5th ANNIVERSARY SPECIAL

The

SHE

Story of

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10

Bella

## TRENDS BACK TO SCHOOL

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### Happy Birthday, SHE Canada!

It's a monumental issue for SHE Canada. This month we turn 5 years old. For a print publication to survive this long in an increasingly digital world is no small feat and we're celebrating the milestone in typical SHE fashion.

Speaking of fashion, look no further than our coverstar, Bella Hadid. No longer known only as Gigi's kid sister, Bella has truly come into her own as of late. From closing fashion shows to fronting major campaigns, Bella has become one of the most sought-after faces in the industry. Recently TAG Heuer made her the face of its latest campaign leveraging her sway with Millennials.

On the note of Millenials, our executive editor Priya Kumar looks back five years ago to the birth of SHE Canada. She recollects our young team and the entrepreneurial drive each and every one of them possessed to make SHE what it is today.

Finally, what September issue is complete without a back-to-school focus? This issue looat at thrm going back everything you need to keep ahead of the ever-changing kid curve.

Most importantly, thank YOU for your readership over the past five years. We wouldn't be here without you.



S.M. Kamran Zaidi

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### SHE Asked:

## *"What was your favourite subject at school?"*



**PRIYA KUMA** Executive Editor

🖸 priyak

World Issues in Grade 12. It really helped me critically think about politics.



AAISHA ZAFAR ISLAM Deputy Editor

🖸 aaishazi

Physics. There was a time when I harboured dreams of becoming a nucleaur physicist and shared my lofty academic goals for a post-doctorate in class. Our school pricipal, who was in class that day started calling me Dr. Aaisha after that.



MAHEEN MALIK Features Contributor

🖸 maheenmn

My Favorite subject in school was drama class. I absolutely loved loosening up in class after a long day of other courses. We'd always play games and eat snacks and then do acting exercises.



**IMAIYA RAVICHANDRAN** *Features Contributor* 

🖸 imaiya.ravi

My favourite subject was always Math, funnily enough. I liked how cut and dry it was, compared to English or Social Studies. Of course, this was before I knew what calculus was! I think my answer would be very different. nowadays.



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Colourblock Jumpsuit, Off-White \$740





Classic Cortez 15 Nylon, **Nike \$95** 

Ripstop oversize hoodie, GAP \$64.95





Athleisure might make you anxious if you, like many, have not-so-fond memories of middle school PE class. But if you love fashion, you probably won't be able to resist the comfy coolness that athleisure offers. From tracksuits to leggings, pretending like you can run 5k without breaking a sweat has never been easier.



Pleated Mesh Mini Skirt, **PE Nation \$240** 

Colourblock Sweater,

Bench

\$119

Suede Jacket Zara \$299

Crochet Sweater Zara \$49.99



Gaia's Ark Bag, Cult Gaia \$185

### Wild Wild West



Wild Wild West may not have been a great Will Smith movie, but it sure does make for a cool fashion trend. Characterized by fringe, suede, of course cowboy boots, this trend is perfect those seeking that *Little House* on the Prairie flair...(minus the bonnets.)

Gold hardware belt H&M \$29.99



### Octave Blouse Wilfred \$34.99

### Velvet Ankle Boots Steve Madden \$186

Velvet has been on the scene for a while, but now that it's fall, we are seeing the fabric take shape in new and exciting ways. Fuzzy duster coats! Lux socks! Is that a velvet sneaker I see?! (The last one courtesy of Queen Rih, of course.) All we need is a pair of furry long johns for all our velvet dreams to come true.

ELVETE

RABBY

6

Velvet Long Coat Haider Ackermann \$2,448

12 SHE CA

Lace-up creepers Fenty x PUMA \$207

5

Small velvet tote, The Row \$990 Paisley Velvet Trousers, Mango \$129.99

3

## GLITTER BOOTS



### FALL IN LOVE WITH YOUR BOOTS











Let's be real: Dorothy was a cool girl and all, but her sparkly ruby slippers made her *that* girl. This fall, you too can be that girl whilst sporting the season's hottest footwear trend: *Glittery Boots*.

1. Cienega-Lo Leather Boot, Jeffrey Campbell, \$79.99, 2. Glitter Booties, Anna Bagueira, \$192.85, 3. Velvet Stars & Glitter Boots, Saint Laurent, \$815, 4. Valentine ankle boots, Marc Jacobs, \$798, 5. Metallic ankle boots, Maison Margiela, \$396, 6. Chelsea Glitter Boots, J Crew, \$176.99

### SHE STYLE





Flare Snaps Jeans, Mango, **\$ 89.99**  Cat Eyebrow Bar Sunglasses, McQueen by Alexander McQueen, \$224.99

GET THE

Tuesday Jumper, **Alberta Ferretti**, \$807

Leather Tote Bag,

Massimo Dutti, \$220



Crossover Cropped Step Hem Jeans, **Current/Elliot**, \$135



SELENA GOMEZ

After hiring celebrity stylist Kate Young in 2016, Selena Gomez's street style has made a marked jump from "Disney Channel Meh" to "Cool-Girl Chic". Her new sartorial personality sees her mixing savoury with sweet. For savoury, baggy, rockand-roll frayed jeans. For sweet, pre-school graphic jumpers and rose-tinted sunnies. For a kick of caffeine, a good ol' cup of morning joe (see image below). Good call, Selena. Good call.



Ivory Classic Turtleneck **Courrèges**, \$179



Embroidered Denim Trucker Jacket, **BDG,** \$99 Air Jordan 5 Retro Premium **Nike**, \$500

Distressed Biker Jeans, **UCXX** Luxe Co, \$89.



## THE WEEKND

The Weeknd-or the 6ix Prince, as we (well, I) like to call him-has always been quite the stylish guy. For the longest time, he thrived on a diet of army camo puffer jackets and black tees-and it was great. Nowadays, he's taken it one step further by experimenting with this seasons' hottest trends, one of which is the embroidered jean jacket. That, plus Selena Gomez on his arm, makes him one of the coolest-looking guys in town.



nil sil



Rolling Stones Vintage Denim Jacket, **Tommy Hilfiger**, \$166.99

### SHE SHOPS

## Sitting Down With Temple St. Clair

ast month, I sat down with famed jewellery designer Temple St. Clair in the jewellery show room of downtown's Saks Fifth Avenue. My first impression was that I was entirely too sweaty to be there. (It was 30 degrees outside and I'd just ran three blocks after hastily parking my car.) By contrast, Ms. St. Clair could not have appeared more put tohair gether: her was perfectly coiffed; her clothes were beautiful and expensive-looking; and her posh South Virginian drawl was something out of the movies. I felt very out of place indeed. However, two minutes into our conversation, I



forgot about feeling self-conscious. Ms. St. Clair is just that charming. Our conversation embarked on a long, meandering path, straying from my pre-planned questions about her upcoming jewellery collection and into tales about life in Florence and the state of our environment amongst other things. Intrigued? Read on for more about what the inimitable creative-turned-businesswoman has been up to the past 30 years, and where she is now in her own words. Like the pieces she crafts, Ms. St. Clair shines bright. Here's what she had to say:

Well, the big news is that this is my 30th anniversary of being in jewellery design. Funnily enough, I fell into the world of jewellery by accident. It started when my Mom visited me in Florence, where I lived for 12 years beginning in college. I studied Italian Art History and Literature. While there, we went to an antiquarian in By Imaiya Ravichandran

Florence and found an ancient Carthaginian coin that she loved. She wanted the coin set in jewellery and basically was like, "Get this done for me!" So, I looked up a local goldsmith.

The minute I entered the goldsmith's world—this palazzo with its many different workshops—I was completely captivated. It was as if I'd stepped into a time machine into the era I'd been studying. The way these craftsmen worked with gold was ancient and sacred. The storytelling aspect of it all fascinated me.

After that, I kept working with ancient coins as a means of supporting myself. I made them for my mom, and then her friends, and then their friends. It was the begin-

ning of my business, in a way. But, really, I saw it as a way of supporting what I loved to do, which was travel and study. I never thought "Oh, I'm a jewellery designer! I'm a business woman!" It was just another way of studying something.

Then, at one point in 1986, I was introduced to a scout for Barneys. She told me to go to New York and show Barneys what I was doing. I ended up showing them a few pieces and they loved it. They gave me a case with my name on it soon after.

Fast forward 30 years later and I now have three tiers of jewellery collections. There's the fine jewellery collection, which is what you see in stores. These are repeatable pieces, but even then, each gemstone is hand-picked. Then, there is the high jewellery, which uses extremely rare

### <u>"I AM STILL LEARNING TO</u> <u>BE A JEWELLERY DESIGNER</u>

gemstones. the haute which I have comto do whatever I each level comes at point proportional the stones involved. piece in the high jewelpriced at 30 thousand Haute couture can run millions.

And lastly, there are couture pieces, with plete artistic liberty want. Obviously, a different price to the rarity of Take this owl lery line— it's dollars. up into the

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by

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This piece – the tolomeo – is thing I designed back in 2007. since become one of our iconpieces. It was recently acquired the Decorative Arts Museum the Louvre and will be on display sometime this summer. The process has been quite bureaucratic, but I'm excited nonetheless.

We've also made serious headway with our philanthropic work. I'm referring to my "Lions Club" collection. Considering what's happening in the world right now, environmentally, I wanted to do something to help. I've always loved nature and animals. But our current state of environmental affairs can feel overwhelming. It's like, "Who can I save? I can't save everyone!"

I was really looking for an organization that was making a targeted, marked difference. Through a friend of mine in New York, I was introduced to the women who started Lion Guardians. They work out of Kenya. It's hands-on organizawith the local Mashift the culture hunting to lion Masai tribesmen to protect Lion Guardlearning of protectthey are are comit's

s zaabsai communities to from one of lion conservationism. traditionally kill lions their cattle. But with ians' help, they are more sustainable methods ing their livestock. And being paid, so their efforts positively contributing to their munity's economy, too. Overall, working really well.

Lion Cubs is currently being sold online, but it'll be in stores this August. Eventually, I hope to make some high jewellery pieces for the collection—but it was really important to me that the first wave be set at an accessible price point.

And that's me! Wow. I feel like I've been talking non-stop—but I suppose that speaks to how busy I've been this past year. Generally speaking, I've been working in Canada for how many years now? ... Too many to count. I tend to sell to women here, which I love. Many of them are private collectors; strong, financially independent women with wonderfully interesting lives and stories. I suppose that's what drew me into jewellery in the first place, isn't it? The storytelling. Whatever I do, I want to make sure a story is being told. If not, what is the point?

> 18K Eight Ring Tolomeo Pendant with mixed sapphire and diamond \$25,000 at templestclair.com

### SHE *SHOPS*



## BURBERRY DK88







his past May the iconic house of Burberry celebrated the launch of its latest bag with exclusive events in London and New York. In Canada, the brand's store on Bloor Street West, Toronto was transformed into a colourful venue as who's who of the city's fashion set came to experience the new Burberry DK88.

DK88 is the house code for the signature gabardine used in the brand's defining offering — trench coats. Inspired by the fabric and simple functionality of the classic trench, the DK88 is a sleek bag with a distinctive top handle meticulously crafted by hand, featuring an oversized lock with a vintage look and an accompanying key. Thomas Burberry had patented the twill-finished cotton fabric used for the house's trench coats in 1888, and the DK88 uses premium Italian leather inspired by the twill finish of Burberry gabardine at the core of its design.

"With the DK88 we wanted to create a timeless collection of bags which would have the same spirit and attitude as the iconic trench coat," explains Burberry Chief Creative and Chief Executive Officer, Christopher Bailey.

"Each bag is crafted from this incredibly rich trench leather, which we designed to reflect and celebrate the fabric," continues Bailey.

"The result is a collection of bags in painterly colours which is defined by its contrasts – effortlessly elegant, modern yet timeless, supple yet strong – and unmistakably British."

