

Terror and the ANTI-MUSLIM RHETORIC

MANISH MALHOTRA

Unplugged

Being Social Away from

SOCIAL MEDIA

The Rise and Rise
OF K-BEAUTY

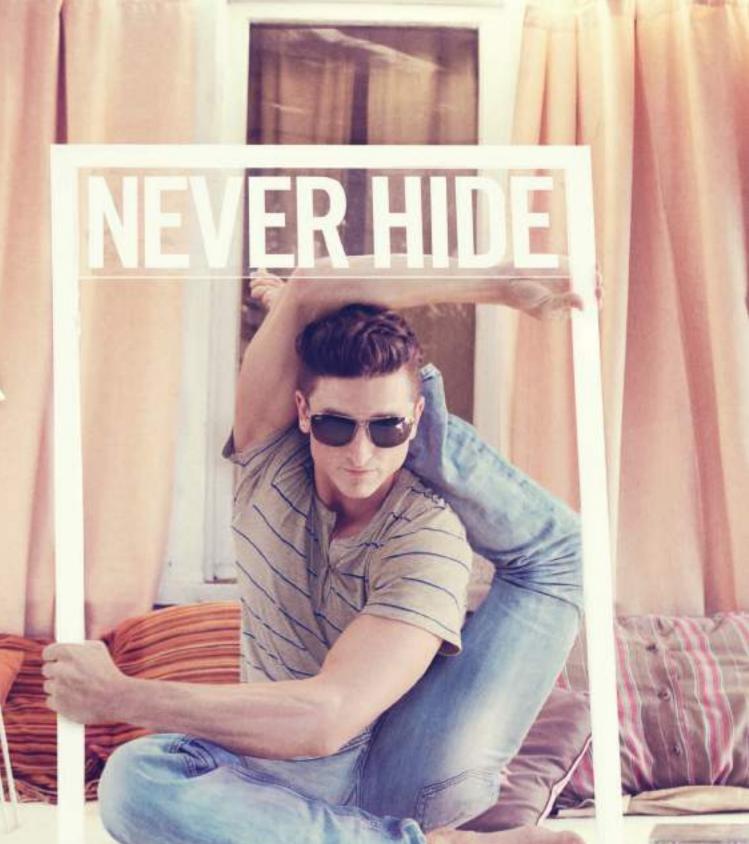
Being / Valada

FHEGEL

HOLVED

DEC/JAN 2016 \$4.99 CAD | Dhs 18.08 AED | £3.28





Ray. Ban

SENDINE BINDE 1947

SUNRAY

HOSPITALITY DEVELOPMENT ENTERTAINMENT

The Sunray Group is a dynamic and innovative organization specializing in the fast-growing hospitality industry in such areas as hotel development and management, property development and entertainment. The Group is successfully building an ever-increasing portfolio of award-winning brands, which include partnerships with Marriott Hotels, Best Western, Choice Hotels, McDonald's and Tim Horton's. The Sunray Group currently owns and operates 15 hotels across Ontario and Quebec. Most recently the Group has expanded into the entertainment industry, collaborating with some of India's finest talent to bring to Canadian audiences.





Editor/Publisher KAMRAN ZAIDI

Executive Editor PRIYA KUMAR

Associate Editor AAISHA ZAFAR ISLAM

National Account Manager JACQUELINE NOVAK

Art Layout Lead SABRINA LLORENTE

Travel Contributor PETER MEYLER

Features Contributors MARIA VASSILIOU, JUNIA GONCALVES

Marketing Manager ERUM ZEHRA

Subscription Inquiries:

Please go to http://shemagazine.ca/subscribe

To Contact SHE Canada:

Write to SHE Canada, 1999 Avenue Rd., Toronto, ON, M5M 4A5

Or info@shemagazine.ca, Facebook: SHECanada

Twitter: @SHECanada

For Advertising Inquiries:

Please contact Kamran Zaidi, 416 644 7788, 416 878 0SHE kamran.zaidi@shemagazine.ca

SHE MAGAZINE CANADA IS A REGISTERED TRADEMARK OF KAMRA ON PRODUCTIONS INC. COPYRIGHT © 2015 KAMRA ON PRODUCTIONS INC. ALL RIGHTS RESERVED. PRINTED IN PAKISTAN







Ipsa oxidized silver-plated, bead and suede necklace \$736

IN EVERY ISSUE:

EDITOR'S NOTE 6 SHE ONLINE 7 **CONTRIBUTORS 8** TWEETS TO THE EDITOR 9 SHE SHOPS 10 HE 54

· HE-Preneur: Aleem Arif HOT STUFF 59

SHE CARES 66

- · TOMS in the Business of Giving
- · Lady Fatemah Trust

BEAUTY 86

- · Beauty Reviews
- · Strobing 101
- · The Rise and Rise of K-Beauty

QUOTE/UNQUOTE 94

· Quotes on Togetherness

FEATURES:

COVER STORY 30

Being Malala: The Girl Who Lived

FASHION 20

- . LFW Moves To SoHo
- . Bangla Biswas: Respect the Craftsmen
- · Couturier Manish Malhotra Unplugged
- · Faster Fashion Made in China

SOUTH ASIA 36

· SHE Pakistan in SHE Canada

SHE OPINION 60

- . Terror and the Anti-Muslim Rhetoric
- . Being Social Away from Social Media

FOOD AND DRINK 14

· Family, feastings and festivities in December

TRAVEL 84

Barbados's Colourful Platinum Coast

WELLNESS 72

. Time for Tea

EVENTS 28

- . Tea & Tiaras
- . SHE's Out & About

Editor's note



EDITOR S.M. Kamran Zaidi

t's with a heavy heart I write this issue's Editor's Note. It is November 16th. We're closing the Holiday Issue. What should be a time of festivity and merriment is instead grimly overshadowed by the tragic events of this past weekend. Beginning with a bomb blast that went off in a Beirut marketplace to the unspeakable atrocities that took place at numerous venues across Paris, the world is bleeding from its seams.

As a lifestyle publication with roots in South Asian culture, we look on at these appalling acts with horror. This weekend saw a handful of rage-filled individuals take countless lives that were certainly not theirs to take, in the name of a cause so perverted, one couldn't even deign to categorize it as religion.

We make no secret of our support of the plight of Syrian, Afghan and Iraqi migrants in the wake of the refugee crisis. Here at SHE we've covered their stories, helped raised funds and strived to bring awareness to the cause that is so dear to our hearts. This weekend these individuals have irreparably damaged these efforts by causing mayhem and instilling (misdirected) fear in the western public. If it was empathy they were seeking, they have caused nothing but grief and chaos.

What's more we dread, is the implication these acts will have on the Muslim community at large. Recently in London a hijabi young lady was pushed into an oncoming train. Though she bounced back before falling into its path, she was treated for minor scrapes and bruises. The correlation drawn between a religion that fundamentally stands for peace and these acts of terror have become all too real in our world. Associate Editor Aaisha Islam explores this theme in her first op-ed for SHE on page 60.

This leads us to our cover story. Perhaps the most apt cover star we've had yet, we introduce Malala Yousafzai to our readers. Known the world over as a crusader for the right to learn, the 18-year-old has held court on the world stage for her cause. We examine what led her to where she is and the controversy surrounding her accolades bestowed by the west.

This Holiday issue I hope you walk away with a better appreciation for the human spirit. In times like these it's hard to see the greater good in the world. It's important to take a moment to understand that hate does nothing but tear us apart. We urge our readers to use the events of this past weekend to put some positive energy out into the world and put love first.

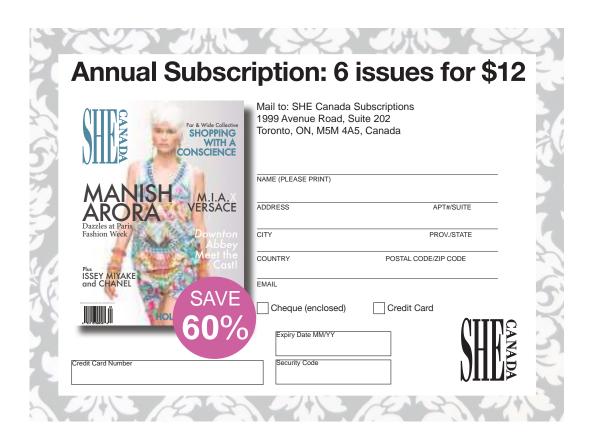






Festivities, parties and merriment. Follow SHE Online for gift ideas, easy DIY ideas to spruce up your living space on a budget as well as style and makeup trends that rock as you go out and about. Happy Holidays and a joyous New Year to all our readers.





Contributors

"What is the hardest new year's resolution to keep?"



PRIYA KUMAR
Executive Editor

Ones that you actually keep. Last year my resolution was to tweet at least once a day. Here we are at the end of the year again and I made it with 700 more followers in tow.



PETER MEYLER *Travel Contributor*

The hardest New Year's Resolution to keep is to keep my New Year's Resolutions. It's a vicious circle.



AAISHA ZAFAR ISLAM Associate Editor

Eat healthy and get more sleep!



JUNIA GONCALVES
Editorial Contributor

The hardest New Years resolution for me to keep is be less emotive since I cry easily.



Jacqueline Novak

Editorial Contributor

Working out consistently, especially a weight lifting regiment.



MARIA VASSILIOU Editorial Contributor

The hardest New Year's Resolution I've tried to keep is getting to sleep at a decent time, and giving myself enough time to sleep.

Tweets to the editor

SHE Canada Retweeted





SHE shops



Always a hallmark of the winter season, holiday celebrations are a great way to up your glam quotient. Make sure you you're very much the "belle of the ball" this year with these great picks.







DOLCE & GABBANA

Crystal-embellished suede Mary Jane pumps \$1.810



MICHAEL KORS Sequin embroidered dress \$7,995

ROSANTICA
Tramonto gold-tone
pearl necklace
\$928



J CREW Jeweled crewneck sweater \$ 129.99



ALTUZARRA Conneticut shearling-trimmed wool-blend felt blazer \$3,088



VALENTINO Cosmo' sequin sheer scarf

\$5,695

ISABEL MARANT Lasia stretch wool and cotton-blend skinny pants \$902



CHLOÉ Snow Capsule intarsia wool beanie \$330



ALISON LOU Mixed Suit 14-karat gold enamel ring \$1,670

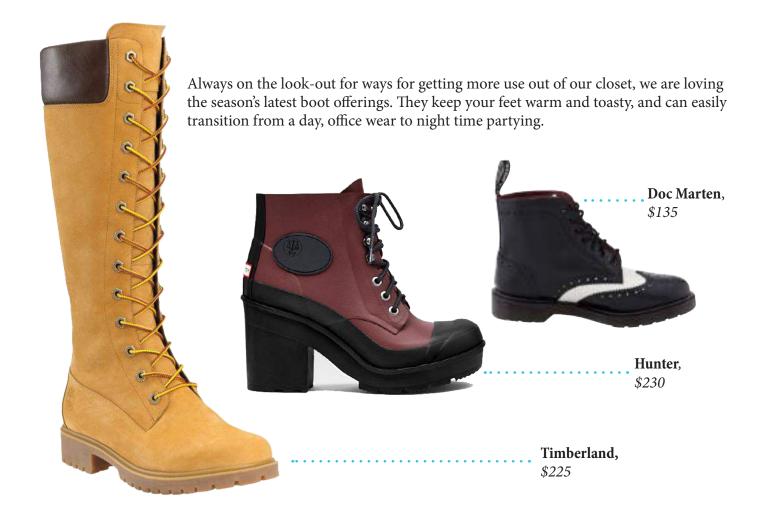


SHE style

Winter Wonderland

Ah, winter; the time of year for extra hot, hot chocolate, cinnamon flavoured goodies and extra body lotion. Whether you spend this season snuggling up under the covers or going out to make snowmen, you'll want these fashion pieces in your wardrobe. They are sure to heat up your fashion scene.







FAMILY, FEASTING AND FESTIVITIES

IN DECEMBER

By Jacqueline Novak

The holiday season is filled with warmth and joy, bringing with it the excitement of seeing relatives far and near. Many ofus love the festive air, holiday parties, and the comfort ofknowing that a fresh, albeit cold, new calendar year is right around the corner. Living and working in Canada brings usin contact with people from all faiths, who each have their own traditional feasts in December. For this Holiday issue, SHE delves into celebrations that include elaborate feasts, family and spiritual unity as their defining features.



HANUKKAH - DECEMBER 6-13

The Jewish holiday of Hanukkah is before Christmas every December. In Hebrew, the word "Hanukkah" means "dedication." Celebrated for eight days and nights starting on the 25th of the Jewish month of Kislev, Hanukkah is when Jewish people commemorate the re-dedication of the Holy Temple in Jerusalem following the Jewish victory over the Syrian-Greeks in 165 B.C.E.

Over the years, and especially within Western culture, Hanukkah has become much more festive. Jewish children receive gifts for Hanukkah - often one gift for each of the eight nights of the holiday. While every community has its own unique traditions, there are some that are almost universally practiced. These include lighting the hanukkiyah, spinning

the dreidel and winning gelt, which are small chocolate coins, and eating fried foods.

Most people recognize the menorah as a symbol of the holiday. The origin of the lighting of the menorah, goes back to when the Jews regained control of the Temple. In order to rededicate it to God, they had to light the Temple's menorah for eight days, but to their dismay, they discovered that only one day's worth of oil remained in the temple for use. Still, they lit the menorah and to their gratitude and surprise, the tiny portion of oil lasted the full eight days. Lighting the menorah commemorates this miracle.

One of the most sought after Hanukkah traditions is the preparation and consumption of fried foods. Since the holiday celebrates the

miracle of oil, it is a tradition to eat foods that are fried, traditional food like latkes, which are pancakes made out of potatoes and onions. Another popular dish is the sufganiyot, jellyfilled donuts that are fried and sometimes dusted with confectioner's sugar before eating.

Hanukkah is also called the festival of lights. Some people take to decorating their homes with white and blue lights, which represent the colours of the Israeli flag. For Jewish families it is a time to take off from work and to spend with family and friends. Often, large gatherings of families take place at different homes on different nights of the holiday, all celebrations filled with dedication, warmth and unity for the Jewish people and their traditions.



HRISTMAS - DECEMBER 25

For Christians, December 25th marks the birth of Jesus Christ, and began as a "mass for Christ," hence the name Christmas. Christmas traditions include giving gifts, just like the wise men brought the infant Jesus, and spreading good cheer through acts of charitable kindness. Santa Claus, who is in part inspired by Saint Nicholas, a generous bishop towards the poor and less fortunate, is a widely recognized member of the decorative squad surrounding this holy holiday.

The day usually involves a feast of thanks. Often several types of meat are served, which may include turkey, ham, roast beef or lamb. There are often several courses, with special treats that are usually only eaten at Christmas. Turkey and delicacies prepared are special for the season and decorations with holly, hawthorn, wreaths, mistletoe, and the singings of carols are all typically part of the holiday's celebrations and follow these meals.

