

SHE CANADA

Mirzya:
Bollywood's
Take on
Romeo & Juliet

Holiday
Shopping:
Best Malls
in the GTA

Supernault
Rising

KYLIE X PUMA:

FOREVER FIERCE

Holiday Styles
for the *Family*

DEC/JAN 2017 \$1.99 CAD | 10 AED | £1.15



&

The **ULTIMATE** Gifts Guide

NEVER HIDE



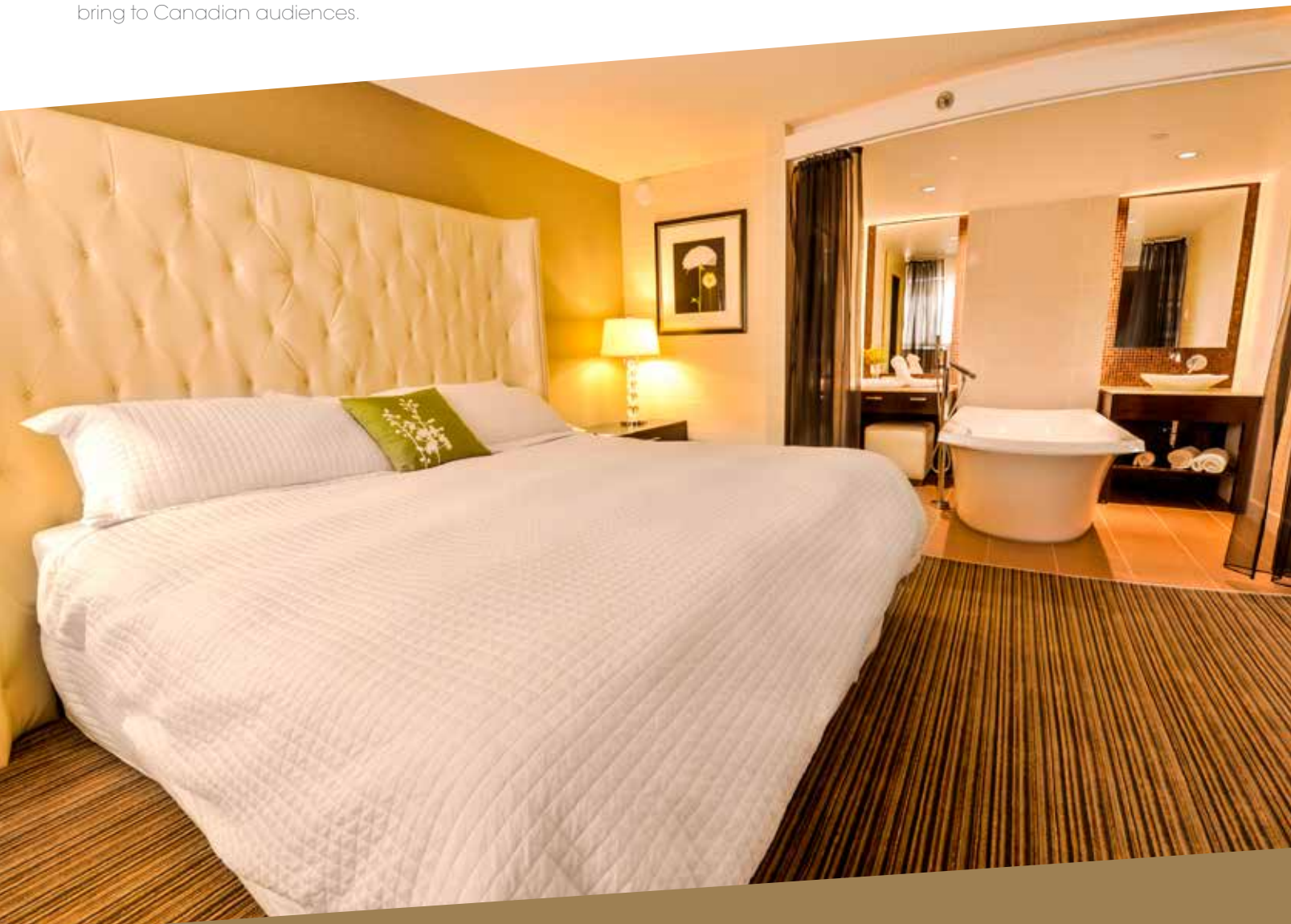
Ray-Ban

GENUINE SINCE 1937

HOSPITALITY DEVELOPMENT ENTERTAINMENT

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SHE CANADA

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Hope is the way forward

Season's greetings!

I'll bypass a political message this month as I'm sure you're up to your ears in opinions at this point. The world is presently in a more uncertain place than ever before and it is up to us, as lifestyle editors and journalists, to help our readers look on the bright side of every situation. The good news? It's the holiday season!

Everyone will be dressed their best, heading out to celebration after celebration. Maybe a trip abroad is in the cards or a brief trip to the slopes up north? Regardless, this issue is certain to be the perfect companion to the season.

As per usual, you can find the very best of the luxury lifestyle world within these pages. From our cover story about the latest Bollywood hit *Mirzya* (p. 24) to Kylie Jenner's latest brand collaboration with PUMA, which has caused a stir amongst the Kardashian-Westes, this issue is packed with exclusive content.

From a shopping perspective, our product pages and gift guides are stellar this month. Should you be looking to save, the \$20 bill challenge is covered on page 42. Have you ever thought about only keeping a \$20 bill in your wallet to see how far it would take you?

From an entertainment perspective, we look at critics' collective fury over Mindy Kaling's dating choices on *The Mindy Project*. With it just having celebrated its 100th episode, there's never been a better time to look at this controversial topic.

Finally, we must address the elephant in the room. Many of you are shocked and likely even upset by the stunning election results south of the border back in November. So are we. In an effort to combat what could be a very long four years, there is absolutely something you as an individual reader can do. Show a little bit of compassion every day. Although we as Canadians are not eligible to vote in the States, we can all do our part. Help the elderly with their shopping bags or volunteer at a soup kitchen in your spare time. Get involved in your local community and continue to celebrate the diversity Canada is known for. Never let the rhetoric we've had to endure over the past year make its way up here. Change (and the resistance) begins with you. And when your American friends threaten to move to Canada, tell them not to. They should do the exact same thing in their own country. If they don't fight for change, who will? Have a happy holiday!



EDITOR
S.M. Kamran Zaidi

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

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last month's
issue



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shecanada

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SHE Asked:

What holiday season track gets you most in the mood?



PRIYA KUMAR
Executive Editor

priyak

A close tie between Mariah Carey and Eartha Kitt's Santa Baby.



AAISHA ZAFAR ISLAM
Deputy Editor

aaishazi

Holidays to me means more chances to sneak in extra sleep, so I'd say absolute, or at least sleep-friendly silence.



LINDSAY COOPER
Editorial Assistant

lindsayecooper

There's only one correct answer to this question: *All I Want for Christmas is You* by Mariah Carey.



DEIDRA BARTON
Marketing Assistant
 deidramellisa

Fa la la by Justin Bieber featuring Boyz II men.

Correction: SHE Looks page 14 in our Oct/Nov 2016 issue incorrectly captioned REISS and Stella McCartney coats as fur. They are both faux fur. We regret the error.



EGPR @EGPR_Tweets
Nov 2
Spice up your fall beauty routine with @Here-sHardCandy's #AllMatte-Up and #AllGlossedUp hydrating lip stains featured in @SHECanada

Magazines Canada @magscanada

Oct 12

We're proud to be represented by @SHECanada—Canada's only South Asian print mag—and others during today's #digicancon consult w/ @melaniejoly

Priya Kumar @say-itrightltd

Oct 13

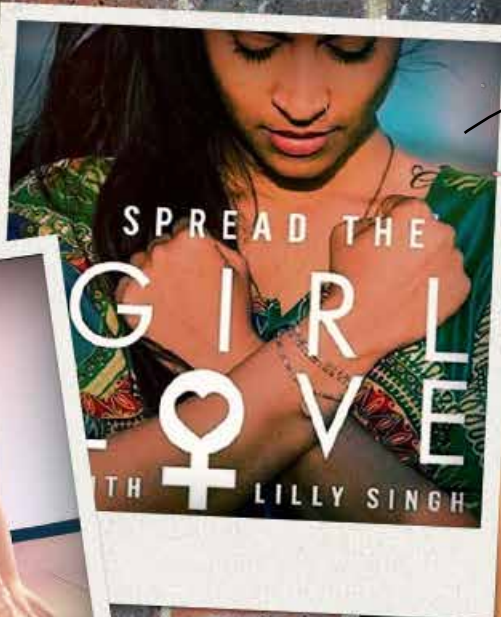
UGH, MODELS. Twitter Is Outraged That Gigi Hadid Incorrectly Called Zayn "Half-Middle Eastern" CC: @shecanada



shecanada



#SHECANADA



TO CELEBRATE HER BIRTHDAY MONTH, #SUPERWOMAN #LILLYSINGH IS SPREADING #GIRLLOVE WITH HER #RAFIKI BRACELETS. DETAILS ON THE #SHE-CANADA BLOG NOW. IMAGE: @ISUPERWOMAN11



AT THE #WHITECASHMERE COLLECTION EVENT! HOW GORGEOUS ARE THESE DRESSES?



THIS FACE! #PRINCEGEORGE KENSINGTONROYAL

Sequinned Text Dress
Zara
\$49.99



A HIGH-SHINE FINISH

This season celebrate with more sparkle than just the twinkle appearing in your eye with the prospects of a new year. With every space from shopping malls to nightclubs piled with glimmering garland and cascades of confetti, the pressure to outshine your surroundings is highest during the holiday season. This year we're decking the halls and our closets with enough sequins to rival even Michael Jackson's wardrobe.

Gorgeous Glitter Shoes
Topshop
\$95



Sequinned silk-georgette mini dress
Ashish
\$3319.99



Sequinned Blazer
Zara
\$159



Glitter Heeled Boots
River Island
\$79.99



Arnette embellished tulle, velvet and silk midi skirt
Preen by Thornton Bregazzi
\$2850



Pink Slip Dress
Zara
\$49.99

Sequinned Ombre Dress
Zara
\$45.99

Camouflage Sequin Bodycon Dress
Topshop
\$111.50

iPhone 6/6s Gold/Silver Glitter Star Case
Skinnydip
\$30.99

Mermaid Shell in Pink Glitter
Skinnydip
\$59.99

Silver and Black Sequinned Dress
H&M
\$99

Lilac Sequin Mini Bag
Skinnydip
\$44.50

Bee Embellished Clutch Bag
ASOS
\$63.99com

Mini Paint Pot Nail Polish and Effects in Mosaic Madness
Ciaté London
\$10

FUNCTION OVER FORM

This year it was Athleisure, last year it was deconstructive labels like Vetements and Yeezy, the year before it was normcore. With the latter shortlisted for Oxford's Word of the Year in 2014, this adapting trend of anti-fashion has proven its staying power. A strong contender as the dominant contemporary counter culture, functional dressing puts useful and casual staples (hooded sweatshirts, slogan shirts, backpacks) at the forefront of disruptive fashion, providing a stark contrast to the recent renewal of monogram driven brand-mania.

Simply defined as any way of dress deviating from or directly challenging mainstream trends, the current resurgence of anti-fashion's aggressive mantras spelled out across graphic tees and the dark, angry vibes at Vetements' A/W16/17 imply a deeper agenda than just fashion. With previous iterations manifesting in the forms of Goth, Punk and Grunge critiquing right wing conservatism, functionality promotes wearing discreet, label-less pieces nearly everyone has in their closet in a direct response to high-fashion and their exclusionary Parisian ateliers. Rejecting fashion's unrealistic ideas of what a woman should be, this trend embraces the reality of who women are.



Oversized Denim
Jumpsuit
Ivy Park
\$275.99

Navy Backpack
Roots
\$65

Super Star Distressed
Satin and Suede
Sneakers
**Golden Goose De-
luxe Brand**
\$610



Football-shoulder
hooded cotton-blend
sweatshirt
Vetements
\$1,325

Nylon School Bag
Cordura
\$68

Sweatpants Skinny Fit
H&M
\$29.99

Stretch-Suede Tall
Boots
Prada
\$1,100



Cashmere Sweater
Joe Fresh
\$99



Contract Trim Jumpsuit
Mango
\$79.99



Denim Backpack
Roots
\$65



Leather Gloves with
Touch Tone Patch
Jessica
\$19.97



Military Crepe Boot
Woment
Yeezy
\$850



Vela Small Textured-
Leather Trimmed Shell
Backpack
Prada
\$1,350



Sporty Tie Mini Skirt-
Topshop
\$48



'1460 W' Boot
Dr. Martens
\$139.99

SHE LOOKS



Crinkle Gold Bag
Jimmy Choo, \$1180.00
Available at Nordstom

Bella's day job has her adopting personas and dressing the part for designers all over the world, making her personal style hard to pin down. A quick look at the model's Instagram reveals her to be the embodiment of nineties nostalgia in all white, her signature round sunnies, slip dresses and turtle necks. Make her decade dream wardrobe more modest by layering jeans or leggings under the thigh-bearing hemline. Alternatively, you can dress the look up (while still keeping with the '90s motif) by swapping the sweater for a slip.



Mariel Dress
Wilfred Free
\$75



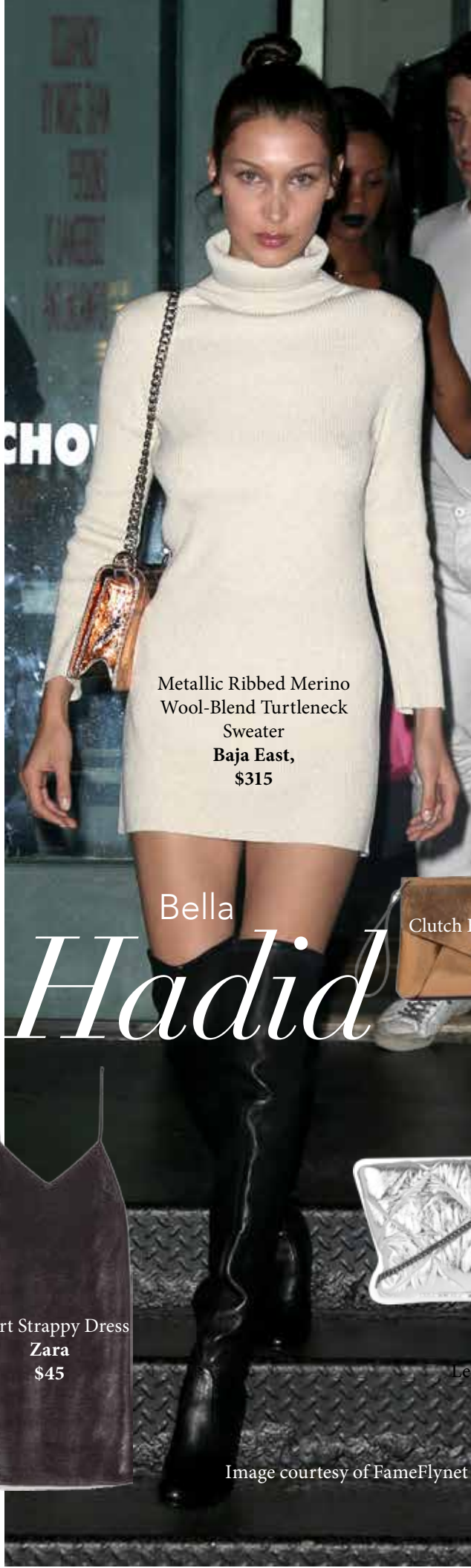
Highland Boot
Stuart Weitzman
\$999



Jersey Legging
H&M
\$12.99



Short Strappy Dress
Zara
\$45



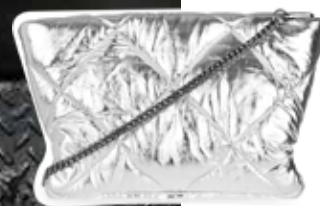
Metallic Ribbed Merino
Wool-Blend Turtleneck
Sweater
Baja East,
\$315