With two iterations in its core collection, for men and women, the colour palette for the DK88 ranges from classic neutrals like black, dark navy, antique red, dark forest green and honey tan to pops of colour like slate blue, blossom pink, ash rose and celadon green.

There are seven styles to choose from, offering sizes from large, medium and minis to satchels as well as luggage holdalls. SHE thinks this is going to be the bag to have for all seasons, timelessly elegant and forever a classic.

Shop Burberry DK88 in stores or online www.burberry.com









## Amber Lounge Fashion 2017

Formula 1's most prestigious event was back, bigger and better than ever this year. With guests that included HSH Prince Albert II of Monaco, Pamela Anderson, former F1 driver Eddie Irvine and many more, the evening continued to be the highlight of Monaco's annual Grand Prix calendar.



Silviya Neri



Stoffel Vandoorne

"Nothing has drawn us in quite like Amber Lounge – the official Formula 1 after party" n a yearly basis SHE Canada is invited to dozens of high profile fashion events. From Paris Fashion Week to Kim Kardashian's visit to HBC on Queen Street, we've seen it all amongst our pint-sized team. Yet, nothing has drawn us in

quite like Amber Lounge – the official Formula 1 after party. For four years running, SHE has had the opportunity to cover this prestigious event and this year perhaps topped them all.

in conjunction with the Monco Held Grand Prix, the circuit's most star-Amber Lounge began its studded stop, three-day run with Amber Fashion. This year the anticipated fashion show was held over the pool at Le Meridien Beach Plaza.

I'll get to the fashion commentary in a second, but the front row was off the chain this year and notable in its own right. Besides HSH Prince Albert II, a regular annual charity patron of the event, Canadian pinup legend Pamela Anderson also made an appearance. Kate Upton and Lindsay Lohan, the Mean Girls queen bee herself, were also poolside for the action. Rounding out the "frow" were Game of Thrones' Liam Cunningham, F1 legend Eddie Irvine and former Miss France Laury Thilleman.

The evening outwith started а champagne cocktail overlooking Monegasque the sunset during which a silent auction was held with proceeds going towards "Race Against Dementia". The runway show to follow saw F1 drivers Stoffel Vandoorne, Daniil Kvyat, Esteban Ocon, Pascal Wehrlein, Marcus Ericson, Charles Leclerc and Marc Gene trade their race kit in for tailored evening wear by Michael Kors and Apsley of London.



H.S.H Prince Albert II of Monaco



Marcus Ericsson



Pamela Anderson



Federica Masolin and Natalie Pinkham of Sky Sports, dressed in Silviya Neri eveningwear, hosted the show and introduced Chris Wallis to the stage. Perhaps best known as "the voice of David Guetta", he performed EDM hit "Would I Lie to You" as a backdrop to the drivers walking the runway. His set was closely followed by the F1 ladies eveningwear collection and swimwear by SAFiYAA. The ladies included MaraSangiorgio of Sky Sports HD F1 (Italy), Giselle Zarur and Claudia Casademunt of Canal Latam (Mexico); Amanda Davies of CNN (Global); Amanda Smerczak; Tamara Boullier, wife of Eric Boullier; Pedro de la Rosa's wife Maria, and their three daughters plus show hosts Federica and Natalie.

"Race Against Dementia" The glittering affair raised more than €450,000 (\$680,000 CAD)



By Priya Kumar

Ciac



alled a force to be reckoned with by *Vogue*, Bella Hadid has more than stepped out of her big sister's shadow. Barely into her 20s, Hadid is now one of the most recognizable faces in fashion, fronting campaigns for some of the most esteemed luxury brands in the business including Dior, Chanel and TAG Heuer

# Dont Crack Under Pressure

AG Heuer's latest hashtag effortlessly taps into Bella Hadid's strengths. One of her most recent collaborations, Hadid was approached by TAG to be their latest face in due part to her intriguing mix of mystery and uncanny ability to court millennials. To date, she has garnered 14 million

followers on Instagram. Her feed offers followers a glimpse into her world with photos that are light, subtle and oftentimes profoundly mysterious. What is undeniable is her clear sense of aesthetic the key ingredient to organically influencing this young and fickle generation.

#### During the early part of

her career she was perhaps best known as the younger sister of SHE Canada June/ July 2015 cover girl Gigi Hadid. That said, Bella's personality could not be more different. In fact, Bella's also a natural blonde but went brunette because it distinguishes their personalities. She told Allure back in March, "I just have a darker personality... I put a blonde wig on and think it would be fun to go back, but I'm happy with my hair. Blondes are so angelic. My sister can get away with anything."

It's an intriguing statement considering

modeling has always been Gigi's jam. For Bella, the path has not always been quite so straight and narrow. When she appeared on the cover of Net-A-Porter's PORTER magazine, she did so in full equestrian regalia. It was a nod to her roots as a nationally ranked equestrian. "My devotion stemmed from my mom's love of horses," Hadid told

> the publication of mom Yolanda Hadid's influence (she went back to her previous married name this year to match her that of her children). "I have been riding since I could walk and the fact that my mom knew everything about horses really helped my passion grow...You know how every model is like, 'I do yoga.' Well, I find horses

have the same effect. You have to put your ego aside and concentrate on making the horse do the things you want it to do, and move in the way you want it to move."

She even began training for the Rio 2016 Olympic Games but her plans were curtailed by having contracted Lyme disease, a bacterial infection spread by ticks. Both her mother and brother Anwar have also contracted it. The symptoms include muscle fatigue and general lethargy, both of which prove problematic for any world-class athlete.





Ithough most of us consider Hadid's biggest break-up to be the one with Toronto's The Weeknd (and the awkwardness that ensued at her first Victoria's Secret fashion show when she walked feet away from him down the runway), that's not entirely accurate. When she gave up riding, she also had to part ways with her horse Lego. "I rotated between a few horses that could jump higher or whatever. But Lego was my main, my ride or die," she told *TeenVogue* in back in February. "When I had to sell him, it was like a breakup! I was really traumatized." An eques-

trian's relationship with their horse is paramount to succeeding in the sport: "You can ask any equestrian: You develop a crazy, emotional connection with this animal. When you're riding a horse, they have full control over you, and they can literally kill you in a second, so you build a trust with them."



Although a life as an equestrian wasn't in Hadid's future, she did move to New York City to pursue a degree in photography at Parsons The New School for Design. Modeling may have not been a part of the plan and always more her sister's thing, but studying the art of photography taught her what looks best in front of the camera. She's been a self-proclaimed shutterbug since the age of seven, so following her passion into the field was always a no-brainer. Photographer Cass Bird, who shot Hadid for the TAG Heuer campaign and the photos in the

"When you're riding a horse, they have full control over you, and they can literally kill you in a second, so you build a trust with them."

> editorial, says: "Bella is one of my all time favorite women! Beautiful and completely present; one of my dream subjects and a total muse for me. She makes everyone feel welcome on set. Hands down one of the best in the industry!"

> Ultimately getting her start early as the face of so many campaigns has set Hadid's career trajectory in the right direction. When she was first starting out her look was compared "multiple times a day" to Oscar winner Jennifer Lawrence. She told *Fashionista* back in 2015 people would "be like, "Oh my god, you know who you look like?" I'll be like, "Jennifer Lawrence." They'll be like, "How did you know?" Like, "Just a weird thought I had..."

> Bella Hadid has undeniably come a long since 2015. With countless runway shows, campaigns and magazine covers under her belt, there's no doubt from an exposure perspective whom Jennifer Lawrence gets compared to these days.

All photos in this editorial courtesy of TAG Heuer/Cass Bird.

### **SHE** *ANNIVERSARY SPECIAL*



October 2012 cover shoot

## THE STORY OF**SHE**

This issue is a milestone for SHE Canada. We're celebrating five years in print and on newsstands across the country. Although five years might not sound like much, in a world where print is quickly becoming an endangered species, cracking this mark gives the publication veteran status. But how did it all begin? PRIYA KUMAR throws back to the publication's launch back in 2012.



t all began with a Craigslist.com post. I won't even assume the majority of our readers remember Craigslist, but about a decade ago this was how anyone did anything in a new city. I've found roommates, secondhand furniture and even auditioned for a reality show via the online classifieds site. During its golden age, it was a source for just about anything one may need. It was here I chanced across a post for a South Asian fashion magazine looking for an editorial assistant.

The ad was a one liner. South Asia, fashion, women, magazine were the words that stuck with me. I was in my midtwenties at the time and had just arrived back in Toronto after 18 months in India. I went from Vogue India to doing PR for several L'Oreal brands to planning the launch events for a number of luxury labels during that time and knew that going back to Toronto would mean starting from scratch, likely in a more realistic industry. After months of searching for work, I found this seemly perfect post on Craigslist.

Saima, Elodie, Frances, Anuja at Polo for Heart 2012



was interviewed by our Editor/Publisher Kamran Zaidi at his Yonge and Eglington office and quickly found out the role was with SHE magazine's first international edition. A little background on the SHE as a brand: it was started in the early '60s in Pakistan, quickly becoming its most widely read English language publication. Kamran says he decided to launch it locally in Canada because, "I was very impressed with the overall look of SHE and its content...I strongly felt Canadian women of South Asian descent didn't have a platform or voice and it was needed. We wanted to emphasize the common elements all South Asian women share as opposed to focusing on the differences."

After the first meeting and discovering we were very much on the same page when it came to fashion editorial, the job was mine. I arrived for my first day of work the following Monday and was the only member when I was hired. With a desktop PC and a Gmail account, SHE Canada was born.

### "I found this seemly perfect post on Craigslist."

Over the course of the next few weeks a small handful of interns were hired. We started planning the first issue launch. The September issue was a reasonable goal and we got to work. In its early days, I interviewed a Canadian senator of Pashto origin, a number of Pakistani and Indian designers and brought on board and reviewed several of Toronto hotspots. We dabbled in a few shoots, but none were cover-worthy as of yet.

We wanted our first issue cover star to be as sensational as we expected the publication to be. The first issue launch falling on the same week of the 15th anniversary of Lady Diana's death, we found a winner. Our cover story aptly focused on her brief and little known about relationship with a British Pakistani doctor. This was a year prior to the Naomi Watts film and Vanity Fair's cover story that dropped a year later. Once the issue arrived (while I was in London, covering the 2012 Olympic Games), my Fashion Assistant Liz Guber Skyped me in a panic. The issues had arrived but...they didn't have barcodes! Our retailors wouldn't be able to scan them at the till.

Once I arrived back to Canada, the thousands of issues were stickered by hand in-office with new barcodes and they were ready for newsstands. Kamran and I did a number of press interviews for Rogers, CBC Radio and a handful of local South Asian networks.



Behind the scenes at our December 2012 shoot



February 2013

The second issue was an entirely different story. We had found our stride by then and were putting out our best content yet. We shot our first cover story atop a downtown condo near King and Spadina and for lack of better words, it was off the chain. We were short one graphic designer that issue (October 2012), so I stepped in and worked overtop the previous month's template. It was haphazard, but we met our deadlines and in my opinion it was one of the most content-rich issues we ever put out.

November 2012 was much the same, but this time we shot the great Nadia Ali of EDM fame. I've been a huge fan of her music since the early 2000s and knew she was South Asian, but what I didn't know was that she was Pakistani and engaged to an investment banker in Toronto. After making contact with her people, they offered us time for a shoot on her next trip into the city. It was like lightening striking twice. We could not have had a more perfect cover star for SHE Canada.

The shoot went off without a hitch, the photos were beautiful and Nadia shared the cover via her Instagram account. We were over the moon. "Some of our great cover stories have been the highlight of the SHE journey; Priyanka Chopra, Gigi Hadid, Lilly Singh aka Superwoman," Kamran says. Other issues featured interviews with Noureen DeWulf (Anger Management), Shahrukh Khan and Aliya-Jasmine Sovani of MTV fame.



