projection of natures beauty.

**Fun Fact:** Gros Morne's ancient landscape is a UNESCO World Heritage Site



## NOPIMING PROVINCIAL PARK, MANITOBA (TULABI FALLS CAMPGROUND)

**Where:** Division No. 19, Unorganized, MB

**Why:** Discover the evergreen and never ending forests scattered with crystal clear lakes rimmed with granite rocks and sheltered by all sorts of green life. Canoes have run in the waters of this natural dream since the time of the Aboriginal peoples. Follow the adventurous spirit running through within the air of this beautiful park.

**Campsites:** There are four campgrounds on the park which make camping very convenient for all travelers and adventurers. Grab those tents and sleeping bags because it's time to discover history and nature in it's truest form.

**Fun Fact:** The word Nopiming of the Anishinaabe language means "Entrance to the Wilderness"; and the phrase doesn't disappoint.

## BRUCE PENINSULA NATIONAL PARK (CYPRUS LAKE CAMPGROUND) (ON)

**Where:** 469 Cyprus Lake Rd, Tobermory, ON N0H 2R0

**Why:** Hidden within the shores of the Bruce Peninsula lies a large reserve of a beach, surrounded by stunning cliffs and caves. The area is a well known "paradise" all throughout Ontario. Campers and visitors compare the Bruce Peninsula to an exotic escape which makes you feel as though you're in the middle of the Indian ocean. Exploring the rocks and beach to the many hiking trails the park has to offer, a trip to this beautiful reserve is sure to get the entire family excited.

**Campsites:** Out of the many camping sites in the area, one that is highly recommended is the Tobermory village campground. A picturesque and quiet family campground that is perfect for a nice tent or RV set up.

**Fun Fact:** The rocks surrounding the beach are known to be more than 400m years old. Bruce Peninsula is one of the largest protected sites in southern Ontario.





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If you have never experienced Canadian outdoors, note down in "Camping" in your absolute "must-do" list for this summer. The warm season is fleeting in our country, but it more than makes up for all the time we are forced indoors with its majestic beauty, endless blue skies and miles upon miles of natural greenery. Start planning a camping trip today, we are sure it is going to become an annual feature in your family calendar as well.



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## ZORAH BIOCOSMETIQUES

As the story goes, Melissa Harvey, co-founder of Zorah Biocosmetiques, was travelling to Morocco as an aid volunteer when she came across a cooperative of Berber women working with argan oil. She lived and worked with these women and was inspired to return home and work with the miraculous ingredients she had discovered. Enter Zorah Biocosmetiques, brand found and manufactured in Canac with a string of award winning products that are effective on the skin, fair-trade and environmentally responsible.

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- b. Nyxe High Efficiency Cream Mask **\$59.99**
- c. Mascara Volume & Care **\$24.99**
- d. Ora Eye Cream **\$64.99**



## JEANE & JAX

Made with luxe vegan leather, the clean aesthetics and simple elegance of this Montreal based line of bags is fashion forward and affordable as well.

- e. Hobo With Side Zip Trim In Blush **\$95**
- f. Perforated Backpack In Black **\$100**
- g. Woven Wallet **\$50**
- h. Woven Flap Clutch In Stone **\$70**



## SIMONS EAU CONTEMPORAINE PERFUME, \$50 EACH

This line of three distinctive perfumes is named after fabrics that have inspired the scents, Soie, Lin and Coton. Evoking the feel of fabrics they are named after, these are modern iterations of perfumes, light yet memorable. Designed exclusively for La Maison Simons by model and fragrance designer Ruby Brown, this summer update your wardrobe in more than one way.



## ROOTS MAP OF CANADA SHAWL, \$48

We are in love with this beautiful shawl with the map of Canada printed on it. It's lightweight, so perfect for the warmer days, and...oh whatever! It's not like we'd need an excuse to buy the shawl.



## PURDYS CHOCOLATIER CANADIAN MAPLE LEAF TIN, \$11

Maple Leaf, chocolates, Canada Day...need we say more? We are declaring this box to be "the chocolates" of the summer, eat them, share them, gift them.



# hot

STUFF

# J.

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# *Viceroy's House*

COMES OUT  
ON DVD

By PRIYA KUMAR

*Viceroy's House* is the dramatized lead-up to the partition of British India. As we inch closer to the 70th anniversary of the birth of Pakistani and Indian independence, *Viceroy's House* comes out on DVD worldwide.

Back in March SHE was invited to an exclusive press screening of Gurinder Chadha's latest effort *Viceroy's House* in London, England. The director, of *Bend It Like Beckham* fame, spoke before the screening touching on how the partition of British India is very personal to her. Her mother was one of the migrants caught in the fray of the separation of the two nations and she felt it was her duty as a filmmaker to bring the story forward to a wider audience. "I had to make a film about what happened in 1947 and how it effected generations since and also for my children who know nothing about what happened. Making *Viceroy's House* was one of the most emotional experiences of my life," Chadha says of the process.

Just as the title suggests, the film is set at Viceroy's House in 1947 Delhi, home to the British rulers of India for 300 years, and examines the months that led up to partition. The film is split into two distinct story arcs. The first features the partition from the perspective of the British Viceroy and his family starring Hugh Bonneville (*Downton Abbey*) as Lord Mountbatten and Gillian Anderson (*The X-Files*) as Lady Mountbatten. For last six months the British ruled India, it was the Mountbatten

family that was responsible for the process of handing the country back to its people. Nehru, Jinnah and Gandhi as characters also feature prominently throughout the film.

The secondary arc is a love story between the two members of the downstairs staff played by Manish Dayal (*The Hundred Foot Journey*) and past SHE cover girl Huma Qureshi. Five hundred Hindu, Muslim and Sikh servants historically worked at Viceroy's House and this particular plot examines how romantic relationships once transcended culture and religion.

From my own perspective I found *Viceroy's House* to be a glossed over, soapy reenactment of historical facts. I too have family that fled what is now Pakistan during this period and although I've had questions about how the land was ultimately divided, I feel the film offered an overly simplistic narrative in respect to these events. Although the sets, costumes and actors were exceptional, the film itself did not quite come together for me.

Perhaps my greatest grievance with the film was the at times silly romance between Manish Dayal's Jeet and Huma Qureshi's Aalia. Aalia is a soon-to-be bride of a very suitable former soldier and makes most of

her decisions with her blind father (played by Om Puri in his final performance) in mind. While the late, great Om Puri was excellent as always, I struggled with believing such a romance could be viable even in those times.

The two young actors did little to convince me otherwise and it felt like a contrived distraction from the bigger conspiracy theory at hand; it is believed India and Pakistan were separated to keep the Soviets from the Arabian Sea. Historically called "The Great Game", the rivalry between the British and Russian empires was a geographical arms race with India as the top prize. The film touches on the notion, albeit briefly, that Pakistan was created to keep Russia away from India and oil-rich West Asia.

Although this film had the potential to be a gripping political thriller, it took a more crowd-pleasing approach with respect to this chapter in history. Ultimately *Viceroy's House* celebrates tolerance, the commemoration of the 70th anniversary of the partition of British India and our moral responsibility towards migrants fleeing violence in today's political climate.





# WESTMINSTER

## TERROR ATTACK

*I*t was the worst terror attack in London in over a decade. As a resident of Westminster in London, PRIYA KUMAR shares her first-hand account of the British capital's own ground zero.

As I write this piece it's been about two weeks to the day an SUV careened down Westminster Bridge at 122 kilometers per hour and slammed into the Palace of Westminster's front gates. The event lasted a mere 82-seconds and left a number of pedestrians and a police officer dead while the world looked on in horror. This morning London awoke to more bad news. The young Romanian woman who fell into the Thames during

the attack passed away from her injuries. Andreea Cristea (31) was the fifth victim of the March 22nd attack. She was in London on vacation with her boyfriend Andrei Burnaz and he was planning to propose the very day the attack occurred.