Asteille Stiletto
Boots
Aldo
\$140



Clutch Bag with Flap
Zara
\$25



Leather Puff Clutch Bag
Topshop
\$70

Image courtesy of FameFlynet



Long Crossover
Coat
Zara
\$199

Straight High Jeans
H&M
\$59.99



Oversized Denim Shirt
in Mid-blue
Zara
\$45.99



Double-Breasted
Wool-Blend Coat
Pierre Balmain
\$2,7750



Patchwork Tote Bage
TopShop
\$67.99

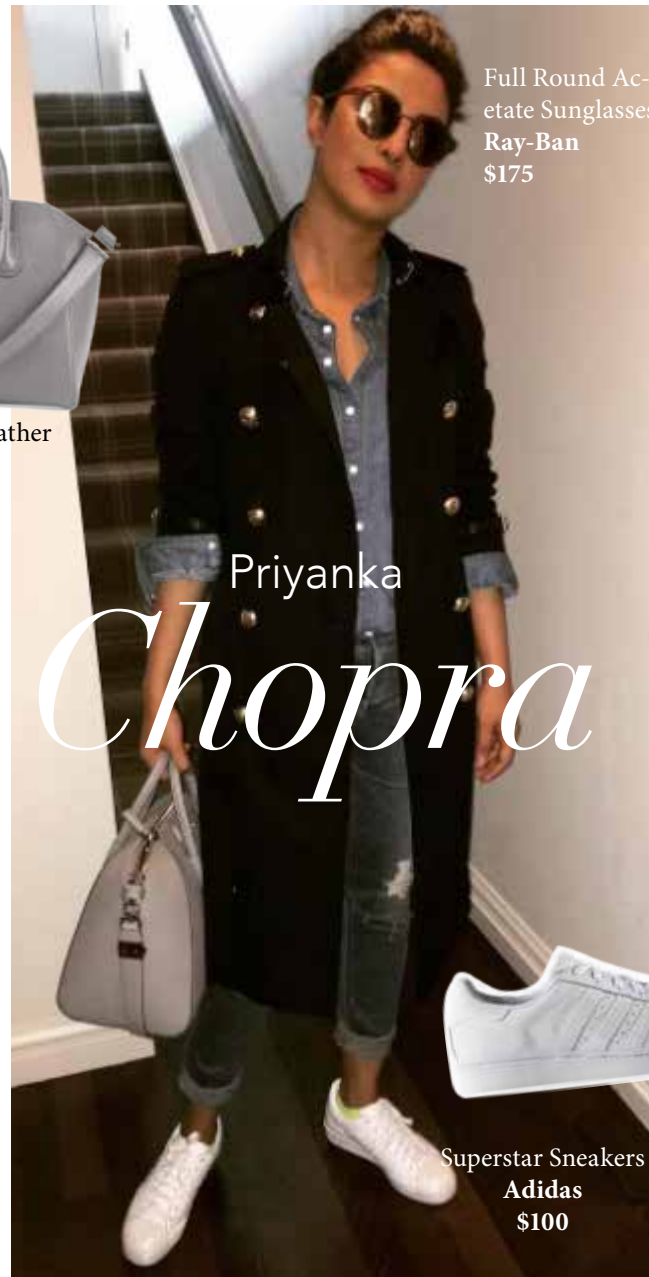


Antigona Medium Leather
Satchel Bag
Givenchy
\$3,215



Etiwiel Boot
Aldo
\$148

We are looking forward to spring and adopting layers to keep comfortable and fashionable regardless of the coming months' temperamental weather. Nobody nails layering quite like actress Priyanka Chopra in her Canadian tuxedo. Disrupting the denim with a double breasted overcoat in a subtle military motif, she keeps coordinated by sticking with staples in a neutral palette. And while her Adidas trainers compliment the look, they aren't particularly practical in the Canadian winter months, so keep them in your closet until it's time to transition into spring's warmer months. For now, throw on a pair of boots and a few extra layers.



Full Round Ac-
etate Sunglasses
Ray-Ban
\$175

Priyanka

Chopra



Superstar Sneakers
Adidas
\$100

Burberry:

Fall/Winter 2016

BY PRIYA KUMAR



Burberry's done it. This past London Fashion Week, the venerable British heritage label went ahead and revolutionized the way consumers shop. Under the old model, fashion week predated the launch of collections in-store by almost six months. Christopher Bailey has shaken up the industry by allowing

patrons to purchase items directly from the runway in real time, shipping to over 100 countries.

Also out of step with prior seasons, Burberry's September 2016 show left its old stomping ground of Kensington Gardens for the much more understated Makers House in London's trendy neighborhood of Soho. The intimate showing was attended by Lily James, Felicity Jones, Jenna Coleman, Nicholas Hoult, Kris Wu, Freida Pinto and many others

including former Burberry models Cara Delevingne and Jourdan Dunn.

Of the collection, Bailey said: "Tonight's show marked a very special moment for us – it was the culmination of a series of important changes we made, designed to bring our collections closer to our customers. The collection was influenced by Virginia Woolf's novel *Orlando* – a love letter to the past and to English history, and a kind of dressing up box to visit and revisit."



Bailey went on to say: “Inspired by this, tonight also celebrates the start of an amazing partnership with The New Craftsmen. Together, we are opening the doors to “Makers House” – a space for visitors to experience the British design heritage that is so integral to us and everything we do, and also a chance to be immersed by the work of some of the most exciting creators, and the innovation and inspiration behind their craft.”

The space was designed by Nancy Lancaster and featured corning on the doorways, upholstered benches and hand-woven carpets. A 21-piece orchestra accompanied by pianist Rosey Chan and vocalists set the ambiance of the show, playing a score written exclusively for Burberry.

Reiterating Bailey, the collection was inspired by Virginia Woolf’s novel “Orlando” and reflected the way a house

changes its character over the years driven by the people, clothes and cultures that inhabit it. It boldly combines noble and authentic fabrics, tradition and modernity, denim and jersey with cashmere and pyjama silks. In line with Burberry’s previous efforts, it blends masculine and feminine, casual and formal, day and night to bring the past into the present unlike ever before.

SHE *FASHION*

Fashion Weekend at Yorkdale

As Lucia Connor, the marketing director at Yorkdale Shopping Centre, took the stage before the Grande Finale for FashionCAN, she emphasized that the two day celebration of Canadian fashion was not a replacement for Toronto Fashion Week that had seen an abrupt cancellation earlier this year. One still can't help compare the two, seeing that the designers who showed at TFW were the same ones who found a perfect venue to showcase their SS17 collections.

Yorkdale has seen one of the largest retail expansions in the GTA this year. The new 'fashion' wing adds 20 new stores including the world's first Canada Goose store, Japanese sensations Uniqlo and Muji, as well as French brands like Sandro and Maje. Yves Saint Laurent will also be marking its Canadian debut soon.

The new wing was opened to public on October 18th, but two days prior to this, it was already milling with activity as it transformed to a runway for some of Canada's best brands. Shows lined up through these two days, organized by Canadian Arts & Fashion Awards (CAFA), and the buzz was akin to a fashion week, just pared down to two days, ending with a Grande Finale where select pieces from each designer were sent down the runway.

FashionCAN Pop Up

Following international fashion fraternity trends, looks from the runway are available to buyers right away. An exclusive FashionCAN boutique will present a carefully edited collection of pieces from some of the country's best loved design houses. From mid-October to the end of December, discerning fashion lovers can browse and buy clothing and accessories. They can also preorder their favourites from the SS17 collection.



Bustle, Christopher Paunil, Daniel Christian Tang, The Feral (Formerly Sons of Odin), Greta Constantine, Jennifer Torosian, Lucian Matis, Marie Saint Pierre, Mikhael Kale, Narces, Paul Hardy, Pink Tartan, Sosken, UNTTLD and ZVELLE showed at FashionCan and will be a part of this fashion collective.



"We see Fashion-CAN both as an event that will allow designers to connect with buyers to preview their upcoming collections and make important sales, and also as an event where consumers can celebrate the looks they see fresh of the runway."

**Lucia Connor,
Marketing
Director
Yorkdale**







*"FashionCAN
is where fashion and
commerce meet and is
part of the growing global
fashion movement allowing
consumers an opportunity to
purchase what they see im-
mediately following their runway
shows."*

**Vicky Milner, Presi-
dent CAFA**





TFI Buyers' Brunch

BY AAISHA ZAFAR ISLAM

Toronto Fashion Incubator #42

The 42nd edition of the critically acclaimed Toronto Fashion Incubator presented a refreshing variety of fashion and accessories to buyers and media this past October, where 14 designers came together at One King West to showcase their SS17 collections.

TFI is the answer to every aspiring Canadian designers dreams. It was established in 1987 and the model has since been replicated in fashion capitals of the world. The non-profit platform offers support and mentoring to creative entrepreneurs to hone their business skills in the industry. This year saw an addition to the lineup with five finalists from TFI's

Fashion Your Future (#TFIFYF) Accessory Biz boot camp funded by the Government of Ontario and supported by the City of Toronto. The boot camp ran through the summer, coaching over 80 young designers into the whole process of developing their accessory line. This included critical aspects of the trade, including sourcing material, pricing, planning and preparing for a show in addition to fine-tuning a design process.

This year, five finalists received a micro grant of \$2,500 to \$3,000 towards financing to develop their line for the show, marketing and display. Abinaya Bala for AYANIBA, Jasmine Swimmer for BHF Empire, Garéma by Garima Tewari, J.Y. GAO by Jing Yao Gao and Peri Greig for Pygmilion are emerging talents with design skills to watch out for.

Ayaniba's collection of digital print scarves, featuring original photography by Bala, evokes the designers memories of growing up in the inner city. BHF Empire presented luxurious handcrafted menswear accessories, an ode to the 1920s style of debonair men, and a swimwear line.

Hat lovers are sure to fall in love with the 28 varieties of handcrafted headgear designed by Sharon Snitman for High Spirits. The line is sold in Toronto, New York and Chicago, feel light and the soft velour materials sourced from Europe look and feel luxe atop any head.

Garima Tewari took her line up a notch, using 22k gold-plated details in her collection of handmade and hand embroidered clutch bags. A collection fit for royalty.



Toronto-based jewellery designer Peri Greig's lavle Pygmalion line would be sure to appeal to all those love statement pieces while J.Y. GAO by Jing Yao Gao designed pieces that move with the wearer. Crafted in sterling silver and gold, these dynamic pieces were an interesting wearing and visual experience. Patricia Wong's jewellery line meshes her experiences growing up in metropolitan cities of Hong Kong, where she was born, and Toronto, where she is now based. Fashion, sculptural arts and architectural inspirations made her another designer to look out for. And finally in jewellery designs at this edition of TFI, Fredrick Prince jewellery crafted semi-precious gems known for their healing and strengthening properties into a signature mix of metals. KODA NIVOLI was founded in 2015, and the collection of prestige handbags is fashion forward in its feminine details, with an eye for bold colours and embellishments.

Bouswari designer Diarra Bousso Niang celebrates Senegalese craftsmanship in her line of handbags, fusing African inspirations into modern iterations in a beautifully crafted piece anyone would like to have on their arms. PARC City Boot's SS17 collection is inspired by urban parks, and made in Felgueiras, Portugal's historic shoe district. This time the focus was on European leathers and pops of colour for men who favoured a statement style look. Moving on to apparel, Willowmore is made and designed in Canada by Karen Meleniclis. The aesthetic is classic, flattering and comfortable. Simple designs of the highest quality that you will want to keep on wearing, is Willowmore's mantra.

Whitney Westwood has shown at the Toronto Fashion Week four years ago and for SS17, Franciska Veress had worked exclusively with European linen in a cool palette of pastels and whites. Continuing with European fabrics, Ralston Williams apparel is also made in Canada using the finest of Italian fabrics that feels luxurious, looks elegantly feminine and is designed for a comfortable wear.

Images: George Pimentel Photography




A man with a beard and a dark cap is riding a motorcycle in the rain. The rain is falling heavily, creating a blurred background. The man is looking directly at the camera. The motorcycle's headlight is on, and the background is dark with some blurred lights.

MIRZYA

*Bollywood's Take
on Romeo & Juliet*

It's not often that a Bollywood film is picked up and embraced by the international film circuit. Against all odds, *Mirzya* had done just that. Directed by Rakeysh Omprakash Mehra, this epic love story brings together Saiyami Kher and Harshvardhan Kapoor on screen, two relative newcomers to cinema. PRIYA KUMAR caught up with the cast and director in London when the film was screened locally.



Opening at a Gala Premiere at the 60th London Film Festival in partnership with American Express, *Mirzya* was slated to make a splash on the international film scene. The premiere was attended by Anil Kapoor and Sonam Kapoor both of whom turned out in support of leading man Harshvardhan Kapoor, their son and brother respectively. *Mirzya* director Rakeysh Omprakash Mehra said of the premiere, "It cannot get more exciting than this. *Mirzya* now has the perfect partner in BFI – needless to say it's an honour to have a Premiere at the London Film Festival."

Mirzya is a compelling love story based on the ancient Punjabi myth *Mirza-Sahiban*. It sees star-crossed lovers Soochi (Kher) and Adil (Kapoor), torn apart in their adolescence by tragedy, rekindle their love as adults. There is an alternate, fantastical reality in which the story concurrently takes place. In this reality, slow-motion scenes are accompanied by dazzling effects.

The sweeping shots, intricate direction and stellar performances by its freshmen leads splendidly come together in this effort. Days before the film premiered at the London Film Festival, I caught up with Harshvardhan Kapoor, Saiyami Kher and Rakeysh Omprakash Mehra at the Mayfair Hotel in the posh London district of the same name:

SHE: With your family's legacy, did you feel you had big shoes fill for this particular role?

Harshvardhan Kapoor: I just kind of knew if I played both the parts to the full potential, make a lot of people sit up and take notice. The task was such a massive one that I had to kind of work really hard at it every day for a really long time, even before we started filming. But now that the works done and I am kind of looking back at the film in its totallality, I am very happy with the results.

SHE: This is for both of you, the film being set in two realities, how did you get into character when you

were going from one reality to the other?

Harshvardhan Kapoor: We basically approached to these two movies and we shot the contemporary from November to March then we had a four-month break. [This time] was kind of pre-production for the fantasy folk, mythical part of the film. We kind of just approached it like that and then shot two films that were put together by the editor and director, so as actors, we didn't corelate emotionally or physically, any of it.

Saiyami Kher: The hair, makeup and wardrobe were so different from the contemporary world that when we were in the folk mystical world, we felt like different people in the clothes we wore. When we looked at ourselves in the mirror it felt like this view is full, it felt like somebody else because it was so different from what we had seen ourselves as that it really helped. That it's a different world all together.

SHE: The film is based on a Punjabi legend. Did you have to brush up on your mythology before doing this?

Saiyami Kher: Our story is a contemporary story and it is inspired by *Nezam Saiban* but also the folk tale. I feel the film gives you the opportunity to pull out the way you want to. So even that folk tale is a way that sir envisioned it. So his instructions to us were not to get into it too much because the story was a contemporary story.

SHE: Have you had the opportunity to come out to Canada and see your fans?

Harshvardhan Kapoor: I was in Toronto in September. I was there for the whole duration of [the Toronto International Film Festival]. The only September that I missed so far is this one for the promotion of this film and the September 2014 when we were filming, but I have been there for the three for the last five years. So it's incredible, it's the best two weeks of the year. I am obviously experiencing BFI now. I haven't experienced Cannes but TIFF is such a people's festival. It's so calm and laidback and because Cannes happens in May, TIFF happens in Sept so all the films

that couldn't make it to Cannes make it to TIFF. Also lot of Oscar front runners are also making it to TIFF so you get to watch everything.

Saiyami Kher: Unfortunalty I haven't but I think we will do that soon may be next year.

SHE: Now for the direction questions. In the past you have done a great job at bringing human experience to life on the screen. How have you taken your vision to this particular genre of an epic love story?

Rakesh Omprakash Mehra: It was quite organic. There was this one vision and I saw it as a big jigsaw puzzle and kept placing pieces till the whole picture kind of emerged. For me it was not like painting on a canvas but more like piece of marble I wanted to chisel and find the form within, so it's different. The story been with me for almost thirty-five years, when I first saw the play in college. It had made an edible mark on my conscious and what it demands from you as such from the viewer of the play and it ends with the question. It's an internal question, it's a question about love, about betrayal, and about why do the things we love the most often destroy us? We have been writing it for seven years, actually it's been seven years in the making, from writing to releasing tomorrow. So the first four years were the writing process and everything followed as such.

SHE: To clarify, the story of the dual reality was not in the play. The play was the original so is this vision of two worlds your own creation?

Rakesh Omprakash Mehra: Absolutely, it's the idea of love. Can eternal love exist in today's time? I was trying to explore that with the world moving so fast and with connectivity so connected and the pace of life and right out there can we still find eternal love. Can we still find that one moment of love that is larger than your entire life or longer than your entire existence?

SHE: Finally, how did you go about choosing newcomers to star in this film as opposed to industry vetrans?

Rakesh Omprakash Mehra: Actually they chose me. Casting is always a process and things happen. Me and Harshvardhan, we have been meeting for a long time back, not talking about this film but he was growing up meaning he was a young lad. Then he was studying acting. So we started talking about this story and Saiyami, she went through auditions. It's never important how it came about, what you did for the role to come to



you. You feel that this actor was born for it, this character or it was actually written for them and the line completely blurs.

SHE: Thank you so much, I think we are out of time but it was a real pleasure to meet you all.

"I was trying to explore that with the world moving so fast and with connectivity so connected and the pace of life and right out there can we still find eternal love. "



#FOREVERFIERCE

WITH KYLIE JENNER

BY PRIYA KUMAR

Kylie Jenner and PUMA have come together for an innovative new line of performance gear and training shoes. Aptly titled PUMA Fierce, the shoes are easily merged with contemporary styling.