Priyanka Chopra for Guess, February/March 2014

When it came to A-list interviews, my personal favourite was catching up with Sonam Kapoor on Skype. At 4am EST. I stayed up the whole night trying to catch her and eventually when we connected, I asked her about her recent film Aisha, aptly calling it a Bollywood remake of Clueless. This label didn't go down well with her. In her singsong-y, overly inflected Bollywood-meets-Valley Girl voice she corrected me: "Actually? It's based on an English book called Emma?" My mistake. You're correct. Emma and her male companion fought over the remote in chapter 4 in the classic Jane Austen tome. Emma also took her dowdier friend to the mall and yoga class. How could I forget such detail? Perhaps because they NEVER HAPPENED. That was all Clueless.

We've seen a good deal of talent come and go from the SHE office. Although I've been a part of the team since day one, I number of other young ladies have made the publication what it is today. Nicole Alverez supported us as our first Graphic Designer launching the publication. Liz Guber started as a fashion intern and gradually worked her way up to Associate Editor and perhaps the most important member who completely took over the office after my departure to London. She now works as the Associate Fashion Editor at *ELLE Canada*. Saima Hassan was our first stylist and got us into the swing of things with shoots.



Inaugural issue, September 2012

Harpreet Brar, Eloise Alba and Zarmina Rafi all held the fort down as lead editors in office and today Aaisha Zafar Islam has been doing the same for almost two years. Then there is our army of capable interns who came to us for work experience for a period of time. The internship program was perhaps my top non-magazine related achievement. As opposed to other publications that would offer interns the chance to serve coffee and breakdown boxes (if they were lucky), at SHE Canada we made sure the interns were doing what real journalists do: attend press events, write stories and get published. By the time an intern is done with SHE, they have a portfolio under their belt and can apply to jobs with confidence.

With this issue, SHE Canada has been in print for five whole years. The ride hasn't always been smooth but it's been a worthwhile one. Our following was modest at the start, has grown over the years and today we even regularly get good deal of reader mail.

As for what's next in SHE Canada's future? Kamran says, "We would like to reach further with our publication — in the US and Europe." We get subscription requests from all over the world, but logistics only allow us to ship in North America. In the coming years, hopefully this changes.

IT'S BEEN AN ACTION-PACKED FIVE AND A HALF YEARS THUS FAR. HERE'S TO THE NEXT FIVE. "The ride hasn't always been smooth but it's been a worthwhile one."

DESIGNER: SHEHLA CHATOOR PHOTOGRAPHER: RAZA JAFFRI HAIR & MAKE-UP: ERIC SEN @ JY SALOON MODEL: SUNITA MARSHALL

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2017 STYLE RUNWAY FASHION SHOW, 7TH EDITION TOOK PLACE IN KARACHI. 8 DESIGNERS SHOWCASED THEIR COLLECTIONS ON THE RUNWAY. The event was organized by Zia Zafar.

Official Makeup for the show was done by Rose Beauty Parlour.



ZIA ZAFAR WITH MODELS



DESIRE BY ALMAS HUMAIRANI



**RIZWAN MOAZZAM** 





DEJA VU BY IRFAN AGHAI



GUL NAWAZ BY FUZAAN KHAN



DRESSLER BY SHAHID KHAN



TAHSEEN TASNEEM



### INTERVIEW

# DESIGNER DVA Syeda Amera

Syeda Amera has made news across the globe and has marked herself as a designer who doesn't believe in being in the rat race. Her fashion sensibilities and her business style are all unusual. Having established herself as the first Pakistani designer to be featured in international glossies - the likes of British Vogue, she has been venturing on international runways with Jessica Minh Anh's extraordinary catwalks and her participation in Pakistan Fashion Week USA 2014. We talk to Syeda Amera about her personal life, career achievements and her dream to design for Queen Rania.

### by WAJIHA SHAHID

in Jessica Minh Anh's series of extraordinary catwalks at the history-making J Spring Fashion Show 2015 on the Hudson River and yet again at J Summer Fashion Show 2015 in Spain at the award winning solar power plant, Gemasolar and at J Spring Fashion Show 2016 on Costa Luminosa's sun-deck catwalk in Sydney where I was the only designer invited from Pakistan to represent the whole of South-Asia.

In 2016, I was the first Pakistani designer to have ventured into international shows in Spain, London, New York, Sydney and in Paris, The City of Lights, where I showcased my Summer '16 collection. Seine River' giant glass boat was transformed into a 100-metre floating catwalk in Paris. The models walked as if they are walking on water while the boat cruised and architectural wonders such as the Eiffel Tower, Notre Dame, the Louvre, and the 37 iconic bridges became the natural backdrop for the unique catwalk. It was on this very show that I received an award for the most talented young international designer. None other than Jessica Minh Anh, the director of the show, presented the award. The ceremony took place on top of the luxurious Bateaux Mouches Cruise giving a perfect view of the Eiffel Tower in the background.

The year 2017 has also proved to be lucky for me, as in February I was invited to New York by the Bollywood diva

## What is the most exciting thing you're working on at the moment?

Our S/S '17 collection. The collection is inspired by Italy's flashiest city and is currently being shot there. We are excited to unveil the collection in the upcoming month and I am sure everyone is going to love it.

## How do you feel about your career achievements up until this year?

I feel proud when I look back in time not only because I have achieved certain goals but also because it has been an amazing journey overall, with lots of ups and downs it has taught me a lot and has made me the person I am today. My career achievements include the international shows I have been selected for in the past years, I have participated 68 SHE APRIL



Shilpa shetty. I was honoured with the Women Empowerment Award for the most inspiring woman of 2017 at the Women Empowerment Gala in New York. The event was organized to recognize the work of outstand-

ing individuals in different professions from all over the world where I became the first Pakistani to have received this recognition and award for her tremendous stand as a woman.

### What is your dream? Who do you want to dress? Queen Rania

#### What has been your favourite project so far?

J Summer Fashion Show 2016 Paris. Not only was I selected to represent the whole of South Asia in J Summer Fashion Show 2016 in Paris but also won an award for the most talented young international designer. It was a breath taking show and was very well organized.

Do you still have, "I can't believe this is my life," moments?

Yes! Every time I achieve something or do something new. What keeps you grounded?

My family and values

What are your thoughts on being a role model? I know being a role model means taking responsibilities for my actions and for that I try being a nice person, helping others through charity and playing an active part in community roles. I think we need more of that. This is how our society, our community and our country will grow.

## When you're not busy designing, what are some of your favourite things to do?

When I'm not busy, either I'm at the gym or spending quality time with my family.

What is your personal style aesthetic?

Luxurious, glamorous and feminine

What is the best thing about being a fashion designer?

Inventing

### How do you operate? Where is your outlet located?

My outlet at Park towers in Karachi and my studios in Karachi (Pakistan) and Business Bay Dubai (UAE). I also stock at various multi-brand stores locally and internationally.

What do you want for your brand in 5 and 10 years? I plan to make it big in the global fashion scenario. At the same time my aim is to cater to the local and international market.

### Prêt or made to order?

Made to order

### A typical day in your life is like?

It varies widely, each day has something new to offer and I try to make it as productive as I can.

## A change you would like to see in Pakistani fashion trends?

Use of western cuts and styles along with proper tailoring. If we take a look at past local fashion shows there are examples of trashy ill-fitting western wear attempts which don't take a designer a long way. In today's competitive age, I do not think designers here should be making these kinds of blunders.

### **Your favourite trends this season?** Boot-cut, corsets and stripes

**One thing your clients should know about you?** We are here to provide solutions

# What is the easiest way for a prospective client to reach you?

Social media

What's your favourite snack?

Chips

### Where is your favourite place to travel?

That would be most of Europe, including Paris, Istanbul and Zurich.

### What is your all time favorite movie and why?

My Fair Lady, it depicts that with hard work and determination anyone can be who or what they want to be.

**If you had wings, where would you fly?** If I had wings I would sleep on the clouds.

What if you had a dinner party and could only invite five designers, past or present. Who would they be? Coco Chanel, Giorgio Armani, Alexander McQueen, Elie Saab and Faraz Manan

## What's the most generous thing someone has ever done for you?

There have been many. I think I experience that everyday. I am surrounded by generous people.

What's your most-used emoji on the emoji keyboard right now?

The flushed face emoji.

Do you ever Google yourself?

Well. Yes, I think we all Google ourselves once in a while.

# HE SHOPS

Bomber Jacket **Calvin Klein** 

\$160



Clubmaster square frame acetate and gold-tone sunglasses **Ray-Ban** \$178



Printed cotton-jersey tee nn07 \$75

BACK TO SCHOOL MEANS THE END OF SUMMER BUT NOT THE END OF STYLE! TURN DOWN YOUR END OF SUMMER BLUES BY STAYING TRENDY THIS SEPTEMBER! STAY WARM AND FASHIONABLE IN A COOL HOODIE AND JOGGERS OR KEEP IT CASUAL WITH A WHITE TEE, BOMBER JACKET, AND RIPPED JEANS. THESE STYLISH PIECES ARE PERFECT FOR MIXING AND MATCHING AND MAINTAIN YOUR COMFORT LEVEL WHILE STILL MAKING YOU LOOK FLY. BEING A STUDENT NEVER LOOKED THIS GOOD!

> Low-cut Airforces NIKE \$120

Red Sneakers **Zara** \$35.90 Black backpack **Zara \$89.90** 



Denim Jacket **Topman \$119** 



Ripped stretch skinny jeans **Topman \$89.00** 

> White V-neck **H&M** \$12.99





# MEN'S GROOMING

NEUTROGENA MENS Face Wash \$7.97

**BALLY PROTEIN** 

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11

THE IMPORTANCE OF MEN'S SKIN AND BODY MAINTENANCE OFTEN GETS PUSHED TO THE WAYSIDE BUT DON'T WORRY WE'VE GOT YOU COVERED! MEN SHOULD LOOK GOOD TOO, AND THESE PRODUCTS ARE SURE TO HELP KEEP YOU LOOKING YOUR BEST. WHETHER YOU WANT TO TRIM AND GROOM YOUR HAIR OR BEARD WITH A DIY KIT, OR KEEP YOUR FACE ACNE FREE WITH AN AMAZING FACE WASH, LOOKING GOOD SHOULD ALWAYS BE A PRIORITY!

> BAXTER OF CALIFORNIA DAILY PROTEIN Shampoo, \$21.02

CHAPPED HANDS REMEDY SET DISTINGTING SEDIFICATED COLORADOR SEDIFICATED STRAIL-SEAR ROOM (THE

**IGELOW** 

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REMEDY, \$15.76

C.O.BIGELOWCHAPPED HANDS

LE LABOEAU DE PARFUM DISCOVERY Set, 5 x 1.5ML \$43.37





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# TREND 17

amiradnan.com

# HE PRENEUR

### By Aaisha Zafar Islam

# What brought you into politics? How has your experience as a lawyer shaped you as a lawmaker?

I began my work as a defence lawyer, and my work was grounded in breaking barriers and providing access to justice for marginalized people. This involved some pro bono work including a "Know Your Rights" workshop and working with young activists and organizers from my community. *Why did you decide to run on an NDP platform?* 

Before I went into politics, my work both as a lawyer and a community organizer was always rooted in social justice. When I decided to go into politics, picking the party was easy. The NDP has an unwavering commitment to social justice and human rights; the foundation of the party is grounded in our shared principles. You've run for both federal and provincial seats, do you think there is any difference between the two?

There are important differences in jurisdiction, of course. But the fundamental principles are the same: as an elected representative, it is my responsibility and pleasure to advocate for my constituents. As an MPP, my focus was to always remain accessible and fight for communities. I worked alongside communities to fight carding, precarious work, and much more. *What inspired you to run for NDP leadership?* 

When I first ran in 2011, I was the oldest person involved in my campaign. Young people have always been the backbone of my campaigns and they helped me decide to run. They inspired me, motivated me, and helped elect me. The other person who inspired me to run is Jack Layton. He supported me when I first ran for a seat in 2011 and his belief in me motivates me now. Jack was a tremendous leader who inspired us to fight for what we believe in, against all odds. With newly engaged young people by my side, Jack's vision is inspiring me to run for the NDP leadership.

