

SHE CANADA

The Good Life:
Snow Polo in
St. Moritz

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Should Study Abroad



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EXCLUSIVE:

PRIYANKA

CHOPRA

FOR NIRAV MODI

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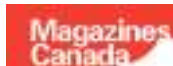
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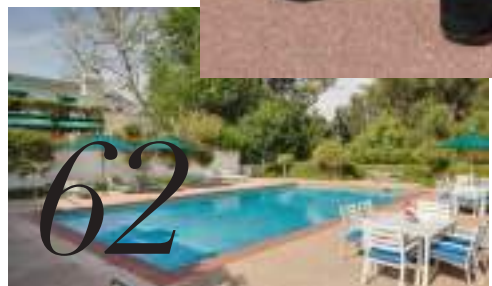
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Travel in 2017

There's no doubt about it. Travel has become a politically charged issue in 2017. While here at SHE we look to our neighbours, family and friends in the south with absolute shock and horror, we want to celebrate what it is to be Canadian and welcome the world with open arms.

That said, Canada is still not immune to the wave of hate crimes sweeping North America. Each one of us must do our part by showing a little more humanity, compassion and love in our immediate lives by celebrating our differences. At the end of the day diversity is one of the hallmarks of Canada's greatness. It is for this reason that we are defiantly highlighting this in this year's Travel Issue.

We begin with our cover story with the ever-pervasive Priyanka Chopra. The star of *Quantico*, her very own political thriller on CTV and ABC, the trailblazing actor is breaking glass ceilings clear across the industry. Not only is her portrayal of Alex Parrish blisteringly fierce (a rarity in primetime drama), but she's also the first Indian actor to star in her own American TV series. Her career epitomizes the American Dream; this month's cover pays tribute to it.

In this issue we'll also look at why it's important for students to travel. Taking oneself out of one's comfort zone can prove to be the most enriching experience one can undertake. That said, if you're out of your formative years have a little hard-earned cash to spend, have a look at our top picks for fashion hotels around the world. From Bulgari to Versace, brands are lining up to cobrand with the world's leading hotels that share their ethos for design.

Summer is just around the corner. I hope you use this issue to make the most of it.



EDITOR
S.M. Kamran Zaidi

A stylized, handwritten signature in black ink, consisting of a vertical line intersected by a horizontal line, with a long, sweeping flourish extending to the right.



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SHE Asked:

“What’s your dream holiday destination?”



PRIYA KUMA
Executive Editor

@ priyak

The Four Seasons Private Jet is currently running a world tour called “Culinary Discoveries”. Guests aboard the jet will visit nine destinations in 19 days and retrace the history of cuisine as we know it. It’s \$135,000 per head, but if I ever win the lottery, that’s where the money is going.



AAISHA ZAFAR ISLAM
Deputy Editor

@ aaishazi

I would like to visit all the countries in Asia, specially South East Asia, but instead of taking a tour, I want to be able to spend at least three weeks in each country and really get to know the place. Sadly, I have neither the time, nor money to live out my dream. And even if I did, I’d probably spend both doing something really mundane and family-friendly!



RHEA BRAGANZA
Features Contributor

@ rheabraganza

I absolutely love to travel. I think this would be my dream list (in no particular order): 1) Athens, Greece 2) Istanbul, Turkey 3) Prague, Czech Republic 4) Hawaii, USA 5) Thailand 6) Fiji. I can’t choose just one.



KELSEY SEEPERSAD
Features Contributor

@ k.seepersad

My dream holiday destination would be to travel to Greece. I love history, so being able to visit all of the historical sites would be a great experience. I would also love to visit Greece to see the beautiful beaches and eat authentic Greek food!



IMAIYA RAVICHANDRAN
Features Contributor

@ imaiya.ravi

My dream destination is actually a place I’ve already visited: Dublin, Ireland. The city is so full of life and culture, and despite being a city-girl at heart, even I can’t help but fall in love with the breathtaking seaside scenery.

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*Tested on: 150 women
after 2 weeks use

TOP
H&M
\$49.99

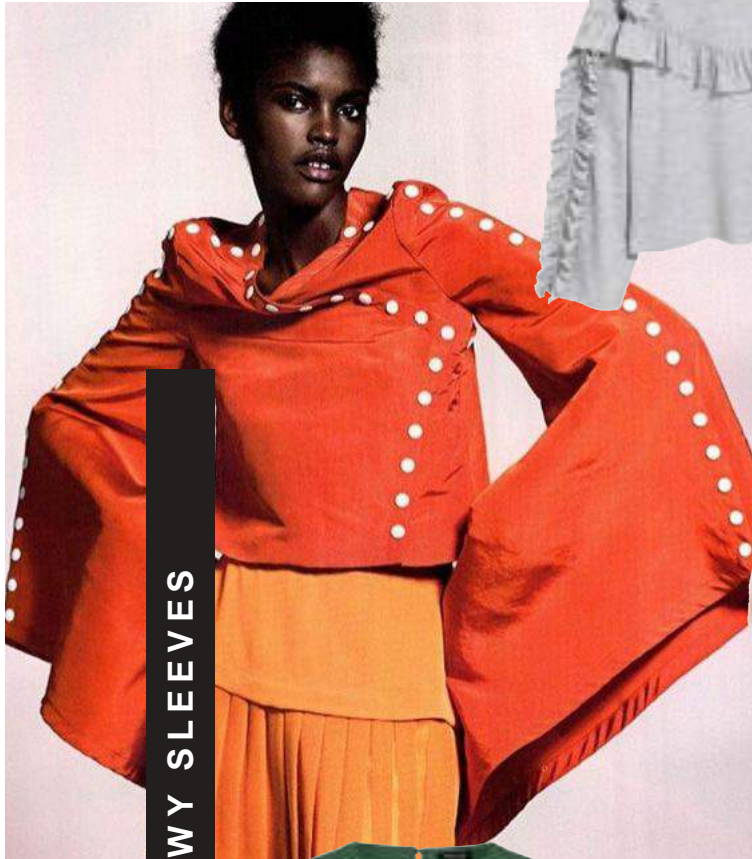


AU courant

LACE PANEL BLOUSE
MANGO
\$89.99



PRINTED POPLIN TOP
ZARA
\$45.99



BILLOWY SLEEVES

ONE SHOULDER
POPLIN TOP
ONE BY
STYLEKEEPERS
\$129



TRUMPET SLEEVE TEE
TOPSHOP
\$60

There's something wonderfully romantic about a blouse with puffy sleeves. It harkens back to the Renaissance, when artists would bandy about in their flowing garments and celebrate love through song, paintings, and sculpture. Of course, things would have been considerably more romantic had these artists also celebrated the virtues of personal hygiene.

BODYSUIT
JOHANNA ORTIZ
\$1,250



Try the poplin top from Stylekeepers if you're looking for a quirky-yet-classic button-down, or H&M's version with ruffles for a cool take on the grey knit sweater. You'll soon find that looking like a 15th century lute player has never been easier.

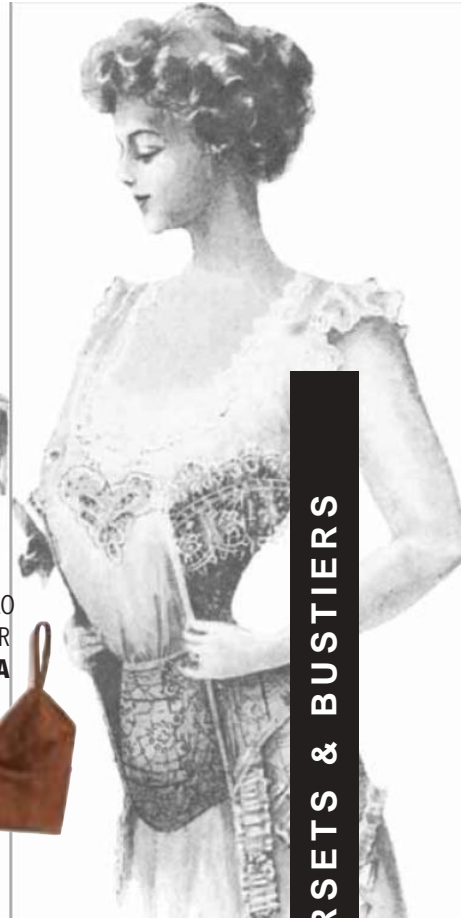
BLACK AND WHITE OFF-
THE-SHOULDER BLOUSE
ROSETTA GETTY
\$1,075





TOP
CARMEN MARCH
\$1,860

METALLIC SWEETHEART BUSTIER BODYSUIT
RARE
\$65



MARTELO BUSTIER
TALULA
\$75



CORSETS & BUSTIERS



FLORAL LACE CORSET DRESS,
MSGM
\$1,222

TAILORED JUMPSUIT
GUESS
\$128



There was a time when wearing corsets and bustiers was a chore, not a choice. But times have since changed and women are slowly reclaiming the fashion items that once represented our oppression. Today, corsets and bustiers are actually pretty comfortable, and stylish to boot! For a casual night out, we love the idea of throwing on something like the Lace-Up Bustier from Silence+Noise over a band T. If you fancy something dressier, the Floral Corset Dress from MSGM is perfect for any special occasion.

LACE-UP BUSTIER CROP TOP,
SILENCE + NOISE
\$42



JOIN LIFE CORSET TOP
ZARA
\$45.99





NETSATIONS
SOCKS
WOLFORD
\$29

MESH MIDI
SKIRT
NAVY LONDON
\$43



MESH CREW
NECK CROP TOP
IVY PARK
\$29

SHIMMER MESH
TEE
**SILENCE +
NOISE**
\$34



DOT MESH MINI
DRESS
SELF-PORTRAIT
\$465



MESH



MESH-PANEL
LEGGINGS
FOREVER 21
\$24

EMBROIDERED
MINI DRESS
**NASTY
GAL**
\$243



The use of mesh in fashion has traditionally been limited to absurdly delicate sheer tights and itchy tulle. But thanks to the resurgence of athleisure clothing, this unique fabric is proving more versatile – and more comfortable – than previously thought. For a fancy night out, splurge on a frilly number from Self-Portrait. For the active girl on the go, pair standard mesh leggings from Forever 21 with a sheer-sleeved crop top from Ivy Park.

MONOGRAM
BLOGGER BAG
**YVES SAINT
LAURENT**
\$1,295



CLUTCH
STEVE MADDEN
\$68



EMBROIDERED MINI
SHOULDER BAG
MALIPARMI
\$388

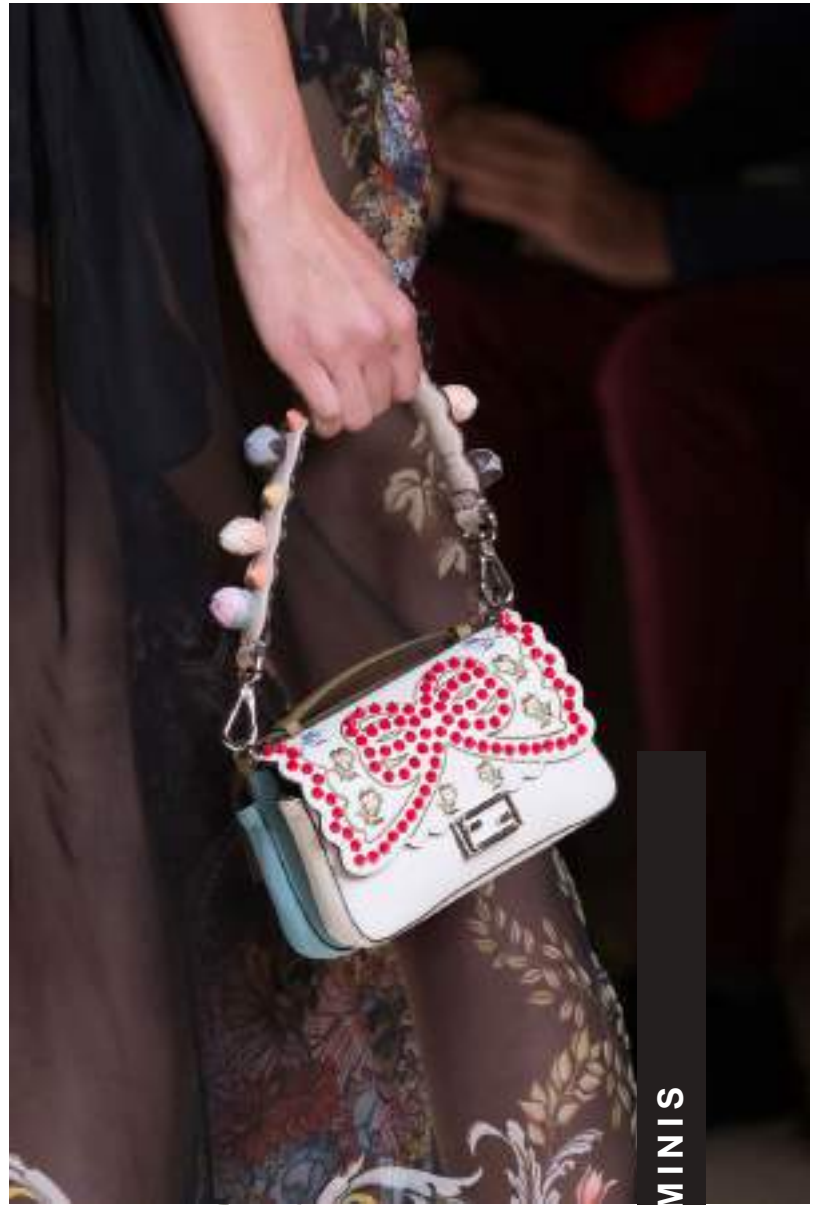


ACROSS-BODY BAG
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FAUX FUR CROSS
BODY BAG
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\$39.99



BANANA BEADED
MINAUDIÈRE
ZARA
\$49.99



MICRO MINIS

Conveniently bite-sized and fabulously stylish – get you a purse that can do both. Micro bags, mini bags or minaudières, whatever you call them, are a great way to make a bold fashion statement without being outlandish. Even the zaniest of options, like this banana bag from Zara or this pink fur purse from ASOS, can feel tasteful and chic when paired with the right outfit. The best part? Micro bags are so lightweight, you'll forget you're even carrying anything; perfect for dancing the night away!

FLORAL SHOULDER
BAG
**LOEFFLER
RANDALL**
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SHE LOOKS

GET THE look



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ASOS
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PREEN BY THORNTON BREGAZZI,
\$1,675



HIGH WAISTED TROUSERS
ANDREA MARQUES
\$734



LOAFER
JEFFREY CAMPBELL
\$139

CLASSIC AVIATOR SUNGLASSES
VICTORIA BECKHAM
\$585



VICTORIA Beckham



FENJA COAT
TIGER OF SWEDEN
\$649

ATTICUS RENA COAT
ALL SAINTS
\$420



BOYFRIEND POPOVER
GAP
\$59.99

Victoria Beckham's trademark has always been her effortless style. Give her a tailored blazer and some pumps, and she'll give you boss-woman chic with a hint of I-woke-up-like-this flair. Her laissez-faire approach lends itself perfectly to airport fashion. The last thing you need to be worrying about when rushing from gate to gate is a high-maintenance outfit. We love the idea of combining a breezy blouse, like this one from Gap, with a statement trouser, like these from Andrea Marques. Throw on a pair of her signature aviator glasses, and you're ready to fight off a swarm of paparazzi while accompanied by your inhumanly beautiful family.