Kylie Jenner was first spotted wearing the lightweight lace-less design back in April. Featuring performance technology and street-worthy style, these slip-ons have demi-height construction. Fashion need not eclipse function with PUMA Fierce either. Its supportive midsole and flexible outsole allow for fast, multi-directional movements perfect to go from the street to straight to CrossFit.

Fierce trainers can handle just about every fitness routine. The design is inspired by dance movements but made for rigorous training. Truly a thing of beauty, Fierce's 3-dimensional kurim lace-like pattern is intertwined with its neoprene construction. Available in four colours—Black, Winetasting, Olive and Whisper White—you'll be sure to hit the gym in style.





It's worth noting however, this Kris Jenner brokered collaboration has not been without controversy. It's a well-known fact that Kanye West has worked with Adidas for several years now on his Yeezy line. When he found out about Kylie and PUMA he accused the German athletics brand of trying to "divide the family". He tweeted: "1000% there will never be a Kylie Puma anything. That's on my family! 1000% Kylie is on Yeezy team!!!" and "Puma we gone give you your measly million dollars back!!! Never try to divide the family!!! (sic)"

Kim Kardashian West took Kanye's side in the matter: "Kanye had Kylie walk in his first two shows, he really believed in her as part of his brand. I get my mom's job is to get us deals... but everything has to be really carefully played out and I feel like this was a conflict of interest."

Kris Jenner conceded to Kim's remarks saying: "I am just trying to do the best job for everyone that I can... Sometimes I get ahead of myself and forget to communicate the way I should." The whole family may have been upset at one another when this deal went through, but ultimately it's PUMA that has emerged victorious.



"AVAILABLE IN FOUR COLOURS—BLACK, WINETASTING,
OLIVE AND WHISPER WHITE—YOU'LL BE SURE TO HIT
THE GYM IN STYLE. "



OPULENCE & GRANDEUR

DIVANI

BAGH-E-BAHAR COUTURE SHOW



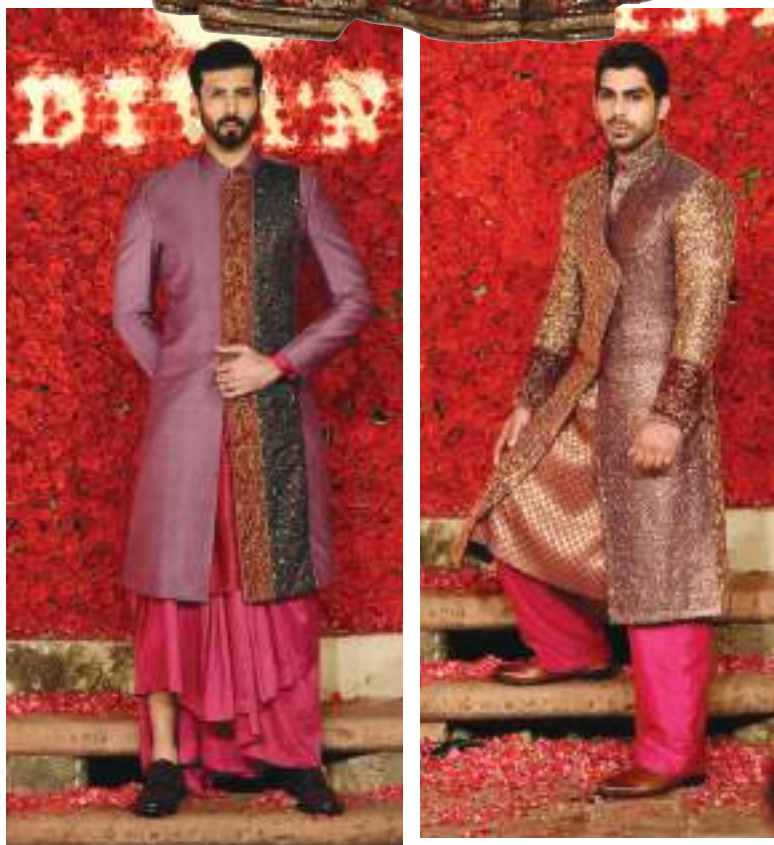
DIVANI SHOWCASED ITS COUTURE 2016, BRIDAL COLLECTION, AGAINST A HISTORIC BACK AT THE HAVELI BAROOD KHANA, LAHORE. A ROYAL EVENING AUGMENTATED BY ROSE PETALS AND LIT BY CANDLES WAS OPENED BY A LIVE PERFORMANCE OF USTAD RAHAT FATEH ALI KHAN, ALONG WITH A WALK THROUGH BRIDAL SHOWCASE SPREAD OVER THE HAVELI PRESENTING THE FLAMBOYANT BAGH-E-BAHAR COLLECTION. MAHIRA KHAN AND ALI ZAFAR WALKED AS THE FINALE CELEBRITY SHOWSTOPPERS FOR DIVA'NI.

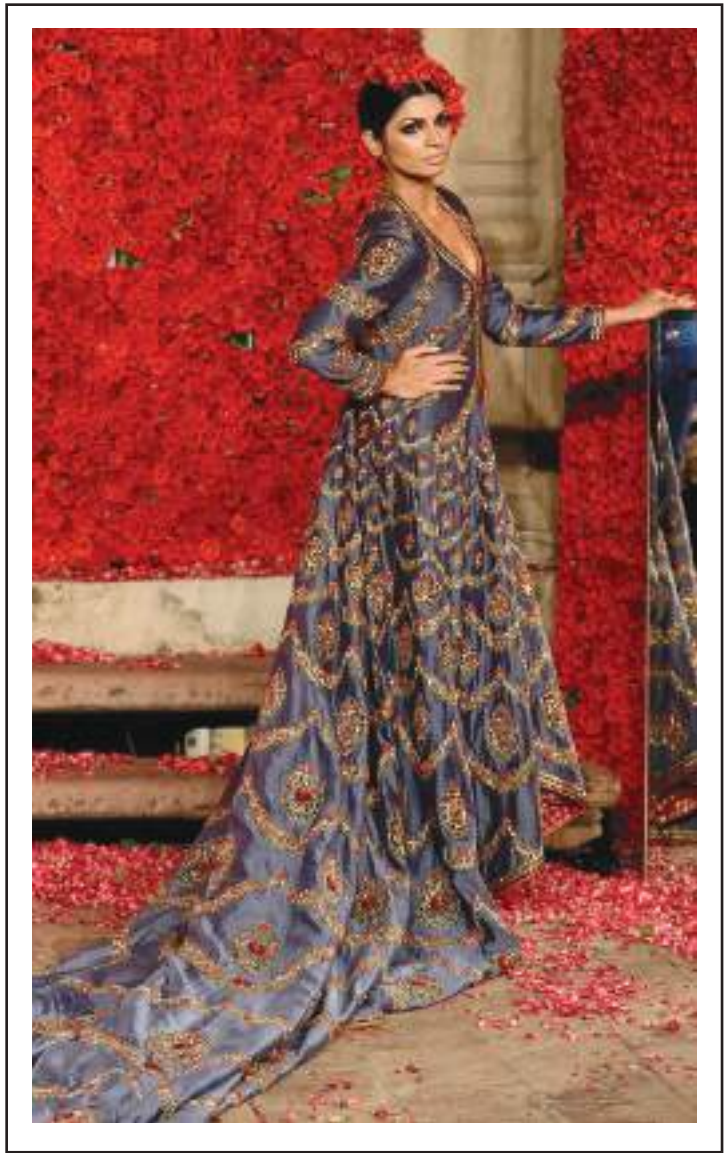
DIVA'NI was first introduced to India in 2013 by Yash Raj Films, Indian cinema's biggest name and KBSH Private Limited, one of the largest & independent heritage fashion houses based out of New Delhi. The brand is led by its powerhouse creative director Ms. Sanya Dhir, who joined the 65-year-old family business, KBSH in 2009.





**MAHIRA KHAN - THE
MOST ELEGANT
SHOWSTOPPER OF
THEM ALL!**





**MODERN CUTS
AND CRAFTS**



DIVANI

**TIMELESS ELEGANCE IN
SARIS AND LENGHAS**



DIVANI



**CROSS BORDER
RAJASTHANI GLAM**





REGAL OPULENCE IN SHADES OF PINK

SUNSILK

EXPERT
STUDIO

I will bring the
SUNSILK EXPERT STUDIO
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The more messages you send, the more the
chances of the Expert Studio visiting your city.

Simply SMS **"SUNSILK"** to **8006**.

This is your chance to get all your hair problems
solved, so **get texting girls!**



With more shopping offers and exclusive discounts landing in your inbox every day, it is easy to think that one would prefer to shop online more than trek out to the closest mall, browse through store offerings and score a deal or two. While it is true that most of our 'add to cart' and 'buy' are clicks of a button, nothing quite beats the sweet feeling of victory when you lay your eyes upon something, feel it, try it and finally whip out your wallet to make payment. And then, armed with your latest purchase you proceed to the food court, or arms laden with shopping bags, amble through the parking lot to find your ride. E-stores are here to stay, but good old-fashioned malls still offer a wholesome shopping experience the ease of a click and emailed discount offers still have yet to match. This holiday season we have a list of shopping malls in the GTA that will coax you to spend on the many seasonal sales and exclusive finds.

SHOPPING

Destinations

in the

GTA



Where: CF Toronto Eaton Centre
Address: 220 Yonge St. Toronto, ON

Why: In the heart of the city, this is the place where trends land first. **Nordstrom**, **Saks Fifth Avenue** and **Uniqlo** are new stores to visit and stock up on fashion and accessories for the coming year. Twenty-three new stores opened on the second level of the centre as part of their 2016 expansion. Don't want to shop? We still recommend a trip to Eaton to get in the Holiday spirit with all the festive décor and the dining options this place has. Or just visit **Leña** and **Pusateri's** inside Saks for a fine dining experience. We did say shopping was optional at this place.

Notable Stores: Stuart Weitzman, Williams Sonoma, Indigo, Sephora, NYX, Maison Birks, Links of London.

Keep tabs on latest store promotions:
www.cfshops.com/toronto-eaton-centre



Where: Yorkdale Shopping Centre
Address: 3401 Dufferin St, North York

Why: Easy access via TTC and right off the highway (401), Yorkdale has seen one of the most impressive expansions in 2016, adding a whole new wing and introducing new stores to its impressive retail offerings. The place is always abuzz with activity. Yorkdale's recent expansion also included more parking spaces and the valet parking service makes for a hassle-free shopping experience.

Notable Stores: Holt Renfrew, Nordstrom, Mendocino, Loft, Oak+Fort, Canada Goose, Lego and Disney Stores, AllSaints, Anthropologie, Aritzia, BCBGMaxAzria, Club Monaco, Topshop, Zara and Zara Home. Don't miss out the **FashionCAN Pop Up** boutique for your fix of Canadian fashion and accessories.

Keep tabs on latest store promotions:
<http://www.yorkdale.com/>



Where: CF Sherway Gardens
Address: 25 The West Mall Etobicoke, ON

Why: Lovers of luxury will love this place, there's ample parking and a valet service if you'd rather get indoors and shop, shop, shop. **Saks Fifth Avenue, Chopard, Stuart Weitzman** will have you spend hours in-store. And once you've tired of shopping, **Pusateri's** and **Beaumont Kitchen** are good places to stop by to grab a fine bite, or visit the Gourmet Fare food court for a casual dining experience.

Notable stores: Club Monaco, Ted Baker, Tiffany & Co, Birks, DeBeers, Sporting Life, Wilfred, Caudalie, Tory Burch, Pottery Barn, Le Creuset and Williams Sonoma. The Keg Steakhouse + Bar and JOEY Restaurants both have rooftop patios for you to take in the surroundings.

Keep tabs on latest store promotions:
www.cfshops.com/sherway-gardens



Where: Square One Shopping Centre
Address: 100 City Centre Drive, Mississauga

Why: One of the largest shopping malls in Canada, Square One has also seen a vigorous expansion to welcome high-end retailers to the city. It is home to the only **La Maison Simon** store in the GTA and the new fashion wing is a must-visit. Beauty lovers will love the free standing stores of much loved brands like **Urban Decay** and **NYX Cosmetics** in addition to **MAC** and **Sephora**.

Disney Store and **Build a Bear Workshop** make reasonable enough to shop with kids in tow. If they are being cranky, **Cineplex** and **Playdium**, in addition to the food court, offer welcome distractions.

Notable stores: Holt Renfrew, Harry Rosen, Sport Chek, Kate Spade New York, Aritzia, Michael Kors, Zara, Topshop/Topman, Victoria's Secret, Wolford, Club Monaco, Marc Cain, Ben Sherman, Alex and Ani, Rudsak, Loft, Ann Taylor, Saje Natural Wellness, Kiehl's, Salvatore Ferragamo, Stuart Weitzman, Muji, Crate and Barrel, Bowring.

Keep tabs on store promotions:
www.shopsquareone.com/shop



Where: Square One Shopping Centre
Address: 1250 South Service Road, Mississauga

Why: Don't let the laidback vibe of this place misjudge what you can buy here. It is just off the highway, and during holiday season, you can enjoy deeper discounts. For the bargain hunter, the best deals are at the back of the store. Besides big names stores, a slew of independent retailers means that you can find a thing or two off the beaten rack as well.

Notable Stores: Winners, Guess Factory Store, Tommy Hilfiger Outlet, Levi's Outlet, Forever 21 Under \$15, Aldo Outlet, Call it Spring, Nine West Shoe Studio, Footlocker, Michaels, Boathouse Outlet, Philips Home Essentials.

Keep tabs on store promotions:
www.dixieoutletmall.com/promotions



Where: Toronto Premium Outlets (Halton Hills)
Address: 13850 Steeles Avenue W, Halton Hills,

Why: Yes, it's far, however driving to this place is going to be worth every minute. Once you've parked, you'll have to navigate crowds to get to each store. Be prepared for long lineups to get into a store during Boxing Week and then to pay. If crowds are a testament to how many good deals you can nab, Premium Outlets is a clear winner.

Stores here are a mix designer brands and fast fashion, but everyone who's visited this place has come bag with bags full of deals.

Notable stores: Armani Outlet, Saks Off Fifth, Banana Republic Factory Outlet, Kate Spade, Coach, Jimmy Choo, Burberry, Calvin Klein, Tory Burch, DKNY, Ecco, Adidas, Asics, Under Armour, Columbia, New West, Aldo Accessories, The Cosmetics Company store...it's an impressive list.

Keep tabs on the latest store promotions:
www.premiumoutlets.com



Where: Heartland Town Centre
Address: Mavis and Britannia, Mississauga, ON L5C 1T7

Why: With over 180 stores, Heartland Town Centre is not an address, it's a shopping sprawl! The outdoor retail power centre takes some getting used to to shop around, however frequent visitors swear by their finds at this destination. Plan a whole day's trip to get the most from visiting the place.

Notable stores: Roots, La Vie En Rose, Tommy Hilfiger, H & M, Homesense, Winners, Home Depot, Calvin Klein, Guess, Nisha, Reitmans, BCBGMAZAZRIA, Cleo, Best Buy, Costcom Adidas, Trade Secrets, Crocs, DSW Designer Shoe Warehouse, Geox, Nine West Outlet, Bouclair, Home Outfitters, Bombay, The Brick, Pier 1 Imports,

Keep tabs on store promotions:
www.heartlandtown.com/promotions



— SHE *TRIES*

Shopping Ban 2016

Months before we were to gingerly make our way through innumerable sales, discounts, special offers and must-buy lists of this holiday season, AASHA ZAFAR ISLAM volunteered to go on a shopping ban to see how expenses can be limited in this age of consumerism. The ban started of a test of willpower to last through one week, with just a \$20 bill in the wallet, and a pledge to not use any plastic to pay. The scope of this ban was alarmingly wide, online and in-store shopping were both to be curtailed, her daily caffeine fix from the coffee shop downstairs included. Did SHE fare well?

Confession time: I've read all the books in the *Shopoholic* series and while I've always scoffed at the escapades of Rebecca Bloomwood and her desperate attempts to justify excessive shopping habits, there came a time this year when I was gutted to realize that I wasn't too different from Sophie Kinsella's heroine. How? I missed paying my credit card bills for two months.

For the better part of these past few years, I have been using my cards to pay for everything, from bi-weekly bread, milk and eggs runs to many a late-night online shopping binge. My excuses were, firstly that I was collecting points to "earn" freebies and secondly, I am not spending more than what I can afford. Despite these conditions, and trying to cloak my purchases with a modicum of responsibility, more often than not, I'd

already spent my paycheck before it came. I did not actually max out my credit limits, but missing payments for two months in a row means being slapped with a interest fee that is just about as pleasing as being out in pouring rain when you don't have an umbrella and you are dressed your best, and the rude realization that you will have to cough up all that payment within days before two months roll into a third. And thus I started the shopping ban project aka the \$20 project.