# What are the most defining issues that you think will shape voting choices in the next election?

Justin Trudeau has run a long list of broken promises during his time as Prime Minister. They will remember broken promises around electoral reform, climate change, and Indigenous children's welfare when they go to the ballot box. More importantly his support of Bill C-51 and S-7, which both targeted marginalized communities, particularly Muslims is something he'll have to face. Canadians are looking for a true progressive alternative to Justin Trudeau – someone who really understands their daily lived experiences in a way he cannot. *What are some of the things that you are proud of in your lawmaking career*?

Systemic racism is an undeniable reality. It impacts young people. I want every young person to recognize their own selfworth. That's my work – to end the practice of carding in Ontario – that is the singlest proudest moment in Ontario's legislature.. You have consistently been in the lists of best dressed people in Canada, does style come to you naturally? How

# LAWYER, LAWMAKER & LEADER Jagmeet Singh -

HE first interviewed Jagmeet Singh for our June/July 2014 issue. In the years since, Singh has established himself as a lawmaker on Queen's Park and now with his bid for leading the New Democratic Party (NDP) into the next election, he may well be on the brink of bringing real change to politics in Canada. While there are more people of colour in Canadian politics now, reflecting how the electorate is changing, no person of colour has ever lead a party, or announced a bid for leadership. Will Singh be able to change that? He seems confident, and only October will tell if Canada is ready for change.

### do you stay on top of what is trending? And what is your style mantra?

While growing up in Canada, I sometimes felt like I didn't belong. I was made fun of for my funny name and turban, later for my beard. But as I grew older, so did my confidence. I looked for ways to feel comfortable in my own skin. I discovered the power of fashion. With fashion, I could own my identity. It gave me the confidence to go out and fight for what I believe in. I use fashion as social armour – to disrupt negative stereotypes. This is why my colourful turbans are so important to my identity. My mantra is to pair beautifully-coloured turbans with my suits.

### How important do you think social media is going to be in deciding the leadership race?

It hink the most important thing in this race is to give Canadians, specifically New Democrats, a vision for a more courageous, bolder Canada. One that works for everyone and doesn't leave anyone behind. Social media will be one way to communicate this important message, equal to delivering sound policies. But it is most important to get out and speak to people, hear about their daily lived realities, and meaningfully engage their stories to bring us together. Do you think it was the Conservatives' lack of understanding popular sentiment that cost them a re-election?

The Conservatives used the politics of fear, in the most divisive way possible. They tried to pit Canadians against one another. Canadians overwhelmSystemic racism is an undeniable reality. It impacts young people. I want every young person to recognize their own self-worth.

ingly rejected this and that's something we should all be proud of. We have seen a significant rise in the number of politicians of South Asian descent, which reflects the changing demographics of the country. Do you think a person of colour really has a chance at leading a major political party into the next elections?

Absolutely. Canadians are progressive, and we live in a country where it's possible for us to pursue our dreams. There are certainly obstacles, but when we work together and invest in one another, we can break barriers and write a piece of Canadian history together. I hope to demonstrate that and would be honoured to lead the Canada's NDP. *The South Asian community is extremely divided, and often times we see them bringing the other person down, instead of working together to address issues that are relevant to the community. Do you think South Asian voters will ever be able to realize the power their voting wields and work towards the greater good of a better Canada for everyone?* 

Like all Canadians, the South Asian community wants what's best for the country. I am offering a vision that will look out for every Canadian.

# What are the core values as a South Asian that have shaped you as a politician?

I always think about the lessons that my mother taught me: that we are all connected. When one of us does better, we all do better. This core value motivates me to fight injustice and inequality. *Have you faced any backlash in your political career because of South Asian divides?* 

No. The South Asian community has always embraced me as their own, no matter what community, I have always felt at home. *What would be your message to SHE readers?* 

I share my entire story, from being bullied to using fashion as social armour, from my identity as a Sikh man to my pursuit of justice, to share an important message that I hope will resonate with others. I want everyone to recognize their own self-worth to be proud of who they are so they can confidently work to achieve their dreams.

# B Y T H E N U M B E R S

Only 9.8 percent of Indigenous people aged 25 to 64 in Canada have a university degree.

Toronto's York University owns a 145-hectare parcel of Costa Rican cloud forest called Las Nubes "The Clouds," which was donated to the faculty of environmental sciences in 1998 by Woody Fisher for conservation and research.

CANADA'S UNIVERSITIES CONDUCT \$1 BILLION IN RESEARCH FOR BUSINESSES AND HELP BUILD THEIR COMPETITIVE ADVANTAGE.

The library at HEC Montréal is the largest bilingual library of management studies in Canada. It counts more than 375,000 documents and receives more than a half-million visitors each year. As a \$35 billion enterprise in direct expenditures, universities are significant drivers of economic prosperity. They provide employment for close to 250,000 people in Canada.

University of Toronto has the largest student demographic in Canada with currently 88,766 enrolled students at all levels of study.

Canadian universities have International students from all over the world. In 2015, there were 353,000 international students studying in Canada at all levels of study.

SENECA COLLEGE HAS 10 FULL CAMPUSES ALL OVER THE CITY OF TORONTO.

From China alone, University of Toronto has more than 11,000 international students.

Between March 2008 and March 2016, 1,416,600 new jobs were created for university graduates – almost triple as many new jobs for college and trades graduates combined.

Compiled By Maheen Malik

# DID KNOW?

McGill University in Montreal,

QC is known to be one of the

best universities in the world.

beating University of Toronto

in 2016 for highest ranked

university in Canada.

Social sciences and humanities make up more than half of bachelor's degrees in Canadian universities.

Earl Haig Secondary School in Toronto is the largest high school in the Toronto District School Board with over 2000 students.

Below the University of Alberta's main campus in Edmonton, workers travel between campus buildings using 21 kilometres of utility tunnels, some which date back to the 1920s.

Wilfrid Laurier University in Waterloo, Ontario, is the only university in Canada named after a prime minister.

Brescia University College, affiliated with Western University, is Canada's only remaining women's university. The schooling system can change significantly depending on province. Instead of grade 9-12 of high school in Ontario for example, Quebec students start high school in grade 7-11; followed by 2 years of CEGEP before university.

Part of Albert Einstein's brain can be found preserved in a McMaster University lab.

December 2 is a day to be extra cautious at Acadia University in Wolfville, Nova Scotia. On December 2, 1877, Acadia's first College Hall burned to the ground. Exactly 43 years later, on December 2, 1920, the second College Hall met the same fate. The current building on that site, University Hall, opened in 1925 and remains intact.

Compiled By Maheen Malik



Gold String Lights (set of 3) Ankit \$19.99 Home Trends 19" Decorative Stick Lamp Walmart \$29.98

When there is a long list of must-buys for moving into your new space at the start of a school year, not much gets left for making our living spaces cozy. What would you buy if you had limited finances to spruce up your space? Some mood lighting, cozy throws to liven up the space, organizers to hold all your things in place and keep the place neat, there is so much we can do to personalize a dorm room while staying within a set budget. SHE gave Maheen Malik a budget of \$500 and here is what she picked.



# ORGANIZED

We all know how stressful it is making the most of small spaces. Wall shelves and organizers help to bring some stuff onto the wall giving you more floor space! Plus it looks super nice when done right and can be really helpful if staying organized.

Antique Zinc Wall Organization System Pottery Barn \$39,50 - \$199



Digital Printed Linen Curtain Zara Home \$ 79.99 A curtain change can sometimes change up the entire look of a room. Especially if the room features big widows. This would be a quick change that really refreshes up a space.

# FLOORED



Feliz Rainbow Tufted Rugs Urban Outfitters \$42 Hampen Rug IKEA \$9.99



Nature Multicolor Wall Tapestry Ankit \$49.99 Sahara Printed Wood Tiles Wall Art (set of 3) Pottery Barn \$149 Hometrends Marrone Clip Collage Frame Walmart \$39.97 Design Art -Seasons Change on the Water Walmart \$117 Modern Living Sahara Wallpaper Walmart \$44.97

# COMFORT IN CUSHIONS



Stencilled Anchor Throw Simons \$20.00



# **OTHERS**

It's small details and little knick knacks that help you feel more at home in any place. Small decor pieces can always help personalize and fill a space a bit more.

WALL

ΛΤ

Mini Cinema Light Box **Urban Outfitters \$34.99**, Heart Mirror **Urban Outfitters \$59**, Leighton Display Shelf **Urban Outfitters \$42**, Slay Neon Table Lamp **Urban Outfitters \$99**, Blush Glass Catch All Tray Urban Outfitters **\$24** 

And voila! Our shopping cart adds up to \$485.89 which is still \$15 under the budget! Trip to the makeupsection?!thinkso.













cooltoolsforschool



### Snapchat Spectacles Snap Inc **\$1**29.99

These funky sunglasses from snapchat will make you feel like some spy on a mission. The glasses feature small cameras on either side that allow you to film first person while you're wearing them. You can also record and save videos and photos as well as upload to your Snapchat story straight from the glasses.



### Sprocket HP \$159.99

Print photos on the go whenever and wherever, using your own phone. The sprocket allows you to print photos from any device and social media. The compact and tiny printer is perfect for those who love taking photos or scrapbooking. Film can be bought in sticker form for an easy peel and stick.





### LG G6 \$999.99

This new flagship phone by LG ticks all the boxes, with a sleek design and top-of-the-line tech specs. We will buy it for the brilliant camera results though, with dual rear cameras, imagine all the Insta-worthy moments you can capture, and share.





iPad Pro Apple Starting price \$869



### Instax Mini 90 FujiFilm **\$**199.99

With a decided vintage look, the Instax mini 90 allows you to play with settings and get beautiful results every time you experiment.

### FujiFilm FinePix Real 3D W3 Amazon \$899.99

Record in 3D, and create footage and content that can be viewed at a 360 degree angle. Did you recently see a video or photo online that can be viewed from every angle in the room no matter where you moved your phone? This camera and many like itself are behind the amazing concept of 3D footage that is soon overtaking our society. Virtual reality is ready to strike, as you can use a VR headset to view a 3D photo from within, sort of like creating your own memory and then being placed inside it once more!



### LG Watch Style Google \$319

This new watch from Google and LG looks like a beautiful and classic watch but features so much more. The watch has Google Assistant built into it for easy access. Ask for directions, set reminders, reply to messages, play music and much more on the go! The watch also tracks your walking, running and biking perfect for those that like to stay fit and on the go.



# "THE MAN WHOINVENTED MIAM BEACH

**CELEBRITY HOMES** 

iami Beach was an unnamed barrier island with a few avocado trees, dense mangroves, lots of mosquitoes, very few people and almost impossible to get to until an Indiana promoter and entrepreneur began its historic transformation. Carl G. Fisher looked at the strip of desolate Florida sand and saw a grand resort city.

Fisher was an automobile enthusiast, marketing genius and bit of a huckster who had grown from co-owner Beach, including the Venetian Islands and Star Island. Exclusive Fisher Island, which Fisher once owned, is named after him.

Fisher was full of ideas to promote his projects including riding a bike across a tightrope to advertise his bicycle shop. To promote his automobile dealership, he piloted one of his cars, minus the engine, hanging from an air balloon to the outskirts of Indianapolis where he swapped cars to one with an engine and drove back into town. To get people to his new range views of Biscayne Bay. With more than 40 rooms, it includes 10 bedrooms, 12 baths and a two-story spacious formal living room with intricately worked ceiling and surrounded by second-story balconies and bay views. Also included are a formal dining room, private family rooms, a large contemporary chef's kitchen that opens to outdoor dining, a 3,000-bottle wine cellar, three offices and two separate staff living areas currently used by a full-time staff of five employees. The 1.5 acre



of a bicycle shop to opening America's first car dealership, creating the Indianapolis Motor Speedway, main mover behind both the Lincoln Highway from New York City to San Francisco and Dixie Highway from Michigan to Miami, and became a multi-millionaire from his investment in car headlights.