PANTS
JACK AND JONES
\$70



CAP
LE 31
\$15



SHIRT
ZARA
\$35



SNEAKERS
AQUATALIA
\$535



SHOES
ADIDAS
\$110



JUMPER,
H&M
\$34.99



SHIRT
EXPRESS
\$59.99



SWEATER
KENZO
\$402



BACKPACK
TED BAKER
\$640.99

Can we as a society find it in our hearts to forgive Mr. Beckham for his 90s frosted tips? Because really, the man has got some serious style. While jet-setting to and fro, the former soccer star proves that even the most pared-down of travel outfits can still feel enviably cool. The trick is to mix clean, simple pieces with one pop of visual interest. Stick to the standards — chinos, denim shirts, white sneakers — and spice it up with a patterned sweater tied around your waist (we like this one from Kenzo). Another tip: forgo your typical carry-on suitcase for an über cool leather backpack (Ted Baker does a great one). Not only will it force you to pack lighter, it'll also make for a great makeshift pillow. After all, if we're trying to emulate Mr. Greek Statue himself, we'll need all the beauty sleep we can get

SHE FASHION



LACE-UP
PUSH-UP
MIDLINE TOP
**VICTORIA
SECRET'S
PINK**
\$42.99



TERRA THONG
SANDAL
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STRAW
MARKET
TOTE
J.CREW
\$64.99



HIGH WAIST BIKINI BOTTOM
VICTORIA SECRET'S PINK
\$34.99

WHAT PACK^{to}

FOR A CRUISE

Sun by the day, stars by the night, are you planning to go on a cruise this summer? Our picks for the perfect wardrobe as you sail the seas combines effortless daytime chic with glamorous night-time outfits so you look ready no matter your destination. You may be on break, but not your style game. No matter what activities you choose to take part in, you'll be looking good while doing them. Just don't forget your shades and stock up on sunscreen before sailing away.

'ISLAND FARE' V-NECK
COVER-UP
LA BLANCA
\$135.99



SUNGLASSES
PILGRIM
\$48

daytime

ONE PIECE SUIT
SWIM BY CHUCK HANDY
\$99.99



night

DRESS
TOPSHOP
\$96.99



EMMA RFID TAB CLUTCH
FOSSIL
\$65



GONZOV SANDALS
STEVE MADDEN
\$110



JOGGER PANTS
LULULEMON
\$128



SIREN SPORT Q2 IN
BEET RED
MERREL
\$150



FREE RN
NIKE
\$129.99



BACKPACKING

Remember: pack light! Whether you're staying in a hostel or camping out underneath the stars, we've got you covered with the perfect combination of athletic wear that will be practical for trekking through any location and climate. These versatile pieces allow you to look chic without sacrificing comfort.

JACKET
UNIQLO
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NORTH FACE
\$319.99



CLIMAHEAT HOODIE
ADIDAS
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FITBIT
FLEX 2 FITNESS
\$129.99



FREEDOM ISO
SAUCONY
\$199.99



FAUX FUR KIMONO
FREE PEOPLE
\$225



BRIGETTE SKINNY
LUCKY JEANS
\$109



FLYING IN STYLE

Don't worry about any flight delays with these cozy looks, you can be the fashion forward travelista who naps in her kimono wrap. No matter what city you wake up in, it won't look like you've been travelling for hours.



WATER BOTTLE
BRITA
\$19.99

DESERT TAUPE SUEDE DIAMOND
EMBOSSED JUTTI FLATS

TOMS
\$100



SOFT PUNK KNIT TEE
GAP
\$49.95



SALSA AIR MULTIWHEEL
RIMOWA
\$645

TAN BACKPACK
SEARS
\$49.99



SCOUT SMALL BACKPACK
TORY BURCH
\$225



HIJABS

from the
6IX

What happens when you bring together visual arts students and hand them some scarves to paint on? Works of art that can be worn, in this case, on the head.





Rania Bameid approached Rebecca DiLeo, the Arts Head at Central Toronto Academy with an idea for a fashion line that was inclusive and showcased the styles favoured by Muslim girls who cover their head. The students bought hijabs online and treated them as canvas for hand-painting their designs.

6IXess Apparel is a line of merchandise that pairs the students of the graphics design program at the Central Toronto Academy with fashion industry professionals for a unique mentoring program. The aspiring fashion designers and entrepreneurs have been coached by Melissa Austria from GotStyle, Roger Gingerich, Shannon Passero, Mark Foreman of FUNKD and George Sul-ly of Sully/Wong. They are taught how to envisage a line from the fundamentals of designing to marketing and managing their fashion project.

In 2016 the students had created a t-shirt design with the slogan "We Take No BULL-ying" that went on to become the slogan for the school and TDSB for World Pride. The CTA students are part of the inner-city sustainable fashion program, referring to themselves as the "6IX Acade-my". Last year their merchandise had included snapbacks, toques, phone cases, tote bags and collaborated on a sneaker design with Sully/Wong.

This school merchandise is sold at pop-up events and an e-store, with funds going directly back into the Arts program.

Follow up on what the CTA Arts Dept. is up to:

🐦 @CTA_Hearts



We've always known that the modest fashion scene in the UK was years ahead of what we have here in North America. With fast fashion retailers releasing special collections for Muslim women who favour a more modest style of dressing to an elite league of bloggers who have also fronted campaigns for mainstream brands and shows, hijabistas from across the pond lead the way in showing how hijab does not take away one's innate sense of style.

Hana Tajima, while a part of this groundbreaking clique of Brits, stands out because she is one of the first ones who has collaborated with a major global brand to create a collection that, while modest, appeals to everyone because of its fluid silhouettes and quality of fabric. Uniqlo, everyone's favourite Japanese clothing brands, brought in Tajima to create a line that saw release in just South East Asia initially. Its success led to this fourth collaboration Tajima has had with the brand early this March, bringing the her collection to North American shoppers.

From her conversion to Islam when she was just a teenager, starting her first fashion line when she was eighteen, to this collaboration with Uniqlo, SHE sat down for a talk with the soft-spoken designer to find out more.

.. Hana Tajima for UNIQLO

BY AAISHA ZAFAR ISLAM



When and how did you realize that you wanted to be a fashion designer?

Both my parents are artists and I grew up in this environment where I was always making things and it just became a way that I was able to express myself in fashion. Designing clothes is such an interesting blend between engineering and art and there's a practicality to it as well when all of these elements combine. It just sort of stemmed from there in a really organic kind of a way.

You have studied fashion design as well?

Yes, but I left school when I was seventeen or eighteen and went on to start a business. The interesting thing is the way that I was learning for the most part even before then. I was teaching myself how to drape and how to make patterns so as soon I was able to do that for myself it felt like it made more sense just to try it out in the real world. I feel like I've always kind of been drawn to that side of things.

You were really young when you started MAYSAA, your first clothing line. How did you transition from there to Uniqlo?

I was eighteen when I started MAYSAA, and after leaving that, I was still designing, and doing one-off pieces for certain clients. When Uniqlo



approached me it was actually a really fortuitous time ;there was nothing much that I had in terms of commitment so I was just able to say yes and it has been really fantastic

How is the experience different when you partnered with Uniqlo and how is it different from when you were an entrepreneur yourself doing your own line?

It is really interesting to work with a company that's so big and have this huge global presence. Seeing how they work on the process I was doing for myself and how that translates to a much bigger company has been amazing. I've been working with a really fantastic team there and it's been a really fantastic experience

What excited you most about this partnership with Uniqlo?

The fabrics are fantastic! Their approach to clothing in general, like the idea of LifeWear, is that it's made for everybody. It was important for me that this collection be accessible to everybody not just Muslims. It is something I think that's valuable for all different kinds of people and so to keep it open like that was really important and I think Uniqlo as well were really understanding about that; that's what they wanted

You converted to Islam when you

were eighteen around the same time you started MAYSAA . Was a lack of options in modest clothing one of the reasons you started MAYSAA?

When I became Muslim, the community that I was in was quite small so I had lots of different friends from lots of different cultures. I tried on shalwar kameez and abayas, none of them seem to represent me and it was trying to find my identity through design and that led me to create MAYSAA .

How has hijab or modest clothing changed your sense of style?

I think I sort of jumped in straight away, like the first day I converted was the first day I wore a hijab. After that it was a slower process. I had to work my way backwards in a way of finding a place that felt really balanced but felt like I still represented myself but also that modest aspect.

What is your take on the modest fashion scene, and modest fashion weeks we have seen mushroom in the past few years. Earlier they were just focused on South Asian markets, but now they are making their way to the West. The UK especially seems to be a hub of this movement.

I think it's indicative of larger embracing





of modest fashion within the Muslim community but also outside of that to know other people are really interested in this other perspective and another way of dressing. It is really interesting to see how those two also influence each other

I've found that once you categorize a clothing line as modest, everyone assumes it is only for Muslim women, but I also notice that many women like to buy from these lines because they find it more comfortable.

Yes, that is true.

You tend to have a very neutral palette for your collection. Is

that something you choose for yourself or was that something Uniqlo wanted from you?

The initial collection that we launched in South East Asia had a lot more brighter colours and I think that was because of that market. My own personal style, I am much more subdued in that sense. I live in black and greys and navy blues. We tried to find a way to bring that vibrancy and sense of colour but also adapt it to a global aesthetic. As you see, this collection is all about allowing pops of colour to be real and accented.

What is the one thing that defines Hana Tajima style? Besides your hijab what would be one key

element of your style?

I think just versatility. I'm a huge fan of pieces that you can rediscover and wear in different ways. I've designed this piece but it takes on this whole other life when someone else is wearing it and you get to see how they interpret it for themselves.

Colours, cuts, fabrics, what is the first thing that you look for when envisioning a design?

The first thing actually is that I'll have an idea of the weight of the fabric. So I'll pick a piece of muslin and just drape on the stand or on a body so that I'm connected to the way that it moves and have a tactile connection to that. I feel like that gives me more of a sense of a connection to the wearer as well.

Fabric first.

Yes, but not a specific fabric necessarily, just exploring what it would be like to drape any kind of fabric. Trying out this whole process is my inspiration. For me, this (Uniqlo) collection was discovering through draping and working with a form, trying to figure out how to translate a feeling of lightness and airiness that I wanted for the Spring/Summer into clothing.



THE GLOBALIZATION OF

Priyanka *CHOPRA*



Two years ago Priyanka Chopra rocked SHE Canada's cover with an exclusive interview. She had just been signed as the face of GUESS and she was becoming a name in Hollywood. Fast-forward 24 months and now she's the star of her own hit television show, fronting a major hair care campaign for Pantene and representing luxury jeweller Nirav Modi. PRIYA KUMAR retraces her journey from India's darling to the toast of Hollywood.



Her career is one for the ages. The two top film industries in the world (Hollywood and Bollywood) rarely see overlap, but Priyanka Chopra has proven the two need not be mutually exclusive. After 15 years in Bollywood—Chopra launched her career after taking the Miss World crown in 2000—her political thriller series *Quantico* premiered on CTV in Canada and ABC in the United States. Well into its second season now, the series has garnered accolades locally and around the world.

Chopra plays Alex Parrish, an FBI recruit who is framed as the prime suspect in a terrorist attack. Alex isn't your typical American primetime drama lead. She's smart and witty with her words yet fiercely loyal to her country. She also happens to be a very alluring woman. Alex is the type of character overlooked in a culture fixated on gender stereotypes.

As an actress Chopra's broken other glass ceilings as the first Indian woman to star in her own primetime network show (*Mindy Kaling* is from Cambridge, MA, guys). She's also slated to star in the new *Baywatch* reboot due out this May. Starring alongside the Rock and Zac Efron, the film will be a far cry from the graveyard of syndication in which the series has been relegated for the past two decades. She's cultivating a

full-blown career in Hollywood while jetting back to India on weekends to maintain her career in Bollywood, as she famously told Jimmy Fallon on *The Tonight Show*.

Most recently we saw Chopra at the Academy Awards where she wore a graphic structured corset gown by Ralph & Russo Couture. In line with her new role as global brand ambassador for hair care giant Pantene, she wore her shiny, smooth hair down with muted lips and subdued eyes. The natural, dewy look cemented her as an A-list style icon for the foreseeable future.

It comes as no surprise then that luxury brands would be tripping over one another to have her represent them under the glare of the spotlight on the world stage. Her reach is undeniable and celebrated jeweller Nirav Modi agrees: "Priyanka Chopra embodies all the symbols of modern India while paving her own path, which also represents the ethos of our brand. She strives to not only achieve, but also master, the unexpected, unheard of... she is unconventional and dazzles her audience with her unique style."

Not unlike Priyanka Chopra, Modi boasts an international pedigree. He grew up in Antwerp, Belgium and was the grandson of experienced diamantaires. His familial history with precious gems combined with his interest in artistic design led to the birth of his eponymous jewellery



house. Today his collections are the epitome of refined elegance, femininity and style.

"My association with Nirav Modi is like a meeting of minds in many ways. We are both fiercely proud of our heritage and are united by the idea of bringing a modern India to the global forefront," Chopra emphasizes. "His jewels are one of a kind and effortless, with an understated elegance. I have worn the brand on many occasions and have always been impressed with the exquisite designs, the finesse, the clarity and femininity of the jewels."

This "meeting of the minds" could not be more evident than in the downright sparkling ad campaign starring Priyanka Chopra alongside Bollywood leading man Sidharth Malhotra. Titled "Say Yes, Forever", the campaign pays tribute to the solitaire diamond ring. Chopra admits: "The proposal and engagement is a special moment in every woman's life and a nerve wracking one for every man!"

The campaign includes an ad film that features Chopra's character having

a terrible, awful, very bad day and her boyfriend, played by Malhotra, setting up an elaborate proposal for her. The whole scene takes place at Four Season's Mumbai's rooftop lounge Aer; the setting is nothing short of spectacular.

Switching gears to beauty, Chopra recently landed another high-profile gig: the face of Pantene's "Strong and Beautiful" campaign. She joins Selena Gomez for this decidedly pro-woman campaign. "I believe in celebrating the inherent strength that every woman possesses, which made the decision to align with Pantene an easy one," Chopra says of the affiliation. "We both believe that strong is beautiful and that every woman deserves glorious moments to pursue her dreams and to shine!" Back in December she kicked the campaign off by taking over Pantene's Twitter account.

The ambassadorship sees Chopra take to the airwaves on TV spots while Gomez will appear in print ads. The campaign will feature heavily in the media for the first half of 2017. Each product in Pantene's

sable of shampoos have been reformulated, offering consumers a boost of provitamins, antioxidants and lipids that are absorbed by the hair with better efficacy than ever before. The final result is smoother, softer and shinier hair without the weight.

For Pantene the alliance solidifies their commitment to a more diverse range of ambassadors. "We want to represent the diversity of ethnicities and hair textures among our ambassadors, which is why you will continue to see Pantene make choices that redefine our traditional beauty norms," said Jodi Allen, VP of hair care for North America at Procter & Gamble to WWD.