A family statement confirmed her passing: "After fighting for her life for over two weeks, our beloved and irreplaceable Andrea — wonderful daughter, sister, partner, dedicated

friend and the most unique and life loving person you can imagine — was cruelly and brutally ripped away from our lives in the most heartless and spiritless way.

"She will always be remembered as our shining ray of light that will forever keep on shining in our hearts."

The other victims of the attack included Aysha Farde (44), a teacher in the area, American tourist Kurt





Cochran (54) of Utah and Leslie Rhodes (75) a retired window cleaner of south London. PC Keith Palmer was on duty at the time and was stabbed by the assailant on the grounds of Parliament. He was a father of two. Fifty others were treated in hospital in conditions ranging from fair to critical.

As I've mentioned in several previous issues, I've been based in London since mid-2013. My apartment is so close to where the attacks took place (as seen



above at the traffic light), it fell under the perimeters that were closed off to vehicle and foot traffic following the fateful events of that afternoon in March. At the time, I was at my office somewhat further down the street from Parliament on Westminster's Victoria Street.

I was on the phone answering a routine call from my broadband service provider when it vibrated with the familiar BBC News ring tone. "Probably today's football scores," I thought to myself. When I got off the phone to look at the alert, it stated that a terrorist attack was taking place at that moment minutes away. I immediately mentioned the alert to my graphic design colleagues who were deep in conversation about a sales brochure. They dropped what they were doing to look into it. Minutes later a company-wide email went out requesting all managers do a headcount. Portland House—the 27-storey building where I work—was put on lockdown until further notice. No one was able to come or go.

I quickly Whatsapp my mother in Toronto that I was fine, but she hadn't heard anything about the incident as of yet. Knowing how close I live and work to Parliament she would be the most worried. Over the course of the remainder of the day my colleagues and I received messages from all over the world. Friends I hadn't spoken to in months if not years were checking in to see if I was okay.

Between the phone calls and watching shots of my neighbourhood being transmitted by international news outlets in a 24-hour coverage

cycle, the whole situation felt surreal. After all, although I was minutes away from where it occurred I didn't see the fear, pain or bloodshed that took place. That said if the same occurred at Avenue Road and Lawrence (an intersection even farther from SHE's Toronto office than I am from the Palace of Westminster), I would have felt personally affronted by the act and fearful to come into work.

London and its resilient residents took a vastly different approach in their reaction. Although the attack closed Westminster station for about a day after the incident, the city was largely business as usual. Armed officers have since doubled around the city, at landmark tourist attractions and Tube stations, but none of this has deterred locals from going about their day-to-day business. Hashtags on social media included #WeStandTogether and #WeAreNotAfraid.

It was reported in 2015 1,732 were killed in road accidents in the UK with 22,137 seriously injured. Although the odds of injury in a road accident are far greater than those of a terrorist attack, we do not lock ourselves inside, fearful of the outside world.

The difference between an accident and attack is just that: the deliberate nature of the event. While it is easy to be affronted by the political beliefs of one crazed fanatic, it's best not to be. Ultimately these attackers—including the ones in Nice, Berlin and most recently Stockholm—want to be heard. Showing our fear by shying away from public spaces in the face of their random acts of murder ensures their message is transmitted loud and clear.





THE

# Halal Guys

C O M E T O T O R O N T O





I remember the first time I tasted a combo platter from The Halal Guys. We had driven to New York from Toronto over the Victoria Day long weekend, and nestled neatly in my list of things to see and experience in the city was a taste from this famed street cart. We hadn't done all we set out to do that day when my stomach started rumbling for attention. While both my children were full with all the halal hot dog options that are strewn all across New York, I had been saving my appetite for The Halal Guys. So, with two tired little ones in tow, we consulted our street map and charted a course towards the intersection that promised good food and lots of it.

Turns out, we couldn't have missed it anyways. I could sense the cart before seeing it, a man wearing a vivid yellow tee emblazoned with the logo in red, was shouting "The Halal Guys" clamouring for attention and the long line to order and then get food from the cart could not to be missed. At this point all my children wanted to do was to return to our hotel and sleep, so I did what any South Asian mom would do and tried to reason with them, followed by a sprinkling of emotional blackmail...and then just ignored the squabbling that ensued over who was more responsible for my state. I needed patience to wait in line and taste for myself if the food was worth the hype. It was.

Earlier last month when SHE was invited to the media pre-opening of The Halal Guy's first location in the city, I was among the scores who showed up at the Yonge and Wellesley location. And I felt lucky, specially when I saw the many people who had been walking up to the door and then away when told that the place wasn't open for public just yet. The Grand Opening on May 5th was a grand affair indeed, with fans lining up bright and early on the rainy day, umbrellas flaring overhead, waiting to get their fix of gyro.



The menu at The Halal Guys is simple, no frills and fancies. It was the simplicity and generous portions of food that had made it an instant hit when three Egyptians started the first halal food cart on the south-east corner of 53rd Street and Sixth Avenue in Manhattan. From these humble beginnings in 1990, that started as a 'halal' food option for the many Muslim cab drivers in the city, to the cult-like popularity it enjoys in North America as well as in South Korea and the Phillipines, The Halal Guys have perfected, literally in this case, their recipe for success.

Two years after the first halal hot dog food cart, they expanded their menu to what it is today, chicken, gyro meat, rice and pita served with salad. The taste is appetizingly Mediterranean and their white sauce that is liberally doused over the platter, or the gyro sandwich, is unique. Food bloggers have been known to try to reverse engineer it to varying degrees of success while The Halal Guys keep it a closely guarded secret. It is mayonnaise based, as most can tell, and they only thing they admit themselves.

If you live in Toronto, you don't have to go to extreme lengths to try and replicate the sauce at home, the first of five franchises in the GTA is now open, and you can go there to grab a bite of fresh rice and meat platters and gyro sandwiches. Pay for extra falafel, they are one of the best I've tried, and go easy on the hot sauce. There might be a wait time, for the Yonge location only seats 30 at a time, but the wait, is always worth it.





# *The* **S***ecret* *essions*

*AN IMMERSIVE CINEMATIC EXPERIENCE*

**BY RHEA BRAGANZA**





On Monday, March 13 at 9:39AM, a curious email landed in my inbox. It read: "Please arrive at 7pm where we will have a table waiting for you at 783 College Street (Revival Bar). When you arrive in your black, white, or grey clothing and accessories, the show will begin. Essential to your experience is your Letter of Transit, which we have attached. Please identify your name, sex, birth date, birthplace, nationality, and occupation. There are also two small boxes for fingerprints and one larger box for a photograph. Do not forget to bring this document. Remember, you will be taking on the role of a 1940s European character."

That evening, I have an Uber drop me off in front of a brown two-storey building on College Street. A man in a tailored white suit greets me and directs me to the coat check in the basement. When I come back upstairs to the foyer, two ladies help me sign in and have me fill out my Letter of Transit. Once completed, I walk through another set of doors; this time, I enter Rick's Café Américain.

Two female actors greet me. The first is a slim blonde woman wearing a simple white monochrome dress with mid heels and the second is a brunette wearing a black dress with a thin brown belt holding a fake cigarette. A giant vintage-style 1940s map of the world poster is set up behind them using floor stands.

"Where am I?" I ask.

"Why, of course, you're in Morocco," the blonde one answers. They point me in the direction of the bar, where I'll find Rick. To the right, banquette seating is available. Ahead is the main stage with a white grand piano nearby. In the center of the room, there are two long, narrow rectangular tables with multiple stainless steel chafers and disposable platters arranged on top. I skip the bar and walk over to the buffet instead. The server fills my plate with couscous, roasted grilled vegetables, ras el hanout

spiced chicken seekh kebabs, beef seekh kebabs, Moroccan spiced roasted sweet potatoes and carrots, three pieces of whole wheat pita bread with hummus, and plum and raisin chutney. I straighten my black HD in Paris flare blouse from Anthropologie; the young lady sitting next to me is wearing a posh two-piece suit. I make my way over to the seating area, from the corner of my eye; I spot Bronwyn Cuthbertson, one of the co-founders of the event.