When early developers such as John Collins (think Miami Beach's Collins Avenue main drag) ran short of money to build the first bridge from the mainland to Miami Beach, it was Fisher who stepped in with his money and vision to move the project along. He also financed the dredging of Biscayne Bay to create the residential islands between Miami and Miami



Miami Beach, Fisher paid for a billboard in Times Square in the middle of the winter advertising that it was June in Miami Beach. Vacationers and transplants began flocking to Miami Beach and from 1920 to 1925, Miami Beach's population increased over 400 percent.

By 1923, Carl Fisher was worth many millions and built the Miami Yacht Club, which he later turned into a private residence. The 18,400-squarefoot mansion on Star Island has been completely updated and is now for sale for the first time in 30 years - the most expensive home in Miami-Dade County. Priced at \$65 million, the property is located on the tip of the island with commanding long



grounds include 255 feet of bay frontage, two private docks, a boat lift, swimming pool and cabana.

With the double whammy of the Florida real estate collapse following the Great Miami Hurricane in 1926 and the 1929 Great Depression, Fisher lost his fortune and sadly ended up almost completely destitute. He lived out the remainder of his life as a handyman living in a small home in Miami Beach where he died in 1939.

Carl Fisher's Star Island Miami Yacht Club turned private mansion in the early 1920s has been totally updated in 2016 with a fresh island vibe and new to the market for the first time in 30 years.

# SHE EVENTS



*irque du Soleil* has been wowing audiences with spectacular performances since 1984, and this yea, its 41st original production takes things up another notch with Volta, a peformance packed bonanza of action, lights, dances and acting.

# VOLTA: BREAKING

olta is a story of transformation, as experienced by Waz. A game show host, Waz is getting ready to host the 1000th episode of the super-hit weekly show Quid Pro Quo. The game show makes instant celebrities of winning contestants as they participate in challenges to catapult from their ordinary lives as The Greys into The Elites. A social commentary on fame and its ramifications, as well as a search for our authentic selves, Volta takes the audiences on a journey of self-discovery as Waz sheds aside his celebrity persona and seen seeking acceptance by The Free Spirits. As the show progresses, we see how some characters will push Waz to stay where he, comfortable in his position as the king of QPQ and others will inspire and encourage him to seek out what he really wants.

Told in a series of acts that borrow from high adrenaline action sports, the world of Volta is an action musical, with electrifying dances and light shows that is sure to mesmerize audiences.

"It's about embracing differences, celebrating differences. Today, more than ever, this theme is extremely relevant, and we're happy to give people a chance to reflect on this," said Jean Guibert, the creative director of Volta. Written and directed by Bastien Alexandre, Anthony Gonzalez has composed the stream of musical landscapes for Volta.

Volta will be running in Toronto from September to November, at Under the Big Top, The Port Lands.



# FREE OF FAME

PHOTO CREDIT : PATRICE LAMOUREUX / COSTUMES: ZALDY GOCO / 2017 CIRQUE DU SOLEIL

# E G. RAYMOND CHANG SCHOO

## Aaisha Zafar Islam talks to Dr. Marie Bountrogianni, Dean at the G. Raymond Chang School of Continuing Education at Ryerson University and learns how choosing to continue studies, or opting for a second career can increase one's chances of getting ahead in the workforce.

As a new immigrant some years back, of the many options available, the one that appealed the most to me was going back to school. As a media practitioner and then teacher, the chance of studying Canadian media in-depth, whether from the academic perspective, or with an aim of landing myself a stable job in the country, college seemed the most viable option. Of the many colleges and universities that offered programs in media, the ones at Ryerson University stood out. The G. Raymond Chang School of Continuing Education, or the Chang School, as it is popularly known, has the right mix of academic and job-focused programs to impart the necessary training and knowledge one would need as a new immigrant trying to find work, or indeed as a Canadian who wants a second career.

2015 saw a record number of immigrants landing in the

country to make it home from July 2015-16. With more than 320,000 people coming into the country, according to Statistics Canada, and Ontario being the top preferred choice, it is imperative that new residents have access to tools and resources that help them make informed employment choices, and be able adapt and participate in Canadian civic life better. At the same time, the economic conditions in the country have made it harder for stable jobs to come by, and thus necessitates the need to seek ways to upgrade one's qualifications, or try out w a new and upcoming career and have a real chance at getting ahead in a newer field.

Dr. Marie Bountrogianni is a first generation Canadian, born to Greek immigrant parents in Hamilton, she has seen first hand the struggles of her parents as they tried to settle into their new home, and how persevering as an adult learner, her parents' partnership helped chart the course of success for Dr. Bountrigianni and her brother. With degrees in psychology and education and a doctorate in education, Dr. Bountrigianni brings with her an expert take on how excelling at academics and getting creative with academic options can change one's life.

She has also served as the Minister for Citizenship and Immigration under Dalton McGuinty's Liberal government in Ontario, in addition to holding the portfolios for Ministry of Children and Youth Affairs Ministry of Intergovernmental Affairs before and after it. All these portfolios look diverse, but armed with a thorough understanding of human psychology and her experiences, she is in the perfect position to steer the Chang School into a position that would

How and why do you think it helps internationally qualified professionals who come to the country to consider bridging programs?

These bridging programs enable internationally trained

professionals to learn Canadian standards and Canadian molds of working and also to bridge any knowledge gaps — the things we do differently in that particular profession. Sometimes its not necessarily that things are better, it's just different. The main goal is for internationally educated professionals to be able to pass any relevant licensing exams and be able to work successfully in Canada, in Ontario in this case. We have dieticians, midwives, social work, middle

managers. You don't necessarily need to pass a licensing exam but it's important. Often we start programs and then they migrate to the relevant faculty, which is very good. We also have some modules on working and communicating in the Canadian workplace and that's generic. Our program for internationally trained physicians helps them attain management positions in laboratories, research, organizations, and pharmaceutical companies as they wait to start practicing medicine here, instead of pouring coffee for instance.

# What areas do you think new immigrants need to brush up on when seeking employment in Canada?

English obviously and I think the Workplace Communication in Canada (WCC) is a good program. Whether you learn these things from talking to people or you take a course, it is important. Learn what it's like to apply for a job in Canada, what should be in a resume, how should you behave in a job interview, should you shake hands firmly? Do you look people in the eye here and little things like writing a thank you note meeting someone? These are things even Canadian born people sometimes don't know, I know because I have two millennials and I would ask them if they wrote a thank you note and they question why. And I have to tell them that it is important because someone took the time to see you and you shared knowledge.

# Is employment the ultimate goal for anyone interested in CE programs?

It typically is the ultimate goal. They've worked in their countries, they came here and they are very disappointed that they can't. Not everyone knows the reality until they get here, part of that is their responsibility but a lot of it is our fault too in Canada. We don't do a good enough job of letting people know of what lies ahead. So I would say that if you're thinking of coming to Canada, do your homework, talk to people that are already here in that field that have a different cultural background and how did they get in, what did they do?

Networking is important for everyone. Gone are the days when you had your degree and you got a job right away. Today you you have to network. At Chang School we

> have ELX the Experiential Learning Exchange and that's coaching, master classes and networking. In coaching one can buy a package of four hours of one-on-one, in master classes, let's say you are a how to write a press release, or we have social media master classes. For networking, we have events here, free of charge, where we invite industry people and we invite our students that are taking our certificates and they meet people in the industry.

And then just informal networking, talk to people, seek out a mentor, even if it is just a meeting for a cup of coffee every two months or even a phone call to ask them relevant questions. Things like I am going into an interview, this is the job, what do you suggest? Or mock interviews. I am mentoring three people right now and will be meeting with one to do a mock interview for a promotion. These skills are not necessarily just for new Canadians, it's for all Canadians.

### And not giving up?

Don't give up. Integrate, network,

study, work hard, this country is made

up of successful immigrants. If you

look at our philanthropists, million-

aires and billionaires, some of the

best scientists and doctors, the major-

ity of them are immigrants.

Keep trying, there will be a door and

if it doesn't open you'll kick it down.

Yes. When my parents came here 60 years ago, my mom went right back to school and it was really tough. I remember when I was seven years old, she threw the Greek-English ictionary out the window and my late father ran out and got it from the snow and he said, "We made a deal, I would work and you would go to school." She finished early childhood education, she opened her own childcare center and our lives changed overnight from being poor to having money, seeing my mom study every night made my brother and I think, – how could we not give As? I f mom is studying every night, and we saw our dad pick her up from night school with us in the back seat because we were young - it taught us a lot about family, about co-ordination, about teamwork and not giving up.

A door will open and it may not be the door to your dream job but it will be a stepping-stone to your dream job. I've changed careers so many times. People are insecure about getting a permanent job, I say it's a new world now. There are very few permanent jobs, society has not caught up to that, it's hard to get a bank loan, it's hard to get a mortgage, and it's hard to even get a lease to rent a place. So you're right, don't give up and that important one ' integrate'. It is very comfortable to be with your own culture, and that's

fine be with your own culture in the evenings and weekends but also be with the mainstream culture. We're from all over the world. I am Greek, you're going to learn about other nationalities but more importantly you would integrate and I would say that to anyone, you know enhance your network.

I find that coming to a new country you also have to be more creative and explore other career options. That's exactly right. We have some generic certificates like project management and GIS - Geographic Information System, another one is Computer Security and we have a certificate in that. We have executives taking that program now, they are not going solve technical problems but they need to know what to look for when they hire

people. We workshops for executives for big data as well, so they know the issues and they know how to hire people. We also do labour market analysis. Take the case of internationally trained doctors for example, I know from politics that way too many of them are driving taxis. I came back from a business trip couple of weeks ago and the airline driver was an obstetrician from India and I felt so bad for him. I told him about our program so that at least he'll be working in a laboratory or in a university or a pharmaceutical company not driving a cab.

My son, he was making a lot more when he was working in an investment bank but it was a short termed contract and he wasn't happy. Now he works for the government and he's very happy, he's helping people, he's making less money but at least now it's permanent. It all depends on what you want in life, that's how we do it, we look at what the labour market wants and needs.

# How does Chang School shortlist courses for its Gateway program?

What we do for all our courses including Gateway are labour market analyses. We see where the shortages are in other words where there are jobs. Recently we saw that there's a huge need for data analysts, big data analysts, also we have these huge data bases and no one knows what to do with all this data. Now we have a big data certificate, it's called Data Analytics. If you have a math, computer, accounting or economics background, taking this certificate increases your chances of getting a better job.

There has been this debate about left-brain vs.right-brain types, and the rise of the creative class? Should we look for more liberal arts courses to get ahead in life? Is MFA the

new MBA as Daniel Pink said some years ago?

I am a psychologist by training so I would agree with that but I will go one step further and say you would need both. On my team here I have left and right-brained people and I've got an amazing combination. My left-brained people are of course linear but they're very good, they're mathematical, they're strategic and they're organized at what they do. Then I've got others who are incredibly creative and entrepreneurial, so the combination of the two is important. Sometimes I have to harness and hold back my creative ones and sometimes I have to push my left-brain ones to think a little outside the box and that's my job as a leader. So I think you need both.



Dr. Marie Bountrogianni,

On a team you need both and some people have both which is incredible, but most people are stronger in one area.

I am very left-brained but I had to develop my right-brained side and I did. Now that I am older what I do is I encourage it in others on my team. I don't necessarily know how to do something creative but I know something creative when I see it. When my marketing team shows me something that doesn't excite me but if they bring me something more creative, I can yes this is different, this will set us apart and I can encourage them.

As a leader you should be able to do that, take risks and fall on your face don't worry, if you make a mistake, it's not going to be fatal just take risks, otherwise it's going be same old same old.