Shopping is an occupational hazard when you work in the magazine business, as I've learned in these past 15 years. You have to write about fashion, style, beauty and accessories on a daily basis and are inundated with new things coming out in the market every single day. You invariably (read: five days a week) find yourself clicking on "add to cart" on your favourite website all in the name of research. No media outlet will agree to "ex-

pensing” that! To tell our readers what is really worth their money, what to buy and where, we try to test out as much as possible before stringing together an opinion. I too blithely categorized my purchases as research.

The shopping ban started easy enough. Once I’d figured how to pay off my outstanding bills, I decided I will be more responsible about what I buy, and more respectful towards money. With this resolve, one bill and some spare change in my bag, I started on my week. And I made it! I packed my lunches and made fruit-infused water, brought almonds and green tea from home to last through the work day. As I selected “all” in the “promotions” tab of my inbox, and deleted them, the heady rush of victory over my deeply ingrained impulse to buy was intoxicating enough for me to see through another day.

There were some stumbles along the way. One day, after a gruelling search for ankle booties to go in a style feature, it dawned on me that I did not have a decent pair for this season. This wouldn’t be an impulse buy, it was a need. Right after work I drove to a mall and scoured through shops, tried on some pairs and

even finalized one — then left it. Just like that. I will never forget that moment of empowerment, of walking out of a shopping place with nary a shopping bag in hand, the ban still in effect and an untouched \$20.

Thursday saw me cheat, I collected all the spare change I had jangling in my bag and bought coffee. You’ll be amazed at how quickly small change can amass into an amount decent enough to buy something and how dexterous you can become at handling it all. I was able to buy coffee on Friday as well, and the thought of the ban coming to an end buoyed up my spirits. The \$20 bill was nestled safely in my wallet and getting smug in its home. This was the longest any amount of money had lived in my bag. However the weekend was upon me and while I saw through Saturday, on Sunday I had to take it out at the florist’s. My friend had her art exhibition that day and what better way to celebrate the end of a ban than buying flowers for a dear one?

It was only a fitting end to my project when I went to the mall right after the exhibition and bought some new pair of jeans to add to my ever increasing collection of denim, and that faux suede sleeve-

less trench I had my eyes on for the better part of a month! That is when I felt like Isla Fisher in *Shopaholic*.

I had gone to the mall to buy a gift for a birthday but I popped into the shop when I saw a sale sign (I may have deliberately walked in that direction instead of taking the shorter route to the toy store), justified my discounted purchases as savings, and then proceeded to the cash counter and paid with two pre-paid cards. I didn’t tell you about them? Moments after deciding on the ban, I’d raided our gift cards collections and sneaked two pre-paid Visas into my wallet. And no, that was not cheating, it was for emergency purposes only, which in this case would’ve meant caving in to but on credit when I could spend money that was already spent.

All in all, it was an enlightening experience, a detox for my shopping habits. And much like a detox cleanse for the body, I think I can be brave enough to try a shopping detox four times a year. This season, for instance I might try on saving a 100% on all sales by not shopping at all. We’ll keep you posted on how that goes.



Nav Bhatia

Entrepreneur & Superfan

Some know him as a Toronto Raptors fan while others know him as a business man, the man to go to when you are in the market for a new set of wheels. SHE got a chance to speak to Nav Bhatia about how he started on his road to entrepreneurship, from coming to this country and then running his own, success story of car dealerships.

How did you get into the business of selling cars? Was it something you'd seen yourself doing when you came to Canada?

I arrived in Canada in 1984 and like all immigrants I searched everywhere for a job. After hundreds of interviews I landed my first opportunity at Rexdale Hyundai as a car salesman.

Why did you decide to get into the car dealership business?

My first three months on the job I set a sales record for selling 127 cars and since then I was addicted to the car industry. I love it. The opportunity to meet thousands of new people and become a part of the second biggest purchase they will ever make is a responsibility I don't take for granted. Hyundai's head office began to take notice of the turnaround at Rexdale Hyundai and offered me a general manager position at Mississauga

Hyundai. Years later I would purchase both dealerships.

What factors do you attribute to the success of your business?

I have a great team! We all work together very well and we all do what it takes to make the customer happy. My philosophy in business is what I instill in everyone that works with me: treat others like you want to be treated. **You have a degree in Mechanical Engineering, did you ever think of reverting to engineering as a career?** I always wanted to but this is the path I have been given so I have absolutely no regrets!

How do you separate your passion for the Toronto Raptors with your business? Or do you want them to be looked at separately?

The superfan persona I have and the Raptors are my release. They provide me with an opportunity to truly help

kids, to inspire and motivate them. I separate the dealerships from all of my philanthropic work because I don't want people to think that I do this to sell cars.

What is the best advice you've received when it comes to running a business?

Treat everyone as you want to be treated and if you are not willing to the job, don't, ask someone else to who will do it better.

What has been your biggest accom-

plishment?

I think winning back to back number one Hyundai volume dealer awards in 2013 and 2014 was a great recognition for our team.

Where do you see your business going in the future?

The car business is tough and only getting tougher. The Hyundai brand is doing much better and moving forward there will be a push towards the luxury Genesis models. I have been asked to

open more locations but I am happy with the two dealerships I have now.

What advice do you have for aspiring entrepreneurs who want to follow in your footsteps?

You will receive a lot of rejections and a lot of no's but don't get angry, upset or discouraged. Find another solution and stay focused, stay hungry. When others are waking up at 5am you wake up at 4am, never let someone outdo what you can control.



- ✓ Nav Bhatia has been to every single Raptor's home game since 1995
- ✓ He owns two car dealerships in the GTA
- ✓ Known as The Superfan, Nav is originally from India
- ✓ Nav spends over \$250,000 a year on Raptor tickets!
- ✓ His first job in Canada was in sales at a Hyundai dealership in Rexdale, Ontario





Black Linen Bow Tie
TheBay.com
\$49.50



Blue Floral Vichy Shirt
Le 31 Simons
\$59



Leather Monk-Strap Shoes
Mango
\$229.95



Studio Suit Blazer
Zara
\$189



Textured Weave Trousers
Zara
\$69.90

midnight MADNESS

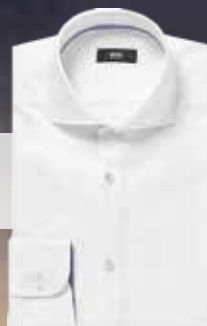
Whether you're spending it at home with loved ones or out on the town, this New Year's Eve, dress to impress. Ditch the glitter and 2017 glasses and make an impression with a statement shirt (we love rich colours, fabrics, and prints), chic accessories (bow tie, anyone?), and a classic tailored look. Here's what to wear to ensure you get that midnight kiss and ring in the new year in style.



Cotton-Velvet Blazer
Polo Ralph Lauren
\$1,054



Wool Handkerchief
H&M
\$14.99



Cotton Shirt
Hugo Boss
\$192



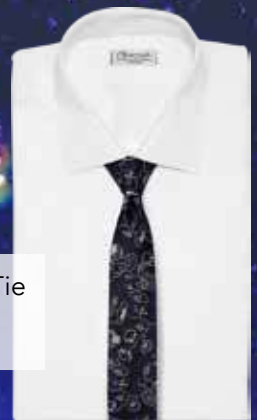
Slim Fit Wool Suit Trousers
H&M
\$69.99



Brown Fringed
Leather Studio Shoes
Zara
\$159



Textured Weave Blazer
Zara
\$169



6cm Logan Floral Silk-Jacquard Tie
Paul Smith
\$179



Studio Suit Trousers
Zara
\$69.90



Polka Suit Trousers
Zara
\$69.90



Marbled Shirt
Le 31 Simons
\$99



Tailored Oxford Shirt
Joe Fresh
\$29



Suit Joggers
H&M
\$39.99



Tailored Oxford Shirt
Joe Fresh
\$29



Leather High-Leg Boots
Mango
\$229.95



Men's Blazer
Joe Fresh
\$99

HE *STYLE*



Studio AW 2016 Jacket
H&M
\$149



Original Double Zip
Commuter Bag
Ben Sherman
\$128



Cardigan
H&M
\$49.99



Brown Worker
Boots
Zara
\$119



V-Neck Tee
Joe Fresh
\$10



Chino
Trousers
Zara
\$49.90

Effortless Cool

We saw him at TIFF for his new flick *La La Land*, a romantic comedy musical with Emma Stone, and (almost) everyone can agree that Ryan Gosling is a heart-throb, but did you know he could put together a look so natural yet stylish too? This guy can do it all and now you can officially shop and rock the digs of this street style icon. His signature style is classic khaki cool with a hint of edge. To emulate his swag, we suggest leather accents and black-as-night sunglasses. Style tip: for extra warmth and texture, swap out the chinos for a pair of corduroys in an earthy camel colour. You don't have to be #TeamGosling to be a superfan of this look.



55MM Pantos Sunglasses
Burberry
\$335

Wayfarer
Sunglasses
Ray-Ban
\$175



Faux Shearling-Trimmed
Checked Wool Jacket
Saint Laurent
\$2,912



Cord Jean
Joe Fresh
\$39



V-Neck Tee
Old Navy
\$12.99



Cashmere Cardigan
William Lockie
\$763



Leather Duffle Bag
Polo Ralph Lauren
\$832



Oil-Tanned Leather Boots
Thorogood
\$250





SHUMAKER:

A Tradition of Craftsmanship

BY AISHA ZAFAR ISLAM

What do you do when you come to a new country and have generations of experience in shoe-making. For the Singhs, the answer was simple: Shumaker.

Landing in Canada in the early 90s, Ricky and Ishan Singh's father set up a shoe-making facility in Montreal. He had years of experience in the business, growing up on premises of the Bata factory in India where his father was the production manager. Years later, as Shumaker cemented its position in Canada as quality footwear brand, also branching out into accessories, a third generation of Singhs follow in on the footsteps on their father.

The journey that began in 1948 in India and continued forward in Canada, has resulted in a flourishing business

headquartered in Mississauga with more than 1,600 points of sale across Canada in addition to a growing number of free-standing stores at select locations in Ontario.

We're meeting at their beautiful new store at Erin Mills Town Centre in Mississauga where the variety of options make me want to shop before we can sit down to talk about the business. If it's any excuse, with fall just marking its arrival at the time of our interview, it was the right time to stock up on booties. As much as I love shoes, I have found that not all shops cater to the kind of heels I prefer. This doesn't present a problem at Shumaker. They bring out four collections in a year, and every collection has at least 400 styles. Let that number sink in.

What makes Shumaker stand out from other brands is not only the variety in style, but also the fact that they have something for every budget and everyone in the family. Bags, scarves, belts, gloves and umbrellas, you will find

something for yourself or on your buy-for list.

At first the business was focused on just wholesale and production, drawing upon years of expertise in the area. Once the government revised their policies, the industry imploded on its own, resulting in the business becoming uncompetitive. At this point they already had a network of suppliers around the world to get the best leather and finishers, the natural progression was to start Shumaker as a brand, and they did.

From designing a shoe, to the actual iteration customers find in stores and online, the whole process is spread over twelve countries and entails considerable travelling to ensure that the buyer gets a premium product at a very reasonable cost.

The designing process starts a year ahead of the actual collection coming to stores. Before the FW16 collection had even hit stores, Singh tells me they are already working on their FW17 collection.



And while you can browse through any collection online, they do recommend coming to the store to get a feel of the shoes, and accessories and a surprise value added service that is complimentary” custom fittings. All sales staff at Shumaker stores undergo vigorous training to become fitting specialists. The idea

is to help the customer find not just the right pair of shoes for their lifestyle and needs, but to fit it just right. With slight adjustments made to each shoe, a custom-fitting makes you want to wear out your favourite pair of shoes before you return to the store for another pair.

Comfort, class and cost these make

Shumaker a brand to watch out for in the coming year.

As for what I ended up buying? I was, much to the joy of my wallet, on a shopping ban at that time. However winter’s here and I know where to go this year for a pair of boots to see me through the season.





HEART AND SOLE OF A NATION

BY LINDSAY COOPER



Artist Rosa Scribe | Photo: Vincent Tsang

The Canadian national identity is difficult to pin down. Considering Canada welcomed an estimated 300,000 immigrants from nearly 200 countries in 2015, differentiating our common national experience from outside influences is an understandably difficult task. In an attempt to define Canadiana, we turn to a cultural mosaic model. Differentiated from the assimilation-centered melting pot analogy upheld by our southern neighbours, the Canadian mosaic puts value in the different perspectives making up the larger picture that is our nation. While the melting pot encourages everyone to ascribe to Americanism, the

cultural mosaic is more adaptable and champions for the preservation of all cultures.

Unfortunately, this hasn't always been the case. Canada's oldest cultures, those of the Canadian First Nations, were not always treated with the same respect. In fact, the values of the early European-Canadians (colonization and exploitative economic gain) are the anti-thesis of the cultural mosaic Canadians hold dear today. And Indigenous populations and their traditions are still seeing the effects of assimilation, with many native languages and cultural arts on the brink of death.

It was with this in mind that Sean McCormick, CEO of Manitobah Mukluks, introduced Storyboots to increase the number of artisans specializing in the

arts of handmade mukluks and moc-casins, an industry disappearing from Indigenous communities. The Storyboot Project partners with established artisans and offers them a spot on the Manitobah Mukluks ecommerce platform. It's here online that McCormick and Storyboots spread wealth, giving consumers the choice to buy high-quality, authentic and ethically made footwear while returning 100% of the profit back to the craftsperson. Offline Manitobah Mukluks spreads knowledge through a Storyboot School component, where they host classes on the art of mukluk making in hopes of inspiring and educating the next generation of established artisans.

"This initiative is important socially, economically and culturally. We like to think that every stitch that goes into

a Storyboot or at a school is helping to stitch together Canada's relationship with its Indigenous people. It's a small metaphor for reconciliation. We have classes that are an even split of Indigenous and non-Indigenous people. The cultural exchange that happens when our students are sitting around a table and beading together is indescribable," expresses Manitobah Mukluks' Director Tara Barnes.

Regardless what culture you come from, you can't deny mukluks are one of those few universal symbols of Canadian culture. "A mukluk is an icon of the north. It represents survival - culturally and functionally. They've been here as long as Indigenous people have been here and will be here as long as winters are cold." And thanks to the work of people like Sean McCormick (as further outlined in the following pages) and the creative minds at the Storyboot Project, that's a guarantee. The mukluk will never be a lost sole.

SHE: Looking back, is there a specific memory, event or person that helped instill a deep respect for your roots?

Sean McCormick: My mother is my biggest inspiration. She's from the north; we grew up knowing where we're from and a strong desire to impact where our communities are going. She instilled an enormous sense of social responsibility.

And why is it important to positively represent that heritage through fashion?

Indigenous fashion has always played a role in modern pop-culture, but it has rarely come from Indigenous people or benefitted them. I want my community to benefit from their cultural knowledge,

designs and history. Manitobah Mukluks have become fashionable because of the great story they tell. They're built upon thousands of years of history, functionality and they give back in the process.

What motivated you to start the company?

My mom. She's always worked in the non-profit sector as a community builder. Everyday she sees the diverse challenges that our communities face. She was inspired to spend her life serving others in that way. I was inspired to go into business and help build capital and capacity in our communities that way. I wanted to create one of the first global Indigenous-owned brands that served Indigenous people through private enterprise.

And what about the Storyboot project? Where did that idea come from?

I grew up wearing handmade mukluks and moccasins and I ran a tannery in the nineties. I would trade tanned hides for handmade moccasins and mukluks. My own manufacturing business took over from there, but I always sold one-of-a-kind pieces as a passion project. It has since developed into a full-fledged non-profit foundation. "Storyboots" are what we call the handmade pieces made by Indigenous artists and they carry a story with them. We sell them through our sales channels and the artists make all of the money. We developed the Manitobah Mukluks Storyboot School as an extension of the Storyboot Project because we saw such an incredible demand from young people who were hoping to learn more about their culture and the craft. In



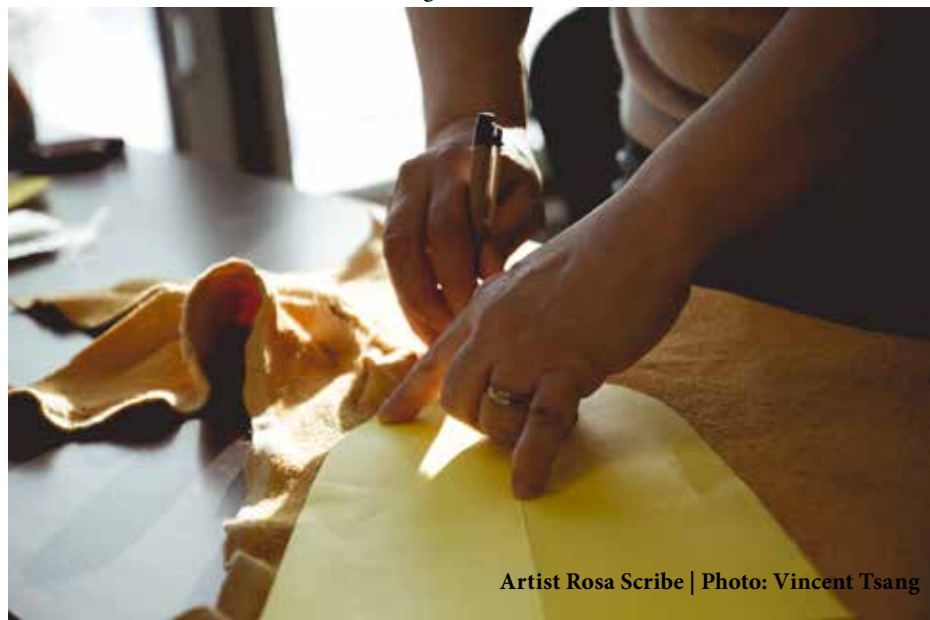
Sean Vincent | Photo: Vincent Tsang

two short years, our school has become a national initiative that takes place in public schools, universities, cultural institutions and within First Nations communities across Canada. To date, 275 students have learned how to craft their own mukluks or moccasins in our program.