Considering Chopra's eclectic career to date, it's fitting that she would be representing an Indian luxury brand for their shared heritage. Conversely the same can be said about her role with this global beauty brand's latest campaign for the undeniable diversity she quite clearly brings to the table.

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It's not an easy job, but our moms always know what to do. So often they are busy with making sure everything in our lives is running perfectly that they are left with little to no time to think about themselves. This Mother's Day, let's show the superwoman in our life that their efforts are appreciated, and we are grateful for all that they do for us. Sure, breakfast in bed sounds like a good idea, but that is something a grade schooler can do. This time, let's put some more thought into the perfect me-moment for moms.

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How to be a

SHEpreneur:

Barbara Stewart CFA,
Financial Commentator

BY PRIYA KUMAR



*T*he gender wage gap has become a particularly pervasive issue in 2017. According to Barbara Stewart CFA, although women make about 80% of all purchasing decisions in the household, women continue to make only about 80% of what men do in the workplace. This has as much to do with gender roles as it does with confidence in the boardroom.

I had the opportunity to catch up with Stewart to find out what sets women apart from their male counterparts at work and at home financially speaking. She 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."

This interview will run over the next two issues. This month we'll focus on financial planning and next will focus on raising a family from a monetary perspective. Stewart is a currency expert and former portfolio manager with 25 years' experience in the investment industry. She's spoken at global events relating to women, money and financial literacy across the world and is a frequent guest on TV, radio and in print.

You have stated in the past that women are more focused on budgeting than their (male)

partners. Why do you think this is considering the wage gap between men and women?

Well, I don't like the word 'budgeting': that makes it seem like women are choosing which laundry soap to buy, and that's about it. In fact, women worldwide make about 80% of all buying decisions; from smaller items up to cars, vacation homes, principal residences and retirement investments. The wage gap means women only make about 80% as much as men, which shows that even when they're not making the money, they are still the ones making the decision. Why?

My research shows that the majority of women are financially confident and they like making financial decisions, both for themselves and for their families: they CHOOSE to be financial decision

organizations tend to be lower paid than functions where men predominate such as IT. Equally, any compensation structure which economically punishes someone for taking time off to have children, or taking those children to a pediatrician, is going to be one that ends up creating a gender pay gap.

In conclusion, we need to both train women to do a better job at speaking up for themselves but also we need to work on the structural issues.

From your experience, what can women do to catch up to their male counterparts financially?

When it comes to overcoming the wage gap, in my experience many women are doing "just fine thank you!" Several studies have shown that women tend to achieve better investment returns than

if you want to upgrade your financial skills. And there are some pretty exciting 'Women & Finance events' taking place all around the world. I have met so many women who go to an event, hear a talk, get inspired, start investing and quickly get on the leader board in online portfolio management contests.

There is a fabulous opportunity for women today in the financial services industry. Financial education is a key focus. All firms are looking for ways to delight existing customers, to win new customers, and to grow market share and profits. And smart women are the #1 target market.

A study released last year by the CFA Institute on gender diversity in investment management "found that globally, less than one-fifth of CFA (Chartered Financial

"WHEN I LOOK AT THE MILLENNIAL WOMEN THAT I AM INTERVIEWING, I PREDICT THAT THEY WILL BE MUCH BETTER ABOUT ASKING FOR WHAT IS DUE THEM; THIS FINDING IS BEING DUPLICATED ELSEWHERE."

makers. On the other hand, they do not choose to make less money! I predict that the mismatch will narrow over time, and women's incomes will rise upwards to match their willingness and ability to make financial decisions.

I speak from experience when I ask this, but why do you feel women find it difficult to ask for an increase in pay?

One reason is that some studies have shown that men are better at saying "show me the money" when it comes to asking for a raise. Most of that is probably cultural and a relic of past behaviours. When I look at the millennial women that I am interviewing, I predict that they will be much better about asking for what is due them; this finding is being duplicated elsewhere.

The second reason is fascinating. It isn't just that women are failing to ask for what they are worth; there are also structural reasons behind the wage gap. For example, some departments (such as human resources) tend to have women predominate. These parts of many

men, usually by taking more reasonable risks and saving more. As I always say, "women are risk aware, not risk averse."

Otherwise, while we are waiting for the wage gap to magically close (!), women need to try and do what is in their control under the circumstances. Either work for the companies that don't have a wage gap, work at a 'pay for performance' type of job, or work for yourself.

I will say (and this is one of my research themes for 2017) that there is one area where some women do want to catch up with men. This is in the area of financial knowledge. Years ago, when most paid jobs were worked by men, most women didn't really need to know about finance so most women weren't that interested or motivated in learning about it. That was sort of okay back then. But today when almost half of the workforce is made up of women (who are as educated and skilled as men at their jobs), all women need to know about finance.

The great news is that in the era of software tools, apps, social media and mobile technology, it can be a quick fix

Analyst) charterholders are women." That is one heck of a gap! Let's just say that finance needs women just as much as women need finance.

Why do you feel women do not consume financial news at the same rates as men?

Most financial news, whether on TV or in the newspapers, tends to involve nothing but numbers, charts and men bragging about their investment performance. That whole 'mine is bigger than yours' kind of approach generally doesn't appeal to many women.

My advice to media companies that want to attract the 'smart woman' audience for their financial shows? Write or cover financial news the way the Olympics covers sports stories: they don't just focus on the contest, but look at the athletes and their lives. Writing stories about human beings that women can relate to will make women avid consumers of financial news.

For more information on Barbara Steward, visit www.barbarasteward.ca.



*Jonita
Gandhi
Reaches
for the*

STARS



Jonita Gandhi did what many of us can only dream of. The songstress packed up her comfortable life in Canada to pursue her music in India. PRIYA KUMAR catches up with Gandhi about her labour of love.

"Somewhere deep down inside me I always knew singing was going to be a big part of my future," Jonita Gandhi admits. "My family and I have a very strong value for education, so I knew if I wanted to pursue singing as a career, I would have to finish school first and get a solid backing with my education before thinking about reaching for Bollywood. After graduating from university I decided to give it a shot."

Gandhi was discovered by *Slumdog Millionaire's* A.R. Rahman through YouTube and decided to take the plunge by coming to India to work as a playback singer. For our local readership, a playback singer's vocals dub the lead Bollywood stars during musical numbers. For *Gandhi*, however, she took naturally to this art form. In our interview I find out what it takes for a talented Canadian singer to make it in one of the most inhospitable industries the world has ever known:

Tell me a bit about being discovered.

During my university years I started uploading videos of myself covering songs I really liked to YouTube. At the time I didn't think too much about it. Those videos started getting recognized by music directors in India, for example A.R. Rahman tweeted about my cover of *Silent Night*, Salim Merchant tweeted about my cover of *Mar Jawaan*, and so on. But when I moved to India to give Bollywood a shot, I started from scratch when it came to reaching out to music directors and getting my foot in the door. Thanks to my friend Abhishek who was working for Vishal-Shekhar at the time, I met with Vishal Dadlani at his studio at a time when he happened to be working on the title track of *Chennai Express*. I got the opportunity to record a few lines for the song and I had no idea where things were going from there, but they were happy and my voice stayed on the track.

What projects have you worked on to date?

After my debut as a playback singer with *Chennai Express*, I was featured by Clinton Cerejo on *Coke Studio* and from there I got a call to record at A.R. Rahman's studio in Chennai. I've been fortunate to have worked with many of the prominent

music directors in some way or another, whether it has been recording for jingles, private projects or film soundtracks, or performing with them live. I've sung for films in several languages including Hindi, Bengali, Kannada, Telugu, Tamil, Punjabi and Marathi.

Your voice is so versatile; you seem comfortable singing in Hindi and English. How do you get yourself into "character" before a performance? Can you talk a bit about how your Canadian and Indian careers differ?

I'm comfortable singing in any language, provided I've had the time to practice enough. I don't have a particular pre-show formula, especially since every scenario is so different. Like most performers, I think I get a lot of my energy from the crowd and how they respond to my music on-stage. The Indian music scene is very different in Canada and India—being based in India has definitely allowed my singing career to become more sustainable.

You've mentioned in previous interviews that you almost went into finance as a career. Where did you go to school, what did you study and how did you ultimately decide to follow your passion for music?

I graduated from University of Western Ontario with two degrees: Bachelor of Health Science and Honors Business Administration. Because of my strong value for education, I finished my studies with a strong background to hold as a safety net, but once I was had my degrees in my hand I decided I could take some time off to see where I fit in the professional world of music.



Having been born in New Delhi and growing up in Toronto, where do you feel the most at home?

Though I've adapted to home being in Mumbai now, naturally I feel most at home when I walk into my house in Brampton, surrounded by my family in the house we've lived in for so many years. I've spent most of my life in Canada, so I don't know that anywhere else can really replace that feeling.

YouTube has proven to be an effective platform for your work. Where can fans purchase your music?

Since most of my work available for purchase is from movie soundtracks and collaborations with independent artists, iTunes and Saavn would be the best places to buy songs that I've sung.

Follow Jonita Gandhi:

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OSMAN KHALID BUTT IS LAUDED BY MANY AS THE NEXT BIG EXCITING LOCAL LEADING MAN AFTER FAWAD KHAN. FUNNY AND CHARMING WITH A STARK RESEMBLANCE TO ORLANDO BLOOM, ITS LITTLE WONDER HOW HE'S MADE HIS WAY UP IN THE ENTERTAINMENT WORLD IN SUCH A SHORT TIME. BUT DON'T LET HIS CUTE ISLAMABADI BOY LOOKS FOOL YOU- HE'S INCREDIBLY TALENTED WITH THE SOUL OF AN INTELLECT, EVEN IF HE CLOWNS AROUND.

You might know Osman (Obi to his friends and fans) from his YouTube vlogs or from his various drama serials on local TV. You might have even come across his face in a local movie or play. And that is because he truly is a multifaceted entertainer.

Osman initially found fame on YouTube doing parody videos of local dramas. The video series that really got people to take notice was his parody of the then super popular drama serial "Humsafar" starring Fawad Khan and Mahira Khan. From there, we started seeing his face around, he showed up in the low-budget local horror film *Zibakhana* (since his brother directed it) and in the banned film *Slackistan*, for showing Pakistan in a light which was a little too real for some people, mixed in with a bunch of jokes that the authorities deemed as "obscene".

He's come a long way since then. Acting chops cemented with a firm theatrical background, Obi soon started

GETTING TO KNOW

Osman Khalid Butt

Fun facts you probably didn't know about Pakistan's hot new leading man!

working for televised drama serials that are immensely popular in Pakistan and made his debut on Geo TV's soap opera "*Eik Nayee Cinderella*". After that he starred in a variety of different plays, such as *Diyar-e-dil* and *Aunn Zara*. He wrote the script for 2016's hit winter release film *Janaan* in which he made a small cameo. Besides that these days he's starring in Hum TV's acclaimed drama series *Sanam*, where he is playing the part of a confused man who caught between the egos of 3 very strong women.

Professional accomplishments aside, we have gathered up some fun facts about Osman Khalid Butt that you might not have known before:

HE'S BIG ON READING

Osman loves to read and often draws inspiration for the characters he plays on screen from his favorite characters in his favorite books! When fans once asked him about his favorite books, he responded with a detailed list of all his beloved titles, and details on why he likes them. These titles included a wide range of genres from Stephen King to Virginia Woolf. His social media handle: AClockworkObi is also inspired by one of his favorite books, *A Clockwork Orange* by Anthony Burgess.

HE'S A FEMINIST

Osman cites strong female actors as his biggest influences as an actor. He claims that he despises drama scripts that don't have independent, strong female characters as that is a true depiction of real-life women and not the simpering, dying for love, damsels in distress local soap operas love to showcase women as.

HE IS ADDICTED TO TV

Obi claims that on a day off, he would just lounge in front of the television and binge-watch his favorite shows. These include shows like *Gilmore Girls* to *Game of Thrones*, and everything in between.

HIS DREAM ROLE IS INTENSE!

Despite of gaining recognition as a funnyman, Osman's dream role to play would be a dark and intense type character. He says he would love to play a role like Mike Shiner from the 2014 psychological thriller, *Birdman*.

HE WAS PAINFULLY SHY GROWING UP

Osman says he grew up very shy and socially awkward, and it wasn't until he started doing theatre that he built up his confidence and started opening up more as a person.

ON BEING TOLD HE RESEMBLES ORLANDO BLOOM

He says he's recently started hearing about him resembling Orlando Bloom and while he doesn't have to say much about that topic, he does reveal another comparison that has stuck with him since his days on YouTube; when a random commenter called him "Pakistan's favorite *chitti bandari*" (white girl monkey) and finds both these comparisons equally hilarious.

HE IS A POTTERHEAD!

Like most of us, Obi is obsessed with Harry Potter and claims that his favorite item of clothing is a Slytherin t-shirt his friend got him from Australia!

HIS SECRET WISH...

To learn as many different kinds of dances as possible! Can you picture Osman doing ballet?

HE'S 'FASCINATED' BY BOLLYWOOD BUT DOESN'T WATCH INDIAN TV

Osman is fascinated by all things Bollywood, and even has a list of Indian directors he would love to work with, and a list of his favorite Indian actresses. However, that being said, he isn't really up-to-date with all things Bollywood because he doesn't really watch Indian TV. Unless he says, he's visiting his family in Lahore, who always have it playing in the background, like background noise.

HE RUNS THE DESI WRITERS LOUNGE

Desi Writers Lounge is an initiative for local creative-minded to get together and share ideas and content. It's a great place for artists and writers, where they can meet people who are like them and share their work in a manner which they might not be able to do in the traditional working environment present in Pakistan. These are just a few fun facts about Osman Khalid Butt. Being relatively fresh, he still has a lot to offer the entertainment industry in Pakistan, and we cannot wait to see what the future holds for this ambitious, talented young actor.





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Pro Tip 1: Keep a lip balm, hand salve, and hand & face wipes in your carry on to shield your skin against the drying plane air and keep your skin feeling fresh (even after hours in the airport). If you're heading somewhere sunny, add a tube of sunscreen to the list: apply before you land so it absorbs by the time you start soaking in the rays.

Pro Tip 2: Opt for a shaving cream that comes in a tube (like Kiehl's Ultimate Brushless Shave Cream or Nivea Men's Shaving Cream) to avoid having to chuck your aerosol can at customs.

Pro Tip 3: If you're a minimalist, go for a all-inclusive travel kit (like Clinique's Great Skin To Go Kit or Kiehl's Travel Kit) - one purchase that covers all your grooming needs (so you don't need to fuss with travel containers).

Pro Tip 4: Bringing chargeable grooming essentials, like the Oral-B Rechargeable Toothbrush, that can give you an at-home fresh feeling even if you aren't anywhere near an electric outlet.

Pro Tip 5: No matter where you're going, traveling is exhausting. Save face and don't show how exhausted you really feel with puffiness reducing and dark circle removing products, like the Anti-Fatigue Eye Serum from Clarins.