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EATER

# 5 THINGS TO KNOW Before Moving for the First Time





oing off to university was an incredibly exciting time in my life. In many ways, it signified the beginning of adulthood. Finally, I could study whatever I wanted. Stay out till when-

ever I wanted. Most importantly, however, I could move away from home. Away from my annoying (lovable) parents and siblings and into a decrepit student house with no A/C and the occasional racoon infestation.

But before I could move in- that is, settle into my new humble abode- I had to move

There is a huge difference, you see; the latter is far more gruelling and anxiety-inducing than the former. My move ended up taking me and my begrudging family a little more than a full weekend, which was surprising because in the movies it takes well under ten minutes. Plus, there's always a fun, upbeat soundtrack playing in the background. No such luck for me, instead of upbeat music, there was sweat and aggressive yelling. (There were also a couple of tears shed by yours truly, which I will graciously attribute to dust, and not, say, a mild temper tantrum.)

But on the bright side, they say experience is the best teacher, and indeed, I learned a

lot from my first moving experience. There are many things I would do again and many things I would a hundred percent not do again. And seeing as a lot of you reading may be gearing up for a first move of your own- whether for school or a job or just because!- I feel a sense of duty to impart my quote unquote wisdom unto you all.

In that spirit, below you will find five things I think everyone should know before they move out for the first time. May your future moving endeavours be tear and sweat-free. (To be fair, they probably won't. But it's the thought that counts, right?) Don't move during the week.

6

Let's start with a tried and true pearl of wisdom, shall we? For your sanity and the sanity of those helping you, kindly avoid any moving-related activities from Monday through Friday. For one, people tend to be more stressed during the week than the weekend. They will also likely be more sleepy, and thus, more prone to dropping stuff. They will probably be drinking less coffee on a weekend, which means less pee breaks, which means things get done faster. Basically, the weekend is more pleasant than weekdays in every way imaginable, so it follows that your moving experience will be proportionately more pleasant as well.

# 02

## Beware IKEA.

Just as young people straddle the space between independent adulthood and semi-dependant teenhood, so do they oscillate between wanting nice, grown up furniture and not being able to afford said nice, grown up furniture. The solution? IKEA. The Scandinavian mecca of cheap-but-still-acceptable-looking furniture has been the saving grace of firsttime movers around the world. And yet, one must be remain vigilant. While you may be tempted to purchase everything in sight just because it's so gosh-darned cheap, just remember: everything you see will take at least 500 hours to build. And will likely fall apart in six months or less. For that reason, I recommend approaching IKEA shopping with a sort of ascetic shrewdness. Whatever space you

don't fill with inexpensive wall furnishings, you'll just beautify with dumb "Live, Laugh, Learn" posters anyway.

# 03

# Too many cooks spoil the soup.

You would think having more people involved in the moving process would be a good thing, right? More people = more hands = more things moving at a faster rate? WRONG. The equation actually goes: more people = more hands to strangle each other with=ruined relationships and broken dreams. That's why I say it's best to keep the number of movers to a minimum. Tasks might take longer-but it also means less sweaty bodies crammed into the same square footage. The latter, I posit, is by far the lesser of the two evils. Anyway, assuming that these assistant movers are generous friends of yours and not paid employees, recruiting less of them means fewer people you are indebted to. This is what smart economists call a "win-win" situation.

# 04

## Set up your Internet beforehand.

Most people will recommend you set up all utilities before your big move – hydro, gas, the works– but sometimes, this just isn't possible. In that case, the priority automatically becomes securing a solid Internet connection. After all, the absence of running water can be solved with water bottles, the absence of electricity with flashlights– but if you have no Internet? What do you do then?? Read a book? LOL. Trust me: When 8pm hits and you and your fellow movers have collectively lost your will to live, you will wish you had access to High-Speed Internet, if only to document your exhaustion on Snapchat.

# Pack light. (No, really– pack light.)

S

If ever there was a time to Mari Kondo the life out of your belongings, it would be right before uprooting your life from one domicile to another. Granted, this is not exactly a novel suggestion; the first thing people will tell you when solicited for moving advice is to only pack the essentials. But rarely do we take this advice to heart. Somehow, we manage to rationalize useless sundries as being necessary, like "cool" gel pens and Halloween decorations. As a general rule of thumb, anything you can get at the dollar store, don't bring. Or as Miss Kondo would say, anything that doesn't spark joy. In most cases, the two are mutually exclusive.

### PARENTHOOD

# BRAINFOOD for

As fast as children whiz from classroom to activity to home and back again, their brains are just as rapidly growing and changing. The foods they eat are important. These years are critical for brain development, and what they eat affects focus and cognitive skills. These 7 foods can help kids stay sharp and affect how their brains develop well into the future.

### WAJIHA SHAHID

## Greens

Full of folate and vitamins, spinach and kale are linked to lower odds of getting dementia later in life. Kale is a super food, packed with antioxidants and other things that help new brain cells grow. **How to Serve It:** For some kids, greens are a hard sell. So rather than serving a salad, you may want to try some different ideas: Whip spinach or kale into smoothies for snack time. Add spinach to omelets or lasagna. Make kale chips. Cut kale from stems/ribs, drizzle with olive oil and a bit of salt, and bake.



### Eggs

The protein and nutrients in eggs help kids concentrate. **How to Serve It:** Fold scrambled eggs into a wholegrain tortilla for a filling breakfast or late-afternoon snack. The protein-carb combo tides kids over until the next meal with no sugar-induced energy crash. You can also serve egg salad sandwiches.



## Fish

Fish is a good source of vitamin D and omega-3s, which protect the brain from declining mental skills and memory loss. Salmon, tuna, and sardines are all rich in omega-3s. The more omega-3s we can get to the brain, the better it will function and the better kids will be able to focus.

How to Serve It: Grill it and offer your child a sauce for dipping, add fish to tacos, or make tuna sandwiches.



## Yoghurt

Fat is important to brain health. A full-fat Greek vogurt (which has more protein that other yogurts) can help keep brain cells in good form for sending and receiving information.

How to Serve It: Yogurt for lunch with some fun mix-ins: cereal with at least 3 grams of fiber, and blueberries for a dose of nutrients called polyphenols. Dark chocolate chips are another option. They have polyphenols, too. These nutrients are thought to keep the mind sharp by hiking blood flow to the brain.



## **Apples and Plums**

Kids often crave sweets, especially when they're feeling sluggish. Apples and plums are lunchbox-friendly and contain quercetin, an antioxidant that may fight decline in mental skills.

How to Serve It: The good stuff is often in the skin of fruit, so buy organic, wash well, and put the fruit in a bowl for quick snacks.

## Oatmeal

Protein- and fiber-rich oatmeal helps keep heart and brain arteries clear. In one study, kids who ate sweetened oatmeal did better on memory-related school tasks than those who ate a sugary cereal. How to Serve It: Add cinnamon. Compounds in the spice may protect brain cells, research shows.



## Nuts and Seeds

Packed with protein, essential fatty acids, vitamins, and minerals, nuts and seeds may boost mood and keep your nervous system in check.

### How to Serve It:

There's always peanut butter, or you can also buy or make sunflower seed butter. Sunflower seeds are rich in folate, vitamin E, and selenium, and safe for nut-free zones. If you can't get your kids to eat the seeds themselves, use the spread on whole-grain crackers or bread.

*Make pesto:* Nuts combined with olive oil and dark leafy greens make a healthful and tasty sauce you can serve over whole-grain pasta.



# SHE CARES

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



### COLLECTING DONATIONS FOR OUR SISTERS

Canned foods, blankets, clothing, shoes are all accepted SHE Cares is also collecting money donations to shecares@shemagazine.ca For more information please call (416) 644-7788 or email us at shecares@shemagazine.ca

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## SHE CARES

# CANADIANS SURPRISINGLY UNCONCERNED ABOUT WATER

By Priya Kumar



ost Canadians are accustomed to safe drinking water on demand so they tend to take clean water for granted and don't always value the work water operators and water utilities do," says Dr. Hubert Colas, President of FluksAqua. FluksAqua is the world's largest online community dedicated the promotion of water safety, infrastructure, conservation and optimization. Canada's rich in water as a natural resource. We all know that, but did you know how rich? Our great nation is home to more lakes than the rest of the world COMBINED! That's 60% of the world's fresh water lakes.

It comes as no surprise then that some of us would take this vital resource for granted. Although Canada has more water than it knows what to do with at the moment, it's still finite. A recent survey FluksAqua carried out focused on the value Canadians place on water as a resource and its findings were cause for concern. Ultimately nothing lasts forever, not even Canada's water supply. Here's what FluksAqua uncovered:

To find out more about FluksAqua and its initiatives go to www.fluksaqua.ca/en/.

# WASH OUT

# <u>84.3%</u>

of respondents agreed that industries such as education (29.5%) and public transit (16.1%) are more undervalued than water and wastewater operation.

Canadians think water is doing well enough: While the majority of responses to the survey indicate a lack of concern for water, Canadians don't see it as an undervalued industry.

> A mere 5.6% of Canadians believe Water and Wastewater operators are undervalued.

## CANADIANS DON'T COVET CAREERS IN WATER

A very small 6.6% of Canadians dreamed of being a water operator when they grew up in comparison to 20.4% who wanted to be a teacher, 16.4% astronaut, 16.4% doctor and 12.6% police officer.

### An overwhelming 93.6% of all respondents think that our tax dollars should be spent on necessities other than water.

When preparing for a natural disaster, 37.7% of Canadians would pick up food, communication, money, batteries or lighting sources over water..

Canadians are most concerned with the aesthetic of a potential new home home.

Respondents would rather scope out their new neighbours (19.1%) or the finishes (17.6%) in a new home than check the water/water pressure (5.6%) in the potential home.



## SHE *READS*

# Well Read

Reviews by Aaisha Zafar Islam



### Rich People Problems, Kevin Kwan May 2017, Doubleday Canada, Hardcover, \$32

What will you do if you are denied entry to a posh London hotel? If you are anything like the Youngs from Singapore, you make a phone call and buy that hotel, on the spot. This was our endearing introduction to the way out-there world of *Crazy Rich Asians*. Kwan then followed up the same cast, bringing an even more explosive round of exorbitant shopping trips in Paris in his second novel, *China Rich Girlfriend*. With the third novel in his stories about impossibly rich people from Asia, Kwan takes things up another level altogether. After a heated bidding war, Warner Bros. Pictures acquired the rights to turn the bestseller into a cinematic treat and production started in April this year.

In *Rich People Problems*, Kwan introduces more family members who were just mentioned in passing in the previous two outings of the Shang-Young dynasty. This time, the who's who of South East Asia (with some royalty thrown into the mix) are going to descend upon Tyersall Park, the prime piece of real estate that has been ruled upon by Shang Su Yi for the past few decades. We meet Nicholas Young and his now wife Rachel Chu as he struggles to come to terms with the falling out he's had with her grandmother in the last book.

Shang SuYi is on her deathbed, Nicholas Young, favourite grandchild and heir apparent is banished from entering the estate. The favoured

granddaughter, Astrid Teo, heiress from the Leong family is friends with the ultra-rarified set of people in the world but has never once mentioned in anywhere. Things change as she finds herself in the midst of a messy divorce, and scandal after scandal making headlines in all the gossip rags around town leads to alienation from her family. And Eddie Cheng, the cloying cousin will do anything to elevate himself and his family into the upper echelons of the Shang-Youngs and work his way in to the will. Make no mistake, this book is about the fate of Tyersall Park and who will wield the keys to it once Shang Su Yi is gone, but it takes one through the various trials and tribulations the rich should face to get to that point, rich people problems, you know.