The nativity scene represents baby Jesus in the manger. On the night he was born, Jesus was visited by shepherds and also by wise men, who had seen a new star in the sky and followed it until they arrived at the house where Jesus' family lived. They gave him expensive gifts of gold, incense and a precious herb called myrrh.

Similar to other holidays in December, lighting of candles is a Christmas tradition as well. The lighting of the Advent candles at a church in the US, which begins on Sunday four weeks before Christmas day is celebrated by the Catholic and Anglican Churches as well as others. It is a time for people to prepare themselves for two things: the coming of the baby Jesus and Christmas and for the second coming of Jesus, when those who believe in the religious aspect of Christmas believe he shall rule over all the Earth in peace.

Family celebrations are often very different from each other, depending on where a family comes from and the customs they have within their families. Most families decorate a Christmas tree, which was a tradition from the Middle Ages. Trees are strung with lights and ornaments that represent fond memories. Presents can be found under the tree for opening on Christmas morning.

Many families choose to attend Midnight service on Christmas Eve as a way to connect to, and usher in the holiday. Once home, family members settle into bed for the morning to see what Santa Claus brought for them.





KWANZAA - DECEMBER 26 - JAN 1

Kwanzaa is an African American heritage holiday that anyone can celebrate. The holiday was created by an African-American scholar Maulana Ron Karenga in 1966 as the first African-American holiday. It's estimated that over 20 million people are expected to celebrate Kwanzaa this year. A non-religious event honouring African-American culture and community, it welcomes members from all communities to take part in a festival of unity. The holiday can be traced back to the celebration of the harvesting of the first fruits of the year.

A holiday whose origins represent relevance in the present day, Kwanzaa was a result of the discouragement Karenga felt as a result of the struggles surrounding the Civil Rights Movement of the 1960s and the 1965 Watts riots. Karenga decided to base the ceremonies surrounding Kwanzaa on the belief that lasting social change for black Americans would be spurred and maintained through re-acquainting African-Americans with their cultural heritage while celebrating unifying factors such as family and community.

Some will recognize the Kinara, which is the candle holder with seven candles. The seven candles stand for unity, determination, collective work and responsibility, cooperative economics, purpose, creativity and faith. Kwanzaa displays are rife with symbolism. During Kwanzaa seven principles are celebrated, each day corresponds to one of the principles the candle represents. The candles themselves are just a part of the seven symbols of the actual holiday. One gesture that compares to those of other holidays is the "zawadi" or the gifts. The two most suggested gifts are a book and a heritage symbol.

Another important tradition is the passing of the unity cup, family members and guests all share the same drink. Libations are poured for the departed and family members sip from cup in a pledge of unity. Celebrations usually entail song, dance and African drums. Celebrations also involve one day of solidarity in remembrance of those which have passed. Kwanzaa serves as a time for reassessing, reaffirming, and rewarding all that people have done within the past year.

The Kwanzaa greeting in Swahili is "Habari Gani" meaning "What's the news?" Preparations for the holiday should start a week in advance, gathering and arranging Kwanzaa symbols. Baskets and decorations often include the colours black, red and green symbolizing Bendera Ya Taifa, or flag of the black nation.

It is also suggested that during this holiday one should fast from sunrise to sunset in an effort to cleanse the body, discipline the mind, and uplift spirit. Karamu is a feast held at the end of Kwanzaa. Dishes such as Koki, an appetizer made from black-eyed peas, and a "first fruits" dessert course of fruit salad or coconut pie are served. When possible, the meal should include such acts as dancing, storytelling and eating with one's hands. The principles that are presented within Kwanzaa should guide participants throughout the year. If the principles are applied to daily lives, it is believed that people are more apt to achieve their goals.

CHINESE NEW YEAR -JANUARY 22 - FEBRUARY 1

Chinese New Year is the main Chinese festival of the year. The dates which corresponds to the new moon take place in either late January or February. It's a celebration that lasts 15 days, ending on the date of the full moon. It is by far the biggest celebration of the year for Chinese people with people taking work off and making extra time for family and friends. People travel from far and wide to celebrate with family; people also take time to remember family who have died.

Before the holiday starts, people buy gifts, decorations, and special ingredients for traditional recipes and outfit themselves with the best clothes. Houses are cleaned from top to bottom with the goal of sweeping out any bad luck from the old year and to clear the way for good luck. In China, and other parts of the world, families put lights up outside of their homes. Doors and windows are symbolically painted in red, which is the colour of abundance. It is believed that the colour red, both in decoration and in costume display will bring families wealth and prosperity.

Although much of the holiday is focused on bringing good luck and prosperity to families, the holiday's origins were born out of fear and myth. The Chinese believe that the monster Nien, who was suspected to destroy harvests and bring about bad luck, returns each year with mischief and

intent to plunder. The bright colours, namely red, loud sounds and bright lights are all thought to be tools to scare this legendary creature far from cherished hopes for the new year.

New Year's Eve dinner is called the Reunion Dinner, and is believed to be the most important meal of the year. It is not surprising to see many generations of a family around the table enjoying in the festivities and one another's company. Families enjoy the New Year's feast with plate after plate of delicious food. It is the most celebrated and symbolic meal of the year. A whole fish stands for abundance and a chicken for good luck, both served with head and tail to signify a good beginning and end for the coming year. At the culmination of the meal elders pass around envelopes and inside are gifts of money for children and retired seniors.

On the 15th day, the lantern festival arrives signalling the end of the holiday. In ancient times, the lanterns were fairly simple, and only the emperor and noblemen had large ornate ones. Now, lanterns have been embellished with many complex designs and come in all shapes and colours. Once the lanterns have shone bright the holiday commences and the start of the new year is greeted with high hopes of prosperity and longevity.



Clutch that!

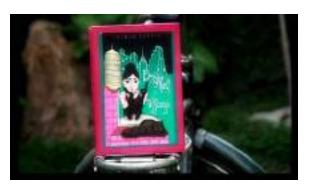
By Aaisha Zafar Islam

ometime this summer, as I scrolled down my Instagram feed, I came across the picture of a book clutch that made me get up and tap away to find out more about it. It was late at night, but the wonders of online shopping include buying on a whim. After a flurry of DM's with the owner of the brand Bastay, at that ungodly hour, I'd successfully placed an online order for a bespoke book clutch of my own.

Every season we see a selection of must-have bags set out for us. While it is exciting to be part of an 'it' crowd, I find having a quirky handbag to be far more gratifying. It's a great ice-breaker, gets people talking and you can always identify a kindred spirit from how they 'ooh' and 'aah' over your arm candy. Book clutches have enthralled us in the past with A-listers and celebutantes sporting them on the Red Carpet or just going about their glamorous ways.

Bastay has been busy carving out a name for themselves in Pakistan's burgeoning accessories industry and they've been featured as 'Hot Buys' on many a fashion glossy page. SHE reached out to the brand and got some exclusive BTS for our readers.

Mehr Saqib, the creative head and founder of the brand describes herself as a true Pakistani. She's based in Lahore, with a degree in business from Lahore School of Economics and worked as a wedding planner before turning her hobby into a profession.





Why Bastay?

Whether it's a handbag or a clutch, a laptop bag or a school bag, every bag is a 'basta' in Pakistan, so my brother Hamza suggested the name and we both decided that the brand name could cover everything or anything that I make. *Basta* means bag in Urdu.

Starting out as an accessory designer...

It started off as an experiment as I was unemployed after my graduation and I decided to have my own thing in between jobs. I've been a teacher as well as an event planner in this time when I had to take a break from Bastay. However I've focused on just this project for the whole of last year. I do the creative work and oversee production while my brother helps with logistics and the financial side of this business.

I got into making accessories as I saw that the clothing market was already saturated. Bag-making is easier and it is an everyday item, besides there are very few brands doing affordable accessories in Pakistan.

Inspirations

I'm a huge fan of Kate Spade, Olympia Le-Tan and Anya Hindmarch. My clients also play an important role in designing and in creating my collection.

Acclaim & Fame

Initially people didn't welcome my effort or designs, in fact I had totally given up on the idea of these book clutches as the response was very disappointing. People had a hard time accepting the idea and some still find it weird. It's getting better now, many people from the fashion fraternity have appreciated my efforts and designs.



Who would you call the ultimate approval of your efforts? An editorial mention, or a celebrity sporting your clutch on the Red Carpet?

A celebrity endorsement or an editorial review doesn't give me the pleasure that a happy client does. My day is made when I have a client happy with their purchase. I have been featured in some local fashion pages and a few bonafide designers have also used my clutches in their shoots. Fashion editors and stylists have also been spotted with one of my 'bastas'.

What international celebrity would you want holding a Bastay clutch?

In South Asia it would have to be Sonam Kapoor, I just love her style. In the West, I'd also love for Emma Watson to be seen holding my 'basta'.

You have a very informal business model, where you sell through Instagram and/or Facebook interactions. Are you thinking of setting up an online store, or having a retail location?

An e-store is in the pipeline but currently I'm happy with what I have. We may look into a retail location somewhere in a few years' time.

How is the future going to shape up for Bastay?

Our future goals include expanding internationally and most important of all, to use all local talent and artisans. They need proper promotion. I love the fact that Bastay is the only brand in Pakistan is making these book clutches locally and not importing any thing. My brother is also designing a men's range that will be launching shortly.

In ten years from now, I would want the word and brand 'Bastay' to be recognized internationally; everyone around the globe should know what a 'basta' is.

Follow Bastay on:

Facebook: www.facebook.com/bastay2012

Instagram : bastayofficial







BY PRIYA KUMAR

For the past four seasons, SHE has covered various aspects of London Fashion Week. And every season, without exception, LFW has brought it from the shows to the parties to the showrooms. This season—SS16—was no exception, only this time the British Fashion Council changed venues. After six years in historic Somerset House in Central London, the BFC turned a new leaf, hosting the bi-annual fashion extravaganza in London's trendy Soho neighbourhood.



Rock Vault (British Fashion Council, Agnese Sanvito)



NEWGEN Showroom (British Fashion Council, Agnese Sanvito)

"Brewer Street Car Park as the host venue is a brilliant development for London Fashion Week," said Munira Mirza, Deputy Mayor for Education and Culture in London, England. "With its position in Soho, it is at the heart of an area that has long been associated with fashion and creativity in general. I am sure the move will literally drive even more interest in one of the most important sectors for our economy."

This past September, LFW's 62nd season was moved to Brewer Street in the heart of London's Soho. Slightly more central than its old location in Somerset House on The Strand, LFW's new venue closes the gap between the shows and the most popular retail spaces in the world.

"The long term growth of the UK's designer fashion market is reflected geographically in this move that will see London Fashion Week designers showcasing collections in one of London's most vibrant, diverse and creative hubs set within a mile of Bond Street, Dover Street, Mount Street, Oxford Street and Regent Street," adds Caroline Rush, Chief Executive of the British Fashion Council. "The new and exciting venue has already been dubbed as Brewer Street's 'Fashion Park' and will offer freedom and flexibility to designers who will be able to transform the show space to reflect their own aesthetics and identity."

Far from typical, the new venue is now housed on two floors of the Brewer Street Car Park. The space hosted dozens of runway shows in the BFC Show Space and Designer Showrooms where over a hundred designers showcased their work for the season.

This history of the space is apt as the venue of one of the world's most influential fashion weeks. Built in 1929, the Brewer Street Car Park was designed in art deco style by architect JJ Joass. Today it's become known as an epicenter for the arts in central London. Recent creative exhibits that have taken place in the space include The Enclave, an exhibit by Richard Mosse; The Fractured and the Feline by multi-media illustrator Quentin Jones; FORMAT by music producer and artist Trevor Jackson; Dinos Chapman and the Capital Children's Choir; and the Ada Project by Conrad Shawcross.



Sunglasses Hut Press & Buyers' Lounge (British Fashion Council, Agnese Sanvito)

The space, however, is not entirely unchartered territory for the British Fashion Council. Last season the BFC used the space to exhibit over 110 emerging international designers at the International Fashion Showcase. Annually it is LFW's largest exhibition that is free and open to the public.

The fashion industry pulls in £26b (\$52b CAD) for the UK's GDP. Providing more than 800,000 jobs, it has become one of the most influential globally. British fashion certainly has its own distinct flavour that sets it apart from utilitarian New York, effortless Paris and glamorous Milan. Unapologetically subversive, season after season British fashion has paved the way for entirely new concepts in design and tailoring. The industry has produced creative geniuses like Alexander McQueen, Stella McCartney, Vivienne Westwood and Victoria Beckham. The new cohort of British designers is also one to watch. Peter Pilotto, Mary Katrantzou, Mother of Pearl and many more are fast becoming influencers in their own right.

This next phase for London Fashion Week will see the biannual event further grow its footprint in the British capital and ultimately, with the digitalization of fashion week, the world.

Tartan is the New Black:

HBC Introduces Tolmie the Charity Bear

By Priya Kumar

In honour of Scottish adventurer Dr. William Tolmie, The Hudson Bay Company Foundation introduced their 11th Annual Heritage Charity Bear. Net proceeds from the sale of each bear, aptly called Tolmie, will support HBC Foundation's 'Strength in Stripes' program.



Few retail brands say "Canada" quite like the Hudson's Bay Company. Founded in 1670, HBC is North America's oldest company. Today it owns Hudson's Bay, Lord & Taylor and Saks Fifth Avenue, offering a compelling assortment of apparel, accessories, shoes, beauty and home merchandise. With the holiday season quickly bearing down upon us (pardon the pun), HBC has once again released a limited edition teddy bear. The Annual Heritage Charity Bear honours an adventurer who was instrumental in shaping the celebrated history of HBC and legacy of Canada.

This year, the 11th Annual Heritage Charity Bear was named after Dr. William Fraser Tolmie, an HBC physician born in Inverness, Scotland. The highly-regarded botanist and agriculturalist helped found Fort Nisqually on Puget Sound. It was there Tolmie was credited with developing the first scientific agricultural operation in the Pacific Northwest.

Paying homage to his Scottish roots, Tolmie the Bear will be the first in the collection to be outfitted in HBC's signature tartan, officially recognized on the Scottish Register of Tartans. What's more, 100% of net proceeds from the sale of each Bear supports the HBC Foundation's 'Strength in Stripes' program.

"The HBC Foundation's Heritage Charity Bear is a beloved program that reflects the Company's rich history and heritage while supporting some very important causes," says Stephanie Thornbury, VP, Communications and Community Investment, Hudson's Bay Company. "This annual program provides a vital source of funding for the HBC Foundation to support charitable programs across Canada and we're proud to continue in this tradition of giving back through this wonderful initiative."