1. Originals Shaving Cream, **Nivea**, \$4.99 • 2. Max 50 UV Milk Extra-Lite Sunscreen, **Peter Thomas Roth**, \$52 • 3. Anti-Fatigue Eye Serum, **Clarins**, \$40 • 4. Ultimate Strength Hand Salve, **Kiehl's**, \$19 • 5. Men's Travel Kit, **Kiehl's**, \$56 • 6. The Stick Natural Lip Balm, **Jack Black**, \$10.99 • 7. Great Skin To Go Kit, **Clinique**, \$39 • 8. Spash'n Go Hand & Face Wipes Travel Pack, **Kleenex**, \$1.99 • 9. Ultimate Brushless Shave Cream, **Kiehl's**, \$13 • 10. White 7000 Rechargeable Toothbrush, **Oral-B**, \$199.99 • 11. Protein Booster Eye Rescue, **Jack Black**, \$46 • 12. Cedrat Global Face Gel, **L'Occitane**, \$44 • 13. Travel Trimmer, **Wahl**, \$12.99 • 14. 3-in-1 Shampoo, Conditioner & Body Wash, **Esquire**, \$12

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Spring means spring cleaning, including cleaning up your drab winter routines! Escape the slush with a spur of the moment getaway - whether with flip flops and board shorts in a tropical oasis, leather boots and a cotton blazer on a Euro trip or a windbreaker and denim a northern adventure. Comfort comes first with these stylish pieces that are perfect for mixing and matching and so low maintenance that you can throw them in a backpack for a last minute trip. Bon voyage!

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— **THE** *PRENEUR*

BOBBY MOTTA

BRINGS HIS MINDS
GAMES TO TORONTO

BY RHEA BRAGANZA



Soon as I meet up with Bobby Motta for this interview, I realize that this is going to be a one of a kind experience. We start the interview with a demonstration of one of his mind-reading acts where he accurately guesses which hand I am holding the ring in behind my back, based on what he tells me to visualize. Motta was in town for his highly anticipated show *Cryptic* that debuted this March. As we sit down, and talk, I learn how his art form is different from other stage performances and how much audience participation adds to the success of any of his shows.

How would you define mentalism?

Mentalism is under the umbrella of magic. In magic, you have close-up magic, you have illusions, grand illusions, and you have other things. Mentalism is in its own category. A mentalist is someone who creates the illusion of mind reading. It's basically mind play. It's magic with your mind, for the intellect.

Is there a difference then between a mentalist, an illusionist, and a stage magician?

Illusionists and magicians demonstrate amazing feats, levitations, transpositions, and different things that disappear for visuals, whereas, a mentalist doesn't demonstrate, a mentalist explores. It's not about the magician; it's about the audience and the mentalist together, so it's a joint affair, it's a connection.

How is Hollywood's depiction of mentalists and illusionists skewed?

A lot of people don't even know what mentalism is. Someone says "Oh, what's that?" It is a form of magic, but it's more magic for the mind than a visual thing. A lot of people go to a magic show and they see things happening visually. This is about what you and I did for example (the mind-reading trick we do before the interview) you know me trying to guess which hand it's in, and then there's an ending, it's more mental than anything.

At what age did you realize you had this talent, and when did you decide to turn professional?

I actually started quite late in the industry, when I was thirty. That's when I took it up full-time, prior to that, it was just a hobby. For many people who get into this industry, it's a very powerful hobby. They do it everyday. It wasn't like that for me, up until thirty it was something that I played around with once in a while. I did start early though, I was about seven or eight years old when my uncle showed me a trick and it was all I talked about that time. It was a trick that he did with his false tooth and a Chiclet.

I was in sales for most of my life, the last career I had before this was in a car dealership.

Did you receive any formal training or did you have a mentor?

At first it was just mainly books, a lot of reading and watching videos. Once you start connecting with people in the magic shop, professionals start to notice you. I created one of my own effects at a very early stage of my entry into this business, and that kind of put me on the map with some of the others when I started networking. I didn't have one particular mentor; I had a bunch, so I was able to watch how they grew. I asked a lot of questions. I think that gave me a big lead on everything.

What do you do when things don't go as planned or if an important cue is missed during a show?

That comes with time. After a few times, when you're performing on stage, you're able to manage your audience and the props. If something goes wrong, an amateur would probably freak out and fold. Everyone would know something went wrong, but in the case of a professional, the audience would never know. They would twist it around to make it work and make it into a joke so it seems to be a part of the act. You can always make something work as long as you're witty, confident, and you can think on your feet. Professionals also know what could go wrong, they have outs, as soon as something goes wrong, we would have a back up. I know what could go wrong, and it has gone wrong before, but immediately, I switch to plan B.

You don't have certain people interacting with the audience that are aware of the show, do you?

It's funny that you say that. Often times in my shows when I use people from the audience, after the show, everyone thinks that they were people that I hired. So, they go and talk to them like, "Hey, do you work here?" and they're like "No, I'm just a guest. I'm here with my boyfriend." They realize this is just a normal guest, so yes, that conversation always sparks in the theatre.

How do you get the audience to appreciate all the work and preparation that goes into getting an act ready and then presenting it before them?

Instead of going with the mindset that I would want them to value what I'm doing,

go with the mindset that I want to make sure that they get the best show. A standing ovation always tells you, "Hey, listen, these guys love what you did," or they respond back. One of the biggest compliments is that I have people who come to one of my shows and then they come back again, bringing new people with them. That tells me that they appreciate what I do, but that also goes hand-in-hand with respecting your audience and rehearsing. A lot goes in developing; you can't just go on stage and do a trick, you have to know when you're going to turn your body, who you're going to face, and when are you going to grab this prop. Comedians, for instance, they have their setlines. They go up there, they develop them, and their thing is lines, timing, and memory. Our thing is lines, timing, memory, prop management, and audio management. There are so many more elements that are involved.

Practice is everything.

Yes, you learn that the more you do shows. When someone says, "What do I do?" I'm tell them, "Just go out and start doing shows." You'll learn. There's going to be horrible times. I've had horrible shows where I got booed. I had a review that said I should never go on stage ever again for the rest of my life! You need to keep going, keep trying, working, and reading books. That's how I polished my material. Especially reading books on how to rehearse. I didn't know there was a right way to rehearse. Once I did that, I felt polished. I still haven't stopped learning. I mean every show I do is a learning experience because something new happens all the time.

How many times do you need to practice a skill before you feel confident enough to do it in public or on stage?

Sometimes it requires hundreds of times and sometimes right off the bat it's perfect. It really does depend on whether that effect is something that suits your personality type. If I do something that suits my character, I might own it immediately. If it doesn't, it might take me time to rehearse it and redesign it to my character. Ultimately, that is one of the things people in my industry fail to see, character. For me to wave my hand and make a bouquet of flowers appear wouldn't suit my character. If I wanted to do that effect, I would figure out a way to do it like: "Think of flowers, now look behind, there's a bouquet of flowers." That might suit my character. I have to alter the whole effect to make it fit.

How important is stage presence?

Stage presence can develop with stage time, but I think that's a gift as well too. The one compliment I receive all the time is: "Your stage presence is what caught our attention, and we really connected with you." You either have a powerful stage presence naturally or you have to work on it. That's one of my gifts, and I'm very grateful for it.

Your new show *Cryptic* premieres on March 17 at Dave and Busters Vaughn. Tell us more about it, and how it is different from your previous work like *Gray Matter*?

I write every show with a different intention. Knowing the kind of audiences who come to Dave and Busters, I know that if you don't know what you're doing, you'll get chewed up in that theatre. The people that come to watch that show aren't the type of people that would be able to sit down and watch a dark show. They want to go have fun, drink, and play games. In writing *Cryptic*, I'm basically writing two shows, one for that theatre, and one for the theatre tour that I'm planning this year. That being said, it's still a little bit darker, a little bit more hard-hitting and I am doing things that I haven't done before.

What kind of activities do you like to do outside of mentalism?

Skydiving is my new found passion. It's amazing and it's exhilarating. When you skydive, you exit the plane and you're in a totally new atmosphere. You see the curvature of the earth, the clouds, and then when you jump, you feel how fast you're going, and it's exhilarating. You don't know if you're going to live or die. How much more fun can it get?

Where do you see yourself in ten years, and what will you be doing?

Wow ten years; can we make it in a week? I have a new way of looking at that. To answer your questions, I don't think life is about the destination. Life is about the journey. I don't really focus on the next ten years to be quite honest. I'm focusing on what is happening right now, sitting here with you, and just enjoying every minute that I have. Looking too far into the future is not a fun thing because then I start focusing on the past, the future, and the present becomes less important, so I can't answer that question. Happiness is being in the present.



Amir Adnan
EST. 1990

escape

EUROPE ^{to}

BY IMAIYA RAVICHANDRAN

Exchange year experiences are the capstones of any graduate's life. What happens when a travel-averse person decides to live out a semester in Europe? SHE finds out.



Upon receiving my acceptance e-mail, I grew conflicted; should I trust my anti-wanderlust gut? Or should I take a risk? I turned to my friends and family for advice and they all said the same thing: this is an opportunity of a lifetime— go, or you'll regret it.

So, I went.

My first day in Lyon was a sunny one. I met my Norwegian roommate who was beautiful as she was kind, and incidentally, had size 6.5 feet, which meant we could share shoes. Our apartment

was located in a quaint part of the city, a stone's throw away from the best bakery in town. I would later form a close friendship with the head baker, whose constant supply of pain au chocolats and macarons was a source of inimitable happiness and an eight pound weight gain.

Most of my exchange was spent in Lyon, and thankfully so because it really is a wonderful city. Much more appealing than Paris, in my opinion. Paris can feel stifling and snooty, with its ostentatious

edifices and overpriced museum tickets. Lyon is a just-as-good, if not better alternative; you can spend the morning biking alongside the Rhône river, the afternoon strolling through the exotic Parc de Tête D'Or Zoo, and the evening riding the City Square ferris wheel, all for the irresistible price of free ninety-nine. (This is assuming you don't need to eat actual food and can survive on the scent of nearby shawarma shops.)

Every month or so, I would venture beyond the confines of the French border into other parts of Europe. My first trip was to Geneva, Switzerland. I went with two new acquaintances of mine, neither of whom I'd spoken to besides a brief exchange at a mixer the week before. Nevertheless, I was optimistic; after all, I am a relatively chatty person and have been known to carry on conversations with literal walls. The first half of the excursion went smoothly enough, but by the evening, things had gone awry. For dinner, I suggested we try an authentic fondue restaurant where they served raw pieces of meat that are then doused in boiling cheese. Sounds fun and not at all dangerous! I thought. Cut to four hours later when I was sprawled across the floor of my hotel bathroom, regurgitating an unsightly mix of semi-cooked lamb and brie into the toilet. Did I mention that I was sharing the hotel room with my aforementioned acquaintances? It was the beginning of a beautifully awkward and short-lived friendship.

Thankfully, my travel-induced trauma did not have any lasting effects. St. Patrick's Day was approaching and even I couldn't say no to a three-day long romp in Dublin, Ireland accompanied by my best friend. After an outrageously expensive plane ride, we found ourselves in an overcrowded hostel room where the mattresses were lumpy and the circulation poor. A cumulus of beer permanently hung in the air, but even this didn't dampen our spirits (although it did dampen our sheets). Our first stop was Whelan's, a pub best known for its appearance in the so-bad-it's-

good romcom *P.S I Love You*. I entered expecting to meet my husband, but instead, befriended a 40-year-old man from Romania who'd spent most of his life tending to silkworms and was looking for "a change of pace". Not what I expected, sure, but as they say, when in Dublin...down a pint of Guinness with a Romanian silkworm herder.

The most memorable part of the trip — dare I say, my exchange as a whole — was our last night at Temple Bar. The world-renowned pub has taken after-hours revelry to such sophisticated heights, it is essentially regarded as a historical landmark — but what most won't tell you is that it can also be the site of profound introspection. In the midst of the cacophony, I found myself reflecting on my exchange experience heretofore. I'd biked through Amsterdam, hiked through Croatia, Tubed through London — and yet, there it was: the sneaky longing for the familiar comforts of home.

And then, something magical happened. In the middle of my existential crisis, a man walked into the bar. He was wearing an emerald green onesie and a matching hat. Our eyes met as he loudly belted the words to *Danny Boy*. In that moment, something clicked inside of me. Never again, I realized, would I bear witness to a sight so magnificent as a sentient shamrock singing along to an Irish folk song. Not abroad, and certainly not at home. So this is why people traveled. For the moments that are too absurd, too outlandish to blend in with the mundaneness of everyday life. For stories that you will tell your children, who will tell their children, who will hopefully produce a movie based on your life experiences starring Blue Ivy. I may still prefer my boring, worn-out routine to the thrills of the unknown, but no longer am I opposed to a spur of the moment plane ride across the pond — even if only to catch a glimpse of Sentient Shamrock one more time.



FOOD & TRAVEL

BY KELSEY SEERPERSAD

One of the best things about travelling abroad is getting to try unique foods from different cultures. The saying “try anything once”, in my opinion, really applies to those travelling to another country. Whether it’s being adventurous and consuming a different cuisine or partaking in another culture’s festivities, having an open mind is essential when exploring a new place.

Of course, everyone knows the basic rules regarding food and travel: only drink bottled water (depending on where you travel to), make sure you bring the appropriate medication, in case of an upset stomach, pack sanitizer and dine at restaurants or vendors that look busy, as the food will more likely be prepared fresh. It’s also important to research ahead of time the types of food that you can expect to try when you’re visiting a specific place. Dietary restrictions such as food allergies, only being able to eat halal or kosher meats, being vegetarian or vegan are more recognized today and almost everywhere offers options for these restrictions.



I love trying new things, especially new foods that are authentic to the places I travel to. This past summer I was fortunate enough to travel to London and Amsterdam, two places I always dreamed of visiting.

I was excited to try the food in Amsterdam (especially the cheese!) and of course, I could not visit London without trying fish and chips, 'bangers and mash' and chicken potpie.

After a 7-hour flight, my best friend Elizabeth and I arrived in London, the first part of our two and a half week trip. We were greeted by the stereotypical chilly and overcast London weather and we were famished. It felt like an eternity had passed since we had a hot meal that wasn't packaged in a plastic container. After we checked into our Airbnb, we were on the hunt for our first meal in London.

We took the 'tube' from Elephant and Castle and we made our way to Piccadilly. We explored the busy streets of London, window-shopped and took in the sights. On almost every block, there were multiple pubs that offered the traditional English meals were anticipating since we left Toronto. We were drawn to a pub that had a crowd of people dressed in suits having a drink outside, catching up with co-workers. We entered the pub and it was everything I imagined an English pub to be – Top 40 music was blasting, people were ordering several drinks at a time from the bar and friends were laughing and having dinner. Elizabeth and I found a cleared table and ordered our food. This routine was standard for when Elizabeth and I travelled throughout London and Amsterdam: finding a busy pub to grab a bite.

The foods that I tried whilst in London were exactly what we came to try: 'bangers and mash' on the first night, chicken and leek potpie and fish and chips. In Amsterdam, we visited different specialty cheese shops that paired each cheese with a different type of jam to try on toast. Other foods we

tried were 'stroomwafel', which are two thin waffles stuck together with deliciously sweet maple syrup, thick Dutch fries which they served with mayonnaise and 'poffertjes', which



are like Dutch beignets and absolutely heavenly!