Asides the story, Kwan's books have their appeal in how generously his storyline is peppered with names from the highest ranks of the fashion world. Cameos in this book include Anna Wintour, Charlotte Tilbury, Valentino, Nigel Barker, even Bollywood royalty Shahrukh Khan makes a special appearance. You learn that nothing is off-limits, anything that money can buy will be bought, fashion, beauty, image consultancy, services, invitations, an entire ICU setup in your house and even plastic surgeries for your favourite pet fish. It is a real thing.
#### The Color Of Our Sky: A Novel, Amita Trasi April 2017, HarperCollins, Paperback, \$19.99

When Tara is eight years old, her Papa brings home a girl from his village. Mukta is a temple prostitute's daughter, destined for the same fate as her mother and grandmother with whom she lives on the outskirts of the village. She has striking looks, with a complexion that is fairer and coloured eyes, hinting at a 'higher' pedigree. Her mother insists that Mukta was fathered by the local landlord's son, who now lives in Mumbai. Mukta's small family comprises only women, and generations of women before her have been in the 'service' of the village temple. When a madam from the city visits Mukta's house to initiate her into the profession, Mukta's mother resists, and tragedy ensues.

Tara on the other hand is everything Mukta is not when the two girls first meet. Mukta has been traumatized into temporary muteness, she will not speak and Tara will not give up on befriending the new girl. A vivacious little girl, who beats up the neighbourhood boys, and is sure about who she is and wants in life, Tara coaxes Mukta out of her shell, cheerily including her in her adventures and the occasional escapade.

When a bomb blast in Mumbai brings tragedy to Tara's family, it sets off a chain of events that will see Tara and her Papa move to the US and Mukta lost.

Eleven years later Tara returns to her city, despite everyone trying to convince her that Mukta is lost forever, and presumed dead, Tara has not given up. As she dusts off her old apartment, and sets off



a rigorous campaign of visiting police stations and local NGO's working to find her childhood friend, Trasi takes us through the underbelly of the city. Her writing is simple in a way her story is not. *The Colour of Our Sky* is a tale of two girls, with an undercurrent of tragedy. With every page you turn, you want Tara and Mukta to meet and reconcile, but the next chapter takes them further apart, leaving you with a feeling of abject melancholy.

This is Amita Trasi's debut novel, and she skillfully weaves a story of tragedy and longing, the lasting message of her book is of human resilience, and not giving up hope.



# The Ministry of Utmost Happiness, Arundhati Roy June 2017, Penguin Canada, Hardcover, \$35

One of the most anticipated books of the year, Roy took 20 years to follow up on the success of her first novel, the Man Booker Prize-winning *God of Small Things*.

While her first novel was set in South India, *The Ministry of Utmost Happiness* is an ode to Old Delhi, just as layered, and complex in its storylines as one of the oldest cities in India. As a writer and storyteller, Roy's transformation as an opinion-maker and activist shows in her latest offering. As one thumbs through the pages, what is apparent are her acute observations on the country, and its transformations, politically and socially. From the restive mountainous region in Kashmir, to the caste system rife in South India, from protests, to her characters finding themselves in the midst of some of the most charged events in India in recent times, like the 2002 riots of Gujarat, Roy laces her prose with political commentary and you can feel her disappointment with the country India has become.

Her characters, whether it is Anjum who was born Aftab, or Tilo, are forever on the outskirts, in a place where belonging is everything, they are always out of place.

In Tilo, which seems to be loosely based on Roy herself, the South Indian architect moves to Delhi, befriends a motely crew of theatre enthusiasts as a student and experiences India in its rawest, most visceral form. Far from the 'shining India' and up and coming global economic and world power, hers is an India of the forgotten, the forsaken and the damned. She marries a Kashmiri, moves and witnesses the atrocities committed by the armed forces in the Valley, moves back to New Delhi, this

time making her home in the über-exclusive Diplomatic Enclave in the city, gets restless and moves out again.

Anjum, on the other hand has found a place to call and make into home. An old graveyard in the city is turned into an address, and a temporary home for an assortment of characters who don't seem to belong anywhere except at the boarding house Anjum has established amongst the city of the dead. In a society that will not accept who she is, she has established a place of her own and decides who will gain acceptance into her territory.

With *Ministry of Utmost Happiness*, Roy proves that she has only got better in the years, as a writer and chronicler of fictitious events (based on facts) that have taken place in the country since she last authored a book, and as an analyst who is not shy of sharing her observations in the non-fiction books she has been writing in the twenty past years.



Prison-Turned-Hotels



To help channel your favourite 'Orange is the New Black' inmate, Booking.com, the global leader in connecting travellers with the widest choice of incredible places to stay, delved into its over 1 million properties to find the best former jails turned into intriguing hotels. Thankfully, you don't have to be a convicted criminal to be 'locked up' in any of these past prisons as the doors are locked from the inside only!



For a more authentic prison experience, check yourself into the ALCA-TRAZ Hotel am Japanischen Garten, Germany's first prison-hotel. Dating back to 1867 and located near the Japanese Garden in the centre of Kaiserslautern, this prison-turned-hotel offers both cell-style as well as conventional rooms. In the cell-style rooms, guests can get a small taste of prison life via barred windows, original prison beds (made by former prison inmates), and even a washbasin and toilet in the room. The hotel's Hinter Gittern Bar, German for 'behind bars', is ideal for rounding off a busy day with a few drinks before escaping to your quiet cell or room for the night. Het Arresthuis, which is Dutch for 'house arrest', is a former prison and detention centre in the heart of Roermond city. Historically, Het Arresthuis was used as a detention house for small-time criminals awaiting trial and then as a state prison. Today, it offers guests luxurious rooms with complementary Wi-Fi, a flat screen TV and international gourmet cuisine at the hotel's restaurant – a far cry from the bare necessities offered at Orange is the New Black's Litchfield Penitentiary.



What's known today as the lavish Liberty Hotel was originally built in 1851 as The Charles Street Jail. In its years operating as a prison, it held famous inmates including James Michael Curley, Malcom X, Sacco and Vanzetti, among others. Today, The Liberty Hotel elegantly combines historic style and architecture with today's modern conveniences, including Wi-Fi access and state-of-the-art fitness facilities, while featuring playful nods to its infamous past.

Housed in a converted county prison and pre-trial detention centre from 1837, the atmospheric Hotel Katajanokka is located on Katajanokka Island in central Helsinki. Inside the red brick wall, you will find a unique world of contrasts – with serene comfort, stylish design and a hint of Nordic luxury. Restaurant Linnankellari operates in the basement of this old county jail and offers Finno-Scandinavian local and organic food prepared of the finest ingredients.





-

Sonia Jhas talks wellness, connecting with our inner selves, and figuring out what we really want for ourselves. Her wellness journey started when she began questioning what made her truly happy and now she is a wellness coach helping others to be their healthier, happier selves.

# alethed

fitness Was and health alwavs an important aspect of your life? Yes, health and wellness has always been an important aspect of my life. Well, actually let me rephrase that - health and wellness has been an important aspect of my life for the last 10 years, prior to that, being "skinny" was one of the most important aspects of my life. As many women out there, I spent most of my youth on a desperate quest to be a size 0, yo-yo-ing from fat to thin to kind of chunky and everything in between. It wasn't until I hit my breaking point around the age of 23 that my focus shifted to true health and wellness.

What made you leave your corporate iob and start "Get Fit with Sonia"? Contrary to what they often show in the movies, I didn't wake up one morning and suddenly decide to guit my job. In my case, it was a slow build. A few years into my corporate career, I found myself itching for more... looking for something that would really "do it" for me, something that I'd feel passionate about, something that would make me want to keep pushing myself to excel. I thought maybe getting my Executive MBA would do the trick. I figured maybe an industry change or even just bouncing around to different companies might lead me to finding something I was passionate about. Nothing seemed to really cut it, until I decided to follow the quiet little voice in my head that was telling me I may want to pursue health and wellness as a career. I got my Personal Training and Nutrition Specialist certifications done, built up a portfolio of clients while still working in the corporate world, and enjoyed what I was doing so much that I inevitably decided to take a chance and guit my corporate career! Best. Decision. Ever. What are the best and most challenging things about this career on a day-to-day basis?

The best part of my career is that I get the opportunity to help people on a daily basis – whether in person or online – gain control of their health and wellness. It's incredibly satisfying and rewarding to know that the effort I put into what I'm doing translates into tangible change for people. The

"I THINK WHAT I'VE LEARNED THROUGHOUT MY OWN PERSONAL JOURNEY IS HOW IMPORTANT IT IS TO LISTEN TO YOUR INNER VOICE"

most challenging part of my career is knowing where I want to go next. I'm not really following in anyone's footsteps and paving the way for myself, which is fun and exciting, but complicated and stressful at times! It's hard to evaluate your business when you, yourself, are the product. Luckily, I have a great team of people supporting me who help me stay rational, focused, and on-track.

### What is the core message for your motivational talks?

The core message of my motivational talks is to find your authenticity, own it, and then maximize it without apology. I think what I've learned throughout my own personal journey is how important it is to listen to your inner voice, accept what it's telling you, and then do everything you can to share that person with the world – regardless of what other people may think.

#### What is your idea of good "me time"?

Good "me time" involves spending time in nature, or reading a good book / catching up on good Netflix, or having a delicious meal uninterrupted by technology, or spending time with my closest girlfriends.

How do you achieve work-life balance, and what are the most important things to keep in mind when trying to have a balance life?

My daughter definitely keeps me balanced because she's a pretty demanding two year old! I make it a point to spend my time "after work" from 4:30pm to 8:30pm with her everyday, regardless of what work I have left to do in the day. This really forces me to keep things balanced and ensures that I compartmentalize my work, because let's

face it, it's hard to "shut off" when you're your own boss. I think being organized, planning ahead, and being schedule-driven can really help you keep a handle on work-life balance. I pre-determine when I'm going to be working and when I'm not, so that I'm never losing moments in time where I could either be productive or have fun. When I'm supposed to be productive, I do so with vigour, and when I'm supposed to be having "fun", I also do so with vigour.

Do you think you are where you wanted to be when you launched your wellness career? I think I'm well on my way. To be honest, when I launched my wellness career five years ago, I wasn't really sure where I wanted to go. I knew I wanted to speak, and write, and share my knowledge with the world; I just didn't know what that meant or how I would specifically end up doing it! When I look at things now, I spend my time doing media segments, writing articles for print, giving talks, and writing my book.Based on all this, I guess it looks like I achieved the broad goals I had set out for myself. As for the specifics, well, the needle keeps moving. New goals keep arising, and the work that needs to be done to achieve those goals continues.

#### What made you become a You-Tuber and start your channel #SoniaCertified?

I started a YouTube channel because I wanted to find a way to share more of my knowledge with the world. While I do media segments on TV all the time, I wanted to create something that was a little more personal – something that would allow me to have full creative / content freedom. #SoniaCertified was really my way of creating a personal space to share my views on products, hacks, and gadgets that I love!

How has YouTube changed the way you conduct your business and interact with your followers?

Mostly, it's given me the opportunity to disseminate more in-depth expertise to my audience and that has allowed me to engage with them in a deeper, more meaningful way as well.

Does a YouTube channel make it easier for you to reach out to your fans and uphold the values of "Get Fit With Sonia"?

Having a YouTube channel has certainly helped to create a home-base for all of my video content. It's also allowed me to share higher quality content, with no time restrictions, in a way that I believe has helped me connect with my fans. Video content is such a fantastic way to allow people to connect with your personality – I've definitely found it to be the best way for me to engage with my fans!

### How has your lifestyle changed from when worked 9-to-5 to now?

Back when I was in the corporate world, I was lucky to have a job that wasn't the traditional 9-5 at-your-desk job. I was client-facing, constantly on-the-go, and had a tremendous amount of autonomy. As I said, I was lucky! None of that has changed! The only difference now is that I'm happier, healthier, and more passionate about what I do – day in, and day out!

"I WASN'T REALLY SURE WHERE I WANTED TO GO. I KNEW I WANTED TO SPEAK, AND WRITE, AND SHARE MY KNOWLEDGE WITH THE WORLD"

What would you say is the first step to adopting a healthier lifestyle? The first step, in my opinion, is to really take the time to reflect on your personal state. How are you really feeling? What has gotten you to where you are now? What changes do you think actually need be made in your life in order for you to reap tangible benefits? And finally, are you actually willing to put in the work to make a change?