This whole extraordinary experience is an example of The Secret Sessions, a fusion of cinema and theatre that involves audience participation. The impresarios, longtime friends Bronwyn Cuthbertson and Jennifer Dysart, invite guests to dress up as, and play the role of, characters from a selected cult classic film. Guests interact with paid actors on a recreated set to bring the film to life. Tickets include a meal inspired by the film, socializing, and a movie screening. Audiences do not know the location or their attire until 24 hours prior to the start of the event, to add an element of mystery and surprise. The whole idea is about the attendees getting to live a movie. "I think it's really about being able to connect with people," said Dysart. "Not just sit back and relax, but become a part of, and create, your own entertainment."

In 2012, when Cuthbertson was living in the United Kingdom, working as part of the planning committee for the Olympics, she took part in one of Fabien Riggall's immersive cinematic events known as Secret Cinema in London. Cuthbertson was impressed. When she returned to Toronto, she decided to co-found a Canadian version with Dysart. The two women, originally from Perth, Ontario, knew that mounting a production like this would work in a city like Toronto because of its deep pool of creative talent and appreciation for the arts, especially film.



The two women were a strong team with the perfect marriage of skill sets. Cuthbertson had a Commerce Degree from Queen's University and a background in event planning, while Dysart had a BFA from York University and a background in theatre. Cuthbertson would handle the logistics and Dysart the creative side of things. When asked to describe each other, both women said they had a "strong, clear vision", Dysart added, "intelligent and super fun" to describe Cuthbertson, and Cuthbertson responded with, "creative and compassionate" for Dysart.

Would a Secret Cinema-style event work in Toronto? Considering it's a big, vibrant city that's home to the Toronto International Film Festival (TIFF), one of the worlds largest publicly attended events with nearly half a million annual patrons, Cuthbertson and Dysart knew there was great potential for The Secret Sessions to develop and prosper, given the right circumstances.

Their first production, last November, was the 2004 hit comedy, *Anchorman: The Legend of Ron Burgundy*, which has become a cult favourite. Looking to build on the momentum, the ladies staged *Casablanca* this March.

As I sit in Rick's Café Américain enjoying my meal, a man in a police uniform approaches my table and introduces himself as Captain Louis Renault. He asks me where I am from. I tell him I am from Spain and give him a pseudonym. He seems friendly, but at the same time a little bit suspicious. Suddenly, a fight breaks out between two of the characters, a Bulgarian couple is arguing about their Letters of Transit. By now, you can easily distinguish the attendees from the actors, as any kind of random yelling seems to catch them off guard.

We are then asked to make our way to the main stage area. As the pianist and vocalist continue to perform, we are taught a few basic swing dance steps to perform with a partner. I try my best to hide in a corner and observe the other guests, but Captain Renault is quick to find me. Before I know it, he's twirling me around in circles, I'm giggling, and he's counting the steps, "One, two, three..."

After our little dance session is over, I proceed upstairs to another room where I encounter a roulette table and a casino dealer. He hands me some chips and explains the rules. I place my chips on the even numbers and begin losing very quickly. The blonde who had welcomed me at the entrance is also playing.

"Be quiet," she whispers with a wink. "No one should know what we're doing."



Suddenly, there is a loud crash and another character is being arrested. "RICK'S CAFÉ IS CLOSED," announces one of the actors. I drop my chips on the table and we're all quickly shuffled out, down to the basement, past the coat check, and into another lounge. Some of the guests sit, while others stand by the bar. Instrumental music begins to play and a belly dancer appears. She is wearing a beautiful blue costume with a golden chain around her waist. Her hips perform precise undulations to the rhythm, hypnotizing the audience. When she finishes, she receives a spontaneous and loud applause.

Finally, we are told to go back upstairs. The set has been cleared and a few rows of chairs have been set up facing the stage, where a film screen is in place and a projector is ready to go. It appears the event is over and we'll now watch a screening of *Casablanca*. As the movie plays, though, it becomes clear the event hasn't ended. From time to time, the actors simultaneously act out some of the scenes, performing their lines in perfect synchronization with their on-screen counterparts.

Later, I piece things together. Having never seen *Casablanca* prior to the event, my take on the experience was different from those who had. It was a kind of backwards process instead of understanding all of the cues throughout the evening; it was only after seeing the film that I could say to myself, "Oh, now I understand why they did that." It was still a very fulfilling experience.

The evening was well paced, although the event was a few hours long and it can take some time to get comfortable with everything that is unfolding. I sensed

that most of the people attending the event loved cinema or theatre, though, so they felt comfortable right away. "I really enjoyed the show, especially being a fan of *Casablanca*," said Lisa Alves, one of the attendees. "The immersive theatre aspect was really great and it worked out well."

Cuthbertson and Dysart's The Secret Sessions is part of a new trend known as

the "experience economy," the idea that consumers want new experiences that leave them with vivid memories, rather than passively consuming movies, plays and other entertainment. Where The Secret Sessions allows attendees to feel like they've become part of a movie.

Right now, Cuthbertson and Dysart are still a startup trying to mount what is a large, complex production. For *Casablanca* to happen, planning began three to four months in advance. According to Cuthbertson, "For each show we assemble a team to help with everything from graphics to assistant direction, music, production, costumes, and sets." *Casablanca* was only the duo's second production, but with positive reviews they are ready to move on and continue expanding. Their first productions were much more intimate than the U.K. ones, which have, in the past, attracted as many as 12,000 attendees. "We're open to becoming as big as we can get," said Cuthbertson. "Ideally, we would have an office location and just grander staging. We're learning at this stage and trying to hone our craft. We'll see what happens."

Cuthbertson and Dysart serve as role models that women can be successful entrepreneurs in any industry they choose.

It's time to go home. I approach Dysart for a few final words. She provides me with some more information on what their rehearsals were like leading up to tonight. We laugh knowing that Rick's Café Américain will be open again tomorrow and ready to serve a whole new set of guests, each one ready to walk away with their own unique story to tell.





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.





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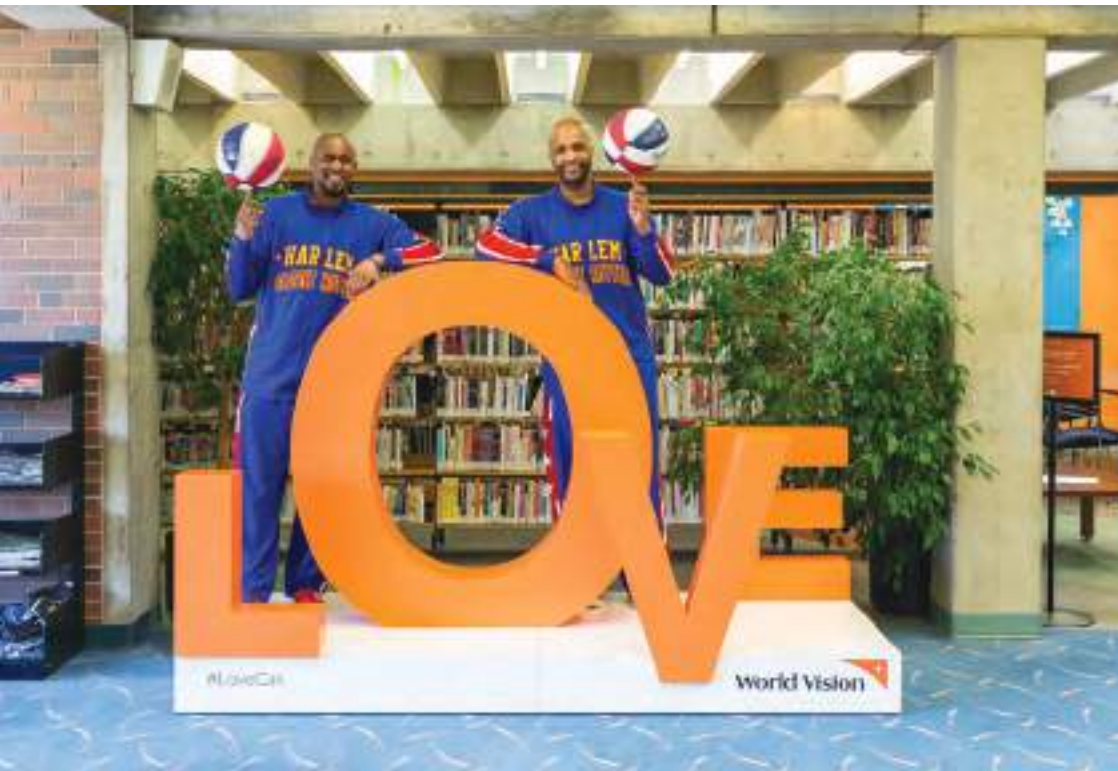