A true collector's item, only 12,500 bears will be in production. Tolmie is available for purchase at Hudson's Bay, select Home Outfitters and at thebay.com. Since the year 2005, when the first bear was released, the initiative has raised more than \$1.6 m to help improve the lives of Canadians.



COUTURIER MANISH MALHOTRA UNPLUGGED

By Priya Kumar







Manish Malhotra with British Asian Trust ambassador, actress Laila Rouass

Having been a costume designer in Bollywood for 25 years now, Manish Malhotra's label took a big step this summer. He launched his first menswear collection. In promotion of this momentous occasion, Malhotra has been doing the rounds internationally, meeting with press and patrons alike. SHE had the opportunity to catch-up with Malhotra on a brief stop in London at venerable Notting Hill-based boutique Aashni + Co.

"I feel an actress' life is never complete if she doesn't walk for Manish Malhotra once," gushed Alia Bhatt right after her runway debut for the designer. Bollywood has always had a certain affinity for the Indian couturier. From present-day icons like Priyanka Chopra and Kareena Kapoor to B-town legends Madhuri Dixit and Sridevi, Malhotra's creations have been unequivocally revered by the who's who of the Indian film industry for over a decade now.

Manish Malhotra's creativity and genius span the broad spheres of Bollywood design, styling, diffusion and timeless bridal. As a result, Malhotra is known as a pioneer in the field of fashion in India today. "I like a busy schedule. I don't like holidays. I'm not a Sunday person," Malhotra says about his varied career.

Known for his audacious use of colour, his work has been recognized on a global scale. He has also been celebrated by the National Institute of Fashion Technology (NIFT) in Delhi and the Indo American Society for his contribution to fashion.

I've had the fortune of meeting Malhotra on a number of occasions. Considering the industry he's in, his humble approach to the media is palpable. On meeting him again in London this past September, he exclaimed: "Hello, I know you!" I was instantly put at ease.

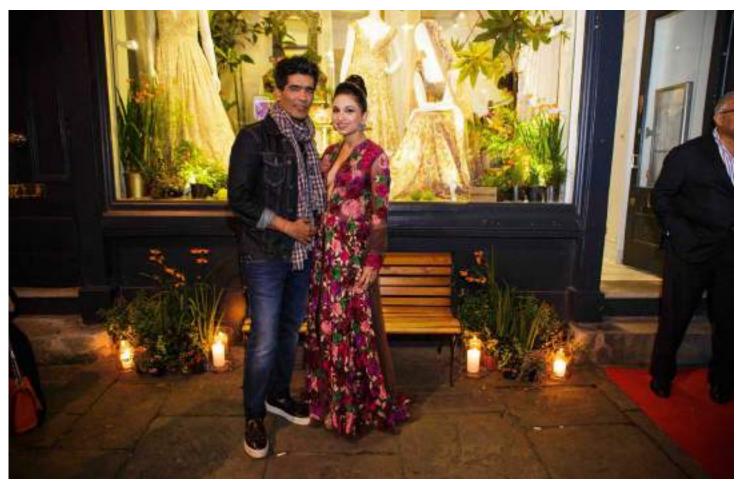
We began our chat with his foray into India's fashion industry. "I used to model and I used to paint and sketch really well," he recounted. "That's how I passed my studies because I was such a bad student. I was only fascinated and excited by Hindi movies." Following graduation, he explored other avenues in the fashion

world. "While modeling I started working in a boutique as a sales boy and was really excited by selling clothes and attending to clients and everything. I was 21 years old then and I though why don't I start getting a tailor home and making clothes."

By 23, he was "discovered" and his career path was set on a whole new trajectory. "I met a photographer who showed my work to Sridevi who in '89, was a raging star. She really liked some of the stuff and said, 'Why don't you style my photo shoots?" Being so new to the industry, the awe of being recognized was not lost on him. "And here I was at the age of 23, I was a costume designer, I could sketch and all the actors in the next one year were working with me."

"It was important to me that I learned the craft. I was at workshops understanding cuts and everything," he continues. He also had a hand in the way costume designers were incorporated into the production of a film. "Before I came in they used to not narrate a script to a costume designer. Since I loved movies and design, I said why not style in movies. I was one of the first designers to introduce styling into movies."

He quickly grasped continuity for the characters he dressed on film. He explains: "The whole system of shopping aboard for a film is what I started. If a girl is from London or New York she'll wear clothes from that city. Her hair won't change. Before I came, when they would wear western clothes their hair was short, when they wore Indian clothes their hair was long." He wondered, "How can a girl's hair change scene to scene?"



Based on his contributions to the film industry as a costume designer, Malhotra changed the role of the costume designer. His pioneering efforts were so well known, Yash and Avanti Birla—the youngest generation of the Birla industrialist family approached Malhotra about starting his own store. "I never thought I would do mainstream," he admits. "Then came Yash and Avanti Birla who offered me my own store, saying, 'It's been nine or 10 years you've been doing movies.' And then I launched a store...I was balancing between films and mainstream and trying to get a foothold in both. I thought this was going to be my life." Then he launched his eponymous label.

"It's been planned and not so planned," he surmises. "In the past five years the label has taken over. Today when I do a film and give it that kind of time it actually gets in the way of the label."



Shalni Arora, wife of B & M CEO Simon Arora & Shakiba Rangoonwala, wife of Asif Rangoonwala

We shifted gears to chat about what he plans to do with his label internationally. "Now when the thought came about opening a store in London we said we should do western clothes as well," he muses. "This year at couture week and fashion week we did a lot more western silhouettes with a lot of Indian embroidery." With regards how he sees his label making waves, he says, "I think the next three years I want to take a lot of Indian craft whether it's Kashmiri thread work, whether it's chikankari, whether it's banaras, all over the world. To do that I have to take the quick-changes of global fashion [into account]."

Finally we touched on his thoughts about perhaps the world's most talked about Indian public figure, Prime Minister Narendra Modi. "Fashion changes every three or six months, while a style and you being yourself remains," he begins thoughtfully. "With Narendra Modi what's nice is that he is himself. He has a peculiar and particular style of wearing his clothes and he carries it off with extreme elegance and panache. He speaks so well, I think he speaks fabulously...what he does and speaks, contributes and attributes to his style." Having dressed onscreen legends for over two decades now, Malhotra is a purveyor of dressing for one's role. And his assessment of Modi could not be more accurate.









High Tea Fundraiser for Starlight Children's Foundation™

The second annual Tea & Tiaras brought out over 350 attendees to enjoy an afternoon of high tea and fashion in support of Starlight Canada.

On October 28th, a balmy Sunday afternoon, mothers, daughters, grandmothers, aunts and friends filled Toronto's Fairmont Royal York concert hall to enjoy an afternoon of high tea and high fashion. In its second annual outing, the event is presented by Bloom Lanys to support and raise funds for Starlight Children's Foundation Canada.

Television personality Suhana Meharchand hosted the event, regaling the audience with witty anecdotes and remarks through the afternoon as attendees enjoyed a delicious tea and gourmet finger foods. Other celebrity guests included musician Alessia Cole, comedian Allison Dore, actor Kim Shaw of *Saving Hope*, radio personality Kella from Virgin 99.9, musician Simone Denny (formerly of Love Inc.), model Stacey McKenzie, musician Tara Shannon, and actor Tara Spencer-Nairn (Corner Gas) among others.

Guests were greeted with custom cocktails and a variety of experiential entertainment including performances by Starlight children James and Michael, a beauty corner (stocked with high end products at enviable prices), a custom photo booth by Pixelbooth and three

pop-up boutiques featuring Tocara Jewellery, La Prairie cosmetics touch-ups and Ma Lu shoes

Raffles for a variety of prizes, as well as a silent auction were also along the sidelines of the hall, where guests could choose what prize they hoped to win in the draw, or place a bid on an item they coveted the most. It was also fun to watch the artist Jessica Gorlicky, dance and paint live, this masterpiece was one of the items in the silent auction.

A highlight of the afternoon was when Starlight teen Karyssa's father told the guests of how hard his daughter's road to recovery had been, and how Starlight had helped the family cope up with their situation and find hope in trying times. It was an inspirational tale of hope, bringing many guests to tears. As Karyssa finished her heart-wrenching rendition of "I Dreamed a Dream" from Les Miserables, the entire hall stood up to give her an ovation, first of many to follow in the coming years.

Later in the afternoon, a fashion show featured Starlight children modeling clothes with their moms, aunts and grandmothers, making for a joyously fashionable experience. Following the fashion show, Starlight child Sahar took to the stage with her sister to auction off some of her personal artwork, raising over \$350 for the charity.

"One of our main objectives at Starlight is providing our many valued supporters with a peek behind the curtain at the important work that we do throughout the year," said Starlight Canada's VP, Special Events and Operations, Jeannie O'Regan.

"Having the opportunity to showcase so many of our brave Starlight children and their families made Tea & Tiaras a memorable afternoon filled with tears, laughter and hope for everyone in attendance."

The money raised from Tea & Tiaras will go towards funding Starlight Canada's in and out-of hospital programming which includes Fun Centers™ (featuring a flat-screen television and a Nintendo Wii-U™ gaming system preloaded with a wide variety of games), Wishes and Day Brighteners that range from special outings to music or sporting events.



















THE GIRL WHO LIVED

By Aaisha Zafar Islam

Getting shot in the head is a drastic way to make headlines; not that any 14 year old would have it on her life goals. All Malala Yousufzai wanted was to go to school, to study. Life had other plans though and as we wrap up 2015 and prepare for another year, what better way than to celebrate a girl who defied all odds, and captured the whole world's hearts one October morning in 2012.





Malala Yousufzai was your average Pakhtun girl destined for great things, but none of that would've crossed the minds of her parents when she was born in July 1997. She was named Malala, after a famous poetess and warrior woman from Afghanistan. The name is a derivative of 'malal' meaning grief; Malala means 'grief-sticken'. Grief however, must be far from the life of a little girl growing up with two younger brothers and her parents, Ziauddin and Tor Pekai, in the picturesque Swat Valley, nestled in the Hindu Kush range in Pakistan. A poet and educational activist, Ziauddin also ran a chain of private schools in the valley. The love of learning was deeply ingrained in Malala from an early age.

Once the Taliban took over large swathes of Swat valley in late 2007, they banned girls from going to school. This was in accordance with their interpretation of the Shariah Law that did not allow for women to participate in the society. From 2007 to 2009, the Taliban and the

Pakistan Army fought two battles to gain control over Swat, displacing thousands of people.

Some months before the second battle of Swat, in January 2009, the Taliban issued a deadline to all schools with girl studens to shut down. Around 400 private schools closed their doors on more than 40,00 girls. The few that defied these orders in Mingora, Malala's home town, were blown up by the Taliban, bombed and torched to make the populace take their edicts seriously.

Just as the Taliban were gaining momentum in her homeland, Malala was becoming more vocal in her defiance. In September 2008 she had addressed at the Peshawar Press Club, questioning the Taliban's authority over girls' right to education. She was on her way to becoming an activist for the issue.

BBC Blogger

Around the same time BBC Urdu was looking for a girl blogger to chronicle her days under the Taliban. War blogs had become quite popular after Baghdad Burning found fame globally. The blogging platform lent more authenticity and provided a first hand account of what actually happens in the streets in war-torn areas. After the first volunteer blogger backed out fearing Taliban reprisals, Ziauddin suggested his own daughter's name. Malala was in the seventh grade at the time. Writing under the pseudonym Gul Makai, meaning corn flower, her first blog post appeared on BBC Urdu's website on January 3, 2009. The following entries chronicle her unease at how things were proceeding under the Taliban. She talks of gunfire waking her up through the night, and Taliban commanders issuing harsh sentences on petty criminals and inviting the public to the 'show'. A night before the January 15 deadline, she records her disappointment at not being able to go to school. She was also critical of how the Pakistan Army had been handling this battle, with a blog entry on January 24 reading:

It seems that it is only when dozens of schools have been destroyed and hundreds others closed down that the army thinks about protecting them. Had they conducted their operations here properly, this situation would not have arisen.



Some days later the Taliban signed a peace agreement with the Pakistan government and announced a lifting of the ban on girls' schooling. They would be expected to wear a burqa to go to school though.

The BBC diary came to an end in March 2009, as hostilities seemingly ceased in Swat after the peace accord. However Malala's blog had garnered enough attention worldwide for *New York Times* reporter Adam B. Ellick to seek her out and make a documentary about her life in the days of the Battle for Swat. This lead to increased attention, both nationally and internationally, cementing the young girl's destiny as an education activist. As awards and praises were heaped on Malala through the next few years, she became a bolder and more vocal champion for the cause, it also meant that she was getting attention for criticizing the Taliban.

In December 2011, Malala was awarded the first National Youth Peace Prize by the government of Pakistan, most likely as an acknowledgment for her increasing stature and influence globally than a validation for what she espoused.

The Attack and After

As 2012 rolled in, there was a marked increase in death threats being issued, until finally, in the summer of the same year, the Taliban decided to do something about her; there was a unanimous decision to kill Malala Yousufzai. She was 14 years old.

On October 9, 2012, as she got into a school vanb with other girls, a gunman commandeered the vehicle and threatened to shoot everyone on board unless Malala Yousufzai was identified. He aimed the pistol at her and fired three shots.

This assassination attempt and her subsequent, miraculous road to recovery are well documented by the international press. That a girl child be shot at for the only reason that she believed in being educated, in that education was every child's right, jarred the international community's sensibilities.

Malala's injuries were extensive, she'd been shot in the head and the bullet had cut a devastating path through her face into her shoulders. She was air-lifted for an emergency surgery at the military hospital in Peshawar to remove

the bullet. Two days later she was shifted to a hospital in Rawalpindi. Offers to treat her started pouring in from around the world and as soon as she was considered stable enough to make the journey, she was flown to the United Kingdom for further treatment. The Pakistani government pledged to bear all costs for her treatment.

Nine days after being shot, Malala came out of her coma and her prognosis was hopeful for a full recovery without any brain damage. The world heaved a sigh of relief when photographs of the girl sitting up on the hospital bed in Birmingham were splashed across the media. Malala Yousufzai was the girl who'd lived.

As 2013 rolled in, Malala's family had set up temporary abode in the UK. In February she underwent another operation to reconstruct the skull and restore hearing. It was a success and soon afer she enrolled at the Edgbaston High School in Birmingham, England in March. Malala was back in school. Two years later, in August 2015, the final success in her academic endeavours came as A's and A+s in her GSCE exams.

Awards and Accolades

Malala Yousufzai is not your every day girl. We have seen her grow up before our eyes, from an anonymous blogger, to an articulate young lady who is poised and can hold her own in any dignitary's presence.

For the past three years, *TIME* magazine has listed her as one of 'The 100 Most Influential People.' She has addressed at the headquarters of the United Nations and at Harvard, met with world leaders including Barack Obama and the Queen of England. Canada decided to grant her honorary citizenship in October 2014.