What is your go-to practice for relieving stress and calming nerves? I'm really lucky because the house we recently moved into has stress-relief practically built into it. We have a cottage-like backyard, a steam room, and a hot-tub. I had no idea that these elements would help me so much, but they really do! Obviously, working out is also a personal source of stress relief, as is daily meditation.

## What does wellness mean to you? And how do you uphold these values?

To me, "wellness" means feeling authentic, balanced, and healthy from the inside out. I essentially strive to live my life by these values – in the business and personal decisions I make, what I eat, how I prioritize self-care, who I spend time with, and everything else in between.

Your day-to-day schedule must be very hectic, what is one thing in your wellness routine that you make sure to never miss out on? I make sure to layer in at least one self-care com-

> ponent into my day, regardless of how busy I am. Sure, when I have lots of time on my hands, that may be laying in a hot tub. But more often than not, I make sure to take some time for myself – whether that be 15 minutes of quiet time, reading a chapter from a book, doing a meditation exercise, sneaking in a quick workout. I do whatever feels like "self care" for that specific day.

> You do a lot of motivational speaking, what would you want to tell SHE readers in regards to fitness and self love? Take the time to get to know the "real you", not the "you" that you've been taught to be. Connect with your inner self, and listen to what that quiet little voice inside your head is trying to tell you. It's likely a faint

voice, but if you listen carefully, you'll get the answers you're looking for. Accept who you are, in all your glory, and operate from a place of self-love and self-compassion. It's certainly not an easy thing to do, but take the time to work on it. It's something you really have to practice because for most of us, when we're on autopilot, we're beating ourselves down with critical inner dialogue. Whether it's about fitness or self-love, you want to come from a place where you're working WITH your mind and your body, not against it. Life is too short to constantly be at war with yourself!





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# SHE SPECIAL

# BEYOND

This summer we are all about a full brow and thick lashes. For some, this look is naturally achieved but for others, the struggle is real when it comes to growing out our lashes and brows. After a long search, SHE has finally found the perfect product that can get you the fullest brows and longest lashes you've always wanted! Deidra Barton spoke to Nicole Piggot, Brand Manager at RapidLash<sup>®</sup> who gave us the break down:

# What are RapidLash and RapidBrow used for?

RapidLash<sup>®</sup> is an ideal product for anyone looking to naturally enhance the look of lashes and brows. RapidBrow<sup>®</sup> is specifically created for eyebrows to help improve the appearance of brow density and fullness.

#### How do the ingredients work?

RapidLash® and RapidBrow® are clinically proven formulations infused with peptides, vitamins, minerals and moisturizing ingredients that are designed to help condition, enhance, fortify, protect and nourish lash and brow hair. The results of the products provide denser-looking, healthier-appearing and youth-exuding lashes and brows.

RapidLash

HEXATEN

RapidLash

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# Can people who have sensitive eyes/skin use these products?

Yes, RapidLash<sup>®</sup> and RapidBrow<sup>®</sup> formulations can be used by any skin type.

The formulations are ophthalmologist and dermatologist tested, safe for contact lens wearers, paraben and fragrance free. The formulations are not tested on animals.

#### How do you use RapidLash?

Apply RapidLash<sup>®</sup> to the base of the upper eyelashes using the applicator brush. The eye should be completely clean of any make-up or eye creams. Start from the corner of the eyeoutwards, directly on the base of your eyelashes



"Results are guaranteed on one tube which will yield two months of application."

#### How do you use RapidBrow?

The eye should be completely clean of any make-up or eye creams. Using the brush applicator, apply RapidBrow<sup>®</sup> along your natural brow line with a few quick strokes. The bristle brush helps set and tame the brows, while the serum delivers conditioning agents.

# How long does one need to apply the product to see results?

Thicker and fuller lash results occur in as little as four-to-six weeks using RapidLash<sup>®</sup>. One can maintain results by applying RapidLash<sup>®</sup> three-to-four times per week. Brow results occur in 60 days by applying RapidBrow<sup>®</sup> twice a day, morning and evening.

#### How often do I need to apply it?

RapidLash<sup>®</sup> is to be used once daily in the evening before bedtime.

Results are guaranteed on one tube which will yield two months of application. For best results and added benefits throughout the day, apply RapidBrow<sup>®</sup> once in the morning and once in the evening before bedtime. A tube of RapidBrow<sup>®</sup> will yield two months application.

#### Who would benefit most from **RapidLash and RapidBrow?**

RapidLash<sup>®</sup> and RapidBrow<sup>®</sup> are safe, effective products that help men and women who wish to achieve the appearance of thicker, darker and more voluminous lashes and brows

RapidLash® and RapidBrow® are great products for people who are suffering from thinning lashes and brows due to age, stress, sickness, medications, hormornal shifts and environmental fac-



The results of the

products provide

denser-looking,

#### What makes Rapidlash and RapidBrow different from other serums?

and RapidLash<sup>®</sup> Rapid-**Brow**<sup>®</sup> are cosmetic formulations that are clinically-proven and award-winning. RapiLash® does not contain any ingredients that would color. manipulate iris RapidLash<sup>®</sup> and Rapid-**Brow**<sup>®</sup> affordable are at half the cost of many prestige lash and brow serums in the Canadian marketplace. Over four mil-

erums to enter Canadian market in 2009.

healthier-appearing and youth-exuding lashes and brows. lion RapidLash<sup>®</sup> have sold worldwide and the formulation was one of the first lashs

tors. RapidLash® can be used in conjunction with lash extensions and false lash application. Rapid-Brow<sup>®</sup> also helps women who have over-tweezed over the years or who receive an overagressive brow removal service. RapidLash<sup>®</sup> and RapidBrow<sup>®</sup> will not interfere with permanent makeup.

# Can you share this product with other people?

No, RapidLash<sup>®</sup> and RapidBrow<sup>®</sup> are client specific and product tubes should not be shared with other people.

# What age is the youngest you can use this product?

RapidLash<sup>®</sup> and RapidBrow<sup>®</sup> can be used by anyone 18 years and older.



Brow Before



Brow After

#### Who founded RapidLash and how?

ROCASUBA, Inc brought RapidLash® to market in the United States in 2008 and it was the first lash serum to go into mass market. Today, RapidLash is sold in over 70 countries and remains a go-to product for eyelash and eyebrow enhancement for celebrities, consumers, beauty editors and make-up artists. The efficacy of the Rapid brand family of products continues to be raved about by millions of women throughout the globe. Products are available at Shopper's Drug Mart and beautyboutique.ca









The eyes are the window to the soul! For back to school, SHE sat down with Haley Bogaert of HBFace and spoke about brows, her new five minute face line and tutorials for beginners.

# HALEY BOGAERT FACE

#### WHO IS HBFace for?

HBFace is a beauty brand that targets all women who are on the go. We specialize in a 5 minute face kit for all women with busy lifestyles.

#### *WHAT PRODUCTS WOULD YOU USE FOR THE BEST EYE LOOK?*

The best products would be our eye primers, a soft creme powdered shadow along with our dual-tip eye liner and lash lengthening mascara.

#### WHAT SHOULD WE LOOK FOR WHEN IT COMES TO MASCARA, LINERS, EYESHADOWS ETC...

When looking for mascaras I would say the best way to know what suits you best is by the length of your lashes. If you have a longer fuller lashes I would use a thicker brush. If your lashes are on the shorter side I would use a thinner brush because it's easier to get close to the lash line and wiggle upwards for better results.

#### *WHY DID YOU START YOUR OWN BRAND?*

I started my own brand because I wanted to cater to all women and simplify a way for everyone to feel good in her own skin in a short period of time. I was always very good at makeup and brows and I thought why use another brand when I know how to create my own.

# *WHAT IS YOUR FAVE EYE LOOK*

I personally like a simple eye. I would do an eye primer, a soft gold shadow with liquid liner and tons of mascara!



#### HOW IMPORTANT IS BLENDING?

I believe blending is the key step in any makeup look. Blending is

HALEY BOGAER

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important because it doesn't look like you just plopped colour on your lid. Always blend in the crease and also blend to smoke out!

#### *HOW IMPOR-TANT ARE BROWS WHEN IT COMES TO YOUR LOOK?*

Brows are the most important feature of your face as they frame your face! It's always important to have a brow that works for your face shape. I use a serum on mine to grow them out and that way it gives me more to work with.

#### YOUR TOP TIPS FOR BEGINNERS?

My two tips for beginners are: 1. practice makes perfect. 2. start simple! You only want to enhance your beautiful features.

#### WHAT CAN I DO TO MAKE SURE MY BROWS ARE ALWAYS ON FLEEK?

The best way to make sure your brows are always on fleek is the three T's: 1. thread 2. tint 3. tweeze And of course doing a slight filling in regularly till your next appointment with a brow expert.

#### WHERE DO YOU SEE HBFACE GOING IN THE FUTURE

I have very big plans for the brand, I would eventually like to be world wide with ecommerce. Maybe eventually have a flag ship store in Toronto.







HOW WOULD YOU TURN A DAY LOOK INTO A NIGHT LOOK?



Amp up your lip with a bolder lip and go simple on the eye with a thin line with liquid liner.

Use a darker shadow that suits your skin tone all over the lid to the crease and dust it on your lower lash as well. Apply a nude brown lip or nude pink lip so it doesn't clash with the darker, bolder eye.





I've been talking to a girl online for a few months now and I am really starting to like her. We talk every single day and she told me she has feelings for me as well. I found out that she lives only an hour away and I've been asking her to meet up in person but she's always making an excuse not to. She has no reason not to trust me so I don't understand why she won't meet. What can I do?

# she said...

Sara

I think she's just shy! It's very intimidating to meet someone in person for the very first time and she's probably nervous. I say start small before meeting face to face and then work your way to a meeting. Ask her to facetime, skype or video chat, if she still says no then ask to speak over the phone. Remember just baby steps and soon she will have no problem meeting you.

sard

Uh oh...sounds like this girl may possibly not be the girl you think she is. Have you heard of the show *Catfish*? That's probably why she doesn't want to meet because she's FAKE. First, ask for a photo of her holding up a sign with your name on it. If she can't do that for you than she's probably one of those people who run to the internet to run away from the real world. Confirm that she's real first before trying to convince her to meet you.

I got engaged to the love of my life! Our families get along perfectly and we had been together for a really long time. My problem is, I think my best friend is jealous over my engagement. Ever since I told her my news she started to act distant and wont take part in any of the planning or parties. She barely answers my phone calls now. Should I straight up ask her if there's a problem or should I ignore it?

she said...

First of all, congrats on your engagement! Second, I am sad to hear about your best friend acting that way. Jealously is a hard emotion to hide and I feel like you should just be honest with her and ask her if she's okay. Tell her you had noticed she has been acting different since the news and let her know if hurts your feelings that she's not happy for you. Sometimes when we are jealous, we don't realize our behaviour is affecting everyone around us. She needs to understand this is your time and her time will come. he said...

he s<u>aid...</u>

What kind of friend is that? Listen, she was never your friend to begin with. A real friend would be so happy for you and not jealous. I wouldn't even bother giving her any attention and continue on with your wedding plans. She's just looking for a way to turn this event about her.

"In this electronic age we see ourselves being translated more and more into the form of information, moving toward the technological extension of consciousness" Marshall McLuhan

"I have this extraordinary curiosity about all subjects of the natural and human world and the interaction between the physical sciences and the social sciences."

Ian Hacking

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"Democracy will defeat the economist at every turn on its own genre.." Harold Innis

"... ...dominant groups tend to entrench their hegemony by inculcating an image of inferiority in the subjugated." Charles Taylor

"Science is the great antidote to the poison of enthusiasm and superstition." Patricia S. Churchland

"One of the reasons I think we are sometimes critical of support for the arts is that art — lyric art in particular — can make us uncomfortably aware that economically expedient answers may not always be true." Jan Zwicky

UNQUOTE



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