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# Harlem Globetrotters & World Vision *Bring Their Message of Love to* TORONTO



**W**orld Vision's mission is to work with the world's most vulnerable people, and bring positive change to the lives of people around the world. Their four year old partnership with the Harlem Globetrotters and good samaritans from Canada has seen them spread their mission of love and mercy to those who are most in need, at home as well as globally.

This past April, students from St. Wilfrid School in Toronto shared how books, basketball and love can change the lives of people around them. Sixty students from grade six met with the Harlem Globetrotters at the York Woods Public Library at the #LoveCan event organized by World Vision.

To inspire these youngsters with messages and stories from their own childhood, Scooter Christensen and Flight Time Lang from the Harlem Globetrotters shared how the support and love of their parents helped them achieve their own dreams. They also

read "Salt in His Shoes", a story about Michael Jordan.

The event also saw children participate in an activity and complete the phrase "Love Can \_\_\_\_\_." The way these children filled in the blank showed that they really understood the message of love, sharing and empathy that Harlem Globetrotters and World Vision brought to them.

And to wrap up the event, and demonstrate the power of how sports can bring people together and make them feel good about themselves, a game of basketball finished off

the proceedings. Tips on how to improve their game, and tricks on the court, eliciting laughter from participants and onlookers made this an evening that will become a valuable memory for the students.

*Harlem Globetrotters played 13 games throughout April in Ontario.*



*“As the Ambassadors of Goodwill, we truly enjoy teaming up with World Vision Canada to give back to a group of kids today. I hope the children will spread the message about what Love Can do and implement those lessons every day.”*

**- HARLEM GLOBETROTTERS STAR FLIGHT TIME LANG**



*“Half a million people express their kindness and generosity through World Vision Canada every year. We’ve been partnering with the Globetrotters and Canadians to improve the lives of children around the world. We’re so grateful for the support of the Globetrotters who are helping us spread the message that love can do anything.”*

**- JUDITH LITTLE, WORLD VISION CANADA EVENTS TEAM.**



# A JAPANESE

## Inspired Home



*AFTER YEARS OF DESIGNING OTHER PEOPLE'S DREAM HOMES, ARCHITECT MARK RIOS FINALLY GETS TO BUILD ONE FOR HIMSELF.*



**T**he house was just about ideal. A midcentury-modern gem sitting on a secluded acre in Bel Air, complete with a dazzling view of the Pacific Ocean . . . idyllic but for one small detail: It was slowly sinking. There was no hope for repair, so architect Mark Rios and his husband, fertility doctor Guy Ringler, decided to tear down the house they'd lived in for 15 years and start anew.

For the first time in his 30-year career, Rios, a founding partner of the architecture firm Rios Clementi Hale Studios, was building a home for himself. "Architects have a hard time designing for themselves," he says with a laugh.

"I went through over 50 plans before we settled on one." In seeking to create a tranquil haven away from the couple's chaotic

professional lives, Rios drew inspiration from the soothing aesthetics of Japanese design. "The library, in particular," the architect notes, "was fashioned after a room in Kyoto, using heavy, dark timbers. And the spa resembles old ryokans I've visited in Japan."

Like much of Rios's work, the new 11,000-square-foot home is tightly edited, with a restrained palette and a carefully orchestrated repetition of materials. While the street front is composed of three white, windowless masses, on the back Rios utilized floor-to-ceiling glass pocket doors that open rooms to outdoor spaces and southwest views. (These expanses give a sense of airy openness to the two large rooms that occupy the first floor of the house.) Rios also built a rooftop party/screening room with a large terrace, "which makes it fun to entertain," he says.

*IMAGES: ARCHITECTURAL DIGEST  
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JoLee Notebooks



JoLee Cards

AS I ENTER THE ENERCARE CENTRE ON THE EXHIBITION GROUNDS, THE SPACE INSIDE HAS BEEN TRANSFORMED INTO AN ARTISANAL PLACE — ONE OF A KIND SHOW — AN ARTS AND CRAFTS MARKETPLACE THAT CONNECTS MAKERS AND BUYERS WHO SHARE A COMMON INTEREST IN HANDMADE EXCELLENCE AND FINE CRAFTSMANSHIP. THE SHOW LASTED FIVE DAYS, FROM MARCH 29 TO APRIL 2, AND HOSTED AROUND 500 DIFFERENT ARTISANS.

# ONE OF A KIND SHOW

BY RHEA BRAGANZA



Julien & Emily Cat Sleep Masks



**A**

As part of a special media preview, I am invited to a breakfast on the first day. In the center of the room, near the main stage, TOBEN Food By Design Inc. has set up a buffet. I am treated to a variety of mouth-watering sweet and savory dishes. The server fills my plate with eggs benedict, berry pancakes, and potato salsa. As the breakfast comes to an end, I open the brochure I had received at the entrance, which reads, "Support the Handmade Revolution," and scan through all of the booth categories: body care, candles, ceramics, children's clothing and accessories, children's toys and furniture, clothing, collectables, craft drinks, dried floral, fabric and textiles, and fashion accessories.

I walk to one end of the hall. I've decided to tackle the large space by walking down each aisle in a zigzag pattern. I don't want to miss any of the booths. A few mini cacti and a leather satchel catch my attention as I walk towards them.

I'm about three or four aisles in when I notice a booth that is selling cupcakes. Never one to ignore my sweet tooth, I'm ready to learn all about the flavours they have, but as I get closer, I realize quickly

that these are no ordinary cupcakes. In fact, they are not cupcakes at all. Instead, they are fresh handmade soaps that have been molded into the shape of cupcakes. The booth is called Carberry Soap Company and on display is the Mint Oreo Cupcake soap, the Pretty Pink Cupcake soap, and the Happy Birthday Cupcake soap. I also visit a booth called Aura by Julien & Emily, which sells high quality sleep masks with animal print designs on them. Illustrator, La Jolee, has a booth with postcards that have corky images with playful, but powerful phrases: "Girls Just Want to Have Fun-Damental Rights," "Love Trumps Hate," and "Ladies... Formation" printed on them.

As I visit the final few booths, I am pleased to know that our creative sector is in such good hands and will continue to thrive. It is important that events like the One of a Kind show exists, especially in such a diverse and vibrant city like Toronto, which serves as a creative hub. I will definitely be returning again next year to show my support.