Many of my friends have travelled all over the world and have different dietary restrictions. Some of my friends only eat halal meat and a few of my friends are vegetarian and vegan. I asked them for their advice on what they typically eat when they are travelling and how they deal with dietary restrictions.

My friend Sabreen who went to India to visit her family last year suggested bringing food that's easy to pack such as small boxes of cereal and granola bars. She also recommended bringing medication, only drinking tea and coffee as the water will be boiled and to just be mindful of when you go out to eat. Usually a meat eater, Sabreen said for the duration of her stay in India, she ate mostly vegetarian as she did not want to risk eating meat. There were many vegetarian options for her to choose from.

For my friend Anthya, who is a vegetarian, travelling to Dominican

Republic with her family brought up concerns for her regarding her dietary restrictions. She did not know how accommodating the resort would be for a vegetarian diet, but when she arrived,

she was pleasantly surprised. She said there were a lot of vegetarian options, however one piece of advice she gave me was to bring your own salt and pepper and she even brought her own bottle of hot sauce with her to the resort!

A tip that I have learnt over the course of my travels is to never be afraid to ask what ingredients are used in certain dishes. Trying new foods can sometimes be overwhelming, especially if you have dietary restrictions, but not knowing what it is that you're eating can be even more scary! Sometimes language barriers may be an issue, but I've noticed that the majority of the places I've been to are very accommodating with providing halal, vegetarian and vegan options.

Remember to embrace each culture and try something different that takes you out of your comfort zone. You may even end up leaving a destination with a few new favourite dishes!

1.

Carnival Corporation & plc (founded in 1972) owns 10 different international cruise ship brands: Carnival Cruise Line, Princess Cruises, Holland America Line, Seabourn, Cunard, AIDA Cruises, Costa Cruises, P&O Cruises (UK), P&O Cruises (Australia), and Fathom.

2.

Regent Seven Seas Cruises' ship Seven Seas Explorer has a luxurious Regent Suite that costs \$10,000 a night per couple.

3.

Disney Cruise Line was the first cruise line to have yellow lifeboats, instead of the traditional regulation orange. Disney was granted special permission from the U.S. Coast Guard to paint the lifeboats yellow, to keep with the special color theming of the ship.

4.

Disney ships are the only cruise ships to have 4 captains. They are the ship's Captain, Captain Mickey, Captain Hook and Captain Jack Sparrow.



BY THE NUMBERS :

CRUISE EDITION





5.

Royal Caribbean International visits 6 continents and 77 ports.

6.

The Harmony of the Seas is 1,187 feet long, which is 124 feet longer than the Eiffel Tower is tall, and 218 feet wide. The ship weighs 227,000 tons. There are 18 decks, 2,747 staterooms, 24 passenger elevators, a state-of-the-art 1,380-seat theatre, and 16 restaurants and cafes. The ship costs over 800 million pounds to build. It also has a scaled down version of Central Park with 10,587 plants and 52 trees.

7.

Royal Caribbean Cruises Ltd. employs 60,000 people from more than 120 countries.

8.

In the last year, approximately 24.2 million passengers went on a cruise according to the CLIA.

9.

The top 3 largest cruise ships in the world belong to Royal Caribbean International's Oasis-class: Harmony of the Seas (2016), Allure of the Seas (2010), and Oasis of the Seas (2009).

Five

My first vacation that was photographed for my Blog. I worked with a very talented photographer in Morocco to make my dreams come to reality by creatively directing each shot and this one was my favorite.



One



My name is **Huda Alvi** and I'm the creator and Founder of **@hudaalvi** and **@iam.more**. I'm the CEO of **Istaff Management**; a boutique style recruitment firm in Toronto. I'm also a Mother to three beautiful children ages 9, 10 & 11. I started my social journey on Instagram in January of 2016 and today I'm proud to say that I have been able to work with Global Brands and provide my experience and knowledge to help educate the new comers on social Media. 2017 will be a big year and the launch of many projects for me including; A Youtube Channel, Insta Workshops, Online Courses and Brand Consultation.

One

This image represents the true me. I started on social media with a different blog name and this image was captured when I decided to change the name to my official name: **Huda Alvi**



Four

I believe in having key pieces that will make you stand out yet something you can keep in your closet forever. This was my favorite purchase of the year.

Three



Three

My husband became my right hand when I started my online journey and this was our first photo-shoot together for my blog



Five

Finally the one picture that I treasure so much on my feed is this one. Husband and I have made a huge personal change in 2016 and the one aspect of our lives that changed the most was FAITH. we carry it with us everywhere we go:)

Two



Two

Accessories can really change your whole look. It's important to invest in pieces that are functional. I love adding bling to a basic outfit to make it look glam.



Three

Three

Denim is something that never goes out of style. It is such a basic piece and yet so versatile that it can be styled in endless ways. My favourite way to style a denim top is with a skirt.

One

A smokey eye is so classic and always in style! There are so many ways to rock a smokey eye. It looks great, be it day or night. It doesn't always have to be grey or black. You can use many different colours to achieve this look.



KANWAL J |  [kanwalj](#)

I'm a makeup artist and fashion stylist based in Oakville, Ontario. I'm also a mom to a naughty three year old boy. I have a Masters degree in finance and economics and have worked in investment banking, but my heart and soul is in makeup and fashion.



One

Four

A bold lip can instantly make you look and feel so glamorous. My favourite red lipstick is Ruby Woo by Mac Cosmetics. This was definitely my summer '16 staple, bold lips and chokers!



Taylor Swift's

Newest Mansion

America's #1 sweetheart, Taylor Swift, is one of the world's richest celebrities with estimated career earnings from her music, concerts, acting and endorsements approaching \$800 million. What to do with all that money? Taylor has invested much of it in real estate with homes in New York, Rhode Island, Nashville and her most recent purchase of Samuel Goldwyn's mansion in Beverly Hills. In recognition of Goldwyn's historical contributions to the film industry, Taylor is seeking landmark status for her new home to ensure its preservation for future generations of movie fans.



PHOTO CREDITS: **COLDWELL BANKER**

Feature & Images Courtesy of: **TopTenRealEstateDeals**



PHOTO CREDITS: **COLDWELL BANKER**



PHOTO CREDITS: **COLDWELL BANKER**

In the last year, Swift worked closely with her architects to bring the estate back to its exact condition in 1934 when it was built for Goldwyn and his wife, Frances. The home was a neighborhood destination for many of the era's Hollywood stars including Clark Gable and Charlie Chaplin, and used by Sam as collateral for several of his films including *Wuthering Heights* and his 1946 Oscar-winner *The Best Years of Our Lives*. After he died in 1994, the home stayed in the Goldwyn family for over 80 years until Taylor purchased it from the estate of Goldwyn's son in 2015 for \$25 million.

The Goldwyn Mansion restoration has covered virtually every detail of the property from the original windows, replicating the original wooden fencing and reconstructing the pool cabana's column, even hoisting the blue wisteria vine at the entry onto scaffolding, while the house wall was refinished, to be later reinstalled in its mature glory. Virtually every inch of the

10,982-square-foot Georgian Revival with its seven bedrooms and ten baths is being addressed. Included are a library-screening room, a guest suite with a private entrance on the home's main level, a library, card room, gym and an additional private guest apartment above the garage. The master suite has a veranda that overlooks the city lights. Outside is a swimming pool and pool house with kitchenette and sunken tennis courts.

To date, Swift's application for landmark status has been given an enthusiastic thumbs up by the Los Angeles Cultural Heritage Commission and is awaiting the vote of the Beverly Hills City Council.

In addition to collecting Grammy Awards, boyfriends and homes, Taylor is staying busy with her new song, "I Don't Wanna Live Forever" - the first single off of the upcoming *Fifty Shades Darker* soundtrack. The film and the soundtrack was released on February 10th.

SHE CARES

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

Islamic Relief Canada is at the forefront of organizations providing aid. The organization has been fundraising relief services for more than 25 years across 35 countries, and are currently putting their resources towards Palestinians. Over 2000 Palestinians have been killed by Israeli bombardments. Of that, 600 of the Palestinian victims killed are children. While vital medical and food supplies dwindle, Islamic Relief Canada is fundraising for medical aid, food aid and non-food items, as well as hygiene and sanitation kits for the Al-Shifa hospital and clinics. SHE cares and is emphasizing the need to take part. We are now accepting donations through shecares@shemagazine.ca where you will then receive a charity receipt on behalf of Islamic Relief Canada. Donate today and enable us to send help, hope and compassion to those suffering at this time.



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JIHAD:

*The word
most feared by
Muslims &
Non-Muslims*

One of the most misunderstood words in the English language is jihad. KAMRAN ZAIDI talks to Dr. Husein Khimjee to learn more about the root of the word and how he came to teach Islam and World Religions at Wilfrid Laurier University, University of Toronto and the University of Waterloo. He has also taught at at McMaster University and tHe University of Alberta, Edmonton. He has also authored a book "The Attributes of God in Monotheistic Faiths of the Jewish, Christian and Islamic Traditions" that was published in 2011.

Could you please let us know the true meaning of the Arabic word jihad and what it is derived from?

The true meaning of the Arabic word jihad simply means "struggling". It also means "striving". This word is derived from the Arabic verb J-H-D, or 'jahada' and it means "to strive" or "to struggle". This word in Arabic language is used in exactly the same way as any word "to struggle" is used in other language. For example, if one is finding hard to lose weight one might say in English "It is a real struggle for me to lose weight". An Arab saying the same thing would be right to say "It is a real jihad for me to lose weight". Because Arabic is a rich language in its vocabulary, there are other words in Arabic like K-F-H; N-D(Dhad)-L; S-R-H that would also convey the meaning of struggle.

Is jihad a peaceful word or does it encourage war and battle.

The word jihad simply means struggle. In Islamic theology the true jihad is struggle with one own self to fight carnal desires and evil thoughts. The word jihad itself does not encourage war or battle. However, to protect oneself against carnal desires or evil thoughts is a struggle and also if a Muslim is attacked, defense against attack is also considered a struggle. Interestingly, the word jihad used in defending the attack is considered to be just a minor jihad. The emphatic meaning of jihad is struggle against fighting evil thoughts and carnal desires. This is proven by a well-known remark by Prophet Muhammad (S) himself when upon return from a campaign of defense against an enemy the Prophet (S) told the returning army from the battle of defense: "The Prophet (S) of God dispatched a contingent of the army (to the battlefield). Upon their (successful) return, he (S) said: 'Blessed are those who have performed the minor jihad and have yet to perform the major jihad.' When asked, 'What is the

major jihad?' the Prophet (s) replied: 'The jihad of the self (struggle against self)'" [Al-Majlisi, Bihar al-Anwar, vol. 19, p. 182]. There are many other incidents in which Prophet Muhammad (S) elaborating Qur'anic teachings explained that the real jihad.

"The struggler is the one who strives against his soul/self in obedience to God, the Mighty and Majestic." [At-Tirmidhi, Ibn Majah, Ibn Hibban, Tabarani, Hakim, etc.]

There are several revelations in the Qur'an about what the true jihad is: For example, the Qur'an reveals in one place:

"... By the soul and (by) Him who made it perfect, and then inspired it to understand what is wrong and what is right for it. Truly is successful the one who purifies (his soul). (91: 7-9)

Another Scholar of Islam, Dr. Ameer Ali explains further:

In the West, jihad is generally translated as "holy war," a usage the media has popularized. According to Islamic teachings, it is unholy to instigate or start war; however, some wars are inevitable and justifiable. If we translate the words "holy war" back into Arabic, we find "Harbu Muqaddasatu," or for "the holy war," "Al-Harbu Al-Muqaddasatu." WE CHALLENGE any researcher or scholar to find the meaning of jihad as holy war in the Quran or authentic Hadith collections or in early Islamic literature. Unfortunately, some Muslim writers and translators of the Quran, the Hadith and other Islamic literature translate the term jihad as "holy war," due to the influence of centuries-old Western propaganda. This could be a reflection of the Christian use of the term "Holy War" to refer to the Crusades of a thousand years ago. However, the Arabic words for "war" are "Harb" or "Qital," which are found in the Quran and Hadith.

In the aftermath of 9/11, another Muslim

Scholar, Dr. Jamal Badawi, posted a reward of \$1 Million challenging any one to show from the Qur'an the word jihad meaning 'war to kill'. This is what he wrote: "What I promised was to pay \$1 Million to anyone who can show me a single verse in the entire original Arabic Qur'an that ever used the Arabic equivalent of the term "holy war", which is "Harb Muqaddasah". That offer was repeated so many times in public, even on national television in Canada. I have yet to hear from anyone to prove the inaccuracy of my statement". It is interesting to note also that the first utterance of religious war to kill was not from any Islamic sources or scholars. The first time people were galvanized to go and kill in the name of religion was uttered by Pope Urban II in 1095 when he spoke in his powerful sermons galvanizing Christians to go and get rid of Muslims from Jerusalem. The fired-up Christians in the Crusades went and slaughtered not only Muslims but also worshipping Eastern Orthodox Christians in Churches (even in Holy Sepulchre), they also killed Jews. The chronicles are speaking about horrific killings that took place of Muslims. Writing back home, they described the Muslim blood that was spilled reached the ankles of their horses. This was the horror of the religious war. The blame that "war to kill" is an Islamic term is utterly false.

Please let us know if it's mentioned in the Qur'an and in what context?

As explained above, and indeed as explained by Western scholars of Religious Studies, the only possible justification for hostilities in Islam has to be because of self-defense.

Karen Armstrong, in her book *Muhammad A Prophet For Our Times*, quotes directly from the Qur'an, the very first time Prophet Muhammad (S) received

command to fight. The Qur'an reveals: "Permission (to fight) is given to those against whom war is being wrongfully waged - and verily, God has indeed the power to succor them - those who have been driven from their homelands against all right for no other reason than their saying "Our Sustainer is God!" For if God had not enabled people to defend themselves against one another, (all) monasteries and churches and synagogues and mosques - in (all of) which God's name is abundantly extolled - would surely have been destroyed (ere now)." (See Karen Armstrong, Muhammad A Prophet For Our Times, p.116. See also Qur'an, 22:39-40). It is very interesting to note that even in

for non-Muslim neighbours of Muslims to get to know Muslims. There are several inter-faith dialogues also taking place in and around Toronto. There are many schools and colleges visiting mosques where they have appreciated wrong information they have received and continue to receive from the media about the true meaning of the word jihad. Some non-Muslims have decided to learn about Islam themselves and after learning about Islam have either converted to Islam or have appreciated that Islam is not a threat; and that the word jihad has been misused only to discredit Islam. Google research shows Islam is the fastest growing faith. It would certainly not be if the word jihad really meant to go and kill

feel economic and social disparity against them and they feel the Western powers have forced themselves in the Islamic world and steal their wealth. A complete research on this has been undertaken under Obama administration. The task to get to the bottom of the truth was given to two scholars, Dr. John Esposito and Dalia Mogahed. They published completely researched work titled Who Speaks For Islam?: What a Billion Muslims Really Think? It is a fascinating work, completely authentic that debunks any notion that the word jihad is a religious word and means to kill non-believers. History of Islam also proves many such notion to be utterly wrong. An excellent documentary about the Islamic contribution to our modernity

THE WORD JIHAD SIMPLY MEANS STRUGGLE. IN ISLAMIC THEOLOGY THE TRUE JIHAD IS STRUGGLE WITH ONE OWN SELF TO FIGHT CARNAL DESIRES AND EVIL THOUGHTS.

the above verse, Qur'an has not used the word jihad, the word used in the above Verse is Qital. This clearly shows to any one that the word for war to kill or be killed is Qital, not jihad. The other thing to note very interestingly is that the Qur'an allows hostilities for the defense of not only mosques (interestingly, mosque is shown last in the verse) but monasteries and churches and synagogues and mosques. The verse also recognizes that in these places of worship it is God's name that is abundantly extolled.