And where did you get that idea to focus on hand crafted items made by Indigenous artists who receive 100% of the profit?

The essence of the Storyboot Project is cultural and economic self-determination. I want to play a role in ensuring that our cultural knowledge still exists generations from now. One of the best ways to do that is to make sure the art is economically viable to practice. We focus on elevating expert artisans by creating worldwide demand for their work. It's one of the main ways we can give back.

Before the Storyboot project, Manitobah Mukluks got a jumpstart when supermodel Kate Moss was seen wearing one of your designs. Do you remember the first thought that ran through your mind upon hearing the news? My first feeling was pride. Our people have always known that mukluks are the most functional and beautiful winter boots on the planet, but it's nice to have some recognition from the fashion world. My goal is to compete directly with the world's top footwear brands and be a global success.



Artist Rosa Scribe | Photo: Vincent Tsang



White Tall Grain
Photo: Lar Svankjaer



Artist Rosa Scribe | Photo: Vincent Tsang

To have support from celebrities isn't my priority, but it certainly does the trick for raising brand awareness!

Sighting do raise awareness, but success can be attributed to other factors too. What do you attribute your success to?

Our success is in our story; we're an Indigenous-owned company that makes the best everyday winter boot on the planet and we give back to our community in the process.

Some people argue that non-Aboriginal people shouldn't wear symbols of Aboriginal culture due to the risk of cultural appropriation. Would you like to comment on that?

The mukluk isn't a sacred symbol; it's a tool for survival. We don't consider wearing a mukluk as cultural appropriation if you're respecting our culture and supporting an Indigenous company in the process.

There was also some controversy four years ago after Manitobah Mukluks outsourced some labour to China and Vietnam. How did you go about making that decision and how has it affected business?

Our decision to become a successful global company is rooted in our commitment to making a significant social impact for Indigenous people. For every mukluk we sell we're able to make a bigger impact. We operate ethically abroad and at home, so I'm extremely proud of our growth and I hope it continues!

And how do you go about balancing that while still maintaining your authenticity and commitment to Aboriginal communities?

As an Indigenous Canadian, authentic to me means being engaged in and contributing to my community. It also means respecting our history while creating posi-

tive change for the future. We have an ethical global footprint that allows us to grow, compete, make amazing products and give back all at once.

And how are you seeing Manitobah Mukluks affecting the communities you work with?

I think our communities share the same pride that I feel. Our people make amazing things and know so much about living here. Manitobah Mukluks is a modern extension of that knowledge and talent.

If you're interested in getting involved with the Manitobah Mukluk Storyboot project as a student, artist or partner, get in contact at storyboot@manitobah.ca.



Teacher Christina Bomberly
Photo: Jenna Marie Wakani



Artist Rosa Scribe | Photo: Vincent Tsang



RISING STAR: SUPERNAUT

She's an award-winning actor, writer and a producer and this year has been one that will firmly cement her position as a star on the rise. As a proud Métis of Cree descent from East Prairie in Alberta and one of the most vocal advocates for First Nations rights in the country she is the perfect ambassador for numerous indigenous causes. AISHA ZAFAR ISLAM talks to Roseanne Supernault on how acting provides her a platform for representing her people and what still needs to be done to correct the wrongs of our past.

"My culture has always been my strength in life. There are so many adversities that you have to overcome, not only as a woman but as a performing artist and as an indigenous person, that's like being the marginalized of the marginalized of the marginalized. So my culture, ironically enough, and the role I play as a woman in my culture gave me the strength and the courage to get to the point where I am at my career now, I really could not have gotten this far without my traditional upbringing," she begins. This pride in her culture and passion to give back to her people is an undercurrent that is pervasive throughout our interview.

As a Métis Cree, Supernault grew up in a traditional Aboriginal family, learning about both sides of her heritage, and she attributes this attachment and pride in knowing her roots to her success today. Her foray into performing arts, and

acting in particular was a happy accident. She grew up singing and participating in athletics, till she was 13 when her teachers and friends urged her to audition for an open casting call for *Peter Pan*. Her performance impressed the casting director and she "got an acting agent out of it (the audition)."

For the next four years, she studied at the Victoria School of Arts and immersed herself in the art. It was also an opportunity for her to do something about her people. "There are a lot of stereotypes against my people especially growing up in Prairies in Alberta and I just felt like this was a fantastic opportunity to pursue something I love, that I seem to have a natural gift for and one that could also have enough political spirit as well."

2016 has been an eventful year for bringing the issues of Indigenous popu-

lation into the limelight and initiating a healthy discussion about the change that needs to be affected, at the governmental and societal levels to acknowledge that there have been wrongs committed in the past, and that we need to change perceptions about the people. Whether it is Gord Downie's *Secret Path* project to commemorate the 50th death anniversary of Chanie Wenjack, or Adam Capay's solitary internment and the media backlash against the inhumane treatment meted out to him, abysmal living conditions and the suicide epidemic among young people on the reserves, launch of the National Inquiry into Missing and Murdered Indigenous Women or the finding and recommendations of the Truth and Reconciliation Commission, Canada is now talking about a people who needed our attention, but were easily forgotten.

**MY PEOPLE WILL SLEEP FOR ONE HUNDRED YEARS, BUT WHEN THEY AWAKE, IT
WILL BE THE ARTISTS WHO GIVE THEM THEIR SPIRIT BACK.**

~ LOUIS DAVID RIEL

Out of sight is out of mind, unless we have the media agenda-setting for our daily discourse, we do not pay much attention to any issue. That media narrative is changing. In Toronto District School Boards, daily morning announcements include a statement to acknowledge that the school is situated upon traditional territories naming them and the treaty that was signed for that land. It ends with a recognition of the “enduring presence of Aboriginal Peoples on this land.”

More than just the statement, what needs to change is how people understand people. And that is what Supernault tries to do with her projects. She’s acted in *The Northlander*, that was selected for the 69th Cannes Film Festival and nominated for seven Alberta Motion Picture Awards. *Neither Wolf Nor Dog* sees her playing twin roles of Lakota women. Her drama series *Blackstone*, in which she plays Natalie Stoney won a Gemini Award for its portrayal of hope and reconciliation in the Native people as they

fight for better life in their community. Her character addresses two pressing problems among the people: suicide and drinking problems.

As an advocate for suicide prevention in her community, Supernault has seen that 80% of suicides in the youth are connected to mental health - depression, anxiety and substance abuse problems. “Many of these things are common theme within an Aboriginal community,” she elaborates, “But they stem from colonization, we have an immense culture and we have seen it across the world. We have seen colonization on a global scale and we have seen the adverse effects that it has on indigenous people. Canada is no different, it has a very dark history of colonization. There are numerous prophecies in my culture about the seventh generation - of which I consider myself to be a part of. Louis David Riel, founder of the Métis nation had prophesized that after a hundred years or being asleep, his people will awaken and it will

be artists who will give them their spirit back.”

Is the prophecy coming true then? In many ways it is, as Supernault shares that almost all success stories from the indigenous community have an innate sense of accountability, of making sure that once they are successful, they try to do something that benefits their people as well.

“In doing business and being successful,” she goes on, “and having a platform where we can be outspoken and speak on Aboriginal causes there is a responsibility that comes with it.”

Her e-store, 8x8 (infinity eight) has the infinity sign to signify life’s boundless energy and movement. A percentage of proceeds from the shop go to suicide prevention advocacy causes, to put together a team of facilitators to go out and work in communities.

Another cause dear to her heart is that of murdered and missing indigenous women and her role in the up-





coming *River of Silence* as Tanis will be an attempt at portraying the heartbreak and devastation a family faces when their daughter goes missing and is later found dead. An RCMP report released two years ago had put the number of missing and murdered indigenous women to be around 1200, but that is a very conservatives estimate. The real numbers are certain to be shockingly high.

Coming from a culture that is rich with oral traditions and story-telling, it is no surprise that Supernault would try her hand at story-telling. Her work, *They Called Her Laura* won third place in the Thunderbird Stories competition.

"I am very public as an actress and found success as one but I didn't even know where to start as a writer. I submitted to the competition and placed third. I was actually very surprised, I honestly didn't expect it, the main thing was to get over my fear of being a sort of closeted writer. In the future I hope to develop that short story into a short or feature film. Eventually I want to write novels.

"When I was younger, I thought if I am going to get into acting I need to do something with it. I only want to pursue story-telling that is meaningful and bears weight in a social setting as well, that can effect change in a social and political sphere. Interestingly enough I have attracted those type of stories into my life with the work I have done. Looking back on how far I have come, where I came from and where I am in now, these are the things I dreamed of doing and they are starting to come true. I think what I am most grateful for is that my family and community is proud of me."

It is obvious that much needs to be done still to do right by the Indigenous population in our country, Canada welcomed 300,000 immigrants into the country in 2015, their understanding of Canadian culture and norms is profoundly different based on their own experiences in the countries they come from and from the kind of media messages they have been exposed to. More often than not, these aspiring Canadians have no idea about the history of Canada: natives, settlers, treaties, reserves and life on these reserves. To come to a land and have no idea about its indigenous people, and only get to know a biased narrative of history is something that needs to change.

"The government is a colonial entity that has kept our past away from the eyes of the public, on reserves. Most Canadians don't even know what we look like, they can't even differentiate between a Cree and a Mohawk or an Inuit person. We all have very distinct features, very distinct looks. It is pretty frustrating. I think we need to recalibrate the education system in Canada to be more inclusive towards indigenous storytelling.

"Colonialism is a divide and conquer concept, these colonial entities came into our communities, committed cultural genocide for sure, changed the way we developed our land, our agricultural practices, tried to change our hunting rights, they tried to change everything

and put all of these offices and these federal bureau infrastructures inside of our communities. They came in, they ran the show, and then they left us with it. Now our own people are doing it because they got brainwashed through imperial education. We have this monster of a lateral violence where our people are so busy fighting each other, pointing our fingers at each other but we need to stand together. Then we have to work together with the government to make sure that these policies do not hurt indigenous people because these policies are race based. We need to come to an agreement through this colonial system and the indigenous way of life where there is more cohesion."

At societal level, Supernault recommends that people coming to Canada familiarize themselves with the indigenous culture and people by watching movies and TV shows with actual indigenous people and story lines, not the usual Westerns and stereotypical stories that are not true representation of the people.

"Watch things that are inspiring, honest, raw and also educational that have to do with our people. That's why we are making these stories so that we can bridge that gap between indigenous and non-indigenous people and we can create a greater nation together because it's like no one is going anywhere. I can't stand it when people say go back to where you came from.

"There has never been a greater time in human history when every color of human being is in one continent all at the same time working together. I think that speaks to humanity itself and we have to level up and we have to transcend those ways of thinking that's not going to fix anything. We have to speak to humanity, we have to take away the stereotypes," she emphasizes and we can't agree more.

Learn more about Roseanne Supernault and her works: <http://www.roseannesupernault.com/>

PEOPLE ARE SURPRISED THAT I ADVOCATE WHERE I AM FROM AND WHO I AM AS AN INDIGENOUS PERSON. IT'S ALMOST LIKE PEOPLE ARE SURPRISED THAT I STAND FOR THAT AND I HAVE SPOKEN ON ABORIGINAL CAUSES, THAT I AM POLITICAL TO A DEGREE BUT TO ME IT'S NOT A SURPRISE.

"The Girl in the River" *Who Didn't Survive*

BY PRIYA KUMAR



Qandeel Baloch

In life she pushed the boundaries on social media in Pakistan. In death the western media likened her to Kim Kardashian for her unapologetic approach to her own sexuality. Ultimately, she became known internationally as an unlikely feminist icon.

This past summer I attended a screening of Sharmeen Obaid-Chinoy's *Girl in the River: The Price of Forgiveness*. It was an exclusive event hosted by Obaid-Chinoy herself and featured a panel discussion about honour killings, the topic of the Oscar-winning documentary. The first question during the question/answer component of the panel was about the murder of Pakistani social media star Qandeel Baloch only the day prior. I had not heard of 25-year-old Baloch, but was keen on learning more.

Qandeel Baloch was born Fouzia Azeem, one of 12 children, to a family of

modest means in a small, conservative town in Punjab. She was married off in her teens as is common practice across South Asia, but that is where Baloch's story diverges from the norm. Several years and one child later, she left her marriage which she claims had become abusive, changed her name to Qandeel Baloch and started a new life.

She started with making grainy YouTube videos rife with sexual innuendo, albeit no actual nudity. When Pakistan beat India in a major cricket match, she promised a strip-tease in celebration. With regards to Pakistan's uber-conser-



vative religious leaders, she liked to poke fun. She posted a selfie of herself wearing a mullah's hat cozying up to him, thus exposing their hypocrisy in their criticism of her.

She soon appeared on Pakistan Idol where her overall look was applauded but voice panned by the judges. She also got the attention of daytime talk shows, but instead of being able to use her newfound platform to speak out about the women's rights, her English accent was picked on and her image taunted by male hosts. She regularly received death threats for dishonouring the whole nation of Pakistan. In an interview, she rightly questioned in Urdu, "How can I threaten anyone's honour when I have been told repeatedly I have no honour?"

She frequently requested protection from the government, but her pleas were dismissed. Ultimately she was killed by one of her own brothers. While the extreme conservatives celebrated this act as justice, her own mother refuses to forgive her son for this deed. She spoke out to the international press saying that not one of her 11 other children financially looked after the family the way Baloch was able to with her success.

Of the incident, Sharmeen Obaid-Chinoy said, "I really feel that no woman is safe in this country, until we start making examples of people, until we start

sending men who kill women to jail, unless we literally say there will be no more killing and those who dare will spend the rest of their lives behind bars...There is not a single day where you pick up a paper and see a woman hasn't been killed... this is an epidemic."



Obaid-Chinoy's recent Oscar-winning effort *Girl in the River: The Price of Forgiveness* tackled this epidemic head on. The documentary short is about Saba. When she was 18-year-old she decided to elope with the man she loved. It was initially an arranged introduction but

her uncle had vehemently opposed it. Saba went against the wishes of her family anyway.

Under the guise of reconciliation, Saba's father and uncle reached out to meet with her. Instead, they beat her, shot her in the face and threw her in a river believing murder was more honourable than what Saba had done.

Against all odds Saba was able to climb out and search for help. She recovered in hospital and went back to live with her in-laws. In doing so, she was pressured by community elders to forgive her father and uncle for this horrific deed. In doing so, they absconded all fault and were released from jail.

Pakistani Prime Minister Nawaz Sharif recognizes forgiveness in prosecuting perpetrators is a problem and is looking to amend this legal loophole. He is aiming to ensure the Islamic concept of forgiveness does not apply when a family member of the victim commits a crime as it poses a conflict of interest for the victim, their family and community.

Honour killings rose by 15% between 2013 and 2014 in Pakistan, according to the Human Rights Commission. Now that it's getting the attention it deserves, reform is on the horizon. Regrettably, the path to change has been paved with a great deal of collateral damage.



Mindy Kaling's

Harem of All-White Boyfriends

BY PRIYA KUMAR

*Mindy Kaling may be the voice of the millennial South Asian-American generation, but there is one pervasive criticism in reviews of her hit TV show, *The Mindy Project*. Mindy Lahiri, first generation Indian, exclusively dates white men on her show. I examine why this bothers critics and if it is in fact racial self-hatred as suggested.*

There's little doubt about it. Mindy Kaling has become the poster child for first and second generation South Asians everywhere. Her TV show, *The Mindy Project*, is essentially a 30-minute weekly rom-com adapted for the small screen. There are, however, a few elements of the show that separate it from the *Ally McBeal* and *Sex and the Cities* of the world.

The real-life and fictional Mindy both grew-up in Boston, have Ivy League pedigrees and wildly successful careers in their respective fields. While the real-life Mindy became a successful screenwriter starting

with *The Office* at the relatively young age of 24, fictional Mindy Lahiri is a partner at a Gynecological practice in New York City.