**Follow up on when the show comes to town: [oneofakindshow.com/](http://oneofakindshow.com/)**

**Carberry Soap Company: [www.carberrysoap.com/](http://www.carberrysoap.com/)**

**Aura by Julien & Emily: [www.aurabyjulienandemily.com/](http://www.aurabyjulienandemily.com/)**



# THINGS YOU SHOULD KNOW BEFORE YOUR FIRST SOULCYCLE CLASS

BY IMAIYA RAVICHANDRAN

I TEND TO ENJOY EXERCISE MUCH IN THE SAME WAY THAT I ENJOY DENTAL FILLINGS AND BIKINI WAXES – NOT AT ALL. HOWEVER, AS I GROW OLDER AND MY METABOLISM DECELERATES, I’M BEGINNING TO REALIZE THAT MY NEAR-DAILY CONSUMPTION OF BAGELS AND OVERALL UNHEALTHY LIFESTYLE CAN NO LONGER GO ON UNCHECKED. SIMPLY PUT, I NEED TO START TAKING CARE OF MY BODY.

I sought out forms of exercise that would reconcile my need for an effective workout with my lazy potato sensibilities (and my complete and utter abhorrence for running), and one such option I came across was SoulCycle. It launched in Toronto early this year and has been all the rage amongst local fitness aficionados ever since.

When my editor serendipitously offered me the chance to try out a free class at the conveniently situated King and Spadina location, I knew the Spin Gods were sending me a sign. I managed to snag a last minute spot in the 10:30 am Soul Survivor class with instructor Ty and I went, my excitement tempered with equal parts nervousness.

Long story short: I survived!! And it was great! The class was extremely challenging and I lost all feeling in my

legs for the week that followed, but not once did I regret it. I think that’s a good sign.

That isn’t to say, though, that my overall excellent experience was not punctuated by several mishaps and a general feeling of cluelessness. For while SoulCycle is a great option for the lay fitness novice, there are certain things I would have appreciated knowing prior to buckling into my bike for the first time. And should you ever try a class – which I high recommend you do – you might find yourself in a similarly clueless position.

This is why I’ve culled 5 nuggets of advice for any aspiring Soul Cyclist, available for your perusal below. They’re all the things they don’t tell you, but really, you wish they would have.

1.

## PACK LIGHT

Before class even began, you could tell the SoulCycle noobs (myself) from the veterans (everyone else) simply by observing our respective gym bags. The SoulCycle aficionados carried with them small mesh totes while I lugged an enormous holdall stuffed with a sundry personal effects.

Initially, I was perplexed as to how my fellow riders fit all their belongings into their coin purse sized gym bags. Then I realized the change rooms were essentially in-house spas. They came equipped with all the amenities one might find in a swanky 5-star hotel: various sized towels, sulfate-free shampoo, disposable razors, separate lotions for face and body. For this reason, I would advise leaving the contents of your medicine cabinet at home.



2.

## **GETTING STARTED IS THE HARDEST PART**

Would you believe me if I told you the most challenging part of SoulCycle is getting onto the bike itself? It's a confusing ordeal trying to make sense of the various mechanical accoutrements— random levers, scary-looking knobs, indiscernible buttons— none of which you can properly see, of course, because there is no actual light. The spin room is purposefully kept dark so as to ~preserve the Soulful™ vibe~.

Should you find yourself in a similar predicament, my advice would be to hover around until someone more experienced than you feels bad and helps you set up. Continue to do this in future classes, or at least, until you watch an in-depth YouTube tutorial.

3.

## **RIDING A SPIN BIKE IS NOT LIKE RIDING A REGULAR BIKE**

Heading into class, I surmised that spin cycling was as easy and intuitive as riding your childhood bike. How naive of me. In reality, your legs flail about like rubber bands as you desperately try to keep up with whichever catchy Pitbull song is blaring from the speakers.

The solution, I later learned, is to turn up the resistance. Ahh, but herein lies another problem: Turning up the resistance would require the use of actual leg muscles. Leg muscles that I do not have. But for those of you who are so anatomically blessed, this tip will no doubt serve you well. Consider me jealous.

4.

## **BEWARE THE SEAT TAPS**

Halfway through your first class, you might start to feel like you're getting the hang of things. It's at this precise moment that your instructor will throw at you the SoulCycle equivalent of a curveball.

I'm talking about seat taps.

Seat taps are the cornerstone of any SoulCycle class, originally conceived to test the rider's perseverance and commitment to the Spin Gods. They require you to lift your butt a few inches above your seat so you're hovering mid-air, and then immediately drop back down to seated cycling position. So, basically, bobbing up and down. I managed to complete all of three seat taps (read: two and a half) before happily giving up.

I am told that seat taps are a common staple in most spin classes, not just SoulCycle. However, SoulCycle takes it one step further by coupling it with this infernal finger snapping motion. I would recommend doing yourself a favour by just focusing on the snapping and saving the seat taps for another class.

5.

## **DON'T MESS WITH THE ZEN**

SoulCycle is lots of fun, but it also means serious business. Great pains are taken to ensure an atmosphere of quietude: cell phones are prohibited, as is talking during class. Sometimes, however, distractions can't be helped. For instance, one rider checked his Apple Watch in the middle of our class, prompting Ty, our instructor, to throw him some serious side-eye and make a passive aggressive remark about society's all-consuming obsession with technology.

To this I say: Fair enough. I mean, it's Tyland people! Check the time somewhere else!! (Though to the rider's credit, the rules did only specify cell phones, not fancy watches.)

The point of this anecdote is, respect the zen. If, God forbid, you have to pee in the middle of a class, just hold it in.





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# Postcard FROM LONDON:

*The*  
**LANESBOROUGH**  
*Club & Spa*

I heard whispers about London's uber-luxe residence The Lanesborough opening a private members' fitness club and spa as far back as last summer. The space would be the ultimate

destination at which to unwind and forget about the bustle of the busy city streets. Located at prestigious Hyde Park Corner, the now open Club & Spa is a destination for every discerning visitor to the British capital. But be prepared,

this exclusive space is for guests of The Lanesborough and members only.

Having opened its doors this past spring, SHE was invited to experience the Club & Spa at its media preview. On arrival I was guided through the exquisite interiors of The Lanesborough into the Club & Spa lounge area. The first thing that caught my eye was the ultra-modern fireplace. Oozing futuristic modernity and green vape-like smoke, it would be the type of fireplace I would expect to find in a luxurious spaceship. The lounge brings together the ultimate in refined contemporary living with a double dose of ambient Zen.

The Club & Spa's design is inspired by the ceremonial spaces synonymous with a Roman Bath Spa, while maintaining the property's inherently British heritage. The space also features the most sumptuous silk damask wallpapers, wood paneling and leather upholstery that complement the character of the luxury club experience.

With regards to fitness, the gym encompasses the very best in technology and equipment. Aside from the central gym, spaces also include a separate fitness studio for classes and a private

personal training studio. Personal training and consultations are offered by world-renowned trainer James Duigan's Bodyism. Classes offered are Bodyism Boxing and Bodyism Warrior in addition to acroyoga, ballet, Pilates and yoga.

After the media preview of this urban retreat, which quite frankly felt like the tip of the iceberg, I knew I had to return. I did so for a cheeky spa treatment on a quiet Monday morning. After a long, dry winter of not taking care of my feet, I opted for the Silk & Salt Pedicure (60 minutes).

Arriving a few minutes early, I was generously offered a refreshingly minty green juice. After nestling into what might have been the most divine pedicure chair I've ever had the privilege of sitting in, my feet were prepped for the footbath. But know this; it was not your average footbath. This one had jets that faced upwards creating a unique bubbling effect akin to a low-key volcano. Being a connoisseur of pedicures myself, this one was by far the finest I'd ever received. It goes without saying that facilities aside, the service itself was impeccable.

All in all, The Lanesborough Club & Spa is a luxurious sanctuary of health and relaxation. The experienced in-house team is acquainted with members' high-pressure lifestyles and is pleased to provide expert guidance on health and wellbeing. A stay in the hotel just to experience this space is highly recommended.