On July 12, 2013, her 16th birthday, Malala spoke at the UN. The day was dubbed 'Malala Day' by the organization. It was also her first public appearance since the attack. To a standing ovation, she declared:

"The terrorists thought they would change my aims and stop my ambitions, but nothing changed in my life except this: weakness, fear and hopelessness died. Strength, power and courage was born ... I am not against anyone, neither am I here to speak in terms of personal revenge against the Taliban or any other terrorist group. I'm here to speak up for the right of education for every child. I want education for the sons and daughters of the Taliban and all terrorists and extremists.

"Malala day is not my day. Today is the day of every woman, every boy and every girl who have raised their voice for their rights."



Life as Nobel Peace Laureate

The final validation of Malala's momentous journey, came in October 2014, when she was announced as the corecepient of the Nobel Peace Prize along with the Indian children's rights activist, Kailash Satyarthi. At 17 years old at the time of receiving the award, Malala is the youngest Nobel Peace Prize winner.

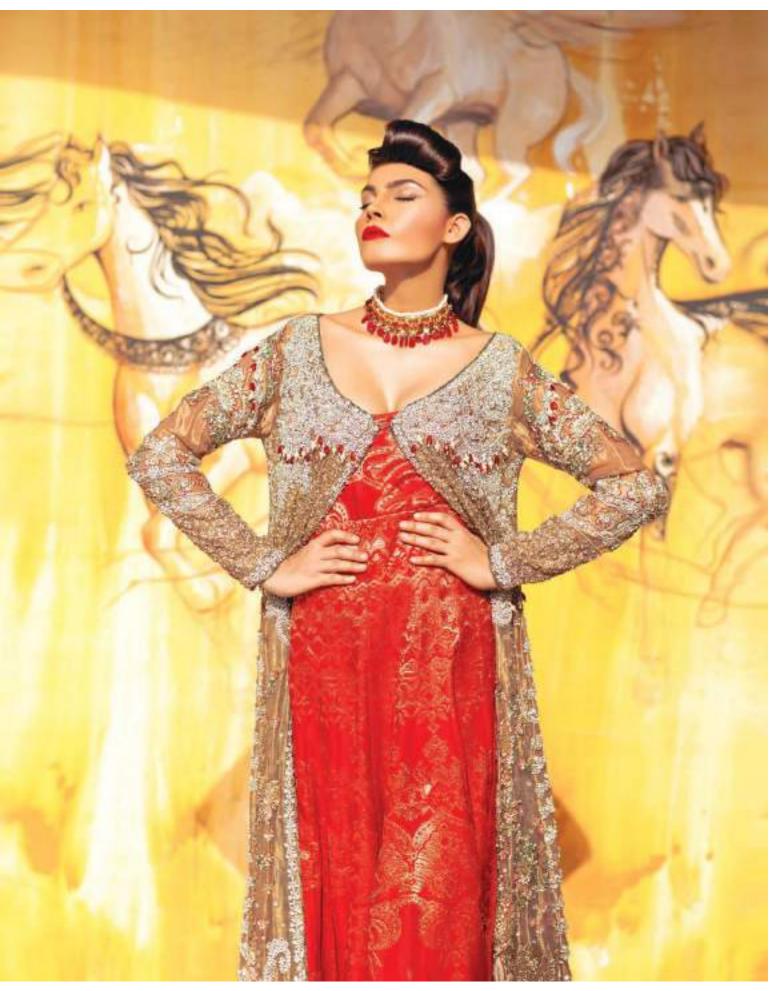
Since winning the award, she has used her fame, and the world's adoration to rightly highlight the plight of education in developing countries. She's stood with the school girls abducted by Boko Haram, writing an open letter to them and standing behind the #BringBackOurGirls movement. For her 18th birthday this summer, she founded the non-profit Malala Fund and opening a girls' school for Syrian refugees in Bekaa Valley, in Lebanon.

She's co-authored a memoir of her inspiring journey as a crusader for educational rights with British journalist Christina Lamb. Published in 2013, after she had settled in the UK, the memoir, *I am Malala*. It has been translated into other languages and also has a children's edition.

In October 2015, a documentary based on her life, He Named Me Malala was released worldwide.



















HSY showcased his dynamic and luxurious collection for men, Hi-octane. A combination of classic hues with a perfect cut, style and fit; Hi-Octane was tailored to perfection.



Honouring craftsmanship by celebrating the makers

Artisans from Bengal at the London Design Festival

By Ethan Allen Hall

While many designers say they look into the past traditional arts for inspiration, very few will go beyond the superficial. Neishaa Gharat, designer and founder of the House of Gharats, however, is immersed fully in the art, culture and heritage of her homeland.

Gharat travels far and wide to seek out and collaborate with artisans across India, presenting contemporary designs for fashion and lifestyle made through traditional techniques, unrivalled in beauty, function and heritage.

The zeal of House of Gharats lies in its creative process. While working with craftsmen, utilizing traditional techniques of weaving and embroidery, unrivalled in their beauty and feel, they are also embracing modern technologies for printing and construction.

"Our participation in the London Design Festival is a precursor to the launch of the first international Biswa Bangla flagship store that is planned to open in London during spring

summer 2016," says Rajiva Sinha, Principal Secretary, Micro, Small & Medium Enterprises and Textiles, Government of West Bengal, India.

London Design Festival is one of the world's most important annual design events. Neishaa Gharat showcased arts, crafts and fabrics of West Bengal in collaboration with Biswa Bangla, an umbrella organization showcasing and promoting the heritage products of West Bengal. It is a State Government initiative, which aims to revive and preserve the heritage of the State and project the energy and creativity of its people. Gharat created a live studio show space to showcase the indigenous craftsmanship of the state during the London Design Festival at Design Junction, a leading design destination for commercial and cultural design.

To achieve an international reach for the arts, crafts and fabrics of Bengal, Biswa Bangla supported the London Design Festival 2015 official party at the Victoria & Albert Museum in London, England. Neishaa Gharat created textile and mask installations in the main atrium at the V&A. It was the festival's key signature celebration, that brought together 1,500 movers and shakers from across the design sector.

We had the chance to candidly discuss the exhibition with Gharat: As a designer I am curious and fascinated about the act of making and revel in it as much as the product itself."

A film about Balaposh an exquisite lightweight, handcrafted, scented quilt, traditionally used by the nawabs of Bengal was launched at Design Junction. The only practitioner of this almost extinct art form, Sakhawat Hussain Khan of Murshidabad, features in this video installation that presented a visual story of how Balaposh is made, which was projected over a piece of Balaposh. I collaborated with Vineett Vohra, an internationally acclaimed street photographer to tell this story.

How did you come up with the display?

I wanted it to be full of spirit and interactive. It had to be more than a display space it needed to be a live studio where living cultural traditions could be demonstrated and experienced. The response was truly exhilarating and we were one of the most talked about spaces in the show.

How did you want the public to view it?

I wanted them to immerse themselves in it, to interact in these living cultural traditions.

Experience the integrity. To hold and feel these objects of beauty and realize that they can take them home and make them a part of their lives

What thoughts or feelings did you want the viewer to take away from your show?

Not sympathy. I did not want them leaving feeling sad because these are dying arts.

Rather I wanted them to feel empathy and desire. Desire to learn more about these arts and a desire to make a place for them in their lives so that it can be passed down generations.

Will this exhibition influence your own designs, the materials you use or how your own company will produce its pieces in the future?

and textile crafts of West Bengal, and yes, it does strengthen our commitment to continue work further with them. As for future work, I see our work, as a collaboration, which

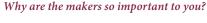
We were already working with the arts

will continue to evolve as we engage more with artisans.

How will you continue to engage your audiences?

We will continue to create experiential events and host a series of talks and workshops with Artisans on the Fabrics of Bengal that includes revival fabrics like Muslin, jamdani,

kantha with practicing designers, design students, schools and customers.



I am passionate about getting people interested in the makers and the process, not just the object. I want to give people the opportunity to engage with the tradition, the stories, the materials and function.

What did the audiences experience?

At Design Junction, a global audience experienced first hand a variety of textiles and handicrafts from the Bengal region Biswa Bangla. by These included revival products like Kantha, Jamdani, Patachitra, Masks, Balaposh quilts and Indo-Portuguese shawl.

Tell us about your film collaboration that was launched at Design Junction?







Social media, fashion bloggers, Instagram celebrities and web versions of our favourite fashion glossies. Every click online leads one to an item or a list of things that are labeled an absolute must-have for the season. Whether it is in a hue deemed colour of the year, or a trend that saw success on the runway and big brand retailers rush in to pander to it with their own, more affordable versions. Staying on top of your fashion game has become a costly undertaking. How is one to curate a wardrobe that contains the ideal mix of staples and trendy pieces without breaking the bank? Enter Fast Fashion made in China.



There was a time when anything labeled Made in China was looked down upon by the more fashion savvy. Not so anymore. As more and more manufacturing jobs shift eastwards to the world's factory, we find that the Chinese have improved quality control and their online marketing strategies to capture the largest chunk of this very lucrative pie.

Walk into any of the fast fashion store and look at manufacturing labels. A good two thirds, if not more, of the items will be 'Made in China'. While clothing can come from factories in Bangladesh, Cambodia or even Vietnam, China is almost always the manufacturer for accessories.

A quick look online of your favourite e-tailers shows a similar pattern of manufacturing.

The whole supply chain model of fast fashion is based on keeping manufacturing facilities as close as possible to the headquarters. Zara was a forerunner in this game, changing the fashion retail landscape significantly when it could ship seasonal 'it' items to its stores worldwide within a month's timeframe.

Other fast fashion retailers like H&M, Forever21 still see their manufacturing operations based in countries were labour is cheap. Places like Cambodia, Vietnam and Bangladesh with the infamous Rana Plaza tragedy spring to mind.

If fast fashion cut down the time it took a product to spring form a vision board onto a real piece, Chinese manufacturers have whittled down the entire online business model, it is direct to customers, by-passing retailers and extra costs of having to take that route.

Ali Express, an eBay like off-shoot of the Chinese business giant Alibaba has simplified the whole buying experience for small enterprises and individual buyers alike. Whereas the parent company is mostly a B2B entreprise, Ali Express directly connects Chinese manufacturers with anyone, anywhere in the world looking to get their latest 'runway' lust item for the cheap.

One thing is for sure, fashion mavens like Olivia Palermo or Alexa Chung did not model for these trendy pieces as a search on Ali Express throws up. However their street style surely was the inspiration behind the items you see for sale. You can also find 'replica's of couture designer apparel at a fraction of the cost, images of a model on the runway juxtaposed with a similar version ready to be shipped to you, just one click away.

More experienced vendors on the platform have started their own e-stores, offering better quality merchandise at slightly marked up prices. They become a brand unto themselves with loyalty points, special promotions and even affiliate programs with some style bloggers who are just starting out.



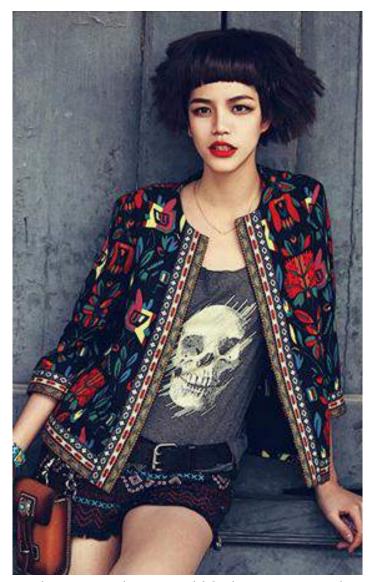






When researching this article, I asked about people's experiences of buying things online and a surprising majority of them had not only bought clothing and accessories off Chinese websites, they were actually happy about their purchase and the value for money they got. Jewellery and scarves are a popular purchase, since there is no size guestimates involved, but apparel is also a great bargain buy. The most amazing story has to be the one about buying a wedding dress online. A bride-to-be had an idea of what she wanted her dream wedding dress to be like but was not too keen on shelling out big bucks to see it realized. She took to searching online and short-listed her options based on online reviews these sellers had. Once she knew what she wanted and from whom, she got in touch with them via email, sending her measurements and style preferences. And here's the fun part, once she placed her order, someone from the company called her from China to ascertain her order and make sure that everything, from the sequins on the shoulder to the length of the train was to the customer's preference. You can't fault such customer service. Finally when the dress arrived a month later, couriered, it really was the wedding dress of her dreams.

One of the cons of ordering off Chinese stores is that you can never be sure about the quality; it can be a hit or a miss. Another thing to keep in mind is the shipping times. Most manufacturing is done in mainland China. Getting your order ready in the factory, sending it across to a postal facility for international dispatch and the time it is going to spend at customs clearance once it arrives in your country has to be factored in. It can take anything from a month or two to see your purchase arrive at your door. Again, most people I talked to did not mind this wait, as long as the got their fashion fix and it was of good quality.



Another convenient business model that has seen rise in numbers is that of small boutiques, online and in stores. These are style savvy business owners who will scout the web for the latest 'it' piece of clothing or accessory, find a direct manufacturer in China and have it drop-shipped. More often than not, they can offer free world-wide shipping. Budding entrepreneurs also use this as a springboard to make it into the fashion design scene, selecting and selling 'inspired' pieces at a retail location. Again, this enables one to buy whatever's en vogue right away, at a slightly higher cost, and be sure about the quality. Like a filter, the business owner would've done a quality control check for you.

Fast fashion is increasingly becoming synonymous with disposable fashion. Style-hungry consumers buy things, wear them for a while and chuck them out of their closets to clear space for trendier and the latest 'it' pieces in each season.

At the end of the day, dressing up fashionably and being on trend and how you affect that is a matter of choice. You can favour brands, or you can eschew them altogether by taking the faster and cheaper route to be the next rising Insta-star.