Kaling's decision to bestow her character with the surname Lahiri is also worth noting. I myself had never heard the name prior to reading Jhumpa Lahiri's stable of novels detailing the Indian-American experience through fiction. One can assume she named her character after the Pulitzer Prize-winning author, which is a wonderfully apt tribute.

However, there is one un- or even anti-South Asian element about the show that critics cannot seem to get past. It is the collective ethnicities of Mindy Kaling's on-screen love interests. For several seasons she solely dated sandy-haired, white men. They all look so similar, it is difficult to tell them a part.

Kaling herself once told *US Weekly*, "I embarrassingly love blond men—hot pinups like Chris Evens and Chris Pine. I feel like people expect me to have an edgy choice, like Justin Theroux, and I'm just like, 'Nope! I want Captain America!'"

This is an interesting point of contention for critics to pick on. It's a little known fact

that Mindy Kaling is the very first Asian-American woman on American broadcast television to have created and starred in her own show.

As mentioned, the structure of the show follows the rom-com classics of the '80s and '90s that Kaling grew up transfixed by. Not unlike these movies starring Julia Roberts, Meg Ryan and Sandra Bullock, Mindy Lahiri consistently dates white, upper-middle class professionals including lawyers, sports agents and web designers.

In fact, up until the middle of series three, Mindy dated 19 white men consecutively. Buzzfeed held a roundtable on the topic that comprised three female South Asian writers from New York City's tri-state area. One of these writers, Ayesha Siddiqi, accurately pointed out: "What bothers me is these guys don't have to be/never are anything special. They're just white and available."

This topic resurfaced again in a May 2016 episode when Mindy goes on a blind date with Neel, who's also Indian. Throughout their date, her minimal understanding of her own culture comes out loud and clear. When asked where her par-

ents are from in India, she says, “I wanna say there’s a river there. And some tigers?” When asked if she would ever visit, she responds with: “What? And get eaten by a snake? No way.” He declines to continue seeing her.

In her defense, is this an issue Kaling should be forced to address? If she were white, no critic would accuse her of racism or exclusion if she only dated other white characters. But I don’t think that’s the issue here. She has her own show and she’s able to cast whomever she herself is attracted to (as let’s be honest, Mindy Lahiri is loosely based on Kaling). But, I suppose she’s not white. And that’s where critics take issue.

Perhaps this casting decision has roots in Kaling’s present environment. It’s understandable that she’s lived in a Hollywood bubble of her own mak-



ing for her entire adult life. She’s worked incredibly hard to get to where she is and deserves her success. But that limits her to the Hollywood circles she runs in, which are likely largely white (lest we forget #oscarsowhite). That said, Kaling’s romantic preferences might not be so racially-motivated as they are circumstantial.

If one were to put Mindy Lahiri in a real-world context, without a fleet

of writers and producers puppeteering her every move, her love interests would likely not come neatly in the cookie cutter shapes of educated, professional white men.

Editor’s Note: This story was researched and written two weeks into the fifth season. Although doubtful, the show may have become more diverse in this time.



How Moving To Nunavut Changed Me For The Better

It's Nunavut Day! Normally, I post a list of gorgeous Nunagram photos, but this year, I thought I'd show another side of my Northern experience. Anyone who knows me is probably aware how living in Iqaluit has impacted my life. I know a lot about layering. I can drive a snowmobile and an ATV. I know what boiled whale tastes like.

It goes without saying that moving to Nunavut has changed me as a person, but not necessarily in the rote, functional, cold-weather ways you'd imagine. That's why, this Nunavut Day, I decided to write about all the deeper, more intrinsic ways Nunavut and Nunavummiut have affected me, for the better and likely forever.

Courage in My Colour

"I love your skin colour! Can I adopt your baby?"

The above statement is paraphrased, but it's essentially what I heard when traveling to other communities in Nunavut soon after I arrived. The latter part is almost entirely facetious, but the comment on my brownness? Absolutely genuine, making Nunavut the first and only place I have ever been, in the entire world, where people celebrate and admire my dark skin.

I was born in Bangladesh, which is part of the quite diverse and complicated region we know as South Asia. As a whole, South Asians have an unhealthy obsession with white or light skin - a messed up offshoot from colonization and the caste system. Women and men use skin-lightening creams, stay out of the sun, and lament any deepening of melanin like it's a disease.

Add to this Western society's general deference to white people, white skin, and white culture, and you have a very clear message: lighter is better. Unless

you're white, I guess, in which case, you should tan. Except white people turn golden and I am always just brown.

As I've grown older, I've worked against this cultural racism, for my own confidence, for my own justice. I am dark and I don't mind. I like my tan lines. But I know that for the most part, the world does not consider my colour ideal.

Now imagine my surprise and joy when after a long skidoo trip, a co-worker would comment, "Oh hey, nice goggle tan! Did you go out on the land?" A deeper shade is seen as a badge of exploration; the unevenness of skin colour is a sign of the elements. And it doesn't seem to matter that I am browner by nature - Nunavut has reminded me to be proud of the skin I am in, whatever its tone.

Appropriate Cultural Appropriation

This is related to the first point in a way, but delving a little deeper. Inuit are fiercely proud and protective of their

culture, heritage, and ethnicity. They fight to preserve their language, they live for the land, and they know and sing their songs clearly, loudly.

As an immigrant who never quite found her diaspora in Canada, this connection and responsibility to one's traditional culture has been inspiring. Nunavut is quite possibly the only place in North America where the dominant culture is not Western-European. For a racialized person, that's amazing.

Obviously, I have learned to appreciate and advocate for Inuit culture; it would be hard not to, if you live up here and pay attention. However, the more interesting side effect has been a surge in my own desire to understand my culture and heritage. I speak my language (Bangla), but now I want to know our traditional songs and stories. I know the histories of the lands I come from, but I want to see how the struggles of my ancestors has influenced my place in the world. And I am learning all that and more, through

my family, through the internet, through the network of Bangladeshi women I am creating day by day.

Oh, What's in a Degree?

Almost four years ago, I moved to Iqaluit and started working for the Government of Nunavut. Suffice it to say that after a year and half, it became clear that I am not a bureaucrat.

Thus, in March of 2014, I said goodbye to the nine-to-five and went headfirst into the world of part-time, freelance, entrepreneurial work. I had a (very) temporary catering company. I started an amorphous, undefined, evolving job with the good people at Atiigo Media. I wrote articles and sold photos. Sometimes I was a tour guide. And I blogged like I had never blogged before. And as 2014 became 2015, things really started changing.

Without rambling too much, I now have a perfectly undefined career that involves film and television production, writing, performing arts advocacy, and various entrepreneurial skills. I interviewed our

current Prime Minister and acted in a movie that premiered at Cannes. And I still blog, though not as much as I blogged before.

And what does this have to do with Nunavut? I've thought about this a lot, and what I think is this: Iqaluit and Iqalumiut gave me the space to experiment and find out what I am good at; not what I studied, not what I trained in, but what I have a flair for and interest in.

This could have happened somewhere else. But the reason it happened in Iqaluit, the reason it is maybe easier in Iqaluit, is because in my experience, people don't hold you to systematized standards or expectations - especially in the creative space. The Qanurli? crew didn't mind that I'd never worked in television before, let alone as a Production Manager (spoiler alert: not an entry-level position) when they hired me. Qaggiavuut had no qualms with my lack of experience with championing the performing arts when they invited me to be a Project Manager.



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Instead, Iqaluit is a place that has embraced outside-the-box thinking, likely because no box could contain her nuanc-

es. It's all about the DIY, problem-solving, trial-and-error methods here. And it goes without saying, Finding True North has been a great networking tool for me, and quite possibly stands as a type of CV and sample of work.

So, it doesn't matter if you studied neuroscience and not fine arts, or if you have never seen a call-sheet in your life. People up here have been willing to see potential over credentials, and a body of work over a body of evidence. And this fact has essentially changed the course of my career, and my life.

Idle No More

As my final paean to Nunavut, I thank her and her people for graciously educating me and other non-Inuit settlers on the realities of the Indigenous experience in Canada. I can without hesitation say

that my time in Nunavut has propelled my knowledge of Indigenous issues and achievements in ways that I did not expect.

I am utterly, humbly grateful to the wonderful souls who take the time to talk to and teach me. It's not their responsibility to educate us outsiders, but when they do the act does not go unappreciated. I know that because I live in Nunavut, I am more accurately, holistically aware of the challenges, solutions, and demands of Inuit specifically, and Indigenous peoples generally. And for that, I am a better settler, a better Canadian, and frankly, a better human.

This blog post was published on Nunavut Day, July 9 on Anubha Momin's blog: findingtruenorth.ca



ANUBHA MOMIN

📷 📺 @_anubha | 🐾 @an00ba

I am a blogger, writer, and performer living and working in Iqaluit, Nunavut for the last four years. I moved to the Arctic from Toronto, and started chronicling my experiences on my blog, Finding True North three years ago. Despite the fact that I live in sub-zero temperatures nine months of the year, I still consume copious amounts of ice cream. I am also the proud owner of four snowmobiles.

ANUBHA IS WEARING VICTORIA KAKUTINNO'S SIGNATURE SEAL SKIN HEADBAND

I regularly get emails and messages from people who want tips about visiting Iqaluit, and at the top of my list is always hiking the Apex Trail. It begins at the old graveyard, and then follows the shore towards Apex, the "suburb" of Iqaluit. On your left will be the endless waters of Frobisher Bay, which depending on the season, will be either liquid or frozen. Under your feet is the ever-changing tundra; crunchy snow in the winter, microflora and moss in the spring and summer, fire-red flowers in the fall. I hike this trail regularly with my dog, Heffley, and think it is just the most spectacular trail in town.



My home is full of lovely little items collected from across the territory, but what I love most are my uluit (Inuit knives) made by Moe Lewis, an Iqaluit resident and toolmaker. They're beautiful, traditional, and functional. The handles are hand-carved from caribou antlers and the blade is super sharp stainless steel - perfect for cutting up everything from frozen Arctic char to pizza (I also think it makes a fantastic cheese knife!).

A VIEW OF IQALUIT FROM THE BREAKWATER; GRIND AND BREW IS ALONG THE SHORE.

Anyone coming to Iqaluit must also visit Grind and Brew, the city's iconic, locally-owned coffeeshop. It's the best place to get your morning java with a side of local politics and gossip. Grind and Brew is located near the breakwater, with a view of the bay and docked boats. It's a comfy, cozy place that hasn't changed its decor in years - nor its menu. Try their pizza, which I think is some of the best I've had anywhere!

HIKING THE APEX TRAIL IN THE WINTER

HEFFLEY, FRAMED BY BROKEN PIECES OF RIVER ICE IN SYLVIA GRINNELL TERRITORIAL PARK.



SHE CARES

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

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

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

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



COLLECTING DONATIONS FOR OUR SISTERS

Canned foods, blankets, clothing, shoes are all accepted

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

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

SHE CANADA



SHE CARES & SISTERS 'R' US

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

founded by FATIMA, AMNA & SHAKIRA ZAIDI



Late hours and little ones do not make a good pairing. However once the party season rolls in, you will want your mini-me to be able to get a feel of what it is like to end the year on a festive, upbeat note. Even if they are not staying up till a party has ended, or taken to one that is sure to last past midnight, help them look and feel party ready with our picks of child-friendly and style smart choices.

Little men dressed to impress in smart blazer suits, and sequined details for the girls, 'tis the season to dress up. Let's just hope they can keep themselves looking decent enough till you get a picture taken to remember the evening.



CUTE AS A BUTTON



12



13



14



15



16



17



18



22



23



19



21



20

1. ZARA, Cotton Bow Tie, \$12.99 • 2. Guess, Embroidered Bomber Jacket, \$78 • 3. GAP, Starry Sweater Leggings, \$34.99 • 4. GAP, Sparkle Bow Headband, \$19.99 • 5. JOE Fresh, Metallic Dress, \$59.99 • 6. ZARA, Boys Two-Toned Herringbone Braces, \$12.99 • 7. Mango, Beaded Lace Top, \$44.99 • 8. JOE Fresh, Faux Fur Vest \$39 • 9. GAP, Metallic Chelsea Booties, \$59.99 • 10. Mango, Quilted Bomber Jacket, \$89.99 • 11. GAP, Marled Shawl Cardigan, \$65 • 12. GAP, Faux Leather Varsity Jacket, \$65 • 13. ZARA, Suit Blazer, \$65.99 • 14. JOE Fresh, Bow Tie, \$10 • 15. H&M, Lace Dress, \$34.99 • 16. JOE Fresh, Glitter Graphic Tee, \$16 • 17. JOE Fresh, Tan High Top Boots, \$29 • 18. GAP, Leather Belt, \$19.99 • 19. JOE Fresh, Black Lace-Up Boots, \$32 • 20. Guess, Embellished Coat, \$98 • 21. GAP, Embellished Star Gazing Tee, \$26.99 • 22. GAP, Star Marled Sweater Dress, \$44.99 • 23. Mango, Monochrome Contrast-Bodice Dress \$59.99

The Ultimate HOLIDAYS Gift Guide

Season's festive choices
SHE brings you must-buys for everyone on your list this festive season

COSY TIMES AT HOME

Books, reading socks for the whole family, cushions, throws, warm water bottles, only some of the essentials for making memories as the year ends.



Fantastic Beasts and Where to Find Them: The Original Screenplay

\$29.99 | 365 Things to Do with LEGO Bricks \$30.99 | Harry Potter 7 Vol Childrens' Paperback \$105.99 | Faux Fur Tipped Reading Socks Grey \$34.99 | Plait Reading Shawl Pink \$58 | Holiday Fair Isle Kids Reading Socks 5-8 Years \$24.99 | Bear Kids Socks Grey 5-8 Years \$24.99

When stumped for choice, a mug is always a good gift

Candles: To set the mood

GIFTS FOR EVERYONE

This season no one will be left behind because you couldn't decide what to give them!

Perfect Tea Set Dream Big, \$24.99 | Oversized Teacup \$14 | Small Teapot, \$28 | Monogram Cup A - Z \$10 | Ontario Mug, \$12 | Expression Mug, \$15 | Bark Wood Cheese Knives, \$36 | Glass and Metal Jam Jar, \$39.99 | Marble & Wood Dip Bowls with Spoon, \$34.99 | Mud Pie Circa Tidbit Set, \$40 | Just Here For Dessert Serving Set, \$22

Indigo Scents of Canada Mini Tin Candle, \$10

SOFTIES

Let's admit, plush toys invoke cuddles from young and old alike and this season's crop is extra-adorable!

Yummy World Soft Serve Sally Large Plush, \$39.99 | Yummy World Sunny Egg Plush, \$19.95 | 2016 Starlight Bear, \$17.99 | Pete The Polar Bear, \$49.99

Cushions & Throws to sink into and under



Emoji
Pillows, \$9.99
| Expression Pillow

Cover From \$34.99 | Braided
Cable Knit Sherpa Throw - Ivory,
\$79.99 | Faux Fur Throw - Spotted
Brown, \$99.99



Ganong Chocolatier from \$27 | **Purdy's** De-
lightfully Yours Chocolate basket \$80 | **Purdy's**
Chocolate Journey Lite, \$300



GIFTS OF STYLE

Easy on the wallet, high on style accessories, treat
yourself, or give a thoughtful gift to keep them
warm and cosy this season.



Boucle Plaid Scarf Light Pink,
\$45 | Infinity Plaid Scarf, \$55 |
Faux Fur Knit Pull Through Scarf
Camel, \$49.99 | Solid Wrap Black,
\$59.99 | Expression Hat Freeeezing Ivory,
\$24.99 | RW & Co. Faux Fur Ear
Muffs, \$24.99 | Expression Mit-
tens Sooo Cold Black, \$24.99



Atlantic Canadiana Luggage Set, from \$109.99 | **Swiss Gear** Chrome 28"
Hardside Luggage, \$156 | **ZeroTech** Dobby Standard Selfie Drone (4K), \$539

For Frequent Flyers and Holiday Travellers

BLING LOVERS statement pieces, twinkling jewels and metals.



Umbra Prisma Jewellery Tray, \$15 | **Pandora** Patterns Of Frost Pendant, \$70 | **Pandora** Patterns Of Frost Earrings, \$85 | **Pandora** Signature Charm Bracelet \$110 | **Caroline Neron** Bracelet Géode \$115 | **Caroline Neron** Necklace Géode, \$135 | **Caroline Neron** Anklet Désirée, \$95 | **Caroline Neron** Bracelet Apocalypse, \$175 | **Alex & Ani** Cheers Color Infusion Expandable Wire Bangle, \$116 | **Ann Taylor** Jeweled Silk Tassel Earrings \$85 | **Ann Taylor** Pearlized Crystal Stretch Bracelet, \$55.99 | **Hilberg & Berk** Brita Necklace, \$495 | **Hilberg & Berk** Petra Necklace, \$420 | **Hilberg & Berk** Dara Necklace, \$265 | **Hilberg & Berk** Brita Bracelet, \$295

PLAY THINGS



INDOOR FUN: Quality and hopefully quiet time spent together

Lego City Advent Calendar \$39.99 | **Crayola** 24 Day Calendar, \$24.99 | **Playmobil** Advent Calendar Dress Up Party, \$29.99 | **Fisher-Price** Bright Beats Dance & Move Beatbo \$59.99 | **Fisher-Price** Thomas & Friends Trackmaster Thomas' Sky-High Bridge Jump, \$109.99 | **New Fashionista Barbies**, \$12.99 | **DC Super Hero Girls** – Action Dolls (6y+) \$24.99

Magformers X1 Cruiser Set, \$74.99 | **Snap Circuits Jr.**, \$44.99 | **DIY Cardboard Viewer Modern Art**, \$34.99 | **Nancy B's** Microscope & Activity Journal, \$49.99 | **Thames & Kosmos** Remote Control Machines Kit, \$99.99 | **Littlebits**, Price: \$249.99



GAME TIME

Laughter, floor puzzles, fun (and fights too) an endless array of indoor family fun.