*The Lanesborough is a part of the Oetker Collection and is located at Hyde Park Corner, Belgravia, London SW1X 7TA. Call +44 (0) 20 7259 5599 for reservations.*





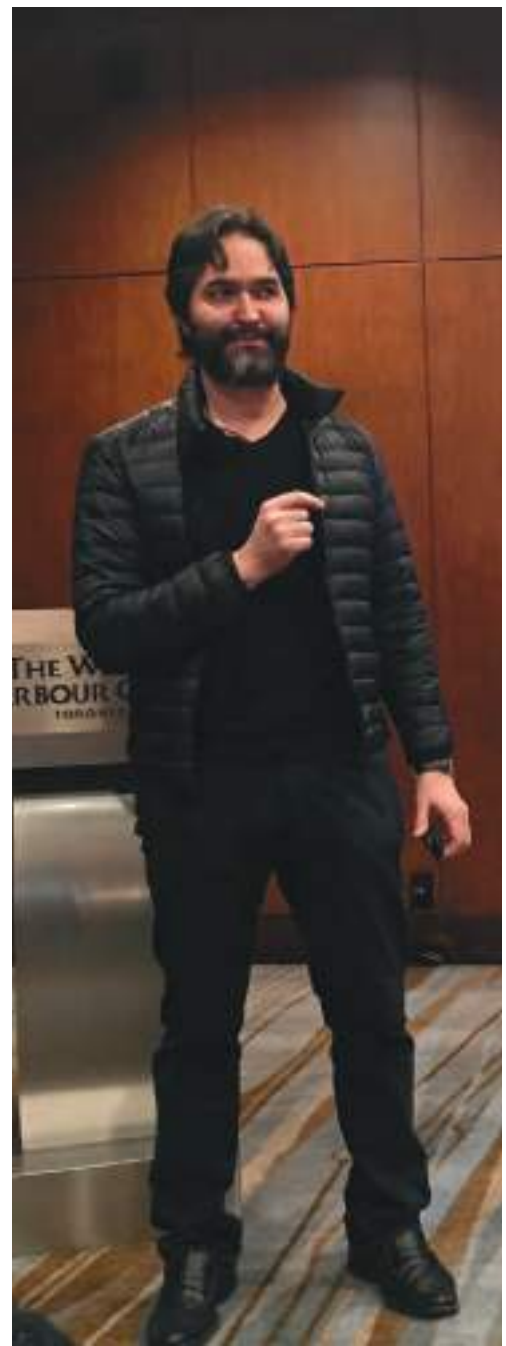
# THE ART OF Injectibles

BY IMAIYA RAVICHANDRAN



WHEN ASKED TO SPEAK TO MEET WITH DR. MAURICIO DE MAIO, AN INTERNATIONALLY RENOWNED PLASTIC SURGEON, I'LL ADMIT, I WAS SOMEWHAT SKEPTICAL. IN MY SHORT 23 YEARS, I HAVEN'T SPENT MUCH TIME THINKING ABOUT PLASTIC SURGERY, OR WRINKLES, OR AGING IN GENERAL, FOR THAT MATTER. ON THE RARE CHANCE THAT I DO REFLECT ON THESE TOPICS, I TEND TO BRUSH THEM OFF AS THE PRODUCT OF VAIN INSECURITIES. FOR THAT REASON, I WAS DOUBTFUL AS TO WHETHER A CONVERSATION WITH DR. DE MAIO WOULD BE PARTICULARLY ENLIGHTENING.

HOW VERY WRONG I WAS. WHILE I CAN'T SAY I'LL BE RUSHING OUT THE DOOR TO INJECT MY OWN FACE ANYTIME SOON, DR. DE MAIO OPENED MY EYES TO THE EMOTIONAL SIDE OF AESTHETIC ENHANCEMENTS. IT'S MUCH LESS SUPERFICIAL THAN WE'RE LED TO BELIEVE. WE TALKED ABOUT HIS REVOLUTIONARY FACIAL INJECTION TECHNIQUE CALLED THE MD CODES, WHICH FOCUSES ON TRULY UNDERSTANDING PATIENTS' EMOTIONS, UNLIKE TRADITIONAL METHODS. TO MY SURPRISE (AND I IMAGINE YOURS AS WELL), EVEN IN AN INDUSTRY LIKE PLASTIC SURGERY, BEAUTY IS NOT JUST SKIN DEEP.



**How would you sum up the MD Codes in one sentence?**

They are precise injection sites that would enable an injector to achieve safer, predictable, and precise results when they are trying to correct emotional attributes.

**By emotional attributes, you mean...?**

Instead of asking the patient what about their physical appearance they don't like—their crows feet, their wrinkles, their marionette lines—we ask them what emotional attributes they would like help with. Do they want to look less tired? Less sad? Based on their answers, we map out specific injection sites to help them achieve their desired look.

**That's one thing I noticed during your presentation: you put a lot of emphasis on understanding a patient's emotions.**

I try. By understanding the patient's emotions, we start a broader conversation that will inevitably lead to better results. It can be hard for patients to understand the technical language used to describe facial anatomy. But everyone understands emotions.

**So would you say plastic surgery involve an element of psychology?**

Of course. When I entered medical school, I wanted to be a psychiatrist, not a surgeon. The human mind was always a topic that interested me. I ended up going into surgery because I thought the scalpel was a faster way to correct what the patient claimed were “distractions”. The things they didn't like about themselves. But then, I realized it's not enough. I realized patients were concerned about much more than just the “distractions”. The problem was that they couldn't properly verbalize it. It was then that I realized you have to understand their emotions, their psyche, above all else.

**Do you consider plastic surgery, injectables, to be like an art form?**

I don't know if I'd say “an art form”. In my experience, aesthetic enhancements involve a lot of thinking. Not a lot of instinct or creativity, which are things I traditionally associate with art. But I will say this: in today's world, you cannot just be scientific. Nor can you be just artistic. You have to bring the two together. Plastic surgery needs science and knowledge, but it also needs taste and artistry. So...maybe I am a bit of an artist?

**I like to think of medical practitioners in general need to wear many hats. They can't just be proficient technically. They have to be attuned to the emotional needs of their patients.**

Absolutely.

**What happens when you and a patient can't see eye to eye?**

What I have learned is that you have to respect the pace of a patient. It's like going to the gym and lifting weights. At first, your muscles aren't prepared to lift 10 kilos. If your personal trainer forces you to lift 50 kilos, you will hurt yourself. Likewise, in a consultation, if I see that the patient doesn't have the “right eye” or that they're in a sensitive headspace, I will not open doors they can't handle. In those cases, I suggest subtle treatments: topical creams, chemical peels, something less invasive, so they get used to the enhancements. Sometimes patients want everything at once—and they can afford it! But they don't have the emotional capacity to handle it.

**They need to walk before they can run.**

Exactly.

**My last question is probably a familiar one. What do you have to say about the criticism that plastic surgery receives for perpetuating unrealistic standards of beauty?**

Tomorrow, I'm flying to Prague where I'll be giving a presentation about classic Hollywood beauty. I'm talking about Marilyn Manroe, Grace Kelly, Audrey Hepburn. To me, It seems like everyone is trying to look like these iconic representations of beauty. But in my opinion, that mindset is reductive. Not everyone is suited to those types of beauty. We can't all look the same. If you look at the Miss Korea pageant, they all look the same! All the contestants have the same face! Have we lost the idea of facial character, of uniqueness?

So, I think this kind of “one-size-fits-all” aesthetic beauty is outdated. It's an old mindset, and that's what draws all the criticism about plastic surgery. But really, you don't need to look mathematically measured; there's no one way to look attractive. I think modern plastic surgery is about discovering what makes you, personally, beautiful. Tailoring our treatments to your understanding of beauty and helping you achieve your personal ideal. There's no need for beauty icons—it's about what's best for you. That's what the MD Codes is all about.