SHE shops

TOTS in style

Little people totally own their fashion game while staying warm and cozy



H&M Shirt with a tie/bow tie \$24.99



ZARA Kids Reversible Faux Fur 3/4 length coat \$65.90



H&M Sequined cardigan \$29.99



This Little Piggy Sue Navy Patent Shoe \$50.00



H&M Sleeveless dress \$19.99



The Bay
IRIS & IVY Belted Plaid Dress with Shrug \$45



The Bay



Roots Kids Winter Fox Mitt



Canada Goose LYNX PARKA

\$445

PERRY ELLIS Three-Piece Argyle Corduroy \$34.50



The Bay RALPH LAUREN CHILDRENSWEAR Cardigan \$45



UGG MINI BAILEY BOW METALLIC CONIFER



Joe Fresh KID BOYS' KNIT PATTERN HAT \$10



Joe Fresh KID GIRLS' PLAID JACKET \$55

Life made easier



JBLPulse Portable Bluetooth SpeakerBlack - \$178amazon.ca



RioRand Black
Two Wheels Mini Smart Self Balancing
Electric Sports Electic Scooters Skateboard
\$357
amazon.ca



MoKo Extended Battery Charging Case with Removable for iPhone - \$41.99 amazon.ca



Bluetooth Tracking Tag for mobile, \$54 uncommongoods.com

Key and Wallet -

Apple Watch Sport starts at \$449 apple.ca





Beats Headphone solo 2 wireless - \$329.95



iPhone 6 S Plus 64GB - \$1159





Raymond Weil Piper Freelancer watch

\$3675

Multi Flask 2 Total Hydration System 6-in-1 - \$49.99 multiflasking.com



Microsoft Surface Pro 4 12.3" 128GB Windows 10 Tablet Silver -\$1279.99

Waterproof HD Sports & Helmet Camera

with Starter Kit - Silver Edition - \$529.99

New! GoPro HERO4

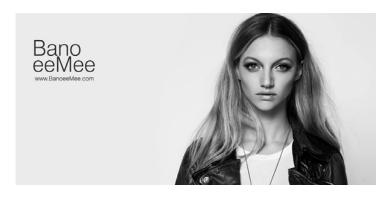
HEPRENEUR

Aleem Arif of Bano eeMee

By Jacqueline Novak



Everyone has that one coveted piece of clothing in their closet, a statement jacket they want to wear everywhere and every time, to cement their fashionable credentials. If you don't already own a leather jacket by Bano eeMee, you might soon have two. The simple, yet complex layers of Aleem Arif's designs speak to the fashion conscious woman of the moment. From professionals looking to punch up their work wardrobe to university students wishing to emit an air of sophistication, Bano eeMee delivers.



A statement leather jacket reflects who you are as a style-seeker.

The savvy shopper knows when to spend and when to save, which leaves one puzzled as to how such expensive design and quality can make up a reasonably priced leather standard. Hanging at a fraction of the cost of designer leather jackets, Aleem Arif's designs satisfy the desire to be different and chic at the same time, especially when the temperature cools to a chill.

SHE got to the know the designer and his design philosophy when he came to visit our office and show us his upcoming line of luxury leather wear.

Where did you come up with the name Bano eeMee?

My grandma used to call my mum "Bano" lovingly and my mom calls me "eeMee". I combined the two to form Bano eeMee dedicating my designs to the love I have for my mum and grandma.

What is your career background?

I used to work in finance, supporting algorithmic stock trading before switching to fashion.

When did your passion for fashion design start?

There is no definite time I can attribute to the start of my passion for fashion, however, a trip to Pakistan after I quit my finance job and was soul searching inspired me to be creative. The rich colours, noise and architecture instilled in me the desire to connect with my Pakistani roots and express myself through a creative medium and fashion became my canvas in 2012.

Who would be your ideal customer? And how do you design your pieces with her needs in mind?

Bano eeMee focuses on women's leathers primarily, with a smaller collection of men's leathers. I strive to make my designs inclusive and create pieces that are for real women as opposed to runway models. I spend a lot of time choosing and tanning high quality lamb leather, distressing it to create texture and designing silhouettes that are flattering and creative but still very wearable and timeless.

What is it like to work within the luxury leather good industry?

The luxury leather goods industry is a very competitive space and the industry definitely has its challenges, specially competition from the so-called "vegan" leather or pleather that is cheaply produced and derived from hydrocarbons but very smartly marketed as a "sustainable" and "humane" alternative to leather. Bano eeMee, as an emerging brand strives to create fashion differently. Not only are we utilizing leather that is a byproduct of the food industry, we also focus on sustainable and ethical practices in tanning the leather and manufacturing the garments with an aim to create fairwork opportunities and make a difference through fashion.

You've said that you promote an "ethical realization" of your designs; what do you mean by that?

People and community are at the heart of Bano eeMee's ethos and we strive to work differently. Where fashion industry often gets criticized for having and air of "pretentiousness" we focus on relationships, networking and care about all the people we work with whether they be our artisans or our customers. From the fabric we source to the artisans we work with in creating the garments, we at Bano eeMee are committed to practices that are sustainable, ethical and aimed at creating quality designs that our customers will love and get lots of wear out of.

What can we look forward to in Bano eeMee's immediate future?

We are working very hard to bring Bano eeMee to premier independent boutiques across Canada so that our customers can get to interact with and enjoy our designs.

What is the best PR advice you've ever received?

Always be genuine and nice because often times the world tends to be a really small place and good karma goes a long way.

What is your best tip for how to get what you want at work?

Hard work, dedication and passion and caring about the people you work with is important.

Who inspires you?

My dad, his work ethic and his dedication to the family and community.

SHE shops

GIFTS for everyone

Mom

Add a personal touch to your gifting this season. We rounded up fun and quirky Etsy buys so every one your list knows how much thought you put into getting them their presents.



Best Mom Ever

\$6.69



Handmade
Knitted Neck Cowl
+ Buttons \$51.41



I Love You

Mom Cup

\$20.00



Lepidolite Bracelet, Gold Filigree \$80.33



Lovely Bird

Magnets

\$5.00



Mama Bear
Pillow
\$20



Mondrian Necklace

Pendant

\$12



Printable Art Print \$3.00

Dad



Baseball Bottle Opener \$7.36



BMW 3.0 Vintage

German Race – 1970's Auto

\$80.33



Cutting Board \$44.18



Father's Day Print

Friends/Siblings



Pink Ballerina Necklace \$15.00



Amethyst Infinity Necklace \$50.88



Bridesmaid Jewelry (5 Set) \$129.54



Elephant Rearview Mirror Charm \$37.49



Triple Wave Ring \$12.50



French Bulldog Scarf \$26.78



Iron Man Arc Reactor Necklace \$18.74



Vintage Chocker \$21.42

Baby



Gold Glitter Outfit \$20.75



Baby Mocassins \$25



Organic Baby Clothes

\$19



Orange Fox **Pants** \$25



Bib For Baby \$12.00



SHE shops

HOT Stuff



KALA SCARF

www.kalacouture.com price upon request

We love the luxe textures of these designer scarves that you can find at select high-end boutiques across Toronto. Made with superior quality cashmere from the remote Ladakh region in the Indian Himalayas, Kala scarves are woven with utmost care by local Indian artisans to bring to you're a scarf that is a piece of art in its rich, boldly hued and intricate designs. Invest in a scarf or two, or get one as a gift this holiday season for a special person with discerning tastes.



MAPLELEA DOLLS

\$99.99

Sky rocket to every little girl's favourite persons' list when you give them this all Canadian 18 inch doll. Each MapleLea doll has a name, a history and celebrates our great country. You can choose a doll that looks like the girl it is going to, or according to the region, and there are many, many options to accessorize too. Play time got so much better.

RON WHITE FINLEY ONYX PLATINO BOOTS

www.ronwhiteshoes.com \$745

If you're looking for heeled boots that are comfortable all day long, these Ron White suede boots from their latest collection.

Crafted in Italy, the suede is waterproof and the boot features a removable footbed, and striking Platino hardware. Suede is here to stay, we're going to see more of it in the coming days. If you want to be on trend and comfortably, you know what footwear to buy.



www.theankit.com, \$69.99 We're not sure what we love more about this plush blanket, it's rich, vibrant mandala design that enlivens any living space or the luxurious and warm comfort snuggling up on the couch with it entails. Let's call it a definite 'hot' buy for this season.



ETALIA FAUX FUR VEST

Aldo \$70

Perfect layer to cozy up in, this faux fur vests keeps you toasty and warm in the winter and also ratchets up your style quotient. We love the festive colour of this vest, perfect for pairing with your party attire. With such a statement piece you wouldn't even need any jewellery!

SHE opinions



Terrorism and the anti-Muslim rhetoric

By Aaisha Zafar Islam

Toronto, November 13, 2015

As SHE goes to the press this issue, news of Paris under a series of co-ordinated attacks breaks in, with the casualty count well above a hundred. France has declared a state of emergency, declared it an 'act of war' on its soil, deploying the army around Paris, and in an unprecedented move, sealed off its borders. In the coming hours, more details of this horrific attack will come to light. I leave it to the media and news outlets to expound further on what happened and what lead to the attack. I write these lines to say that I fear stepping out in the public, yet again, because the piece of fabric that covers my head - my hijab - identifying me as a Muslim.

Every time news breaks of a terror attack, my first reaction is to pray that no terror organization that has hijacked the name of my religion claims responsibility. Every time there is a brazen bloodbath, meticulously planned and carried out in cold blood, I see my hopes plummet – because it will be one variant or another of an 'Islamist' group that claims 'credit' for it. To the eventual death count, what every media tally forgets to mention, is a part of every Muslim that dies. Muslims, billions of them spread across the globe, are also the silent, faceless, nameless, unacknowledged victims of these attacks.

What we see in the media is what shapes our sense of well-being, how safe we feel in the world and how we feel about those around us. In academic circles this is known as the agenda-setting function of mass media; media sets the tone of what issues society thinks about and how. Another is theory of selectivity: as individuals we select what kind of news we like to be exposed to, how we receive information and how we perceive it - selective exposure, reception and perception. As human beings we are programmed to go with what aligns best with our own beliefs. A person may watch a show and be its most vehement critic, but chooses to watch the show because it reaffirms

his belief in its being bad, he receives it as bad and interprets it as bad. That is what happens when these self-identified Muslims are the perpetrators of such attacks. The Islamophobes come out, feeling justified in vilifying and targeting Muslims.

Once the 9/11 attackers were identified to be from Al- Qaeda, a certain segment of the mass media did their best to foment anti-Muslim sentiment. Hate speech always makes for better sound bites and as news outlets become increasingly commercial. More viewership means more money in the corporate coffers.

It is not Paris we should pray for. It is the world. It is a world in which Beirut, reeling from bombings two days before Paris, is not covered in the press. A world in which a bomb goes off at a funeral in Baghdad and not one white person died in that fire. Pray for the world that blames a refugee crisis for a terrorist attack. That does not pause to differentiate between the attacker. and the person running from the very same thing you are. Pray for a world where people walking across countries for months, their only belongings upon their backs, are told they have no place to go. Say a prayer for Paris by all means, but pray more, for the world that does not have a prayer for those who no longer have a home to defend. For a world that is falling apart in all corners, and not simply in the towers and cafes we find so familiar. ostagneni cere/karunacture/





After 9/11 and every day of attack after it, be it the Madrid train bombings of 2004, London bombings of July 2005, or the Mumbai attack of 2008, media rhetoric takes a familiar turn. All Muslims become fair game, again.

After 9/11, the attacks that shaped how we view the world, I came to meet a gentleman in Dubai. Accomplished and obviously a success in Texas, there was little reason for him to have moved his family to the Middle East when the flow of immigration was westwards. His wife was a hijabi, some time after the attack, someone tried to run her over in a parking lot. He uprooted his life and family in the country that had always been his home to resettle in a safer country. It was around the same time that some Islamic scholars declared it permissible for hijabi Muslim women to not take the hijab lest they be identified and attacked for being Muslims.

As a student of mass communication I assisted a group of my classmates in conducting an experimental study to monitor how news affected a person's sense of security. A test group was shown a mock paper filled with news of violence, death and mayhem in the city, the banner headline declaring that a group of hammer-happy thugs were on a murder spree in the city. A control group was shown another mock newspaper, with none of the made up news. At the end both groups were surveyed on how they felt. Unsurprisingly, the group exposed to news of more violence was more disturbed, with elevated levels of anxiety, than the control group.

Whenever news of such attacks comes in, and as details unfold, I follow the news voraciously, but just under the surface, among the comments I also read the hate and contempt people have for Muslims. It becomes a matter of 'Us versus Them'. It becomes a "Clash of Civilizations" as Samuel Huntington's legendary paper, later fleshed out into a best-selling book, said it would. Huntington had identified a bloody crescent on the world map, outlining the countries that make up the Islamic Bloc. In his policy paper published in *Foreign Affairs* in 1993, he had declared, "Islam has bloody borders."

Canada has just come out of a defining phase in its history. Under Stephen Harper's Conservative government, particularly as his term ended, he had taken a line dangerously veering towards hate speech. More than the fact that a head of the government espouse such beliefs and run for the highest office in the country on a campaign that was so skewed and Islamophobic, what worried me more was his certainty that a segment of the society in Canada would vote him back in office on these grounds.

Every few days there will be an item on my social media newsfeed of yet another attack on a Muslim woman, most likely a hijabi. Reading through the comments, I feel afraid of stepping out in the public when I see people lauding the Islamophobic attacker, heaps of hatred targeted at Muslims, "those people," "scum," "****** Islamists", and a string of expletives pepper their online discourse.

I had an evening class one day after the Ottawa attack last year. I did not attend it. Days after a hijabi woman was shouted at, at the Eaton Centre this October, I expressed my unease and did not accompany my colleagues to a community event at the Dundas Square. I am an average Canadian Muslim, I have nothing to do with any terrorist activity happening anywhere in the world. If anything, as a parent, I long for a better and safer world for my children to grow up in. And yet, every time news breaks of an attack, I feel unsure of what my course of action should be. How will I explain world events to my children? Why should a whole people be held accountable for the actions of a few?

As a human being, my heart goes out to another round of mindless bloodshed, innocents being killed because a power hungry group of sociopaths wanted to make a statement. As a Muslim, my heart goes out to the billions of Muslims who will have to be on the defensive yet again.

In December last year, as a café in Sydney was under siege, a Muslim woman on the subway surreptitiously took off her hijab fearing reprisals. A Sydney-sider, Rachael Jacobs ran after the woman offering to walk with her, sparking a viral social media hashtag #IllRideWithYou. News such as these reaffirm my faith in humanity, buoy my hopes that there will be a world tomorrow where we would be more understanding and accepting of each other, where I can walk confident that my deeds are mine and I will be judged on the good person that I am and not acts of others.



Jacqueline Novak explores on how the the ability to strike up a meaningful conversation can lead to ideas and skills that are more essential in being successful in our day and time than just technological know-how.



The phrase 21st Century skills is often tethered to technology skills that can be applied in the school and workplace. By labeling a set of skills that are distinct from those which HR managers and teachers take notice of, we stand in danger of losing that which is still 21st Century: social-emotional health paired with positive interaction with each other. The skills which propel people to success within the professional arena, though much different from the skills required 10 to 15 years ago, are often a traceable by-product of the rate of technology's expansion into all areas of our lives, especially those having to do with learning.

The degree to which technology impacts the events in our everyday is pervasive to say the least. Some might call it all encompassing for fear of leaving something out. With 75% of Canadian parents on Facebook* and probably a larger percentage unaware of their child's last science lesson, it is, and should be a cause for concern. We square 21st Century learning skills with social media skills and then pare it down further to just plain social skills.

Some thinkers see the necessity to move our interactions into a space where we feel free to play. Lana Ben-Ari, the founder and

CEO of 21 Toys notes, "If we are going to be creative and agile, we need to be more present in toy play."