Melissa & Doug Safari Floor Puzzle 100 Pieces, \$14.99 | **Indigo** Exclusive Harry Potter- Mauraders Map Puzzle 1000 Piece, \$24.99 | **Jenga!**, \$ 19.99 | **Bounce Off!**, \$21.99 | Harry Potter Hogwarts Battle A Cooperative Game, \$49.99 | **Indigo** Exclusive Food Truck Play Tent, \$49.9 | **Franklin** Air Hockey, \$32.99 OYO NHL Backyard Rink, \$44.99



Zipfy Snow Sled, \$44.99 | **Sno** Brick Maker, \$6.99 | **Sno-Shot**, \$14.99 | **Convertible** Sleigh Wagon, \$139.99 | **Sno Striker**, \$29.99 | **Advil** 12 hour, \$7.49

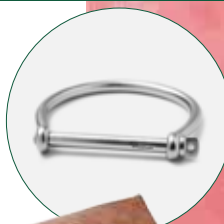
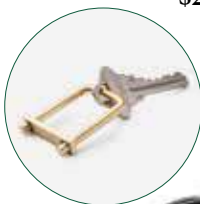
LET IT SNOW It's Canada and when it snows, we bundle up, head out and make the most of it!



You don't want to disappoint the little ones, but need some help in enjoying painless holiday season.



FOR HIM He may have everything, but not these...we bet!



Breitling Galactic 29, \$5,430 | **RW & Co.** Faux Leather Messenger Bag, \$79.99 | **RW & Co.** Pacman Pocket Square, \$49.99 | **Ted Baker London** Gloves, \$155 | **Miansai** Brass Tension Keychain, \$120 | **TOMS** Black Canvas Leather Trekker Backpack-H | **Miansai** Matte Silver Screw Cuff, \$520 | **Shinola** The Runwell Bicycle \$3,695 | **Groom** Shaving Trial Kit \$30

RECIPES of the SEASON

Looking for recipes that are easy to put together and taste like you spent hours in the kitchen? We got Ibrahim Jobran, the Senior Executive Chef at Paramount Fine Foods to share his best party recipes with us!



Paramount Cookies

Ingredients:

- ✓ 800g room temperature butter
- ✓ 400g icing sugar
- ✓ 3 eggs
- ✓ 1200g all purpose flour
- ✓ 10g vanilla powder

Preparation

1. Mix in butter and sugar to a smooth texture in a bowl.
2. Add in eggs one at a time followed by vanilla and mix well.
3. Add flour and mix for another 3 mins. Cover the bowl refrigerate for an hour.
4. Pre-heat oven at 360 F.
5. Roll up the dough flat and use your favorite cutter to shape.
6. Bake cookies at 360F for 12 mins. Let the tray cool.
7. Garnish the cookies with jam or icing sugar as desired.



Chicken Wings

Ingredients

- ✓ 11kg chicken wings
- ✓ 120g tomato paste
- ✓ 120g vegetable oil
- ✓ 3g cumin
- ✓ 1 pinch of ground thyme
- ✓ 1 pinch of black pepper
- ✓ 15 garlic cloves
- ✓ Salt to taste

Preparation

1. Mix in all ingredients in a bowl with the wings and refrigerate for 30 minutes.
2. Preheat oven to 350 F
3. Place marinated wings on a baking tray and bake for 20 minutes, then turn over and bake for a further 10 minutes till they are the desired colour.
4. Serve with tomato garlic sauce

Tomato Garlic Sauce

Ingredients

- ✓ 500g tomato puree
- ✓ 100g olive oil
- ✓ 200g salted butter
- ✓ 100g fresh garlic puree
- ✓ 15g fresh chopped cilantro
- ✓ 10g vegetable stock
- ✓ Salt to taste

Preparation

1. Heat oil in a pan, add garlic puree and saute for two minutes
2. Add in butter, stirring well.
3. Add in tomato puree and keep stirring till it comes to a boil.
4. Add in salt, cilantro, and stock and cook for another two to three minutes.





Beat the New Year Bloat

Every January we resolve that this would be the year when we take more responsibility of what we eat. Following up after a season of over-indulgence through the holiday season revelries and one too many trips to the desserts table, Dr. Sarah Celik agrees that she does see a spike in the number of patients visiting her come new year. Most of them voice the same concern, a need to cleanse their bodies.

Celik, a naturopathic doctor with over 15 years of practice, favours a gentler and easier approach to go on a detox cleanse, just in time to help us start our year on a healthier note. She recommends a cleansing regimen that works irrespective of our dietary habits. Healthy eating habits



SHE RECOMMENDS:

Renew Life First Cleanse: | **\$24.99**

will yield better results, however a good herbal supplement is going to stimulate our bodies to eliminate toxins buildup in our bodies through seven channels: liver, lungs, colon, kidneys, blood, skin and the lymphatic system. We love how simple her tips are to get us on the road to beating the bloat and getting our health on track.

During the Party Season

Save your appetite for the main course instead of filling up on appetizers.

Exercise portion control; load up on greens and fibre-rich foods to aid your body in natural cleansing.

Avoid combining many food groups onto your plate. Party spreads can be lavish, but exercise caution and limit yourself to healthier food combinations.

Stay hydrated. Oftentimes we feel hungry when our bodies are actually signaling us for more water. Fruit infused waters are a healthier alternate to sugary beverages and easy to put together at home.

Apple Cider Vinegar, diluted with water and taken before dinner helps kick-start the digestion process.

Do not take any liquids with your meals, they dilute the digestive juices in our GI tract. Save your drinks for before or after at least half an hour of your meals.

Year Round

Mind what oils you use in cooking and know that not all oils are the same. You

Dr. Sarah Celik



pay for quality; nuts oils and cold pressed oils may cost more, but think of it as an investment in your health and well being. Butter and ghee (clarified butter) when taken in moderation are a good alternate to cheap cooking oils.

Cold pressed, unrefined coconut oil is the best for high heat cooking and has numerous uses in our everyday lives.

A good cleansing program three to four times a year helps the digestive system recover from all the toxins we ingest and absorb through daily environmental exposure.

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AGENCY





IN
2017
WE *EAT*
• OUR WAY TO •
Better Skin

If eating healthier is one of your new year's resolutions, join us as we introduce these superfoods into our diets. Replacing processed foods with natural, nutrient-packed ones not only supercharges your energy levels and has you feeling healthier, it is also the best thing you can do for your skin. This year resolve to eat your way to glowing skin.



TEXT: AAIISHA ZAFAR ISLAM
ARTWORK: FIZA HASAN

The background of the entire page is a soft-focus image of various fresh produce, including green grapes, red tomatoes, orange carrots, and red strawberries. Overlaid on this background are twelve dark green circles, each containing the name of a food item and a description of its skin benefits. The circles are arranged in a staggered grid pattern.

Kiwi Fruit

Dark undereye circles? This tangy green fruit is rich in phenolic compounds necessary to keep the skin line-free, combat darkness under the eyes and fight skin irritation.

Asparagus

Help your skin retain moisture longer with this Vitamin B rich green.

Blackberries

All berries pack in antioxidants, but these black ones are key to smoother, supple skin as they help the body kickstart collagen production.

Strawberries

Everyone is partial to strawberries, and now there's another reason to love them more. Ellegiac acid in strawberries is a potent antioxidant to protect the skin from sun damage.

Pumpkin Seeds

Just a handful of these in our daily diets and we can get enough of zinc, the nutrient we need to help skin repair itself.

Raspberries

Like all berries, raspberries are also natural antioxidant rich fruits that are essential toward of premature ageing of the skin and help us look and feel our best. Red raspberries contain anthocyanins, that gives them their signature hue and helps us in getting a clearer complexion.

Dark Chocolate

Antioxidants and flavonoids for smoother skin, better sun protection, and putting you in a better mood instantly... 'tis the time to stock up!

Egg Whites

Not just for tightening face masks, egg white is rich in albumen that treats skins conditions like enlarged pores, puffy eyes and soothes irritated skin.

Millet

While carbs are essential for overall health, certain kinds of carbs should be avoided. Instead of starchy grains like rice and white flour, millet is the carb to eat for a glowing complexion.

Brazil Nuts

Contain mineral selenium that helps ward of acne and other skin infections. They also help skin improve its elasticity.

Almonds

The vitamin E and antioxidants in almonds is key in helping neutralizing the effects of free radicals on our skin. Better skin, better hair, nails and better heart health too.

Fish

Oily fish like salmon, mackerel and fresh tuna should be a part of our weekly meals menu. Our bodies need omega-3 fatty acids but do not produce it, and eating fish is the best way of getting our quota in for plump skin.

Avocado

A healthier alternative to butter and other fats in your diet, avocado is also rich in vitamins C and E that are essential in keeping the skin hydrated.



SHE *BEAUTY*

LIMINIG *in*

ST. LUCIA

BY ZEBUNNISA MIRZA

A gentle breeze flows through the open dining room, cooling down what would have otherwise been a hot summer night. Candle-lit lanterns hang from the ceiling, bathing the wooden décor in a soft, warm light. The subtle clinking of cutlery and hushed conversation is all that can be heard in a room full of couples, young and old, who gaze lovingly at each other. The setting is impossibly romantic.

Although I would have preferred to be here with a loved one, I sit across from St. Lucia native and Top Chef star, Chef Nina Compton, who makes an excellent dinner date. She entertains me with stories from her experience on the show,

and has me gushing with excitement about the meal that I'm about to have. That is until our food arrives.


I begin my dinner with St. Lucian crab backs – fresh crab meat sautéed with local seasoning and herbs, smothered with a rich garlic butter sauce and served inside hollowed crab shells. The seasoning is simple, but the crabmeat is so fresh and flavourful it hardly needs anything at all. We eat in absolute silence, not out of respect for any cultural norms, but because the food is so good we forget everything else.

Next, I devour a plate full of jumbo shrimps on a bed of vegetables and rice, blanketed in a spicy creole sauce. The crispness of the shrimp bursts in my mouth with each bite, and the creole sauce coats my tongue in flavour so rich it lasts long after I finish my meal. I dare

not spoil it with even one bite of dessert. Some of the best examples of St. Lucian Creole cuisine – a distinctive blend of West Indian, African and French influence – can be found in the island's capital city of Castries. The waterfront location of the Coal Pot Restaurant combined with the expert work of award-winning French Chef Xavier has made it a popular choice for foodies since 1966. It's a perfect place for an elegant sit down meal and a great introduction to the many foodie experiences one can have in Castries.

Friday Night Street Party

Swap your fitted cocktail dress for a colourful (and roomy!) maxi and you're ready to hit the Gros Islet Quarter just north of Castries. I was lucky to be here on a Friday night when the area is host to the spunkiest street party on the island.



Loudspeakers belt out calypso, zouk, reggae and R&B for a sea of swaying locals and tourists, as street vendors serve up steamed fish, barbequed chicken, whelks and crab served with a side of St. Lucia's own Piton beer.

Saturday Mornin' Food Shoppin'

Walking through the Castries Market is like entering a colourful explosion of fresh fruit, vegetables, spices and handmade crafts especially on a Saturday morning when things are at their liveliest. I found it hard to stay focused among the endless piles of mangoes, custard apple, sour-sop, coconuts and bananas. Luckily, Chef Nina Compton was there as our guide. We meandered through the countless vendor stalls, tasting street foods like accra, a spicy codfish fritter, and picking up spices like star anise, and cinnamon, condiments like a special local hot-pepper sauce, and

souvenir cocoa sticks to bring home. The market is open every day except Sunday.

Less Cooking, More Liming

If a cooking class is too much work on a vacation, then a cooking lime may just be your cup of St. Lucian cocoa tea. To "lime" means to "chill" or "relax", and the cooking lime at the Spices Cooking studio is all about laid back fun. Over the course of three hours we were the subject of Chef Jenni Killam's jokes who teased us as we laughed and chatted while preparing two authentic St. Lucian dishes – a curried fish stew and a spicy chocolate flan for dessert. The fruit of our labour was enjoyed on a patio overlooking a lush view of the property's garden that gently slopes into a valley. The best part? No prep work or cleanup!

5 Foods To Try In St. Lucia

Green Bananas And Salt Fish

The "official" dish of St. Lucia is just as it sounds - salty cod fish and vegetables served with a side of bananas, the island's leading export.

Crab Backs

Local crab meat sautéed with local seasoning and herbs and Garlic Butter Sauce, served inside hollowed crab shells.

Accra

A street food favourite! Deep fried salt fish battered with a spicy seasoning.

Cassava Bread

Made from a starchy root vegetable, this unleavened bread can be eaten like a sandwich with fish or combined with coconut, cherries, raisins and apple for a sweeter treat.

Tropical Fruits

Mangoes, sour-sop, pineapple, coconut, pomme d'armour, five finger, chenet, bananas, kiwi and more!

Go Green: Doctor's Orders

BY LINDSAY COOPER

The rise of the organic food movement has people thinking about what they're putting in their bodies via digestion, but what are you absorbing through your skin? That's the question Zoe and Kim of Dr. Roebuck's implore you to investigate. The identical twin sisters were both born with eczema, motivating their father (Dr. Roebuck) to look to nature for an alternative treatment. Avoiding unnecessary fillers, colours, scents and chemicals, he began prescribing his patients (including daughters Kim and Zoe) with PURE, a facial moisturizer specially formulated to treat extremely dry skin.

Thirty years later the twins have commandeered their father's moisturizer and his mantra, expanding the Dr. Roebuck's offerings to nearly twenty items including the most recently released Ultimate Hydrating Serum, Reverse Aging Serum and Eye Regeneration Cream. The range's newest additions continue to blend the brand's nature driven approach to beauty with scientifically proven, high impact results.

"[The serums] were a conception

from when I used to work in pharmaceuticals with diabetic patients. There's a compound called carnosine that actually regenerates what they call necrotic skin, which is dead skin. So if you're in the hospital, they'll put this on the skin on your hands and feet in late stage diabetes. So I thought 'I wonder if we can get that in a concentration that's safe and effective for cosmetics.' I found one. And then I thought 'why stop there?'" Zoe explains of the minimalistic efficacy the brand's formulas.

"So I combined some (carnosine) with hyaluronic acid Vitamin A, Vitamin C and Vitamin E and we created a molecule called CNYouth Molecule, which is exclusive to Dr. Roebuck's. I used that as a base. Most formulas use a base and then add actives. My base is active and on top of that are six ingredients in the Reverse Aging [serum] and then another four in the Ultimate Hydrating."

Most of us don't have a proactive doctor with unlimited medical resources as a father, but with the entirety of Dr. Roebuck's new line on the shelves of Shoppers Drug Mart and Murale in Canada with skin sensitive dietary advice available on their website, the doctor will see you now.

Kim and Zoe Roebuck



SHE RECOMMENDS:

- Polish Facial Scrub and Mask | **\$39.95**
- Reverse Aging Serum | **\$79.95**
- Natural Cleansing Wipes | **\$15.49**
- Pure Hypoallergenic Moisturizer | **\$54.95**
- Ultimate Hydrating Serum | **\$79.95**



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SKINCARE SO YOU CAN ENJOY ONLY THE BEST
OF THE BEST THIS SEASON.

beauty REVIEWS

CUSTOMIZE YOUR PALETTE

One size does not fit all, so why should your make up? Customize it with these mix-and-match palettes.



Inglot Freedom Systems
From \$17



Surratt Beauty Customiz-
able Beauty Palettes
From \$88



Art Deco Crystal Garden
Limited Edition Custom
Palettes
From \$22

CUSTOM COVERAGE

Instead of buying yet another face product, the latest trend in the cosmetics world, and one we can get behind with all gusto is that of 'drops'. From highly pigmented drops to help you DIY your perfect complexion match, to adding extra glow we all need this season, we're in love with these.



Gosh Lumi Drops, \$17 | **Hard Candy** Glam-
oflaug Mix-In Pigment Makeup Drops,
\$7.99 | **Gosh** Foundation Drops, \$26 | **Art**
Deco Golden Bronze Oil Drops, \$30 | **Gosh**
Overnight Primer Oil Essence, \$22

HOLIDAY SPIRIT



'Tis the season to splurge on limited edition beauties, they look just as pretty as they promise to make you look.