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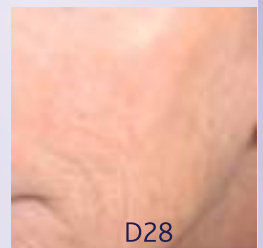
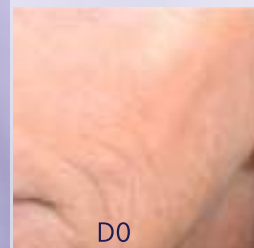
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SOLUTION  
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As the weather warms up we tend to get too excited and skip out the most important step in our skincare routine – sunscreen. **Deidra Barton** chats with Ella Mottley from the Montreal based brand Institute Esthederm about keeping your skin in tip top shape this summer.

**1. How important is skincare when it comes to sun exposure?**

Skincare is extremely important at all times but especially during prolonged sun exposure. The skin and its cells are very vulnerable to damage when exposed to the sun. We have to be sure to protect the fibers that keep our skin ageless and also protect from any alteration in the DNA of our cells. The Esthederm sun care line is not only and external protection but it protects the integrity of our cells.

**2. These products have what you call “Global Cellular Protection” can you go into more detail of what that is?**

The Global Cellular Protection is a unique and very intelligent technology that is exclusive to Esthederm. It is a re-education for the skin and the cells for them to have the ability to produce their own natural protection against a sun exposure.

When we are children, our skin and body are able to produce their own protections against external aggressors. As we age, with the use of medications and lack of care for our bodies (ex: lack of sleep, stress, junk food, environment, etc...) these wonderful natural defenses are forgotten and no longer provide the protections as they should.

As for sun exposure, Esthederm offers the Global Cellular Protection patent that provides protection against inflammation, free radicals and protects the cells from DNA damage.

This is a light spray that is added after moisturizing. It will re-educate the skin to remember how to protect itself equivalent to an SPF 8. This is a sufficient amount of protection when going about a regular day. The SPF 8 offers 85% protection for the skin from sun exposure. We want to make sure that we are able to receive the healthy things the sun has to offer, not blocking out the good and the bad.

**3. How is this sun skincare line different from others on the market?**

We at Esthederm live by the philosophy that we work with the sun and not against it. For example,

we need the sun because it offers us Vitamin D, it strengthens our skin, it is antibacterial and a natural antidepressant just to name a few. If we use a product that blocks out these elements, we will not be getting the benefits and nutrients that we require from the sun.

Just like our Global Cellular Protection, our Photo stabilized filters (SPF) are quite unique. It offers 2 types of protection. There are mineral screens that remain on the surface of the skin and have the ability to repel the negative aspects of the UVA and UVB rays while capturing the positive elements. The Organic filters are absorbed just below the skins surface and this is where the nutrients are collected from the sun and gently time released into the skin as needed.

We have 3 different Sun Care lines apart from our self-tanners. First, we have the Orange line. This is the line where we have our Adaptsun technology. The function of this technology is to encourage more melanin production providing a more enhanced natural tan. Tanning itself is one of our natural sun defenses. Along with the Global Cellular Protection with its re-education for the skin and our advanced Photo stabilized filters our clients are left with a result of ageless tanning and optimal protection.

The white line is what we have created for sensitive skin, hyper pigmented skin, sun allergies, fair skin etc. This line does not have the Adaptsun technology that will promote enhanced tanning, but we have the Photo stabilized filters as well as the Global Cellular Protection present in the product. Esthederm offers an exceptional product within this range called Photo Regulator that allows our clients with hyperpigmentation to tan without increasing their pigmentation spots. We also offer an option for those who do not want to tan while brightening and ultimately protecting the skin.

**4. Which products would you recommend to someone with a South Asian skin tone?**

I would recommend our Esthe. White range as well as the White Sun Care range because typically the Asian community culturally holds value to keeping

SUNSAFE with Esthederm

the complexion light and bright.

The Esthe. White helps to control and slow down melanin production while brightening the outer layers of the skin. The White Sun Care line offers our Sun Expert that is an SPF 50 that will help to repel the rays that promote natural tanning giving the ability to maintain the light and bright complexion that is desired.

### 5. How important is after sun skincare compared to pre-sun skincare?

Each step in Suncare is as important as any other. The pre-sun skincare helps the skin to be ready for an intense sun exposure. Most of us do not live in a hot climate where our skin is used to this type of intense sun. Our skin needs to wake up and be ready to produce the right amount of melanin to protect our skin from damage and sun burn. As we are exposed to intense sun, we must wear the appropriate sun care according to the level of our skins tolerance and be diligent with the application process. After sun care is important because we become very dehydrated and if there was any damage that may have occurred to our skin during the sun exposure, we want to be sure to address it as soon as possible. Esthederm's after sun

skincare is very moisturizing, healing and soothing helping our cells to regenerate in half the time as they would on their own.

### 6. What are your top tips for tanning without causing damage to the skin?

My top tips for tanning without aging would be:

- Be sure to take care of your skin on a day to day basis so that it is healthy and strong before any sun exposure
- When planning to go away on vacation or in the summer when the skin will be in a prolonged sun exposure:
  - o prepare the skin
  - o use the proper sun care during the exposure
  - o use post sun skincare to ensure the health and regeneration of your skin and cells
- Do not overexpose the skin to the sun, everything in moderation
- Try not to be in the sun during peak hours, go inside or in the shade during those hours
- When in the sun be diligent to re-apply sun skincare every 2 hours or immediately after swimming
- Use Esthederm sun care! It is like no other!

## SHE RECOMMENDS:





## SHE *DIRECTORY*

*All the info you need to buy the stuff you love in this issue.*

**A.** **Aldo** in stores or [aldoshoes.com](http://aldoshoes.com) **Amazon** [amazon.ca](http://amazon.ca) **Anya Hindmarch** [modaoperandi.com](http://modaoperandi.com) **Aqua Gelée** Sephora or [thebay.com](http://thebay.com) **ASOS** [asos.com](http://asos.com) **Audible** [audible.com](http://audible.com) **Auro Botanica** [kerastase.com](http://kerastase.com)

**B.** **Badger** [well.ca](http://well.ca) **Banana Republic** in stores [bananarepublic.ca](http://bananarepublic.ca) **Bass Pro Shops** in stores [basspro.com](http://basspro.com) **Baxter of California** [baxterofcalifornia.com](http://baxterofcalifornia.com) **BCBGeneration** [revolve.com](http://revolve.com) **BDG** in stores [urbanoutfitters.com](http://urbanoutfitters.com) **Bespoke Post** [bespokepost.com](http://bespokepost.com) **Boutique Moschino** [yoox.com](http://yoox.com)

**C.** **Chanel** Hudson's Bay or [thebay.com](http://thebay.com) **Charlotte Tilbury** Nordstrom [net-a-porter.com](http://net-a-porter.com) **Chicos** [chicos.com](http://chicos.com) **Chipolo** [chipolo.net](http://chipolo.net) **Clare V** [anthropologie.com](http://anthropologie.com) **Clarins** Sephora [clarins.ca](http://clarins.ca) **Coleman** in stores [colemancanada.com](http://colemancanada.com) **Conair for Men** in stores [conaircanada.com](http://conaircanada.com) **Converse** Foot Locker **Covergirl** in stores [covergirl.ca](http://covergirl.ca) **CRAP** [shopanomie.com](http://shopanomie.com)

**D, E.** **Dr. Bronner** [well.ca](http://well.ca) **Ecco Mens** [zappos.com](http://zappos.com) **Eddie Bauer** in stores [eddiebauer.com](http://eddiebauer.com) **Estee Lauder** [esteelauder.ca](http://esteelauder.ca) **Evian** Sephora or Hudson's Bay **Express** [express.com](http://express.com)

**F.** **FitBit** Indigo stores **Forever 21** in stores or [forever21.com](http://forever21.com) **Fresh** Sephora or [fresh.com](http://fresh.com)