So why are we not bringing it back down to the basics? In a world in which technology pulls us away from social interaction, we are left stumbling with ways to start a conversation at a dinner party. That's if you didn't glance at their Linkedin profile the hour before, on the private setting.

Yet underneath all of the fuss surrounding the 21st Century learner, many people are asking: does technology always have to be technical? At 21 Toys where lean ideas and the design scape involve injecting the goal of 10,000 hours of play back into schools, with toys such as the Empathy Toy and the soon to be released Failure Toy, the company hopes to promote 21st Century skills that are not fuelled by computers, but rather fed by collaborative and communicative styles of play and communication. Learning that is play-based is gaining traction in the minds of both educators and HR professionals alike and this is a good thing.

While the musings of our mainstream classrooms are a mystery to many of us, parents included, the skills we perform on the job, perhaps are more fresh in our minds than the lessons we learned in our grade 12 geometry lesson. If you ask the vast majority of millennials what they hope to gain from a job, they will respond with personal satisfaction, a sense of making a difference, and if lucky, enough disposable income to purchase the next incredible and inevitable iPhone.

Smart organizations such as The Learning Partnership, a national charity based in Toronto, know how important it is to bridge the gap from school to employment and greater responsibility by responding to real needs in real time. President and CEO of The Learning Partnership, Akela Peoples notes, "When you say the words '21st Century learning skills' we are all defining it in our own way."

The Learning Partnership reaches across all provinces and aims to promote the mission of creating and maintaining workplace readiness for students from public schools across Canada.

This organization, and similar ones located in the U.S. and abroad challenge the status quo when tackling subjects such as workplace readiness and soft-skill development amongst youth. Amongst the methodologies of the organization is one that promotes a collection of uniquely critical competencies of rare 21st Century skills as part of their Four Pillars of Strategic Focus. It's important at this time that the public see the need for an expanded view of what it means to learn 21st Century skills and what it means to promote such skills in way that is both lasting and impactful for the learner.

With programs such as Take Our Kids to Work™ The Learning Partnership fosters a connection between learning in the classroom and real-life scenarios. It is clear that we must double our efforts to promote learning amongst an emerging workforce, one that has the ability to be connected instantly to global issues. Employees are looking for workers who are globally minded, and have the awareness and social reach to respect differences within their peer and professional groups.

Peoples related the importance of establishing open lines of communication with students and industry experts. She notes that the most important skills connect to "navigating complex communications, and navigating this complexity with the people you are working with while collaborating effectible with others."

Although technology enhances the speed and ease with witch our communications take place, it can also hinder our ability to speak with passion and perspective. Equally as important as relating our successes, we need to teach our students and ourselves how to make mistakes and the importance of communicating through that process. It comes as a surprise to some that one of the major complaints employers make regarding their new hires is that they do not know how to write with voice. In this sense, the support that technology offers us as a communication tool can infer our ability to forge creative connections to the subjects and people we are most passionate about and want to learn the most from.

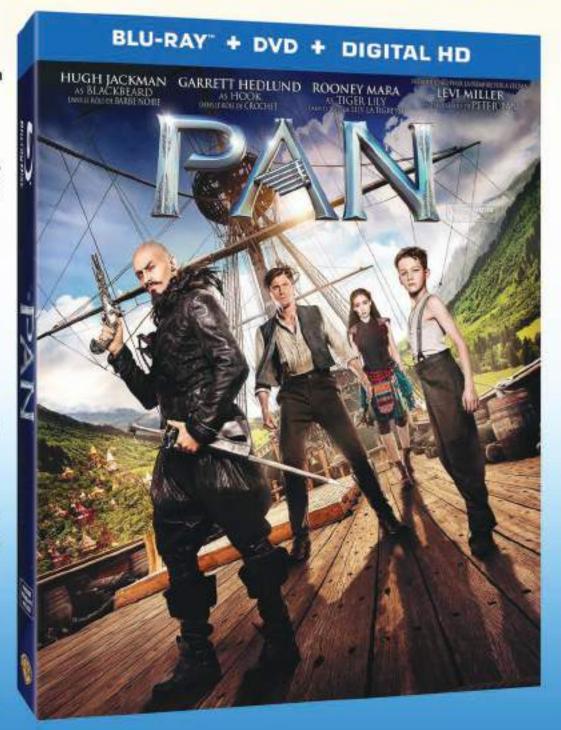
In connection, there is a movement behind Christian's Buddy Bench, an idea promoted by a young social citizen of the world who found value in an idea that aims to eliminate loneliness and foster friendship on the playground. A tool as simple as a wooden bench can spread a message of inclusion and kindness.

Moreover, a kind giant such as Google, sees the perks in mixing social interaction that is not fuelled by clicks and favourite buttons. At Google, the lunch line is intentionally kept long so as to foster innovation among employees. Great ideas start from conversations, one that all too often come at the expense of face-to-face interaction. Every great business pioneer, tech related or not knows that chats become ideas and that ideas become something bigger than the conversation, they become a part of who we are and where we are moving as a society. Let's keep having these conversations and enhancing our 21 Century skills, not completely devoid of technology, but a little less reliant on it's ability to provide learners with the ability to practice the skills of empathy, failure, and yes, face-to-face chatting.



OWN IT ON BLU-RAY AND DVD DECEMBER 22ND

Offering a new take on the origin of the classic characters created by J.M. Barrie, PAN follows the story of Peter, an orphan who lives in his own world of fantasy and dreams, until he is spirited away to the magical Neverland. There, he finds both fun and dangers, and ultimately discovers his destiny-to become the hero who will be forever known as Peter Pan.





THE FIRST TWENTY PEOPLE TO SUBSCRIBE WIN PAN!
SEND YOUR NAME, ADDRESS, AND PHONE NUMBER TO
SUBSCRIPTION@SHEMAGAZINE.CA

TOMS in the business of Giving



In 2006, American traveler Blake Mycoskie befriended children in a village in Argentina and found they had no shoes to protect their feet. Wanting to help, he created TOMS, a company that would match every pair of shoes purchased with a pair of new shoes given to a child in need. One for One.

Realizing that One for One could serve other global needs, Mycoskie launched TOMS Eyewear in 2011 to help restore sight to persons in need with every purchase of sunglasses and optical frames.

The most recent TOMS initiative is tied into the TOMS Bag Collection, which launched in early 2015, and helps provide safe births to mothers and babies in need through skilled birth attendant training and birth kits.

Additionally, the TOMS StandUp Backpack Collection helps TOMS Giving Partners provide training for school staff and crisis counselors to help prevent and respond to instances of bullying.

TOMS is in business to improve lives. To identify global needs and create products to help address them. This simple idea is what makes TOMS more than a company - TOMS is a movement that's continually evolving.

In Canada - TOMS shoes, bags and sunglasses are available to purchase at www.TOMS.ca as well as retailers across Canada.



How Giving Works:

Purchases of TOMS Shoes have allowed TOMS to give over 45 million new pairs of shoes to children in by working with over 100 Shoe Giving Partners around the world. For every pair of TOMS shoes purchased, TOMS provides a new pair of shoes to children in need.

TOMS has helped restore sight to over 325,000 people in need. With every purchase of TOMS eyewear, TOMS will help give sight to a person in need with prescription glasses, medical treatment or sight-saving surgery.

With every TOMS Bag purchased, TOMS will help provide a safe birth to a mother and baby in need, by providing training for skilled birth attendants, along with providing a safe birth kit that includes vital materials like soap, gloves, gauze, a cord clamp and surgical blade in Bangladesh, Ethiopia, Haiti and India.





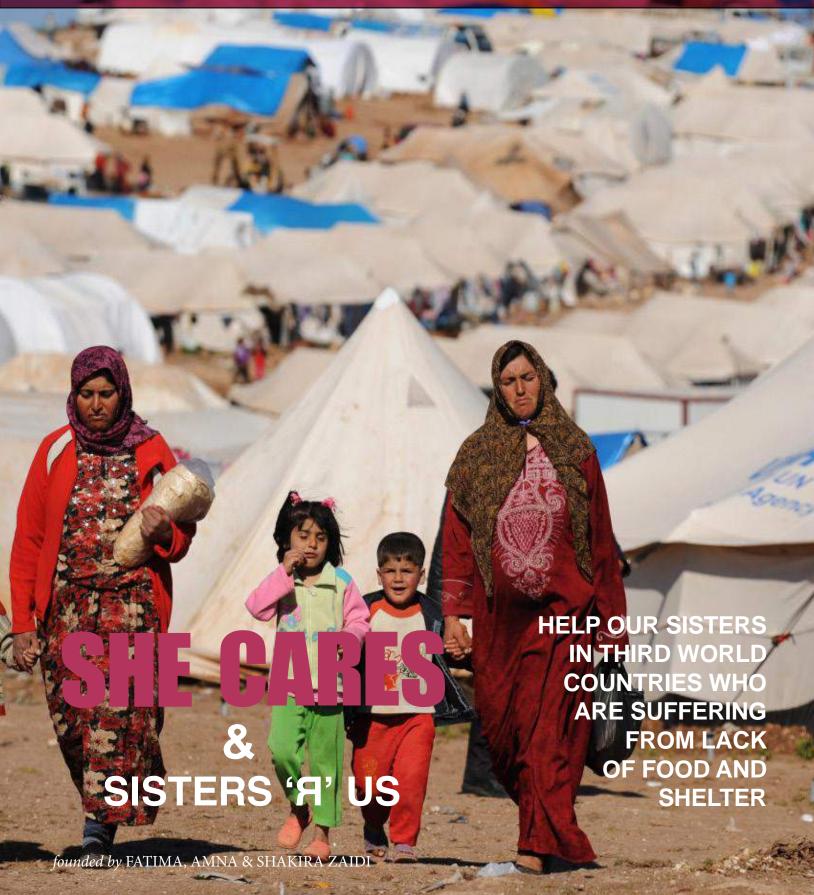




COLLECTING DONATIONS FOR OUR SISTERS

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









he economic situation in the Palestinian West Bank is becoming desperate. Due to the political situation in the region, economic activities are at an all-time low and unemployment is on the rise. Even people who are employed suffer as their employers, notably the Palestinian National Authority, are unable to pay their salaries. It is estimated that presently 65 percent of the population in the West Bank lives in poverty. This means hidden starvation, especially for families who already were poor before the current economic recession and do not have reserves to fall back on. Families headed by a woman and without a male breadwinner, the sick and the elderly are hit hardest. Most Palestinian families are large. In some regions, the average family comprises no less than nine members, most of them children of school age, who all rely on a sole breadwinner.

Humanitarian Relief Society (HRS), a Palestinian humanitarian organization active in the West Bank, especially in Arroub refugee camp, therefore proposes to distribute a 20-kg sack of rice to 350 extremely poor families. Rice is the main staple of the Palestinian diet and is eaten for lunch and frequently dinner. Most families cannot afford to purchase a sack of rice and resort to buying small quantities on a daily basis. Little money remains to purchase other ingredients of a nutritious meal, for example vegetables, cooking oil and meat. Eating only or mainly carbohydrates leads to malnutrition in the long run,

especially among children, who need all kinds of nutrients to grow and develop healthily. A family who has a sack of rice will be able to spend its daily cash supply on other food items and will thus eat sufficiently and have a more balanced diet.

A sack of rice will enable family providers to adequately feed their families for a month or more. Assuming an average family size of seven, which is a conservative estimate in Palestine, 2,450 people will benefit from this project, at least two thirds of them children. A mere four Euro are sufficient to improve a person's nutrition for a whole month.

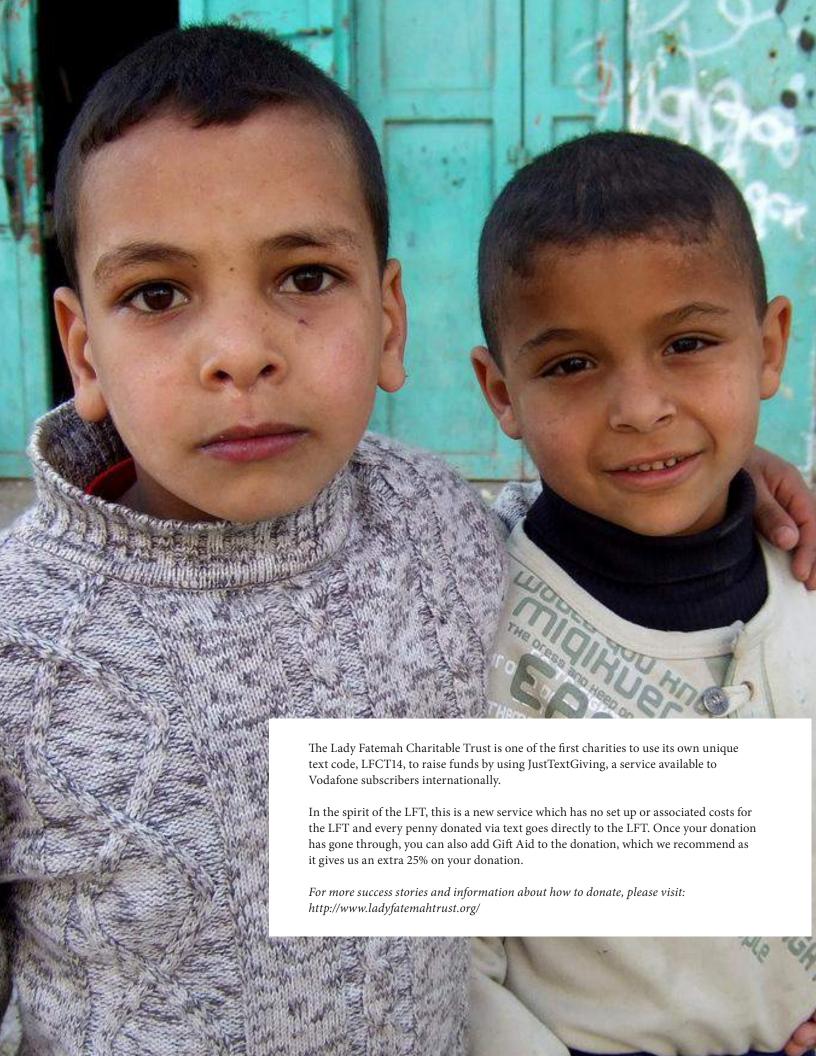
Dear LFT donors: When you sit down for your daily meals, think of those who look at an empty table and have to go to bed hungry. By giving a small part of what you spend on food every month, you can significantly improve their lives.