It is important to realize that Muslims have always considered Jews and Christians to be their siblings, all from the progeny of Abraham (AS).

Should people in general be afraid when they hear this word?

The most practical answer to this would be

non-Muslims or to threaten them with any violence.

Why do you feel the West is so terrified of this word and how they have misinterpreted it?

The West is so terrified of the word jihad because of many reasons. In the main, because the media has made the word enter the vocabulary of violence and bloodshed and is directed specifically against Muslims. The West is not the only one that is terrified by this word. Muslims themselves are terrified with violence and bloodshed perpetrated against them by the extremist elements in the Muslim world who commit acts of violence not for any religious motivation but, as scholars have shown, because they feel underprivileged and discriminated against. The extreme element in the Islamic world

is presented in another authentic work. It is a documentary well-worth watching with your families: Islam: Empire of Faith.

Do you feel the word jihad applies to everyone, even non-Muslims?

Yes of course from the answers above, we clearly see it is the struggle (jihad) for everyone to remain steadfast to their faith. This applies not only to the Western traditions of Judaism, Christianity and Islam but also to the Eastern traditions. In Eastern traditions the struggle is through the karma. Leading a life where adherents have to build good karma is the daily jihad.

Finally, let me end with further clear proofs that the word jihad in Islam never means "war to kill" or even for violence or even for atrocities against others.

In the Qur'an, in Chapter 31, Luqman, the

more clearer meaning of the word jihad emerges: Qur'an reveals about non-Muslim parents doing jihad against their son him so that instead of worshipping One God, he should worship gods of his fathers and ancestors:

"We have enjoined on people kindness to parents; but if they are doing jihad with you to make you ascribe partners with Me that of which you have no knowledge, then obey them not..." (31:15)

The other interesting proof that the word jihad in Islam has nothing to do with violence and war to kill is the fact that jihad (struggle to keep away from disobedience to God) applies to both

sexes in Islam, male and female. If jihad meant "war to kill or be killed" it would not apply to female because female in Islam are prohibited from engaging in wars (even though it is only for the defense).

Lastly, it is important to know that when Muslims are faced with two competing interests, true jihad will be to pick the right choice. Sources in Islam show us the following:

"Ayshah, wife of Prophet Muhammad (S) asked, 'O Messenger of Allah, we see jihad as the best of deeds, so shouldn't we join it?' He replied, 'But the best of jihad is a perfect Hajj (pilgrimage to Makkah).'" [Sahih

Al-Bukhari #2784]

In another instance, a man asked the Prophet Muhammad (S):

"Should I join the jihad?' He asked, 'Do you have parents?' The man said, 'Yes!' The Prophet Muhammad (S) said to him, 'Then strive by serving them!'" [Sahih Al-Bukhari #5972]

Sources also show us that yet another man asked the Messenger of Allah (S):

"What kind of jihad is better?' He replied, 'A word of truth in front of an oppressive ruler!'"

[Sunan Al-Nasa'i #4209]



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\$39.99



TOP
ROOTS
\$28



T-SHIRT
ZARA
\$9.99



DRESS
H&M
\$9.99



BACKPACK
NIKE
\$39.99





Jam, Jelly &
Marmalade

**Full of Fruit,
Naturally Good**



حلال
HALAL



Cataplana de Marisco

(Seafood Bouillabaisse)

Ingredients:

1 white onion, cut into thin strips
2 garlic cloves minced
2 red heirloom tomatoes, cut into thin strips
3 mini bell peppers 3 colours: red, yellow and green seeded and cut into thin strips
8 small Fingerling potatoes, thinly sliced
1 fresh squid 6 oz already cleaned and cut in thin rings
2 mussels rinsed well under cold running water (cook them in the shell)
3 razor clams rinsed well under cold running water (cook them in the shell)
3 clams rinsed well under cold running water (cook them in the shell)
1 octopus tentacle 10 oz, rinsed well and boiled until tender (around 45 min)
5 Matane shrimps shells on
Fleur de sel and black pepper
1 bay leaf
1 tsp piri piri sauce
1 tsp curry powder

4 tbsp olive oil
1/2 cup of white wine
1 small bunch of fresh parsley
1 small bunch of fresh cilantro
1 small bunch of fresh mint

Instructions:

Arrange the vegetables in layers in the cataplana (or stainless pot), starting with the onions and garlic, then the tomatoes, bell peppers, and potatoes.

Top with layers of squid, mussels and clams, octopus and end with the shrimps.

Season with fleur de sel and pepper, then add the bay leaf, and sprinkle with piri piri and curry powder.

Pour in the olive oil and white wine. Set the parsley and cilantro on top.

Cover and cook over low heat for 15 minutes.

Adjust the seasoning. Garnish with fresh herbs, parsley, cilantro and mint.

Bring the cataplana to the table and serve family-style. Serves four.

Recipe courtesy of Chef João Dias from Ferreira restaurants in Montreal

What's Your Packing Personality?

1. You start packing for a long-haul trip:

- A one month in advance
- B one or two weeks earlier
- C the night before
- D the morning-of, 30 minutes after your alarm goes off, three hours prior to your flight



Spinner Set
HEYS, \$575

2. Your preferred method of packing clothes is:

- A rolling them
- B folding and stacking
- C using as-seen-on-TV vacuum Space Bags
- D tossing everything into a pile and praying it fits



Minnie Mouse Carry-On
AMERICAN TOURISTER, \$139

3. The first thing you pack in your suitcase is:

- A a suitcase organizer
- B your passport
- C 10 lipsticks, one for each day you'll be gone
- D whatever's within reach: in most cases, pictures of your cat



THE BREAKDOWN...

MOSTLY A'S MINIMALIST PACKER

In your humble opinion, "over-packing" is right up there on the list of Worst Things a Person Can Do, just below "dropping a baby" and "fleeing the scene of a crime". Your greatest role-models are the OG Minimalists who precede you—Mari Kondo, Steve Jobs, George Clooney's character from *Up in the Air*—and you humbly aspire to their level of baggage asceticism. After all, nothing feels as good as breezing through the airport, your lightweight carry-on rolling by your side... while the person behind you topples over 100 lbs of suitcases.

Packing a suitcase is a lot like going to therapy. In both cases, you must analyze the various, often chaotic components that make up your life, and from this selection, determine what matters to you the most. Both can be introspective, highly revealing experiences. Unfortunately, therapy is expensive, and packing tiresome, so what's the next best thing? A personality quiz!

Read on to discover your packing personality; there are no wrong answers, only bad packing habits. (Not that we're judging!)

4. Your attitude towards checking in luggage is:

- A "What am I? A chump?"
- B "Fine, only if absolutely necessary"
- C "Careful, my bag's very delicate!"
- D "A must. Where I go, my entire wardrobe goes"



Classic Flight
Rimowa, \$990

5. You keep track of everything you pack by:

- A memorizing them
- B making an itemized list
- C using an app
- D "keep track???"



Spinner Luggage
Champs, \$ 289.99



MOSTLY B'S TRADITIONAL PACKER

You miss the good ol' days when packing a suitcase was nothing more than a tedious, uneventful chore. Nowadays, we have such frivolities as New Age folding methods and some newfangled contraption called "the Fugu" (a carry-on that doubles as a laptop stand, in case you were wondering). Is all this really necessary? You think not. Packing is boring business and should be treated as such. There's no need for minimalism or maximalism, or any of the other -isms for that matter. Save those for re-decorating your bathroom.

6. Your ideal carry-on is:
- A sleek, with no frills
 - B whatever can get from point A to point B in one piece
 - C more technologically advanced than your iPhone
 - D anything not covered in spills, loose change, and sand from your last trip to Bermuda



Hardside Spinner Suitcase
Atlantic Canadiana, \$169.99

SHE RECOMMENDS:



Topas Titanium
Rimowa, \$1340



Inez Gem Gardens Travel Bag
Ted Baker, \$365

7. During the packing process, you enjoy listening to:
- A nothing. Packing is like meditation; both require absolute silence
 - B whatever's playing on the radio
 - C "Packing Playlists" you painstakingly curated the night before
 - D the sound of your frantic breathing as you rush to gather everything you need

9. Your carry-on typically weighs:
- A 10 lbs or less
 - B 10-30 lbs
 - C 10-30 lbs NOT including the matching holdall, and other accoutrements
 - D as much as the plane itself

8. If your suitcase was an animal, it would be:
- A a goat; simple and boring
 - B a horse; hard-working and reliable
 - C a peacock; flashy and cool
 - D a bear; enormous and terrifying

10. The act of unpacking is:
- A why unpack when you only have 5 items?
 - B relatively quick and painless.
 - C easy peasy, since you already sorted everything by colour
 - D akin to literal torture



MOSTLY C'S PASSIONATE PACKER

You're a baggage enthusiast who enjoys the packing process just as much as the vacation itself. Nothing brings you more joy than assembling an impeccably organized suitcase—except, perhaps, the satisfying act of unpacking it. Speaking of suitcases, you wish you could upgrade yours every two years, just as you do your cell phone. Because who knows what those NASA scientists have in store for the future of luggage design.



MOSTLY D'S PANICKED PACKER

The words "live fast or die young" apply to many facets of your life, most of all your packing habits. Your pre-flight routine consists of haphazardly stuffing clothes (mostly dirty) into a holdall and squeezing shampoo into tiny TSA-approved bottles. Six hours later, you discover you've mistakenly packed three pairs of heels, a Halloween costume, and no underwear. But hey, isn't this what makes travel so thrilling? The mad dash of it all? ...Or maybe it's having to go com-mando for a week. As we said, we're not judging.

FASHION-FORWARD HOTELS

*Around the
WORLD*

What happens when the travel industry teams up with fashion's elite? A designer hotel of course.

The most sought after names in fashion like of Diane von Furstenberg, Versace and Bulgari have been known to collaborate with luxury properties around the world. The result? A lavish temple of elegance and sophistication, reflecting the beauty and exuberance of these haute couture labels. Their commitment to excellence is seen in the use of lavish materials, their attention to detail in every corner and the custom-made furnishings and fabrics. Everything about these properties exudes glamour, allure, and opulence.

We teamed up with Booking.com, global leader in connecting travellers with more than one million incredible places to stay, to find some of the world's best fashion-forward hotels. If you're a true fashionista with a love for travelling, these designer meccas are not to be missed.



I. BULGARI RESORT BALI,
PHOTO CREDIT: BOOKING.COM

I. BULGARI RESORT BALI

You'll find the Bulgari Resort Bali in a destination that many would describe as paradise. Combined with balmy, tropical weather and breathtaking views of the Indian Ocean, this gorgeous resort set atop a cliff in Bali is the epitome of a luxury retreat. This fine Italian luxury fashion and jewellery maker's resort offers a full range of out-of-this-world services including helicopter excursions over the volcano and personal shoppers so you never have to leave this piece of tropical heaven.



II. CLARIDGE'S HOTEL LONDON
PHOTO CREDIT: CLARIDGE'S

II. CLARIDGE'S HOTEL LONDON

Intricately designed by many of world's top designers, London's Claridge's luxury suites are a glamorous blend of original pieces and bold modern designs. The Piano Suite designed by fashion icon Diane von Furstenberg is one of the most sought after suites in this property. If you consider yourself a trend-setter, this is a must-stay fashion hotel in London.



III. ARMANI HOTEL MILANO
PHOTO CREDIT: ARMANI HOTEL MILANO

III. ARMANI HOTEL MILANO

Armani Hotel Milano is a place that embodies Giorgio Armani's design and lifestyle philosophy and promises a "home away from home" experience. Located at the Quadrilatero della Moda, the world's fashion headquarters are just a few streets away from the luxury shopping district, the Armani Hotel Milano encapsulates the essence of fashion meets travel. Book yourself a table at the Giorgio Armani restaurant in the hotel and you might even get to catch a glimpse of a few world class super models catching up at the popular brunch spot.



IV. PALAZZO VERSACE DUBAI
PHOTO CREDIT: BOOKING.COM

IV. PALAZZO VERSACE DUBAI

Palazzo Versace Dubai is a reminiscent of a 16th century Italian Palace with subtle traces of Arabian architecture. The 5-star fashion hotel's public spaces showcase several exclusive designs and fabrics from the House of Versace, while the lagoon pools and reflection ponds complement the serenity of the lush gardens that surround the hotel – a true luxury retreat for leisure travellers. The al fresco terrace along the hotel's eight restaurants and creates the perfect space for an informal meeting to dine and enjoy the weather.

IV. RALPH LAUREN

ROUNDHILL PINEAPPLE HOUSE

Palazzo Versace Dubai is a reminiscent of a 16th century Italian Palace with subtle traces of Arabian architecture. The 5-star fashion hotel's public spaces showcase several exclusive designs and fabrics from the House of Versace, while the lagoon pools and reflection ponds complement the serenity of the lush gardens that surround the hotel – a true luxury retreat for leisure travellers. The al fresco terrace along the hotel's eight restaurants and creates the perfect space for an informal meeting to dine and enjoy the weather.



PHOTO CREDIT: BOOKING.COM

IV. RALPH LAUREN
ROUNDHILL PINEAPPLE HOUSE

Top 5

things to do in

LOS ANGELES

IN

2017

When you think of Los Angeles, you're probably thinking about Hollywood, celebrities and all things shiny, however The City of Angels has a lot more to offer than you can imagine. Every day, a different restaurant, workout studio, spa or even a new hiking trail is discovered. Here is a list of the top five L.A. attractions to look out for in 2017, handpicked by the team at Discover Los Angeles.

I. *GET PAMPERED: FOUR SEASONS LOS ANGELES AT BEVERLY HILLS SPA*



Escape to Los Angeles's most exclusive sanctuary for the senses at the Four Seasons' Spa. Bask in a private poolside cabana and unwind with their luxurious outdoor spa services, including foot reflexology, Swedish or deep tissue massage, facials, body wraps, manicures and pedicures. Experience complete rejuvenation with a DNA Facial, which utilizes Beverly Hills Facial Plastic Surgeon Dr. Moy's OxyGeneo machine to perform three skin revitalizing actions simultaneously: gentle skin exfoliation, infusion of essential nutrients and natural skin oxygenation.