**G.** **GAP** in stores [gapcanada.ca](http://gapcanada.ca) **Gentleman's Hardware** Chapters Indigo **Gieson and Forsthoef** [bellavitainternational.com](http://bellavitainternational.com) **Göt2b** Walmart [got2b.ca](http://got2b.ca) **Green Beaver** [well.ca](http://well.ca) **Green Cricket** [well.ca](http://well.ca) **Gucci** [net-a-porter.com](http://net-a-porter.com)

**H, I.** **H&M** in stores [hm.com](http://hm.com) **Harmony** [ssense.com](http://ssense.com) **Herban Cowboy** [well.ca](http://well.ca) **Institut Esthederm** [esthederm.ca](http://esthederm.ca)

**J, K, L.** **J. Crew** in stores [jcrew.com](http://jcrew.com) **Jason Natural** [iherb.com](http://iherb.com) **Jeane and Jax** [jeaneandjax.com](http://jeaneandjax.com) **Joe Fresh** in stores [joefresh.com](http://joefresh.com) **Katy Perry Footwear** [amazon.com](http://amazon.com) [zappos.com](http://zappos.com) **Kérastase** [kerastase.com](http://kerastase.com) **Kingsman** [mrporter.com](http://mrporter.com) **Life Brand** Shoppers Drug Mart

**M.** **M&S Collection** [marksandspencerlondon.com](http://marksandspencerlondon.com) **Maison Margiela** [farfetch.com](http://farfetch.com) **Mango** [shop.mango.com](http://shop.mango.com) **Mansur Gavriel** [ssense.com](http://ssense.com) **Mara Hoffman** [shopbop.com](http://shopbop.com) **Mark and Graham** [markandgraham.com](http://markandgraham.com) **Marques' Almeida** [net-a-porter.com](http://net-a-porter.com) **Michelin** in stores or [walmart.ca](http://walmart.ca)

## The *GET IT* GUIDE

**N.** **Neostrata** [neostrata.ca](http://neostrata.ca) **No.21** [matchesfashion.com](http://matchesfashion.com) **Old Navy** in stores [oldnavy.ca](http://oldnavy.ca) **Oliver** [well.ca](http://well.ca)

**P, Q.** **Paul Smith** [paulsmith.com](http://paulsmith.com) **Pierre Hardy** [ssense.com](http://ssense.com) **Polo Ralph Lauren** in stores [ralphlauren.com](http://ralphlauren.com) **PUMA x FENTY** [shopbop.com](http://shopbop.com) **Purdy's** in stores [purdys.com](http://purdys.com) **Quo** Shoppers Drug Mart

**R.** **Rachel Zoe** [shopbop.com](http://shopbop.com) **Ray Ban** [ray-ban.com](http://ray-ban.com) **RED-Valentino** [net-a-porter.com](http://net-a-porter.com) **Reversa** [reversa.ca](http://reversa.ca) **Rimmel London** Shoppers Drug Mart **Rocky Mountain Soap Co.** [well.ca](http://well.ca)

**S.** **SCHAF** [schafskincare.com](http://schafskincare.com) **SEARS** in stores [sears.ca](http://sears.ca) **Simons** in stores or [simons.com](http://simons.com) **SkinCeuticals** [skinceuticals.ca](http://skinceuticals.ca) **Sport Chek** in stores or [sportschek.ca](http://sportschek.ca) **Steve Madden** in stores [stevemadden.ca](http://stevemadden.ca)

**T.** **Talulah** [shopbop.com](http://shopbop.com) **Ted Baker** [simons.ca](http://simons.ca) **The Mr Porter Paperback** [mrporter.com](http://mrporter.com) **The Ordinary** [deciem.com](http://deciem.com) **Tibi** [tibi.com](http://tibi.com) **Tommy Hilfiger** in stores **Topshop** Hudson's Bay or [thebay.com](http://thebay.com) **Trina Turk** [farfetch.com](http://farfetch.com)

**U, V.** **Urban Outfitters** in stores [urbanoutfitters.com](http://urbanoutfitters.com) **VANS** in stores [vans.ca](http://vans.ca) **Vichy** Shoppers Drug Mart [vichy.ca](http://vichy.ca) **Via Spiga** [nordstrom.com](http://nordstrom.com) **Victoria Beckham** [net-a-porter.com](http://net-a-porter.com)

**W, Y, Z.** **Walmart** in stores [walmart.ca](http://walmart.ca) **Zara** in stores [zara.com](http://zara.com) **Zorah Biscosmetiques** [well.ca](http://well.ca) [zorahbiocosmetiques.com](http://zorahbiocosmetiques.com)



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# HE said, SHE said

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*I've recently celebrated my 35th birthday with my family and it was a great time except, they kept asking me one thing. You've probably guessed it..."When are you going to bring a girl home?" "When will you get married?" "When are you going to make me a grandmother?" I know a lot of people usually get asked these questions but what makes it awkward is the fact that I'm not into girls. I was raised in a very religious home and was always scared of coming out to my family. I don't know if I should just come out already to my family or keep this charade going?*

## *she said...*

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What I think is important for you to realize is that your family will love you no matter what. I know some people feel insecure when it comes to their sexuality but it doesn't make it right to hide it. Be honest with your family and sit them down and let them know the person you're going to bring home one day isn't exactly the person they're imagining. Doesn't mean you have to come out today, just do it because YOU want to and when you're ready.

.....

## *he said...*

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Not going to lie, I am impressed that you kept this secret to yourself for so long! Honestly, I think the best thing to do is to tell your parents to mind their own business and keep to yourself. This doesn't mean you can't date or have a life partner—it's just a situation where the motto 'what they don't know won't hurt them' just seems to fit.

*It's finally summer and my boyfriend and I want to go away on vacation. The only problem is I am insecure with my body. Everyone tells me I look fine but I know for a fact what I see in the mirror is the real deal. I really don't want to cancel a trip over this but I am close to doing so! How can I gain some body confidence?*

## *she said...*

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Been there, done that! It's normal to feel even a little insecure about yourself. As women, we are so hard on ourselves and are constantly comparing ourselves to others. If we keep doing that, we won't ever be happy! My advice to you is to look at yourself in the mirror and say three positive things every morning. I promise you, by the time you're heading off to your trip you'll feel so confident you won't believe you were ever insecure.

## *he said...*

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Insecure about your beach body? Then avoid the beach. There's no need for you to squeeze into a bikini when you don't feel or look your best. I am sure there are other things to do on your trip that doesn't require a swimsuit. Just remember to be prepared for next year's trip!



# CANADIANS ON CANADA

*"I am a Canadian, free to speak without fear, free to worship in my own way, free to stand for what I think right, free to oppose what I believe wrong or free to choose those who shall govern my country."*

**John Diefenbaker, Prime Minister (1957-1963)**



*"Canada is a place where you can be, who you want to be and love who you want to love."*

**Shay Mitchell, Actress**



*"I am grateful for the opportunities I have been given to participate in that work as a representative of my country, Canada, whose people have, I think, shown their devotion to peace."*

**Lester B. Pearson, Prime Minister (1963-1968)**



*"My dream is for people around the world to look up and to see Canada like a little jewel sitting at the top of the continent."*

**Tommy Douglas, Politician**



*"For over a century, people have been coming to Ontario from every part of the world to make a better life for themselves and their families. As they have pursued their dreams, they have enriched this province, and our country. Now, all of these diverse peoples live together in harmony."*

**Michaëlle Jean, Governor General (2005-2010)**



*"To be complex does not mean to be fragmented. This is the paradox and the genius of our Canadian civilization."*

**Adrienne Clarkson, Governor General (1999-2005)**



*"I love being Canadian. I think growing up in Canada gives you a world perspective that I certainly enjoy."*

**Ryan Gosling, Actor**



*"I grew up on the edge of a national park in Canada — timber wolves, creeks, snow drifts. I really did have to walk home six miles through the snow, like your grandparents used to complain."*

**Dan Aykroyd, Actor**



*QUOTE*

*UNQUOTE*



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