TO DONATE OR GET INVOLVED CONTACT:

September Lodge, Village Way, Little Chalfont Buckinghamshire HP7 9PU

info@ladyfatemahtrust.org Tel: +44 (0) 1494 762 063 Fax: +44 (0) 1494 762 286

Mob: +44 (0) 7798 761 020 / +44 (0) 7798 769 030



SHE home







REGENCY CHESS.CA

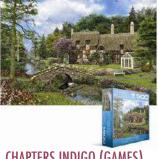
Isle of Lewis compact Celtic chess set 9 inches- \$95,00 Victoria Ebonised Wenge Tournament chess set- \$ 250,75



GAME NIGHT







CHAPTERS INDIGO (GAMES) The memory Game-\$29,50 Secret Garden: An Inky Treasure Hunt

And Coloring Book- \$20,95

500 Piece Puzzle - Cobble Walk Cottage- \$ 17.95

A festive season, long nights, cooped up indoors...just because we're staying in doesn't mean we can't have fun! Whether you are entertaining at your place, or just looking to create the ultimate in indoor 'coziness' you're going to love our selection of items to make your living space more inviting.

The whole scene is set amidst a cocoon of throws, soft cushions and warm rugs. Get some board games to bond over, colouring books for a quite, relaxing time and candles to set the mood for an evening well-spent indoors.



CRATE & BARREL Stash Grey Storage Ottoman- \$249,00



CHAPTERS INDIGO (DECOR)
Faux Shearling Cable Knit throw Eggnog- \$79,50
Buffalo Check Pillow Cover- \$34,50



IKEARISTINGE -Rug, flatwoven,
off-white handmade off-white,
black - \$349,00



CALLIGARIS TORONTO.CA
(great to turn the living room
into a playroom)
Folding Kitchen table\$324,50



UGG Women's cozy Knit Sleepers- \$165,00



FENWICK CANDLES.COMQuilted Mason jar - \$11,00 (online only) – made with coconut oil



BATH AND BODY Works Winter 3- wick candle - \$ 22,50



Plan Ahead, Plan Smart

This season isn't just about festivities and parties. As we plan to bid adieu to another year, and start our new year with an off day, life will have to resume on January 2nd, and we all almost always resolve to be better organized in the year to come. If you're looking for that extra push to make sure you stay on track, getting a brand new planner is the way to go. Seeing your goals written out is far more motivating to actualize i than just making a mental note!

Planners are different from agendas or journals, they are all about personalization where you can be creative and write, decorate and have fun with it in the best DIY style. There are numerous options on the market and it can be hard to decide on just one and personalize it.

Whether you're a person who goes by looks alone and want a swanky cover, or a total DIY-er who looks forward to getting things done in your own unique style, we're certain you'll find something from our selection to your taste, or find the perfect gift for a super put-together person in your life.



Studio Oh Soft Cover Planner Hello -pink- \$ 16.99



Personal Planner -Lilac-\$ 32



Studio Oh 2015-2016 Planner Wanderlust-\$ 16.99



York 2015-2016 Large Planner -\$ 38



Emily Ley 2016 Daily Simplified Planner - Happy Stripe-\$ 75



- Day Designer* -Gold Spotty Dots -\$ 64



Personal-Planner.com – starting at \$ 29.95



Kikki. K 2016 Time Planner Cute-\$ 69.95 at kikki-k. com



Erin Condren
watercolor shine
Life Planner\$ 50 at
erincondren.com



- Create 365 the Happy Planner -\$ 59.98 at amazon.ca

Time For Tea

By Jacqueline Novak

There's something special about tea in that it brings forth feelings of warmth, calm, and rejuvenation, which are all heavily sought-after states during these cold winter months. While there's no shortage of unique hand-crafted tea companies, offering anything from flavours such as heavenly creme to black liquorice spiced tea, some of us tend to stick to flavours and brands that we've grown up with. With the additions of some key spices, the average cup of tea becomes a powerhouse of nourishment and when consumed at recommended times of day, you're on the way to black, white, green tea goddess-hood.

MORNING



In the morning try warm and spicy herbs with bitter secondary flavours. Waking up with a morning zing from black tea is enhanced when using flavours such as lemon and ginger. This also stimulates your digestion, thereby prepping your system for the day. Chai is also a good choice at this time of day, especially when mixed with ginger and green or black tea. The cardamom spice lingers between smoky and spicy and fragrant and bursts through a cup of tea in the best possible way.

MID-AFTERNOON

We love rolling out the green tea cart in the afternoon. Along with cool herbs with a sweet taste, your beverage should be something you look forward to. Again adding ginger to your green tea is a great idea especially if you are feeling cold or weak. Lemon is also a healthy choice at this time of day because it helps with digestion. If you tend to become irritable in the middle of the day, add some mint and drink it at room temperature. And if you've talked in circles by lunchtime, try some liquorice tea as a means to soothe a scratchy throat.





LATE AFTERNOON

You should put teas containing stimulants away at this time of day and opt for teas that have a sweet and sour flavour. Herbal teas sweetened with raw honey or even coconut oil and hot almond milk are especially enticing at this time. Add some nutmeg for a wholesome flavour that will take you through the end of your work day or try some cinnamon which adds a delightful warming taste and has been touted as an antioxidant.

EVENING

As you enjoy the final hours of your day try the standby of chamomile, or perhaps *tulsi*. Some tea lovers add lavender to their evening tea. The purple flower gives off a pleasant lavender burst and turns the water purple! There are also a variety of teas on the market that soothe both the body and mind into a restful night's slumber.



What It Takes TO BE A SUCCESS

By Tiffany Lesko

So you want to be an actor or a model? You think you have what it takes to make the A-List? You may very well have what it takes, however the road to becoming a professional actor or model is long and often very challenging. These two industries can often be very discouraging, and many people never make it. So what does it take to make it in the world of acting and modeling? How can one survive in one of the most subjective and cut-throat industries in the world? Here is a list of the things to remember and do if you want to become a professional actor or model.



Acting and modelling is hard work. Believe it or not becoming a professional actor or model involves intense training whenever possible. In the beginning most actors and models have regular jobs, or are studying full time in a post secondary school. Balancing this, along with additional training classes can be difficult. However, if you want to succeed you have to train. Acting classes, improve classes, modelling classes are all a necessary part of becoming a professional. How else are you going to learn and grow if you don't train?

As an actor or model, some of the best practice to landing that dream job is to audition as much as possible. This can be tricky, because most of the time you don't get any feedback as to what you may have done wrong, or what you can improve when you go to an audition. Casting Directors and others sitting at the audition panel are prone to not giving feedback. At the end of the day they are there to record you, take your name down and pass the information on to those who will be making the decisions. However, the more auditions you go to, the better you will become at the process of auditioning or castings. Try and audition for whatever you can. If you want to be

an actor some of the best experience and growth is done by doing the smaller, less important projects like student films. As a model you can always do photoshoots for students of photography or even be a model for hair and makeup students. These projects may not be glamorous but they are definitely experience.

Landing an audition is like landing a job interview for an actor or model. So just like any other job interview go prepared. If there is a script for you to have learned, you should come with that script prepared. If your agent has provided you with a full script as well read it through as thoroughly as possible. No need to memorise the whole script just yet, but this will help you prepare yourself for the role. Know your role, even if it's a small one. Know your connection to the other people in the scene. Showing up to an audition unprepared shows the audition panel your lack of enthusiasm and lack of professionalism. In today's society everyone seems to be on the go all the time. But if your dream is to be a professional actor, you must put in the extra work to be prepared. If you are going to a model casting, research the designer, or brand before you go. Know their style and what their typical look is for a photoshoot or runway









show. Most companies or fashion designers have a general theme to how their models look, or what style of photos they take for photoshoots. Knowing this can help guide you when you get to the casting call.

One of the last things you need to remember is to network. This can be done while waiting at an audition, on set during breaks, at wardrobe fittings etc. As an actor or model the more people you can connect with, the more opportunities may arise. This networking can be used to find out where others are training and taking classes. Maybe you recognise someone at an audition and notice that they seem to land a lot of roles. Ask them where they train. Stay in contact. You never know when they may need someone to help out on a project. If you are on set, wait until you have a lunch break to do your networking. Trying to network while on set is a tricky thing, however, doing it while others are preparing to film may distract them from their job. This is definitely something you do not want to do. The director may find it distracting and will probably not hire you again. However, if over lunch you strike up a casual conversation with another actor, this goes a long way in showing your professionalism.

Professional acting and modelling is a very tough industry and it can get frustrating. Always remember that even if you put in hard work and did your best, the decision of who gets the role or the job is not in your hands. Its nothing personal. Keep training and roles will come.

Barbados's Colourful Platinum Coast

by Peter Meyler

he west side of Barbados is home to a series of all-inclusive resorts. Strung along the Platinum Coast like precious gems, each hotelier's exclusive territory is marked by pink, blue, green, yellow or white beach umbrellas. Tourists cling to their colour-coded beach furniture as tightly as the seaside crabs cling to the rocks along the beach. Dutiful wait-staff scurry between the bars and lounge chairs, delivering brightly colored concoctions.

But just outside the resorts, along narrow side streets or the winding coastal highway, you'll find a world where colour coding is obliterated. Small restaurants and Bajan rum shops are painted and decorated as brightly as the local hibiscus and parrotfish. Many can be found while strolling through the historic area known as Holetown.

Holetown is home to Mango Bay, one of the west coast's all-inclusive resorts and a favourite of visitors looking for a home away from home. Just outside its pastel walls you'll find Angry Annie's and Spago. The bright pinks of these restaurants attract the attention and appetites of wandering tourists. They'll hover around the menu boards of Spago which specialises in Italian food and that of Angry Annie's which lists an eclectic mix of curries and fresh fish.









A short jaunt north of Holetown, along the Highway 1, you'll find Coxie's Chattel Bar. It can hold about 12 customers. Its atmosphere echoes of dominoes crashing on tabletops, talk of the latest cricket match and fresh coconut water splashing into a tumbler of rum. These three things are mainstays of Bajan men liming at the local rum shop. A little farther along the road is the nautical bar The Golden Anchor. It ensures that Banks, the local beer, is well advertised. Thirsty travellers can take a break with a bottle of Banks and listen to the sounds of the sea. No plastic cups required here.

On Sunday nights people head over to Holetown's TML One Love Bar. Basically a brightly coloured storefront with a few tables by the curb, One Love transforms into a karaoke haven on the day. The roads overflow with music and people. Many renew acquaintances from previous vacations. You

may hear Malik, a local favourite, transform into a Motown legend as he belts out a song to the appreciative crowd. One Love's neighbours, Raggamuffins and Tiki Hut, enjoy the spillover business at the corner of First and Second Streets. Locals and tourists share laughs and drinks well into Saturday morning.

The English arrived in Barbados, at Holetown, in 1625. They soon began producing rum; a product of two Britain's prime raw materials on the island, sugar and slaves. Each year, Barbados, ironically, celebrates their arrival with a February festival. Bajans can now be as free as they want to be and the Brits (and their colonial cousins) come as tourists with money to spend. So free "yuhself" outside of the resorts. A colourful time can be found, even along the Platinum Coast.

EVENTS









— NYX Cosmetics comes to Canada

One of North America's favourite beauty brands finally arrived in Canada. Beauty vloggers and enthusiasts turned up in big numbers to attend an exclusive NYXinthe6ix party to celebrate the event. This was followed by another VIP pre-launch party at NYX's first store in Canada, at Square One in Mississauga. If you're in the area, be sure to stop by the store and we are certain you won't walk out empty handed.





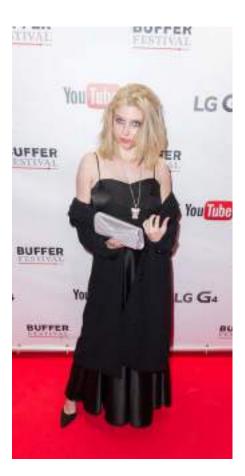












— Buffer Festival

The 3rd Annual Buffer Festival showcased some of the best international content creators on YouTube as they arrived in our city and premiere exclusive videos. Theatrical screenings, red carpet gala event, and starting this year, a Creator Day where aspiring YouTubers attended free workshops, learning from established YouTube content creators, are all part of this exciting three day event. This year it was held at the Roy Thompson Hall, with names like RealisticallySaying, Only Leigh and Jus Reign in attendance. Selfies and Snapchat stories were de rigueur as most attendees at Buffer Festival are the social media savvy millennial.





















Master Chef Sanjeev Kapoor inaugurates Khazana Restaurant

We've seen him create one South Asian masterpiece after the other on television and he's written more than a hundred cooking books. And now you can taste his signature dishes in the first Khazana restaurant in Canada. Opening its doors to public in October, the eatery is a welcome addition to the GTA's fine Indian dining scene.













Up the Glam Quotient of your New Year's Eve Look

By Priya Kumar

Contouring is so 2014. Like a Renaissance painting, the technique requires time, patience and layers of product. Enter, strobing. Also known as low-maintenance contouring, strobing is a fast way to highlight your best features, no expert knowledge of make-up artistry required.



The Canadian climate can be unforgiving, especially after spending time on your makeup routine. There's nothing worse than having your look mussed by a warm gust of heating as you hop into your Uber. This is perhaps one of the greatest drawbacks of contouring. While it does leave your face with a beautifully chiseled finish, it can be time consuming to downright messy. Perhaps it is these drawbacks that led to strobing, the latest trend in makeup.

"Really, strobing is just highlighting," explains makeup artist and YouTube sensation Desi Perkins. The 28-year-old American vlogger has become a leading authority online for makeup tutorials and strobing is one of her favourite looks. "It's highlighting to another level...to give your face an intense glow. It's just all about light. It's very youthful."

Here is Perkins' step-by-step breakdown of how to achieve this look:

Start off with a cream"I find that when I apply a cream first everything else will stick to it a lot more." Apply the highlighter to wherever the light hits. This includes your cheekbones, brow bones and on the bridge of your nose. The highlighter will bring these features forward, so be sure they are features you'd like to focus on. For example, if you choose your cheekbones, apply the highlighter cream and follow the ridge of the bone with your finger to blend the product. Applying this product to the tip of your nose will also result in a more lifted, button-like quality. The overall result should be a fresh and dewy look ready for product to be applied overtop. Helpful tip: Be sure to avoid any pores in the area, as the highlighter will accentuate them. Not a desirable look.

Recommended product: Jouer "Tiare" Creme

After creating a base, add a powder to add something extra to the base. Go over the whole face with this product. "This is going to intensify it just a little bit but it's also going to set that cream," Perkins explains. This step results in a all-over sheen.

Recommended product: Natasha Denona Glow #01 light.

Strobing is hardly new or a trend. Going by other pseudonyms like highlighting, strobing has recently received a lot of attention by being the choice look of supermodels and celebrities like Gigi Hadid and Kendall Jenner. And what about when you're on vacation in South Asia and the Middle East? "Strobing can be done is a more modest way in hotter climates," concludes Perkins. "I would use a really matte foundation in hot weather and only highlight the areas that I want to be highlighted. That way the areas that tend to get shiny in hotter climates will stay as matte as possible while the high points on your face will glow." Regardless of how your approach strobing, it is sure to add a youthful glow to freshen up any look.