Guerlain Terracotta Terra India Shimmering Bronzing Powder, **\$64** | **Charlotte Tillbury** Luxury Palette Legendary Muse, **\$64** | **Guerlain** L'or Eyeliner, **\$42** | **Yves Rocher** Universal Complexion, **\$19** | **Vichy** Teint Ideal Highlighter, **\$27**

PRETTY POUTS

Keep your orangey red, baby pink, and wine-toned lips in their place by making sure your lips are properly prepped and lined. Hydrating, matte and liquid formulas, there is so much to choose from.



To Make Sure Your Lip Colour Doesn't Stray, Feather, Or Bleed.

Guerlain Rouge G Exceptional Complete Lip Colour, **\$61** | **Stila** Stay All Day Lipliner Merlot, **\$26** | **Art Deco** Invisible Lip Styler, **\$14.99** | **Huda Beauty** Lip Contour Set, **\$30** | **Burberry** Kisses Lipstick, **\$36** | **The Estée Edit** Lip Flip Shade Transformer, **\$26**

MESMER-EYES

Lash out against falsies with these curving, lengthening mascaras, giving you the false eyelash effect sans sticky situations from lash glue.



Covergirl So Lashy Blastpro Mascara, **\$10.99** | **Rapidlash**, **\$49.99** | **Art Deco** Scandalous Eye Mascara, **\$29**

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AS LUXE AS IT LOOKS

As winter winds down, your skin needs you more than ever. Give it the TLC it craves with these nutrient-rich, skin boosting essentials.



Consonant Hydrextrême, \$149 | **Bliss** Mask-A-Peel, \$38 | **GM Collin** Vital C 10% + Peptides Serum \$94 | **Olay** Regenerist Luminous Overnight Mask Gel Moisturizer, \$25.99 | **Fresh** Soy Face Cleansing Milk, \$47 | **Estée Lauder** Advanced Night Micro Cleansing Balm, \$50 | **Rodial** Snake Eye Cream O2, \$227 | **Caudalie** Resveratrol Lift Face Lifting Soft Cream, \$84

PRETTY SOFT

While you're taking care of your face, don't forget the rest of your skin. Be sure to scrub and exfoliate followed by generous layers of moisturizer to stay soft head to toe.



Amopé Pedi Perfect Wet N Dry Electronic Foot File
\$44.99



The Chemistry Brand
Hyaluronic Body Mist
\$20



Yes To Coconut Head-To-Toe Hydrating Balm
\$15.99

Ordinary creams
last only for a
few hours



ORDINARY
CREAMS



VASELINE

Vaseline gives
moisture +
nourishment for
24 hours



*cream without glycerine

keeping skin amazing since 1870

JWT

Beauty Holiday GIFT SETS

'Tis the season brands go all out with their limited edition Holiday sets and have us drooling over the many, many palettes, and gift sets this season!



EOS Lip Balm Set, \$10.99 | **Consonant Skincare** Exclusive Gym & Travel Starter Kit For Sephora \$49 | **Charlotte's World Of Legendary Parties** Advent Calendar, \$250 | **Charlotte Tillbury** Dreamy Look In A Clutch \$150 | **Art Deco** Advent Calendar \$86 | **Kat Burki** Super "C" Holiday Set, \$143 | **Caudalie** Grapest Body Essentials \$42 | **Fresh** Mini Mask Spa \$115 | **Fresh** Sugar Lip Entourage \$58 | **Fresh** Zodiac Oval Soaps \$15 | **Stila** Stay All Day Sparkle All Night Liquid Lipstick Set \$51 | **Too Faced** The Chocolate Shop \$72 | **Too Faced** Merry Kissmas The Ultimate Liquified Lipstick Set \$32 | **Sephora Collection** Blush, Bronzed And Ready To Glow! Face Palette \$40 | **Kat Von D** Everlasting Mini Liquid Lipstick Set \$62 | **Dermalogica** Brightening Duo \$92 | **Sephora Collection** Holy Sheet! Set \$60 | **Algenist** Drop & Glow Luminizing Duo \$29 | **Aerin** Travel Matchbox Gift Set \$25 | **Laura Mercier** Layer Up Caviar Stick Eye Colour Collection \$46 | **Hourglass** Ambient® Lighting Edit - Surreal Light \$95 | **Image Skincare** Holiday Gift Pack \$278 | **Clarins** Advent Calendar \$132 | **Yves Rocher** Cranberry Almond Collection From \$2.50

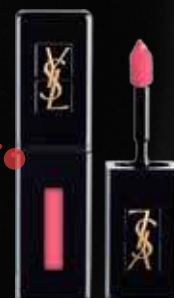


Get Ready for a Big Night
All Nighter Liquid Foundation (\$49) for a full-coverage, matte-finish, water-proof foundation that lasts all night

Nude But Not Invisible
Clarins The Essentials Eye Makeup Palette (\$62) for a perfectly customized nude smoky eye



Wow, That Brow!
Benefit Cosmetics Big-ger & Bolder Brow Kit (\$44) for the most impactful brow look



Pop it Like it's Hot
Yves Saint Laurent Vinyl Cream Lip Stain in Neo Pop (\$42) for a high shine stay-in-place lip stain



In Great Shape
Make Up For Ever HD Blush in Indian Rosewood (\$33) for a pop of colour and contouring in one



SAINT LAURENT FW 2016

SMOKE

IT OUT

We just loved the edgy look at Saint Laurent with slicked back hair, smoky eyes and a bright pop of shiny lip colour. It will be a great look for a less formal holiday gathering.

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SHE *DIRECTORY*

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

A. **Adidas** Hudson's Bay and thebay.com **Advil** Shoppers Drug Mart **Aerin** Sephora and aerin.com **Aldo** in stores and aldoshoes.com **Alex and Ani** Hudson's Bay, thebay.com and alexandani.com **Algenist** Sephora **Amopé** Walmart **Ann Taylor** in stores and anntaylor.com **Art Deco** Shoppers Drug Mart **Ashish** net-a-porter.com **ASOS** ASOS.com **Atlantic Canadiana** Hudson's Bay and theBay.com

B. **Bliss** Hudson's Bay and theBay.com **Bow Tie Tuesdays** Hudson's Bay and theBay.com **Breitling** breitling.com **Burberry** Hudson's Bay and theBay.com

C. **Caroline Neron** carolineneron.com **Caudalie** Sephora **Charlotte Tilbury** Holt Renfrew **The Chemistry Brand** chemistry-brand.com **Ciaté London** Sephora **Clarins** Hudson's Bay theBay.com clarins.ca **Community** Aritzia **Consonant Skincare** Sephora consonantskincare.com **Cordura** American Apparel **Covergirl** drugstores **Crayola** Chapters Indigo and chapters.indigo.ca

D. **Dermalogica** dermalogica.ca **Dr. Martens** Hudson's Bay and thebay.com

E. **EOS** Shoppers Drug Mart **The Estée Edit** Sephora **Estée Lauder** Sephora esteelauder.ca **Expression** Chapters Indigo and chapters.indigo.ca

F. **Fisher-Price** Toys R Us **Franklin Sports** Walmart and franklinsports.com **Fresh** Sephora

G. **Ganong Chocolatier** ganong.com **GAP** in stores and gapcanada.ca **Givenchy** bergdorfgoodman.com **Glamoflage** Walmart **GM Collin** gmcollin.com **Golden Goose Deluxe Brand** net-a-porter.com **Gosh** Shoppers Drug Mart **Groom** lesindustriesgroom.com **Guerlain** Sephora **Guess** in stores and guess.ca

H. **H&M** in stores and hm.com **Hard Candy** Walmart **Hasbro** Toys R Us **Hillberg and Berk** hillbergandberk.com **Hourglass** Sephora **Huda Beauty** shophudabeauty.com **Hugo Boss** mrporter.com

I. **IMAGE Skincare** imageskincare.com **Indigo** in stores and chapters.indigo.ca **Inglot** in stores and inglotcosmetics.com **Ivy Park** topshop.com

J. **Jimmy Choo** Nordstrom **Joe Fresh** in stores and joefresh.ca

K. **Kat Burki** Murale Nordstrom **Kat Von D** Sephora **Kate Spade** New York Hudson's Bay and thebay.com

The

GET IT

GUIDE

L. **Laura Mercier** Sephora **Le 31** La Maison Simons and simons.ca **Le Creuset** Chapters Indigo Hudson's Bay and thebay.com **Lego** Toys R Us **LittleBits** Staples

M. **Mango** mango.com **Mattel** Toys R Us **Melissa and Doug** melissaanddoug.com **Heye** Chapters Indigo and chapters.indigo.ca **Miansai** Holt Renfrew **Millside** Hudson's Bay and thebay.com

N. **Nancy B's Science Club** Chapters Indigo and chapters.indigo.ca

O. **Olay** Shoppers Drug Mart **Old Navy** in stores and oldnavy.ca

P. **Pandora** in stores and pandora.net **Paul Smith** mrporter.com **Pierre Balmain** net-a-porter.com **Playmobil** Chapters Indigo and chapters.indigo.ca **Polo Ralph Lauren** mrporter.com **Prada** net-a-porter.com **Preen by Thornton Bregazzi** net-a-porter.com **Purdy's** in stores and purdys.com

Q. **Quo by Orly** Shoppers Drugmart

R. **RapidLash** Shoppers Drug Mart **Ray-Ban** Hudson's Bay and thebay.com **River Island** ASOS.com **Rodial** Murale Nordstrom **Roots** in stores and roots.com **RW&Co.** in stores and rw-co.com

S. **Saint Laurent** mrporter.com **Sephora Collection** in stores and sephora.ca **Shinola** in stores and shinola.com **Skinnydip** ASOS.com and skinnydiplondon.com **Stila** Sephora **Stuart Weitzman** in stores, stuartweitzman.com and Nortstrom **Surratt Beauty** Sephora **Swiss Gear** amazon.ca

T. **Ted Baker** in stores and tedbaker.com **Thames & Cosmos** Chapters Indigo and chapters.indigo.ca **Thorogood** mrporter.com **TOMS** Gravity Pope and toms.ca **Too Faced** Sephora **Topshop** in stores and topshop.com

U. **Umbra** Chapters Indigo and umbra.com **UNIQLO** in stores and UNIQLO.com

V. **Vetements** matchesfashion.com **Vichy** vichy.ca

W. **Wilfred Free** Aritzia **William Lockie** mrporter.com

Y. **Yeezy** yeezysupply.com **Yes to** Walmart Shoppers Drug Mart **Rexall** **Yummy World** Chapters Indigo and chapters.indigo.ca **Yves**

Rocher in stores and yvesrocher.ca

Z. **Zara** in stores and zara.com **ZeroTech** Staples **Zipfy** Chapters Indigo and chapters.indigo.ca

"The holiday season is of special importance to my family and once they heard I have a girlfriend they were quick and eager to invite her to our Christmas dinner. I am nervous considering this is the first time I've ever brought someone home to my family and all I can think about is "what if they don't like her?""

Worried Boyfriend

HE SAID,

SHE SAID

👤 SHE SAYS...

Replace every single negative thought in your head with a positive one. Instead of thinking "what if they don't like her" start saying, and believing "they will like her" or "this is going to be a great Christmas". It's the holidays! Everyone is already good spirits and their good qualities tend to shine through more during this time. I'm sure your family will love her and treat her like one of their own. Think positive and enjoy yourself. If you get overworked with worry, you're going to make your girlfriend feel uncomfortable about visiting the family as well, and her nervousness is not going to win her any quick fans.

👤 HE SAYS...

The problem with this whole situation is that you're overthinking and letting negative thoughts overshadow everything. If you like her I'm sure your family won't have a problem with her. Just take a deep breath, relax and enjoy the great meal your family has cooked for you.

"Recently my boyfriend and I broke up and I am pretty sure this is for good. I haven't told anyone yet not even my friends and I will be heading to my family's house for dinner. This will be the first time in years that I've headed home alone. I don't know what to do or say to my parents I feel like I'm in a such an awkward situation."


Single Again

👤 HE SAYS...

People break up all time, sometimes before, after or even during the holidays. Because the breakup is so fresh, I know it's hard to tell people but I think you should definitely share the news with your fiends and family before heading home. You can simply tell them you will be heading home alone and you're not ready to dish out the details yet, I'm sure they will understand.

👤 SHE SAYS...

As long as you show up for the holidays I'm sure that's all that matters to them! Just give them that quick phone call letting them know you're heading home solo and you and your significant other have parted ways. Once you start letting people know, the better you're going to feel!



"In our work and in our living, we must recognize that difference is a reason for celebration and growth, rather than a reason for destruction."

Audre Lorde

"Life should not only be lived, it should be celebrated."

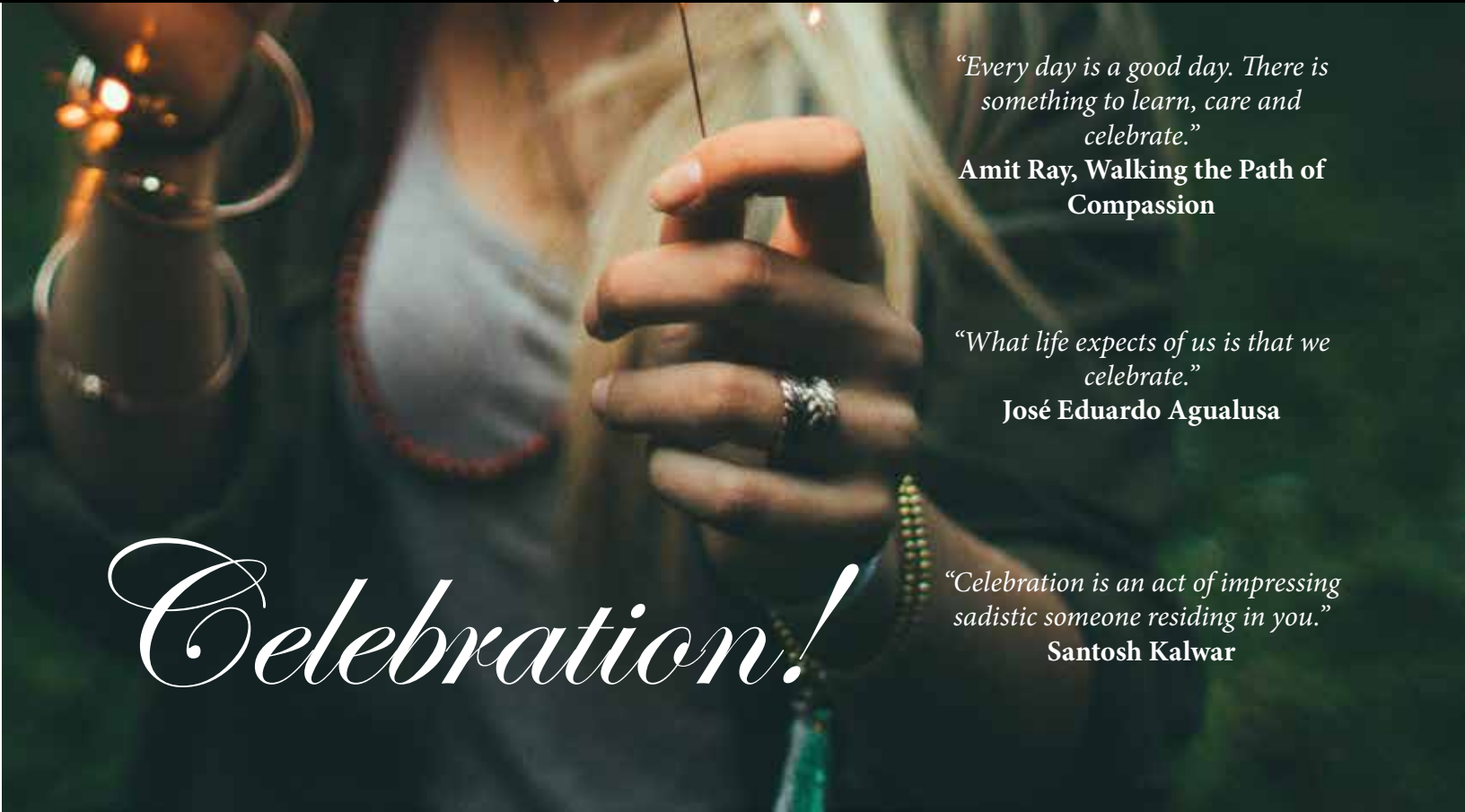
Osho

"The more you praise and celebrate your life, the more there is in life to celebrate."

Oprah Winfrey

QUOTE

UNQUOTE



"Every day is a good day. There is something to learn, care and celebrate."

Amit Ray, Walking the Path of Compassion

"What life expects of us is that we celebrate."

José Eduardo Agualusa

Celebration!

"Celebration is an act of impressing sadistic someone residing in you."

Santosh Kalwar

INNOVATION

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*Source: European Forecasts

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