II. *DINE WITH THE STARS: WOLFGANG PUCK*

If you're a fan of movies, TV or music, there isn't a better city than L.A. to spot a celebrity. No matter where you are in Los Angeles, there's a good chance you'll bump into a star, especially if you're dining at a restaurant that celebrities frequent like Wolfgang Puck at the Hotel Bel-Air. The signature restaurant reflects a vibrant California lifestyle, infused with Mediterranean influences. The menu showcases locally-sourced ingredients that are impeccably cooked and beautifully presented. If you visit for dinner, arrive a bit early to enjoy a cocktail at the hotel's famous fire-lit piano bar.

While it is far from being a new attraction, Griffith Park – which turns 120 this year – and the Griffith Observatory will forever remain as one of the top things to do in this city. Perched on Mount Hollywood, the observatory offers spectacular views from the Pacific Ocean to Downtown L.A. for millions of visitors. One Saturday a month, the observatory offers a fun and free “star party” to the public on a clear night that will make you realize the magic Emma Stone and Ryan Gosling felt dancing amid starlight in La La Land.

III.

SEE HOLLYWOOD IN A WHOLE NEW WAY - GRIFFITH PARK AND THE GRIFFITH OBSERVATORY



IV.

CHECK OUT THE PACIFIC STANDARD TIME: LA/LA



After four years of planning, the Pacific Standard Time: LA/LA will finally come alive starting September 2017 to January 2018. Supported and led by the Getty, Pacific Standard Time: LA/LA is the latest collaborative effort from arts institutions across Southern California in a far-reaching and ambitious exploration of Latin American and Latino art in dialogue with Los Angeles. Through a series of thematically linked exhibitions, Pacific Standard Time: LA/LA will present a wide variety of important works of art, much of them new to Southern California audiences.

V.

EXPLORE CULVER CITY'S HISTORIC PAST AND MAKE A PIT STOP AT PLATFORM LA



From its beginning in the early 1900s by Harry Culver to the renovation and revitalization of its downtown that began in the '90s, Culver City, known as ‘The Heart of Screenland’, is a city rich with history. Beyond the movie world history, Culver City is also known for its new restaurants, art galleries, theaters and shops. Most recently, the city introduced Platform LA, a unique hub that houses 80,000 square feet of office and creative space and 50,000 square feet of retail and restaurants - home to some of the world’s most innovative merchants and chefs. The brightly coloured dripping rainbow façade murals by L.A.-based artist Jen Stark and boxy corrugated metal exterior make it almost impossible to miss – and trust us you won’t want to miss it. Platform LA is also the venue of some of the most exciting and inspiring events in the city all year round.

Courtesy: discoverlosangeles.com

Snow Polo *WORLD CUP*

2017

BY PRIYA KUMAR



TEAM CARTIER IN ACTION

Team Cartier took the Snow Polo World Cup 2017. The final played out against the Badrutt's Palace hotel team with a score of 7-4 for Cartier. The runner-up match saw Perrier-Jouet go head-to-head with Team Maserati with a respective score of 5-4. Over 15,000 guests were in attendance over the weekend to take in outstanding polo, fine dining, live entertainment and Swiss hospitality all on a very frozen Lake St. Moritz in Switzerland.

This year SHE Canada was in attendance for this spectacular event. Annually the Snow Polo World Cup it sees top players and their ponies play several matches on ice. Hosted on Lake St. Moritz, a stone's throw from the world-famous Badrutt's Palace hotel, the Snow Polo World Cup welcomed Cartier, Badrutt's Palace, Perrier-Jouet and Maserati to the ice to battle one another for the top honour.

Held from January 27th to 29th, the weekend got off to a great and sunny start. I landed at Milan Bergamo airport and collected my Volvo SUV for the scenic drive into Switzerland. Truth be told, I'd never driven in Europe before so I was somewhat apprehensive, but once I got going the journey was a delight. Driving straight through mountains, down valleys and almost vertically up cliff-sides, it was a master-class in dexterous steering.



THE VIP TENT



On arrival it was time to tuck into some traditional Swiss truffle fondue. The polo was scheduled to take place the next day, so a good night's rest was first in order.

We headed out to the densely frozen lake just before noon the following day. On checking in at the media tent, we explored the grounds. There was many an open-air fire to warm ice-cold hands over as well as winter-ready sunbeds and cabanas for lounging between matches. I even had the chance to try on the event's official branded snow polo jerseys. These extra thermal polo shirts can be worn outdoors while atop a pony in sub-arctic weather. Branded in your teams iconic logo and colours, this souvenir will set guests back about 249CHF (\$330CAD).

The excitement of this game was palpable in just the atmosphere. SHE Canada has covered Polo for Heart held just outside Toronto annually, but this event was different. For one, the caliber of the sponsors is notable. Rarely do you see sponsors like Cartier and Maserati come together for a sport that is not even televised; this speaks volumes about the crowds it attracts. The high-profile nature of the event and its spectacular surroundings beckon the world's glitterati decked out in their finest furs. It's truly a lifestyle event in so much as it is the sporting variety.

From a hospitality perspective, VIP guests were treated to the gastronomic genius of star chef Reto Mathis, unlimited Perrier-Jouet champagne and a prime seat in the grandstands. Perrier-Jouet Chukker Club ticket holders received a reserved seat in the grand stands, a glass of Perrier-Jouet, a warm blanket and canapés. Between live music, this thrilling sport and sponsor tents offering a variety of winter-appropriate activities, the Snow Polo World Cup was an appropriate outing for spectators of all ages.

Saturday night has traditionally been called Snow Polo Night at Badrutt's Palace. The theme this year was "Baku-Mortiz-Night" and welcomed the nation of Azerbaijan. With live music from the eclectic locale and fine regional cuisine served to guests, the unforgettable evening celebrated the founding of polo by Azerbaijan over 3,000 years ago.



St. Moritz founded this unique form of polo in 1985. For over 30 years this annual event has brought international spectators to the enchanting Engadin Valley. The epitome of the good life, St. Moritz is looking forward to graciously welcoming guests to this magnificent setting for the 2018 installment of this memorable Cup.



travel BEAUTY

We like to pack light, and still not compromise on what to pack in our makeup bags. Instead of lugging around a hefty case with our favourites, we suggest you invest in these SHE loves.



belif Travel Kit \$25

That multi-step skincare routine you now have down pat can continue as you travel. This nifty little package has all five skincare best-sellers by belif, adventure by day, skincare by night.

Sephora Collection Pomegranate Wipes \$10

Infused with anti-oxidant rich pomegranates, these wipes take off all the makeup, and grime of the day for one-step cleansing.



Yes to Cucumbers Facial Wipes from \$3.99

We all have been guilty of not cleansing our face at night after a fun but tiring day. Stash these wipes in your bag and you can start on skin cleansing on-the-go.



Marcelle City Tinted Cream SPF 25 \$19.99

Combat environmental damage to the skin and protect your skin from the sun. Marcelle has got this one on lock down as a tinted moisturizer you can apply on your face before you start exploring a new city. It comes in four shades that adapt to your own skin tone for light coverage.



Aveda Hand Relief Hand DEcream Travel Size \$14

How many hand creams are one too many? For really dry hands, wherever you are, this one is a beautiful texture to leave your hands feeling soft and silky, but not greasy.



G.M. Collin Hydrating Travel Kit \$48

You know what works for your skin, and to keep it from acting up when you want it to look its best (all those travel albums you will make), these skincare kits from G.M. Collin are a safe bet

Also see: **G.M. Collin Soothing Travel Kit \$46**

Aveda Shampure Dry Shampoo \$39

A powder that transforms the look of your hair instantly by absorbing excess scalp oil and surface impurities, this dry shampoo is simply a must-pack in our books.





Consonant Skincare Dealkalizing Deodorant Travel Size \$5

Easily the hardest working deodorant out there. We hereby decree that no travel bag should be without this deodorant. While the travel size comes unscented, we are also in love with its scented variant with a fresh and light citrus smell.



Sephora Collection Far & Away Travel Tubes \$10

Your go-to shampoo and conditioner don't come in travel sizes? No worries, transfer some into these and it will tide you over for the journey.



Lotus Aroma Ambiance Mist \$17

Yes, this is more wellness than beauty, but once you know that the air you are breathing in is purer and cleaner after a few spritzes of this ambiance mist, you can sleep easy, right? Deodorize hotel rooms, Airbnb and even that dodgy smell in your rental car with one of these

Masque Bar Sleeping Facial Mask with Lavendar \$15

Lisa Eldridge has a video on her YouTube channel where she describes her on-flight routine for long journeys. One caveat was putting on a good sleeping mask after the flight has taken off and waking up to refreshed visage as the plane lands. This soothing mask with lavender will turn your flight experience into a luxurious one.



Consonant Skincare Travel & Gym Starter Kit \$49

Choose from unscented or two lightly scented options. This starter kit from Canada's own Consonant Skincare covers your skin, body and lipcare needs on the go with three of its best-selling products.



Graydon Skincare Travel Kit \$65

All your personal care worries are addressed in this TSA safe package of five favourites. And, the best part, everything can be used by everyone in the family.



Reverso Anti-Oxidant Booster \$49

Neutralize free radical damage on your skin with this anti-oxidant booster. We specially like how easily it can be layered, under SPF during the day and as a special pick-me-up for dull, tired skin at night.



Bio-Oil from \$11.99

This bottle of wonders is a multi-tasker that will moisturize skin all over, including the face. Dry skin, uneven skin tones, even stretch marks fear this one. We also love to use it on hair to tame flyaways and keep our cuticles looking ship shape.



Omorovicza Queen of Hungary Mist \$110

If you want to feel like royalty on the road (irrespective of what roads you may have taken) put this facial mist on your list. It is a cult favourite, inspired by the Queen of Hungary. The neroli and rose-scented mist is made with mineral rich healing waters from Hungary and promises to banish dry and dull skin. Off with that!



Burt's Bees Eye Makeup Remover Pads \$9.99

Infused with kiwi fruit extract, these gentle wipes take away all makeup, every last bit for an effectively easy cleansing process. The pads have a unique hexagon shape that makes all eye contours easy to reach and makes a true clean and moisturized feeling at the end of a long day.



Masque Bar Eye Puffiness Minimizing Patches \$15

Travel can be tiring and our eyes are the first to show signs of fatigue. Banish away puffiness with these eye patches. Bring them on the flight, or apply them on for a quick refresh whenever you need them on your travels. Road trip friendly.



✦ ✦
TRUSSARDI
DONNA

GAIA TRUSSARDI
FOR THE NEW FRAGRANCE FOR WOMAN

beauty Reviews



SHE TRIED, TESTED & LOVED

From must-haves to pack for your adventuring this summer, to limited edition products you need in your collection, here's our pick of beauty loves for the season.

HAIR TO STAY

Tousled waves, sleek and straight shiny tresses; we like the idea of an effortless hair routine where the products don't weigh down our hair. Let's admit it. Beautiful hair is always in. Style your hair into an up-do, or gather it together for a top knot that is easier to travel in, having a ready stash of products makes everything so much easier.

1. Compact Styler, **Tangle Teezer**, \$25 • 2. SinglePass Luxe, **T3**, \$225 • 3. Daily Moisture Renewal Shampoo, **Pantene**, \$5.99 • 4. Blow Dry Mist, **PowerDry.me**, \$19.99 • 5. Low Shampoo, **Yves Rocher**, \$5.99 • 6. Daily Moisture Renewal Conditioner, **Pantene**, \$5.99 • 7. Batiste Dry Shampoo, **Batiste**, \$5.99 • 8. Fast Food Shampoo, **AG Hair**, \$22 • 9. Cleansing Care Cream, **Phytoalexir**, \$30 • 10. Fast Food Leave-In Conditioner, **AG Hair**, \$22 • 11. Tousled Texture Body & Shine Finishing Spray, **AG Hair**, \$24 • 12. Volumizing Powder Spray, **Puff.ME**, \$19.99



Feet Treat Pedi Exfoliating Foot Mask Masque Bar, \$9.99



Wax Ready-Strips (Bikini & Underarm) **Nair**, \$9.99



Wax Ready-Strips (Legs & Body) **Nair**, \$9.99



Wax Ready-Strips (Face) **Nair**, \$8.99

WAXED AND READY

What's summer for if not for smooth, fuzz-free skin? Thankfully these new at-home waxing strips help save on salon trips so we can spend more on a vacation. Every penny counts!

And masks are not just for the face. This summer, indulge your feet as well. Sandal season, here we come.



NAILED IT!

Inspired by top travel destinations, London Town's new collection of nail colour will have us searching for best travel deals soonest our nails dry! Essence has also expanded their shade range to 33 colours, and we are in love with these four new ones.

Instant Smudge Fix, **Londontown**, \$14 • Enhanced Color Nail Polish, **Londontown**, \$16 (2. Camden Town, 6. Waterloo Sunset & 10. Buckingham Blue) • Gel Nail Polish, **essence**, \$2.99 (3. A Whisper of Spring, 5. Pretty Cool Life & 9. Sweet as Candy) • Gel Look Nail Polish, **Joe Fresh**, \$5 (4. Raspberry Tart, 7. Key Lime Pie & 9. Blackberry)



BEST SKIN EVER

When is skincare not at the top of our minds? We want to present our best face to the world: skin that radiates health, eyes that look-rested, an even toned complexion and supple cheeks. As day turns into night, invest in products that will help you wake up fresh and all aglow. To start your day, protect and nourish your skin to maintain it looking vibrant and alive.

1. Black Tea Firming Corset Cream, **Fresh**, \$122 • 2. Instant Radiance Anti-Aging Eye Patch, **G.M Collin**, \$50 • 3. Regenerist Night Recovery Cream, **Olay**, \$34.99 • 4. Physical Matte UV Defense SPF 50, **SkinCeuticals**, \$44 • 5. Hungarian Water Essence, **belif**, \$51 • 6. Instant Magic Facial Dry Sheet Mask, **Charlotte Tillbury**, from \$27 • 7. Idéalia Radiance Booster Serum, **Vichy**, \$49.95 • 8. Eyes Depuffing Eye Roller, **Olay**, \$39.99 • 9. Dragons Blood Hyaluronic Velvet Cream, **Rodial**, \$85 • 10. Sebo Vegetal Purifying Micellar Water 2 in 1, **Yves Rocher**, \$15 • 11. Idéalia Radiance Activating Night Peeling Care, **Vichy**, \$39.95 • 12. Total Effects Anti-Aging Moisturizer with SPF 15, **Olay**, \$25.99 • 13. First Aid Overnight Brightening Mask, **belif**, \$39 • 14. Vitamin C Day Repair, **Body Blitz**, \$80 • 15. Orchidée Impériale, **Guerlain**, \$510 • 16. Eau Cellulaire, **Esthederm**, \$28.99 • 17. Eye Contour Lift Patches, **Esthederm**. \$69 • 18. SENSIBIO H2O, **Bioderma**, \$22.99

BEAUTY-PROCEDURE MOLECULES

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A E S T H E T I C A N D D E R M A T O L O G I C A L E X P E R T I S E

BEST OF THE BEST

Have you ever thought that you have enough makeup? Yeah, neither have we. However many shades of red we may already own, and palettes may be sitting on our vanities, every new season brings with it an array of colours and must-haves we simply cannot do without? We've selected the best of the best for this season.