3

The third step is arguably the most vital. This step involves using an illuminating highlighter on the upper cheekbone, upper brow and tip of the nose. "I love doing this part. This is my favourite part of highlighting," Perkins confesses. It is also important to highlight the Cupid's bow. This is the part of the upper lip that meets the center of the nose. By adding the highlighter to this feature, you will achieve a fuller upper lip. Do this by following the top of the lip line and bringing it up towards the base of the nose. Add some of this powder to your inner eyes to open them up for a doe-eyed effect.

Recommended product: Becca Cosmetics "Champagne Pop".

4

Finally, to preserve this look whatever the climate add a spritz of MAC Prep + Prime Fix +. This scented formula will cause the powders and creams to settle into the skin, resulting in the most dewy look possible. When strobing looks too powdery, the final result will be matte. This isn't what you're going for.



Follow Desi Perkins at on Instagram: @desimakeup, YOUTUBE: Youtube.com/desiperkins and Snapchat: @desiperkins

BEAUTY REVIEWS Skyn Mist. Ir immedicomes in

Skyn Iceland Arctic Face Mist, \$32

For on the go, or even desk-side burst of freshness and moisture, we love Skyn Iceland's Arctic Face Mist. Infused with multivitamin complex, it provides immediate relief to stressed, dehydrated skin and comes in a convenient spritz bottle.



Vasanti A Charmed Life Blush Duo, \$29



We're in love with the packaging of this new offering by Vasanti, and gorgeous powder blush is equally luxurious in its appearance as well as performance. In a nude tone on tone colour, this blush blends seamlessly into the skin with just enough sheen to enhance your natural glow. Perfect for the party season.

SST Signature Series Powerstay Collection \$27.95 each

Chubby sticks are having their moment and we love the ease of use offered by these ones by SST Cosmetics. For grooming and filling in the brows, as well as holding them in place all day long, Form is a brow pencil in a universal shade that blends well into your own eyebrow hair, bulking them up. We also love Plank, a budge-proof, true black eye pencil that can be used as a base for smokey eyes, or just to add into the waterline without giving you raccon eyes. And finally, what is the festive season without a red lip? It's matte, but moisturizing and lasts a really long time.



Smashbox Studio Set, \$45

For the holiday season, Smashbox teamed up with abstract artist Yago Hortal to bring you a collection with custom artwork. Give it as a gift or add it to your own collection, the kit includes travel-size versions of some the brand's best-sellers, including their mascara, lipstick and eyeshadow trios.



Marcelle Flawless Foundation, \$17.95

Light, hydrating and long-wear, Marcelle's new foundation is just the product for a quick face base. In a multivitamin base with colour-matching technology, Flawless foundation is widely available at most drugstores and the price is easy on the wallet too. What we like is that it takes the guess work out of foundation matching and you are more likely to find your perfect match in one of its six shade offerings.



Kat Burki Ultimate Radiance Set, \$110

Get it for yourself or as a gift to start someone's new year with a new skincare routine. This sKat Burki set includes an Ocean Mineral Gel Cleanser and Vitamin C Intensive Face Cream. Both products are enriched with Vitamin C and coldpressed active ingredients that revive the complexion.



Annabelle EyeInk! Mistake Proof, \$10.95

Winged eyeliner struggles are real, which is why Annabelle brought out this nifty liquid eyeliner in an easier pen format. The liner is true black and glides on perfectly, so winging your eyeliner is easier. And for the time, or two when you struggle with balancing both wings, the corrector at its other end can quickly bring you back on the right track.





Skyn Iceland Glacial Cleansing Cloths, \$16.50

You had your makeup on point, but after a long day and even longer evening out partying, the last thing you want to do is wash makeup off your face. However tired you may feel, not cleansing your face in NOT an option. Enter these gentle on skin but tough on makeup removal cleansing cloths infused with Icelandic glacial waters. Rich in natural minerals and cleansing ingredients, your skin will thank you for taking the time out to wipe it clean and caring for it in one simple step.

NIOD Photography Fluid, Opacity 12%, \$30

Photoshop filters IRL, too good to be true, right? NIOD's tagline is skin care for the hyper educated and they've packed in some powerful active ingredients and science sorcery to come up with this winner of a product. You can apply this on its own, mix it with your foundation or use it as a primer for a flawless finish. It blurs imperfections, softens fine lines and colour corrects uneven tone too. Just one bottle to get you looking like you have a filter applied on your face in all your holiday photos.





THE RISE AND RISE OF K-BEAUTY

By Aaisha Zafar Islam

10 step skincare regimes, layering products upon products and an obsession with skin all aglow with the flush of eternal youth, Korean beauty and skincare is increasing its foothold in North America. SHE went down the K-beauty rabbit hole and found it fascinating enough to share the journey with its readers.









My first introduction to the Korean beauty and skincare industry was the same as anyone else: the BB Cream. However I could not wait for the North American beauty market to catch up to Korea and decided to conduct my own research into what was making Korea the world authority, and inspiration for a new wave of skincare in our part of the world. We'll attribute it to the Hallyu wave reaching our shores a bit late, the tides revealing one exciting product to discover after the other.

Asian skincare and makeup products have been doing the beauty blogging rounds for quite some years. It was only in the past four years that mainstream beauty companies started

taking noticing of the Korean phenomenon, first releasing their versions of BB creams and then welcoming the idea of an elaborately extensive skincare regimen of layering multiple products.

How does one start their journey? With the BB cream of course. First created by a German dermatologist to speed up the recovery process on plastic surgery patients, BB creams started out as medical ointments with makeup pigments as a side benefit to mask tell-tale surgery scars. The Koreans took this concept and elevated it to a whole new degree. Blemish balms, beauty balms, or BB creams, as they are commonly referred to as, are do-it-all creams

that moisturize the skin, offer sun protection, help regenerate and revive the skin, while adding self-adjusting pigments in the same formula so you get skincare, sunscreen and a makeup product all in one. Small wonder why the world was instantly enamoured by the cream.

Just as we were tiptoeing in the BB Cream world here in the West, the Koreans had already moved onto a CC cream, colour correction.

Before we delve into the alphabet soup of creams, let's see where all this is coming from. Korean beauty standards are very exacting, the country has one of the highest aesthetic surgery











rates in the world. Clear, even complexion with nary a blemish in sight is the Korean ideal. In addition to that, a healthy skin is well-hydrated, plumped up, and dewy. Eyebrows are straight and full to mimic the innocence of youth. Lips are stained instead of being coated with colour. A popular trend went as far as to create an 'Aegyo Sal' affect, enhancing eye-bags and puffiness under the eyes because it looked more youthful. Koreans are obsessed with monitoring their skin's hydration levels, making sure they have a humidifier or two in their living and working spaces to prevent skin from drying out.

Korean celebrities, movie stars and actors as well as pop stars, all seem to be cut from the same mould. Lithe, lissome beings who've taken a luxurious bath in the fountain of eternal youth and always look perfectly ethereal. Celebrity endorsements are phenomenally popular in the country and an actress can command top Korean won despite not having seen a movie or TV set in over a decade. Just brand endorsements can keep them relevant and in the public eye, beauty products and skincare can fly off shelves and be sold out within days of a big name like Jun Ji-Hyun seen using it.

The industry in Korea is cut-throat competitive. There are over 1800 beauty brands in the country with an equally staggering number of products in their line up. One can find beauty stores and kiosks down most streets. While the higher end, prestige brands like Sulwhasoo and Amore Pacific lead the charge in innovative products, wallet friendly names like Tony Moly and Etude House are quick to bring out their own versions within weeks. Essences, cushion compacts, sleeping packs, all the things we see making our way to Canada were first launched in Asia.

It is quite unsurprising then that the Korean government has actively taken the beauty industry and its export under its wing. Flexing its soft diplomacy muscle, the government subsidizes brands as they look into tapping the Western markets.

In terms of inspiring new products, we have seen

industry bigwigs like Sephora, Lancôme and Estée Lauder board the K-beauty train as well. While Sephora had a month long event focusing on K-Beauty, bringing in a mix of high end and budget friendly brands to the North American markets, it also took things a bit further with their in-house brand launching Korean inspired products.

Early this year, make up maven, Lisa Eldridge was announced as the new Global Creative Director at Lancôme. Some days later she posted a video talking about the time she spent in South Korea a month prior, observing Korean makeup styles and products, sharing her Korean beauty haul with her viewers and then a Korean inspired makeup look, focusing on guang, guang and more guang. (Guang stands for dewy, radiant, lit from within skin.) Sometime later Lancôme launched Miracle Cushion Foundation, crediting Korea for the idea.

Similarly Estée Lauder brought in Irene Kim as their Global Beauty Contributor, hugely popular in her country, Korea, Kim provides the perfect melange of Korean beauty trends catering to the western audience.

We're seeing more brands like The Face Shop, SkinFood and Holika Holika set up independent stores in places like the Pacific Mall, Vaughan Mills, Square One in the GTA.



LANCÔMI





Then we have a Canadian brand with cutting edge Korean technology at its root launch in the country. Racinne started with selling their products at select T & T stores across BC and Toronto. More recently they expanded into becoming more mainstream with their products being sold at a handful of Loblaws stores. By the end of 2016, they aim to have stores nationwide.

Then there is the eBay route one could take. That was my first foray into the K-beauty world. Many an Asian beauty aficionado will reel off a list of sellers you can buy the latest products from. Many e-tailers have improved their game, setting up independent e-stores drawing from a loyal eBay clientele. It takes around two weeks for a product to ship from Korea to your door in Canada. And these sellers are very generous in including samples with your purchase, so try one product, like it enough to buy a full size version the next time, get more samples, like them, buy more...and so it starts.

Another interesting aspect of K-beauty is their ingredients list and the claims they make. There are waves of a miracle ingredient seeing popularity and then giving way to another soon after. Snail slime, pig collagen, melted cheese, wine and

even donkey milk has been touted as the key ingredient to help you get the skin of your dreams.

Then there is the packaging. K-beauty takes everything seriously, from longwinded names that include every beauty makeover claim to quirky packaging you just want to buy and bring home with you.

Are we going to see this flow ebb anytime soon? Highly unlikely. According to Euromonitor International, beauty and personal care market in worth more than \$11b expected to grow by 13% in the coming few years. The US market stands at over 76 billion dollars at the moment but is estimated to see a modest growth of only 4.8 % in the same time. With Seoul actively overseeing Korean beauty brands capture the North American market, and local brands taking their cues from the success of these newer entrants, it'd be safe to say that the Hallyu wave is going to be a fun, albeit not so easy on the wallet ride for most beauty connoisseurs on these shores.







K-BEAUTY SKINCARE101

Korean skincare is all about layering products. It is time consuming, where each step has to be spaced apart by at least 30 seconds, using gentle, finger-tapping motions to ease absorption of the products into the skin.

DOUBLE CLEANSE

Start off with an oil-based cleanser, this will melt off any makeup and all the day's dirt and grime off your face. Follow up with an gentle foaming cleanser afterwards to clear off the last bits of makeup as well as any oily residue.

EXFOLIATE

Since the skin is double cleansed and hydrated, there is little in dead skin cells clogging the skin's surface. All the same, include a gentle, exfoliating scrub in your routine at least twice weekly focusing more on the nose, which is prone to blackheads, and any other areas that are prone to blemishes.

TONER

Right after cleansing the skin, apply a hydrating toner. This step rebalances the pH levels of the skin that may have been upset by cleansing.

ESSENCE

This step prepares the skin for more intense skincare that will follow afterwards. An essence is akin to a serum, but lighter in texture and with less active ingredients. You can skin this step and move onto serums directly.

SERUMS

Delivering more skincare than an essence, serums are not new to the Western world. Lightweight and quick absorbing, serums address skin issues at the subcutaneous level than creams that are more topical.

Super-charged serums, these pack in active ingredients and don't have to be used on a daily basis. Save them for times when your skin is acting up and needs a Korean intervention to get back into line.

SHEET MASKS

For times you want to look your best and don't have enough time for an elaborate ritual to prep the skin, sheet masks are your best bet. Again, these pieces of cloth are drenched in active ingredients that will revive the skin, plump it up, hydrate it and all that jazz within minutes. Many celebrity makeup artists have a stash of select high-end Asian sheet masks in their arsenal at all times, for their clients.

EYE CREAM

Banish puffiness, dark circles and keep fine lines away by tapping an eye cream around the eye area very

FACE MOISTURIZER

Again, a familiar part of the routine. A night cream or a moisturizer is essential to seal in all the goodness you have subjected your skin to thus far.

SLEEPING MASK

Quite unlike traditional masks, sleeping masks are the last step in this extensive skincare routine, and again not something you would want to do every day. Save it for the nights before any special occasion or event where you want to look all aglow and more rested than you actually feel. A sleeping mask adds another layer of moisturizer that will work overnight to charge up your skin.

All this was at night. To start off your day, wash off your face with plain water, specially if you used a sleeping mask the night before. Else a simple cleanser would suffice. Follow up with toner and essence before layering a lightweight but hydrating day cream onto the face. And the final, most important step in this routine is sunscreen. Again there are scores of options in sun protection too, sun milk, sun block, or a BB/CC cream with SPF included. Never step out of the house during the day without sun protection, even on cloudy days. Sun damage is cumulative, and Korean skincare routines are more preventative that damage control. If you find all of the above to be overwhelming, remember one thing, you don't have to follow it all to the K. Routines are all about customizing them to what your skin needs most and what you can actually afford, both money-wise and time-wise.







quote/unquote

Togetherness



"Easy is to occupy a place in a telephone book. Difficult is to occupy someone's heart; know that you're really loved."

Carlos Drummond de Andrade



"Every true love and friendship is a story of unexpected transformation. If we are the same person before and after we loved, that means we haven't loved enough." Elif Shafak



"Coming together is a beginning; keeping together is a progress; working together is success."

Henry Ford



"A friend is someone who knows all about you and still loves you."

Elbert Hubbard



"Wishing to be friends is quick work, but friendship is a slow-ripening fruit." Aristotle (4th century B.C.)

MINTED 10+6 ROMUNTUC CANADIAN DESTINATIONS



ANYTHING GAN HAPPEN AT A SAZINE STAND

SHARE YOUR love OF CANADIAN MAGAZINES & YOU COULD WIN!

TO ENTER VISITCanadasMagazineStore.ca
/Contest

In partnership with





EXPLORE FOMONTON





BUY A CANADIAN MAGAZINE &

DISCOVER YOUR NEW LOVE





See Complete Rules & Regulations at CanadasMagazineStore.ca/Rules





Fighting Hunger Worldwide

Millions of Syrians are displaced inside Syria or in neighbouring countries. They face a 5th year away from home and their needs continue to grow.

The World Food Programme is helping them by providing food, vouchers or e-cards to buy food.

WE NEED YOUR HELP www.wfp.org/Syria or text "RELIEF" to 45678 to donate \$10.