1.



3.



4.

1. Most Wanted Contouring Palette in Warm, **ArtDeco**, \$42 • 2. Outlast All-Day Matte Finishing Powder, **Cover Girl**, from \$12.99 • 3. Météorites Happy Glow Pearls, **Guerlain**, \$89 • 4. Outlast All-Day Concealer, **Cover Girl**, from \$9.99 • 5. Ibuki Smart Filtering Smoother, **Shiseido**, \$29 • 6. Sephora Collection Perfection Mist Nude Glow, **Sephora**, \$25 • 7. Brow Lasting Powder and Pencil, **TheFaceShop**, \$20 • 8. Eyebrow Gel Colour & Shape, **Essence**, \$4.99 • 9. Eyebrow Brush, **Essence**, \$2.99 • 10. 6. Outlast All-Day 3 in 1 Foundation, **CoverGirl**, from \$12.99

5.



6.



7.



8.



9.



10.





1.



3.



2.



7.



4.



5.



6.



8.

1. Dragon's Blood XXL Lip Plumper, **Rodial**, \$30 • 2. Sephora Collection Cream Lip Stain, **Sephora**, \$18 • 3. No, My Lips Are Sealed™ Lipstick Topcoat, **Know Cosmetics**, \$25 • 4. La Petite Robe Noire Black Lashdress Mascara, **Guerlain**, \$32 • 5. Full Lash Multi-Dimensional Mascara, **Shiseido**, \$32 • 6. Sephora Collection Cream Lip Tint shades, **Sephora**, \$15 • 7. Tinted Lip Oil, **Burt's Bees**, \$11.99 • 8. Sephora Collection Contour & Color Liner and Lipstick Duo, **Sephora**, \$20 • 9. CoverGirl Outlast All-Day Custom Reds, **CoverGirl**, \$12.99 • 10. Velvet Shadow Stick, **Nars**, \$35 • 11. Velvet Gel Eyeliner, **Marcelle**, \$11.99 • 12. Rouge Intense Supreme, **Lise Watier**, \$27 • 13. Cloud Nine Eyeliner, **Teez Cosmetics**, \$24



11.



13.



9.



10.



12.

Mom MAKEOVER *in* 5 minutes



Meet the Model:
Sabah

Sabah is a working mom of three children. With school runs and work to get to every morning, she needs a quick and easy routine to look put together instantly.

Sheela Malik understands the pressure of having to put a look together in under five minutes. As a mom to a five year old, daily struggles to get her daughter ready in time for school means little to no time left for herself.



Meet the Make-Up Artist:
Sheela

THE CHALLENGE:
With the most minimum of products, our expert Sheela Malik talked us through the process of camouflaging lack of sleep (hello dark undereye circles) tiredness, and transforming dull skin into a better version of itself.



1.

1. COVER

CC Creams are the best for quickly evening out the skintone. Malik always has a tube of the Arbonne CC Cream in her personal makeup bag, as well as her professional kit and recommends it for moms on-the-go. Look for a product that is light-weight and suits your skin type. If you are going during the day, never skip on SPF.

Arbonne CC Cream, \$45



2.

2 CONCEAL

Malik calls this concealer a "lifesaver" for women with stubborn dark circles under the eyes. Apply, blend with a damp sponge and set with translucent powder so it doesn't crease or fade away through the day.

MAC Studio Fix, \$16

3. OPEN UP THE EYES

"We definitely want to at least TRY to look wide awake as we drop off our kids to school!" says Malik. Her recommendation is another Arbonne best-seller.

Arbonne Mascara, \$48

4. ADD A POP OF COLOUR

"I feel too often I see women neglecting their cheeks. They are literally the biggest part of our face! So get some color on there and come back to LIFE!"

Malik has an easy two-step process to cheat a youthful flush of colour on the cheeks. She starts with a bronzer to add some depth and a very subtle contour, followed by a vivid pink blush that, while looking intimidating in the pan, is actually a very flattering colour to wear. Use a clean face brush to blend these two together for a seamless finish.

Arbonne Bronzer in Foolproof: \$43

Arbonne Blush in Taffetta: \$37



5.

5. HIGHLIGHT

For the slightly more brave moms, try out a highlighter. A bit of highlight placed on tops of the cheekbones takes you from Mom to Wow!

Glow Kit by Anastasia Beverly Hills in 34: \$54



4.

6. LIPS

Lips
This lip liner, Whirl by MAC is a bestseller for a reason. If you have some extra time, line your lips before moving onto a non-sticky gloss. My go-to colour is this shade exclusive to Canada, Cardinal.

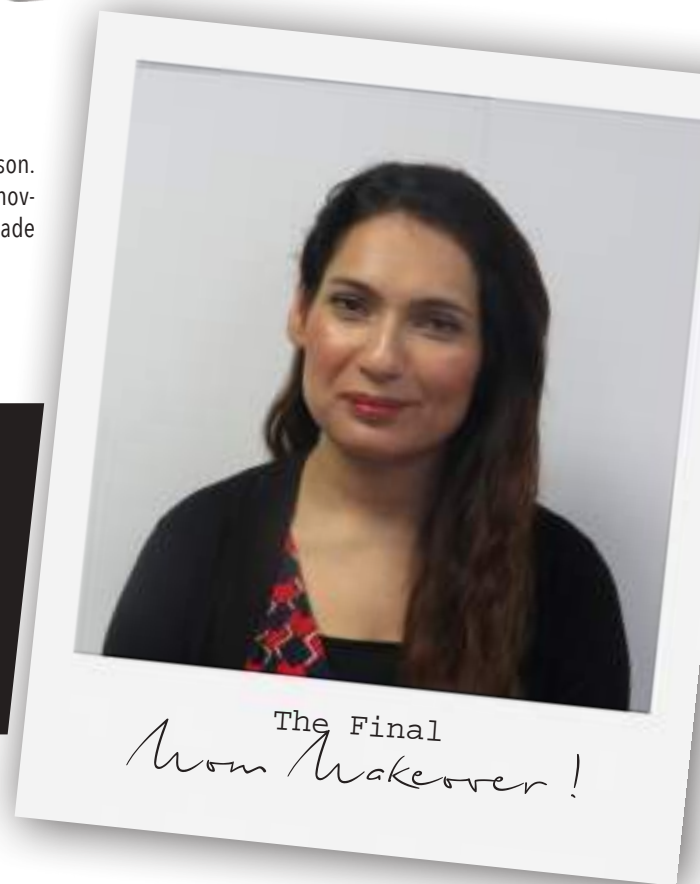
MAC Lip liner in Whirl: \$21

Arbonne Lip Gloss in Cardinal: \$31



6.

And finally, at the end of the day, make sure you thoroughly cleanse off the skin of makeup and all surface impurities. A good night time skincare regime is an absolute must-have for all mothers. Invest some time and money into products that work for your skin and wake up looking fabulous in the morning.



The Final
Mom Makeover!

SHE DIRECTORY

All the info you need to buy the stuff you love in this month's issue.

A. **Adidas** in stores, adidas.ca **AG Hair** aghair.com **All Saints** in stores, allsaints.com **American Tourister** in stores, walmart.ca, thebay.com **Andrea Marques** farfetch.com **Alex & Ani** in stores, alexandani **Aquatalia** saksfifthavenue.com **Aritzia** in stores, aritzia.com **ArtDeco Shoppers Drug Mart** ASOS asos.com **Atlantic Canadiana** in stores, shopbentley.com **Aveda** aveda.ca

B. **Batiste** in stores, batistehair.com, **Belif** belifcanada.com, sephora.ca **Bikini Village** in stores **Bio-Oil** in stores, walmart.ca, **Body Blitz** bodyblitzspa.com **Burt's Bees** in stores, burtsbees.ca

C. **Calvin Klein** in stores, thebay.com **Champs** in stores, walmart.ca **Charlotte Tilbury** charlottetilbury.com **Clarins** in stores, clarins.ca **Clinique** in stores, clinique.ca **Converse** in stores, footlocker.com **Costco** in stores, costco.ca **Cover-Girl** in stores, walmart.ca, well.ca

D, E. **David's Tea** in stores, davidstea.com **Elizabeth Arden** elizabetharden.ca **Esquire Collection** farouk.com **Essence** Shoppers Drug Mart stores **Estée Lauder** esteelauder.ca **Esthederm** esthederm.com **Express** in stores, express.com

F. **Fenty by Puma** revolve.com **FitBit** in stores, chapters.ca **Forever 21** in stores, forever21.com **Fossil** in stores, fossil.com **Free People** freepeople.com **Fresh** Sephora, sephora.ca

G. **Gap Kids** in stores, gapcanada.ca **Gillette** gillette.ca **GM Collin** gmcollin.com **Guerlain** guerlain.com, sephora.ca, thebay.com **Guess** in stores, guess.com

H. **H&M** in stores and at hm.com **Heys** in stores, thebay.com

I, J. **Ikea** in stores, ikea.com **Ivy Park** in stores, thebay.com **Jack Black** Sephora, sephora.ca **J.Crew** jcrew.com/ca **Jeffrey Campbell** in stores, urbanoutfitters.com **Jill Sander** yoox.com **Joe Fresh** in stores, joefresh.ca

K. **Kate Spade** in stores, katespade.com **Kenzo** eastdane.com **Kiehl's** kiehl's.ca **Kleenex** in stores **Know Cosmetics** in stores, beautyboutique.ca, knowcosmetics.com, sephora, sephora.ca, thebay.com

L. **L'Oréal Paris** lorealparis.ca **L'Occitane** in stores, ca.loccitane.com **Lancôme** lancome.ca

The

GET IT

GUIDE

Le 31 in stores, simons.ca **Le Château** in stores, lechateau.com **Lise Watier** lisewatier.com **Loeffler Randall**, in stores, simons.ca **London Town**, murale.ca **Lotus Aroma** lotusaroma.com **Lucky Brand Jeans** shopbop.com **Lululemon** in stores, lululemon.com

M. **Maliparmi** in stores anthropologie.com **Mango** mango.com **Marcelle** in stores, marcelle.com **Masque Bar** Shoppers Drug Mart **Merrel** merrel.com **Michael Kors** in stores, MSGM farfetch.com

N. **Nair** in stores **Nars** Sephora, sephora.ca **Nasty Gal** nastygal.com **Navy London** asos.com **Nike Nivea Men** in stores, well.ca **Nordik-Spa Nature** lenordik.com **North Face** the-northface.com

O. **Olay** in stores, walmart.ca **Old Navy** in stores, oldnavy.ca **Omorovicza** Sephora, sephora.ca **ONE by Stylekeepers** shopbop.com **Oral-B** in stores, walmart.ca

P. **Pandora** in stores, pandora.net **Pantene** pantene.ca **Peter Thomas Roth** Sephora, sephora.ca **Phytoalexir** phyto-canada.com **Polo Ralph Lauren** MrPorter.com **Pottery Barn** in stores, **Preen by Thornton Bregazzi** net-a-porter.com

R. **Rare** topshop.com **Reversa** Shoppers Drug Mart, reversa.ca **Rimowa** rimowa.com **River Island** asos.com **Rodial** murale.ca, rodial.co.uk, **Roots Rosetta Getty** ssense.com

S. **Saje** in stores, saje.com **Saucony** saucony.com **Self-Portrait** matchesfashion.com **Sephora Collection** Sephora, sephora.ca **Shiseido** **Silence + Noise** in stores, urbanoutfitters.com **SkinCeuticals** skinceuticals.com **Steve Madden** stevemadden.ca **Swim by Chuck Handy** in stores, sears.ca

T. **T3** murale.ca **Talula** aritzia.com **Tangle Teezer** Sephora, sephora.ca **Ted Baker** tedbaker.com **Teez Cosmetics** thebay.com **TheFaceShop** thefaceshop.ca **Tiffany & Co.** tiffany.ca **TOMS** toms.ca **Topshop** thebay.com **Tory Burch** toryburch.com

U, V. **Under Armour** underarmour.com **Uniqlo** in stores **Vichy** in stores, vichy.ca **Victoria Beckham** ssense.com **Victoria's Secret Pink** in stores, victoriasssecret.com

W, Y, Z. **Wahl** walmart.ca **Warby Parker Tilley** warbyparker.com **Wolford** in stores shopwolford.net **Yes to Cucumbers** **Yves Rocher** **Yves Saint Laurent** **Zara**

HE said, SHE said

I've been dating this girl for a very short time and she just told me some unbelievable news—she's pregnant. I completely freaked out because my family would not accept me having a kid out of wedlock. A part of me isn't even 100 percent sure it's mine. I have no idea what to do and how to deal with this situation.

// Not Ready to be a Dad

he said...

If you've only been dating for a short time and all of a sudden she's pregnant, there is reasonable doubt that it is yours. Before accepting this you should ask for a DNA test. Yeah she might get offended but think about it—this is a LIFE TIME commitment and if she's trying to give you someone else's kid that would be a life time WASTED.

she said...

I think the best way to look at this is that children are a blessing and this should be a joyful time for you. You weren't together very long but that shouldn't affect you being a parent. It's time to grow up and take on the responsibility! How do you think she feels about this whole situation? You have to remember you are both in this together.

My boyfriend and I have been together for over a year and his parents STILL don't like me. It doesn't have anything to do with my attitude or personality, it's strictly based on my skin colour. They prefer their son to be with someone from their own culture and background and it makes me very uncomfortable. Every time I go over to his house I feel very unwanted and it's starting to get to me.

// Rethinking Relationship

he said...

It took you a YEAR to feel uncomfortable? Look, if his family doesn't like you by now, they probably never will and you'll just have to accept it and move on. It's not easy being with someone whose family hates you for something you can't change which is why it's best to not be in a relationship like that. I'm sure you love him but is the stress really worth it? Probably not.

she said...

I completely feel for you and I know this situation is hard but I feel like as long as your boyfriend loves you and treats you well that's all that matters. Have you spoke to him about this? Tell him how you feel and maybe he can discuss it with his parents. You can't avoid his parents forever but you can at least try to make things work and they can at least not make you feel unwelcomed.

IMMIGRATION

“America is big enough to accommodate all their dreams.”

Barak Obama



“To those fleeing persecution, terror & war, Canadians will welcome you, regardless of your faith. Diversity is our strength #WelcomeToCanada.”

Justin Trudeau



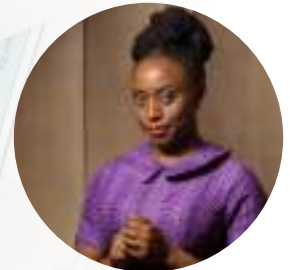
“After this interview, I’m going to immigration to try to sort out my Green Card, just like any other normal person.”

Emily Blunt



“The real tragedy of our postcolonial world is not that the majority of people had no say in whether or not they wanted this new world; rather, it is that the majority have not been given the tools to negotiate this new world.”

Chimamanda Ngozi Adichie



“Remember, remember always, that all of us, and you and I especially, are descended from immigrants and revolutionists.”

Franklin D. Roosevelt



QUOTE

UNQUOTE



ANYTHING CAN HAPPEN AT A MAGAZINE STAND

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CANADASMAGAZINESTORE.CA/ANYTHINGCANHAPPEN



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